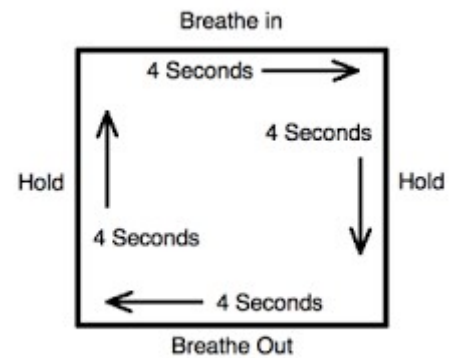


BOX BREATHING

What: A 2-minute daily breathwork practice.

How: Inhale for 4 seconds – Hold your breath for 4 seconds – Exhale for 4 seconds – Hold your breath for 4 seconds – repeat.

Why: Reduce stress and the hormones associated with burning sugar and not fat.



Box Breathing App FYI

Search your App Store: Box Breathing Assistant (Free version).

Download, Settings: 4 seconds splits (I find FOUR seconds the most efficient split), Start.

- ✓ The greater your emotional stress, the harder it is metabolising your stored fat (more information on this later in the reboot).
- ✓ The simple and efficient daily practice of box breathing will reduce your emotional stress and improve your collective health, one facet being; the burning of unnecessary fat.

Oh, and be sure to nasal breathe only (more in this later in the reboot).