

# A TH OFFICIAL RESOURCE

## Trim Healthy Podcast with Serene & Pearl Episode 369 – Top 10 Benefits of Breathing You NEVER Knew

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### Quotables

- “It is such an honor, being able to enter His rest... we weren’t designed to carry all these burdens. When we rest in God, we are truly able to enter this rest. Breathing is a part of that.” –Serene
- “Just like baptism is a physical thing that represents a spiritual reality, breathing helps us to enter the rest of God physically.” –Pearl
- “I miss nursing... and singing. Both of those activities lend themselves to diaphragmatic breathing.” –Serene
- “For me, laughing and cooking are my natural deep breathing activities.” –Pearl
- “Deep breathing was a natural pain reliever for me while I was in labor.” –Serene

### Pearl’s Experience with Meniere’s Disease

**From Pearl:** Several years ago, I came down with *Meniere’s Disease*. It was truly horrific. A lot of women have contacted me and shared their personal stories with *Meniere’s*. It’s usually very long-lasting, but I have overcome it! Thanks to God... but also thanks in large part to deep, belly breathing. I read a book called [Rock Steady](#) and it talked about our neural pathways (and how many are left untapped). Those neural pathways are ready to be harnessed... and they can overtake those of anxiety. *Meniere’s* is a physical sensation of vertigo, but it’s a neural pathway telling your body what to do.

I was able to overcome it, but for the last two years, when I’ve felt it coming on, I lie in my bed to slow everything down and just focus on my abdomen area, inhale through my nose, hold my breath for a couple of seconds, and then exhale. Breathe in the essence of life and breathe back out. And I’ve applied this in every area of my life. I knew I had been feeling anxious recently, so I just started deep breathing and gave my heart to thanking God and expressing gratitude. I do it when I’m stressed, and when I’m not stressed. We want to enter a parasympathetic state with this deep breathing – this is a state in which our body is resting and digesting. Sympathetic is the opposite state (fight or flight). I do this throughout the day, and it resets my system.

## Benefits of Deep Breathing

1. It helps you shed fat.
  - a. Our parasympathetic nervous system is entering metabolic homeostasis. You lose weight when your cortisol is low... a sympathetic state (fight or flight) elevates your cortisol, thus causing you to gain weight.
  - b. The more oxygen you have, the more metabolic burn is realized. [See study](#) here and [another study here](#).
2. Enhanced immunity.
  - a. Slow breathing expands your lungs and gives you more lung capacity—it heals and improves your cardiovascular system.
  - b. Study: [Breathing in regard to those with COPD](#).
3. Reduced stress and anxiety.
  - a. It regulates our lymphatic system. The lymphatic system detoxifies our body.
  - b. Study: [How Breath Control Can Change Your Life](#)
4. Decreased pain.
  - a. Endorphins are released with deep breathing.
5. Improves stress management.
6. Lowers inflammation.
  - a. Study: [Breathing Exercises Decrease Inflammation](#)
7. Increased energy.
  - a. Breathing oxidizes your blood... which provides increased energy.
  - b. Instead of caffeine, it is an L-theanine... calm, focused energy.
8. Decreased blood pressure.
9. Better sleep.
  - a. Breathing increases your melatonin.
  - b. Breathing synchronizes your sleep stages.
10. Relieves symptoms of IBS (irritable bowel syndrome)
  - a. [Study: Breathing / Destressing for IBS](#)

**Study Mentioned:** [Cold Exposure Training and Deep Breathing](#)



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We've each created our workout series with a primary focus on strength training. All our workouts are designed to help you become a burner! What's a burner? Someone who reverses insulin resistance and burns through food fuel and blood sugar even amid hormone challenges! You will find a workout series that fits your lifestyle. Or pick from our many workout options according to your lifestyle. You can do all our workouts at home or take us to the gym on your phone.

**Pearl Here** - My sessions are just 25 minutes long and are so simple! All you need are some dumbbells. They're perfect if you're at a beginner or intermediate fitness level. But in no way are they insipid. Your body will transform!

**Serene Here** - My sessions are 45 minutes long and I use a barbell, but I show mods on how to use other simple things like dumbbells. If you're like me and a total dork about getting your lean body mass back and building some serious tight, high glutes... join me! My workouts are for intermediate or advanced fitness levels, but beginners are welcome if you want to use the mod boxes.

We also have 10-minute workouts - These are called Fit 10 - led by our cousin Cal, a retired marine and expert fitness coach. They're perfect if your life feels too busy for exercise or if you can't fit one of our sister sessions in. They'll get you fully fit in just ten minutes.

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