THE Inspired Step

How the 'WAY' you breathe when you walk and run can lead to injury, limitation & collapse.

Brett J. Hayes - TRIBREATH COACH

Welcome,

It is with open arms that i welcome you to TriBreath.

Where restoration, transformation and ignition of **body connection, mobility and expansion** takes place using the most vital aspect of your life... your breath.

Ancient in their origin, i believe the TriBreath techniques are how the body was/is designed to be operated! And they're very user friendly!

But before i share with you **how the way you breathe** can lead to injury, limitation & collapse, it's first beneficial to consider that your body works in a mechanical way.

Take for instance walking!

On a very simple level, to have the energy to walk, you have to eat.

You have to provide fuel for your body.

Before an engine can move the weight of the car, you have to provide fuel!

With regard to the transportation of weight and distribution of impact, just like a car, if one side of a car is continuously over-worked, the chances are more than good that the side carrying most of the weight and doing most of the work will break down more, thus requiring more repair.

Simply because of unbalanced impact and loads being placed on the car's body!

Same thing with your body!

But in this case it's your hips, knees and ankles that carry the weight.

In a 2014 poll for people aged 55 and over conducted in Australia...

- Seven in ten (72%) were concerned about loss of independence
- Apprehensive about going for a long walk (79%)
- Difficulties in walking up stairs (72%)
- Concerns about the loss of mobility (66%)
- The onset of physical disability (67%)
- And 59% were concerned about problems with mental health.

The way we breathe

All of these difficulties, apprehensions and concerns shared in the poll can be very simply and readily addressed by looking at how you breathe.

The start of the solution is to recognise that most of us, if not all of us have a dominant side of the body.

Be it the left or the right hand side, there's not many people who can coordinate their body so they can throw a ball just as well with their left arm as their right arm.

There's not many people who can hit a ball or kick a ball just as well with their left hand side as they can their right.

Most people are either left or right hand side dominant.

You see energy, just like electricity and water will always travel in the line of least resistance. Whatever is the easiest path, the line of least resistance is the way!

Same thing with your breath.

As your body has two sides, your dominant side will be the line of least resistance.

Knee Replacement Statistics

With regard to your dominant side leg and injuries and loss of mobility as you age, this is where it gets interesting.

When walking or running, most people start and finish their breathing cycle on their dominant side which is also their leading leg.

As most people are right handed, the leading leg would also be the right leg.

So i asked the **Australian Orthopaedic Association National Joint Replacement Registry** to see if more right knees and hips were replaced than left.

Very kindly, they supplied me with these knee replacement statistics.

Type of knee replacement	Side	Total
Unicompartmental Knee	Left % **Right %**	48.9 **51.1**
Primary Total Knee	Left % **Right %**	46.5 **53.5**
Revision Knee	Left % **Right %**	45.5 **54.5**

As you can see, more right knees (dominant side) are replaced than left knees. What's even more interesting is the statistic for the revision knee.

This is when they have to re-do the knee replacement. Could all be a coincidence about right hand side dominance and the way we breathe but the stat's don't lie!

Lets look at the way we breathe

Because this is why you're here.

What i would like to present to you, is **how most of us breathe** when we walk and run can either actively support your body's movement or as the statistics clearly show, create unnecessary and disproportionate loads on your hips, knees and ankles!

So first things first!

In its simplicity, the BREATHING CYCLE consists of three stages:

1. Inhalation or the (IN-breath)
2. The pause between the breath's
3. Exhalation or the (OUT-breath)

The most common breathing rhythm most of us use when we walk or run is...

Two breath's IN and two breath's OUT.

IN, IN, OUT, OUT.

Or one complete breathing cycle.

When you and i walk, with every step we take we're either breathing IN or we're breathing OUT.

So if you took 4 steps over one complete breathing cycle, the chances are very good that...

- For 2 steps you'll be breathing IN
- For 2 steps you'll be breathing OUT.

And it is this practice or breathing cycle that i believe to be the major cause of long term physical and aerobic limitations. It's also the main reason you're here!

i'm going to show you why this commonly taught breathing rhythm isn't to your best advantage. That is if great mobility and pain free movement is your goal, particularly as your body ages.

For me to show you why i believe this is so, it can be very helpful to be walking on the spot. If you don't feel like walking on the spot or you cannot walk, you can use your arms (or pretend your fingers are your legs) and you'll still get the gist.

Not quite sure how to break down the action of walking on the spot? Here's how you do it.

