

THE 5 MINUTE PROFESSOR

Take 5 Minutes and Maybe Change Your Life

Collins Chiropractic Inc, Drs. CJ and Victor Collins, D.C.'s, 555 4th Street, Suite 1, Clovis CA 93612

Phone: 559-323-5000, Fax: 559-323-5525, Email: Fibrohealthcare@aol.com

SECRETS REVEALED ON CHRONIC FATIGUE AND ITS LINK TO YOUR BREATHING

Take a guess how many times a day you breathe? If you do the math it is about 18,000 to 22,000 times a day! There is an old adage called the **RULE of 3's** you should know. We can only live 3 weeks without food, we can only live three days without water and we can only live 3 minutes without breathing. If we can only go 3 minutes without breathing, then how important is the quality of our breathing throughout the day? The answer to this question is just this, "your quality of breathing throughout the day may just be the **SINGLE MOST IMPORTANT AND CHANGEABLE CORE FUNCTION** in our quest for better health and increased vitality".

A NEW PHRASE YOU MUST KNOW → "VITAL CAPACITY"

How deep a breath you can take in one inhalation/exhalation cycle is called your **VITAL CAPACITY**. Another way of thinking of your **VITAL CAPACITY** is how big you could blow up a completely deflated balloon in one breath. It has long been known that your **VITAL CAPACITY** is linked directly to your **CAPACITY for VITALITY**. Think of the diseases of the lung that are associated with decreased **VITAL CAPACITY** such as emphysema and chronic bronchitis (smoker's disease). These people are, without a doubt, the most chronically tired people on the planet. **BUT WHY IS THIS?** Because less **VITAL CAPACITY** equals less oxygen in the system. Less Oxygen in the system equals less oxygen to every cell in your body for increasing energy production and vitality. If you were to think of oxygen as an essential nutrient, your body needs far more molecules of oxygen per day than any other nutrient you can possibly imagine.

THE LITTLE KNOWN LINK BETWEEN SPINAL MOTION, RIB CAGE MOTION AND YOUR VITAL CAPACITY

With every breath we take a symphony of spinal motion, rib cage motion, diaphragm motion, additional (called accessory) muscles of inspiration and additional muscles of expiration occurs. We need this symphony of motion to drive oxygen into the interior surface area of our lungs. Are you ready for this? If you were to "unroll" the entire surface of our lungs out flat, we would have an oxygen absorbing surface the size of a **DOUBLES TENNIS COURT**. If we look at just one of your 24 ribs that attaches from your spine in the back to your breast bone in the front there are 3 key joints that need to stretch and move properly to create maximum vital capacity for that one rib. If you do the math, that means there are 42 joints for your fixed ribs and an additional 20 joints for your lower 5 ribs on each side. That is 62 joints that have to move properly just to take a good deep breath. Also, on every deep breath that occurs your spine from the bottom of your low back right up to the base of your skull have to move properly in inhalation spinal motion and exhalation spinal motion. If you add up the all the spinal joints involved with that, there is an additional 75 spinal joints (137 joints total) that need to move properly in every breath you take.

WHAT ABOUT THE MUSCLES OF BREATHING? CAN THOSE BE FIXED?

The answer is yes and we have the technology to do so. We can mobilize your diaphragm specifically by adjusting your lower rib cage vertebrae. We can mobilize all your intercostals muscles (the muscles that pull all of your ribs together to increase exhalation) by adjusting the rib joints of your rib cage. We also now have the technology to break up the scar tissue and adhesions of the specific muscles that are involved with deep inhalation and deep exhalation such as your intercostals muscles (if you have gone out for ribs you know these are fairly big muscles.) There are other muscles involved such as your serratus anterior, serratus posterior and serratus posterior superior that are hugely involved with deep breathing. Often these muscles become tight and infiltrated with scar tissue. We can break up these adhesions and set you back on the course of breathing more deeply and experiencing more vitality throughout the whole day in every day of your life!!!

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