

## Lowered Respiration Rates with Structured Breathing

When writing about the 5 Step Structured Breathing Process in the past, we remarked

***“Just get started!...***

*Even if you only were to do 1 breath through each step of the 5 Step Structured Breathing Process!*

*...or you think you might be doing it wrong...**Just get started!***

*From just one or two breaths alone, people have noticed immediate improvements in their body function.*

*Breathe smooth, slow, and deep, both in and out...*

*If time is limited, do what is possible!*

*Even one structured breath can improve one’s state of being.”*

Now, at NAT, we wish to show the world that this Structured Air Breathing, as well as Structured Water, will change their life for the better.

So, we pondered what would be the easiest way to provide a look at the changes that occur to the human function as one breathes with a Natural Action Technologies structuring device. The Vital Signs are known throughout Western Medicine as standard indicators of body health and stability. They are as follows:

1) Blood Pressure, 2) Temperature, 3) Pulse Rate, and 4) Respiration Rate.

While we have seen significant changes in all 4 of these Vital Signs with test subjects. We noticed that the greatest percentage of people recognize a significant shift in Respiration Rate through Structured Breathing.

So, we took a population sample of 6 people, three male and three females ranging in age from 21 to 75. We had them measure their number of breaths taken in one minute (60 seconds). Then, we had them all breathe thru an NAT Portable Unit at the same time, i.e., 1 breath through each of the 5 Step Breathing Process as seen at [www.naturalactiontechnologies.com](http://www.naturalactiontechnologies.com).

The interesting results are shared below:

	<b>Breaths per minute Before S.B.</b>	<b>Breaths per minute After S.B.</b>
Male 75	12	8
Male 48	10	8
Male 22	9	7
Female 48	12	10
Female 45	8	5
Female 21	18	8

**Results of Structured Breathing (S.B.) for approximately 1 minute. (5 Breaths through an NAT Structuring Unit. 1 Breath through Each of the 5 Steps.)**

Notably, each person experienced a drop of 2 breaths per minute or more! As a person reduces their breaths per minute, we see more efficient oxygenation of the cells and tissues within the body. Stress reduces. They become more relaxed. Even more, each person began with an ANS (Autonomic Nervous System) disregulation because of emotional interference. After the Structured Breathing, the ANS tests were now open, demonstrating that emotions had released.

Also noteworthy, was that before the Structured Breathing, each person was asked to compare their right carotid artery to their left carotid artery. The results there were also amazing. Every person before the Structured Breathing could tell obviously that one side was larger than the other. After the Structured Breathing, the pulses were noticeably even, or much more closer to even AND more energetic!

The event of structuring water, or in this case, structuring air through breathing brings the body back to balance, creates less stress, and greater oxygenation.

**Conclusion**

While we are still looking for exceptions to these positive outcomes, most all people will notice and benefit from Structured Breathing with Natural Action Technologies structuring units in the form of less stress, greater oxygen uptake (less breaths/minute), and better blood flow balance.

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