

Do You Do Humming Bird Breathing (opens the sinuses)? It has been shown to be very healthy.

DO YOU/CAN
YOU
DO THIS?
SHORT
WELLNESS
SELF-CHECKS

Like other forms of breathing techniques go slow when introducing them and do not do too much to where you get light headed.

Why is Nitric Oxide Important:

Nitric Oxide (NO) is produced in the paranasal sinuses and carried into the lungs during nasal breathing.

NO is known to be broadly antifungal, antiviral and antibacterial.

NO is a broncho dilator helping open nasal passages bronchi and bronchioles in the lungs.

NO is also a vasodilator playing an important role in the dilation of blood vessels so that oxygen can be properly distributed throughout the body.

Impaired breathing leads to poor air circulation and lower levels on beneficial nitric oxide in the nose and sinuses, thus creating an environment beneficial for bacterial growth and inflammation. Studies show that humming increases airflow in the sinuses ([Study](#)). **Further, the levels of NO increase 15 to 20-fold by humming compared with quiet exhalation.** By breathing through the nose, we harness the various properties of NO including its germicidal powers.

According to The Humming Effect by Jonathan and Andi Goldman, humming also reduces stress, induces calmness, enhances sleep, lowers heart rate and blood pressure, produces neurochemicals such as oxytocin, increases lymphatic circulation and melatonin production, releases endorphins and creates new neural pathways in the brain. All of these help reduce stress and promote health and well-being.

Humming Exercise

You can do it any time as a preventative measure to help boost immunity. Many associate humming with cheerfulness and you'll notice that it's difficult to hum and feel down at the same time ([source](#)).

1. Breathe through your nose with mouth closed and the tip of your tongue resting behind your top front teeth. (Note: if you can't breathe through your nose do the [Nose Unblocking exercise](#) first).
2. As you exhale slowly through your nose make a sustained "hmmmmmm....." sound.
3. Avoid pushing the air out with force. As with everything to do with breathing this should be done gently.
4. Now, breathe in gently through your nose and repeat.
5. The sinuses are air filled cavities located around your nose, temples and above your eye sockets. To increase the effect of the exercise you can gently massage those areas while doing the exercise.
6. If you have a stubborn blocked nose or sinusitis repeat this exercise for 5 to 10 minutes, two to four times a day for a few days or until symptoms improve.

When doing this exercise the vibrations you might feel are helping increase air circulation and production of NO in your nasal and sinus cavities.