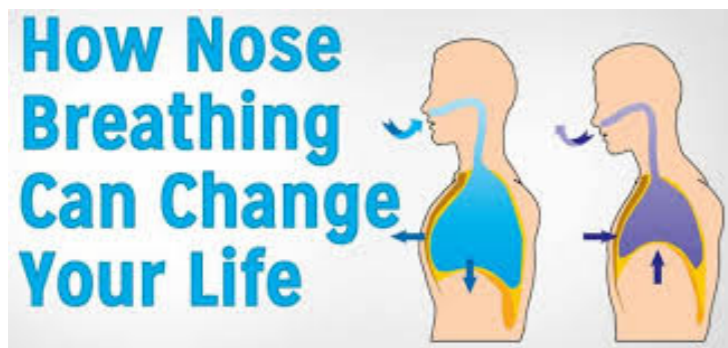


DO YOU/CAN YOU

DO THIS?

SHORT WELLNESS SELF-
CHECKS

Do you breathe through
your nose or your
mouth?



Emerging research suggest that breathing through the nose while aerobic exercising may be more effective. Subjects bodies didn't have to work as hard to get the same amount of oxygen when breathing through the nose researchers found (see article).

This may not be the case with anaerobic work where elevated heart rate was found (very high intensity) with nose breathing (see article). Therefore, try nose breathing when doing moderate aerobics, but find a preference when doing anaerobic work like high intensity interval training and strength training.

The way you breathe matters. Even though the same amount of oxygen reaches your lungs nose compared to mouth nasal breathing warms, filters and humidifies the air, which is important to the health of the delicate tissues of the nose, lower airways and lungs according to JReview. Another large benefit is that nose breathing allows Nitric Oxide produced in the paranasal sinuses to flow into the lungs, which does not happen with mouth breathing. This is important because nitric oxide plays an important role in increasing blood oxygen and improving oxygen absorption by the lungs. Nitric oxide is also a vasodilator, which means that it increases blood flow and lowers blood pressure. Also, the sticky surface of the membrane in the nose is quite efficient at capturing airborne particles and preventing them from getting into the lungs. On top of that the mucous membrane contains specialized immune cells and enzymes to neutralize potential pathogens. Researchers suggest nasal breathing during sleep could help with preventing colds and Covid 19.

Bottomline: Breathe through your nose when you can.

Self-checks: Solving problems before they happen.