



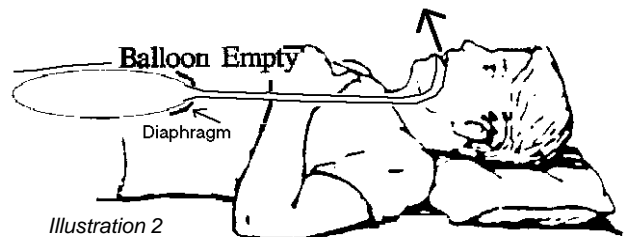
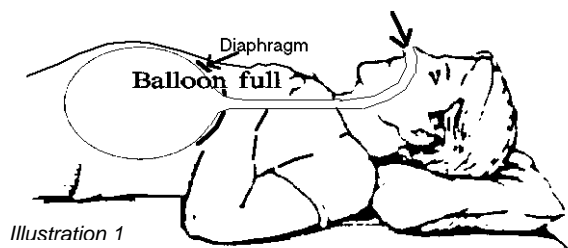
## DIAPHRAGMATIC BREATHING

Breathing is a natural function of life. Through breathing our bodies take in oxygen and expel carbon dioxide. The diaphragm is the primary muscle used when breathing and is located between the chest cavity and the abdominal cavity. As you breathe in, the diaphragm moves downward and flattens out to create room for the lungs to fill with air. As you breathe out, the diaphragm relaxes and moves back to its original position.

The largest lymph vessel in your body, the Thoracic Duct goes directly through your diaphragm, so as you breathe in and out, the diaphragm "pumps" this vessel, helping lymph to flow towards the heart. An added benefit of diaphragmatic breathing is the relaxation effect created by the rhythm of breathing.

### Steps to perform relaxed breathing follow:

1. Remove or loosen any restrictive clothing.
2. Begin practicing your breathing while lying on your back with knees bent. After you have successfully mastered this technique, you can perform deep breathing in any position (laying down, sitting, or standing).
3. Place one hand on your chest and the other on your stomach.
4. Inhale slowly through your nose and feel the hand over your stomach rise (imagine blowing up a balloon). See illustration 1.
5. Then exhale through your mouth and allow the hand over your stomach to return to the starting position (letting the air out of the balloon). See illustration 2. The hand on your chest should move only slightly.
6. Repeat 5-6 times. Stop if you begin to feel lightheaded.



### When to use diaphragmatic breathing:

- before, after or during relaxation sessions.
- throughout the day when you feel tense or stressed.
- before going to sleep to release tension and to calm down from a hectic day.

**Cedar Bluff  
Office**  
8904 Cross Park Drive  
Knoxville, TN 37923  
Phone: 690-2671  
Fax: 690-6445

**Farragut  
Office**  
11426 Kingston Pike  
Farragut, TN 37934  
Phone: 966-8933  
Fax: 966-5488

**South Knoxville  
Office**  
7220 Chapman Hwy  
Knoxville, TN 37920  
Phone: 579-4895  
Fax: 579-3846

**North Knoxville  
Office**  
2910 Tazewell Pike  
Knoxville, TN 37918  
Phone: 687-1512  
Fax: 687-2138

**Oak Ridge  
Office**  
490 S. Illinois Ave  
Oak Ridge, TN 37830  
Phone: 482-7730  
Fax: 481-0531

**Maryville  
Office**  
1904 West Broadway Ave.  
Maryville, TN 37801  
Phone: 983-8129  
Fax: 983-8293