

juststeve

One of the situations with COPD is a feeling of being short of breath. When in reality, more often than not, it is short rapid breathing and it in turn causes rapid, scattered thoughts, emotions feeding more of the same. The simple paper bag breathing works wonders in rebooting better, if not proper breathing. Another tool when no bag is available is to form the mouth into an O breathing slowly in and out as possible. This creates back pressure in the lung lobes and helps relax them so as to allow better lung function. With lung damage, scarring one can still find a need for the inhaler, but less so, less often.

Posted On 03/22/2024

Guillermou

Just is an expert in overcoming the difficulties of COPD disease. More than 16 million people in the US live with COPD. Millions of people likely have the disease but don't know it. Symptoms may be mild at first and worsen over time. "Some people with COPD have a lot of difficulty breathing when they try to walk or do any type of physical activity," says Dr. Janet Larson, who studies COPD at the University of Michigan. "Some people are bothered by a persistent cough." "But many people don't recognize the symptoms or don't know that they may be due to a disease," says Dr. Prescott Woodruff, a lung specialist at the University of California, San Francisco.

COPD includes two main conditions. In one, called emphysema, the tissue inside the lungs breaks down. In the other, called chronic bronchitis, the airways become irritated and show signs of inflammation. Pulmonary rehabilitation can also be used to treat the condition. These programs help you learn new breathing strategies, improve your body's endurance and strength, and move in ways that preserve your energy.

They may also include mental health care and nutritional counseling. "People with COPD tend to be some of the least physically active people," Larson says. Many feel embarrassed about not being able to keep up with other people, she explains. This may lead them to avoid activities they previously enjoyed. Many people with COPD have both. In the links: www.cdc.gov/copd/pdfs/fact_sheet-breathing_better_with_a_copd_diagnosi.. .---
newsinhealth.nih.gov/.../breathe-better-copd .---

Posted On 03/22/2024

juststeve

Good memory Professor, currently at and holding with the chronic bronchitis, airways irritated and show signs of inflammation. Chronic Asthma, most likely some scarring. Pushing the lungs to function with what they can do is so superior to the old years ago advice, take it easy, don't push yourself. the old advice is literally a dead end.

Posted On 03/22/2024

wns115

Personal experience: Deep breathing slowly in the through the nose out through the mouth provides the best in body and mind health - a practice I did for years using a 45-min technique 1 x per week... and twice per day 5-min breath exercise. This article is reminding me to get back into this habit...I will stick with my personal measurable, observable techniques that produce results. Thanks for the reminder.

Posted On 03/22/2024

Quilvis

Dr. Mercola does not really mention breath-holding. I remember Win Wenger used to say that underwater swimming (while obviously holding your breath!) would increase your IQ, so I can see how increasing CO2 would improve cognitive function. However, for me I notice that, the more breath-holding I do, I tend to feel sleepy, which I personally think is related to an undiagnosed auto-immune issue.

Posted On 03/23/2024

goodbody2

I remember when I was young; I used to love to snuggle under the covers, but was disappointed that I couldn't breathe. Recently, after reading a previous article about this, I become more comfortable with not expecting to breathe as I normally would expect to. Finding the right balance - or ratio this way is tricky

Posted On 03/23/2024
