



# Super Power Breathing For Super Energy

*Paul C. Bragg, Patricia Bragg*

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## **Super Power Breathing For Super Energy** Paul C. Bragg, Patricia Bragg

Live Longer, Healthier and Stronger with every breath. This text covers every aspect of the body's breathing functions. Exercises for proper breathing, posture alignment, and the effects of diet and drink on your body's ability to metabolize properly.

### Do You Know How to Breathe?

The breath of life means exactly what it says: To breathe is to live; not to breathe is to die. A human can exist without food for weeks, go without water for days, but one can't exist for more than a few minutes without air!

This fact is so obvious and breathing is so automatic that most people take it for granted. Yet, do you really know how to breathe? Stop and think about it. Do you really know how your lungs function? Do you use these marvelous organs to their fullest? The way you use your lungs controls your life, your health, your looks, your energy, your resistance to disease your very life span!

### Super Power Breathing – The Path To High Vibration Energy Living

As health specialists with over a century of combined effort, we have developed techniques for measuring mental and physical energy in humans. Everyone lives at a certain rate of vibration. The human body is capable of reaching a high vibration energy level; unfortunately very few ever master what it takes to achieve it. Why? Because only a few know how to generate, utilize and replenish their full capacity of body and mind energy.

High vibration energy people are doers and achievers. They display seemingly inexhaustible vitality and stamina, creative power and/or athletic ability of the highest quality. They never seem to tire. They perform mental and physical tasks without strain or excessive emotion. To high vibration achievers, everything seems easy and effortless because they have more vital power.

Breathing is the most basic of bodily functions!

The Bragg Super Power Breathing habit of taking longer, slower, deeper breaths helps to produce more energy and a more vital, youthful, longer life for you! – Paul C. Bragg, ND, PhD, Life Extension Specialist, Originator of Health Stores

### High Vibration Energy Produces Achievers

This natural energy produces contented people who see the humorous side of life: full of personal magnetism and enthusiasm, high vibration energy people are a joy to be with because they have happy dispositions. They are free from depressions and mental blocks, and are well-adjusted people who enjoy more fulfilling, healthy and happy lives. What is their secret? How do they live at a superior rate of high vibration energy? The answer is simple: such people consume large amounts of oxygen. They breathe deeply and fully, utilizing every square inch of their lung capacity. Ample oxygen combined with a healthy lifestyle does bring miracles.

The more oxygen you breathe into your lungs, the more energy you will have. This creates a higher rate of vibration. It is very much like a fire in an open burning fireplace, the more oxygen the fire gets, the brighter

it will burn! The less oxygen it gets, the less heat and more unwanted smoke it generates and soon the fire dies.

#### Most Live at Low to Medium Vibration

People who live at a low to medium rate of vibration attain limited levels of vitality, both mentally and physically. While they may have a capacity for work and play, they aren't capable of the sustained effort achieved by those who have high vibration energy. Low to medium vibration energy people easily tire and lack endurance, particularly when under stress. Exhaustion induced by tension and strain forces this type of person to stop and rest and even give up.

People living even at a medium vibration rate simply don't get enough vital oxygen to give them that extra push to keep going under physical, mental or emotional pressures. Under extreme pressure they run out of gas and lack the high vibration energy that deep power breathing and healthy living provides to make this additional effort.

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