Walking on the spot

- Stand on one leg by lifting one knee up and pull the same side elbow back and the opposite arm forward.
- Then as you lower the leg that was lifted, push the arm that was pulled back forward and at the same time pull the arm that was forward back as you start lifting the opposite leg.
- Repeat the process and you're walking on the spot.

A little tip is not to focus on lifting your leg as high as you can like it's an exercise.

Focus more on small relaxed steps and as you lift one foot, the same side elbow is gently being pulled back and visa versa.

When you feel as though you're got a rhythm you can maintain, let's begin our breathing cycle over 4 steps starting with the RIGHT leg as the leading leg.

Breaking down the rhythm

- As your right leg moves forward (1st step) you start your IN-breath.
- As your left leg then moves forward (2nd step) you take your 2nd breath IN.
- Then as the right leg moves forward again (3rd step) you start your exhalation with your 1st OUT-breathe.
- Then as the left leg moves forward again (4th step) you finish your exhalation with your 2nd OUT-breath. This process is repeated over and over as the right leg moves forward again and you start your next IN-breath.

Continuing the 2nd breathing cycle again starting with the RIGHT leg leading:

- As your right leg moves forward (4th step) you start your IN-breath.
- As your left leg then moves forward (5th step) you finish your IN-breath.
- Then as your right leg moves forward again (6th step) you start to exhale your OUT-breath.
- Then as the left leg moves forward again (7th step) you finish your OUT-breath.

Thus a new breathing cycle begins as the right leg again moves forward for the start of your IN-breath as you continue walking.

The problem readily seen!

The biggest issue with this breathing rhythm is whether you're walking or running, the common thread with 'what appears' to be a balanced breathing cycle is...

- 50% of the time we breathe IN and
- 50% of the time we breathe OUT.

And what some may have noticed is...

- The start of the IN-breath is **ALWAYS on the RIGHT LEG** (1st step)
- The start of the OUT-breath is **ALWAYS on the RIGHT LEG** (3rd step)

Once you recognise it's the 1st IN-breath and the 1st OUT-breath where most of your explosive energy is generated from, things start to be seen clearly!

An explosive energy scenario

Imagine you're about to pick up a heavy object from the ground. As a natural course of action, as you lower your body down to lift the object, you breathe IN.

As you lift up the object you breathe OUT to take the weight of whatever it is you're lifting. That's why it's your OUT-breath, your exhalation, where most of your explosive energy is generated from and where you want to focus your attention.

When you start to look at **how** you use your body and breathe when you walk or run, you'll notice your 1st IN-breath and your the 1st OUT-breath **are on the same leg... that being your leading leg**.

With regard to injuries, just like machinery, unbalanced loads placed on any structure will cause the same structure (your skeletal system) to wear down prematurely.

That's why i believe the majority of hip & knee replacements are performed on the right hand side. Simply because one side (the leading leg) is over worked due to breathing rhythm's used either consciously or unconsciously!

Hence your advancement, recovery & repair of your body must first start with your breath or more to point, the breathing rhythms you use.

An invitation...

If this eBook has sparked your interest, i would like to invite you to the teaching material found within the TriBreath™ members area.

https://tribreath.com/tribreath-program/

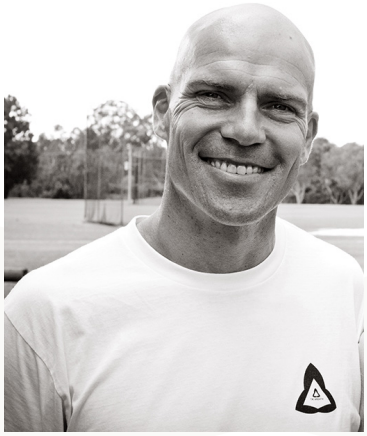
Ancient in their origins, here you will find the solution in easy to follow video format.

Let me teach you...

- The three TriBreath™ breathing rhythms that equally distribute the forces of impact that are created every time you walk or run.
- The TriBreath™ movements that promote greater mobility, muscle tone and respiratory strength when you're out walking. These movements will help you redefine your concepts of exercise.
- What the Breathing Points of the Spine are and how to use these points to access your full lung capacity using specific energy centres located up your spine.
- How to use the Science of the Triangle to help repair, restore and regenerate your body's neural function (your nervous system). These are the mind/breath techniques i used to get my body walking again after breaking my back.
- How to easily promote and maintain an upright posture so necessary for you to draw your air intake from the very bottom of your lungs up and so much more!

If you have any queries, send me a line and let me know.

Hoping this finds you in good health and spirit,



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