

# How many times a day does the human body breathe on average?

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We breathe (breathe in oxygen, release carbon dioxide) to survive. So, how much air does the human body need to inhale daily?

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## The right way to breathe to help your body always feel energetic

Who doesn't know how to breathe, but most of us unconsciously breathe. In adults, we often breathe in the chest, when we breathe in and out, only the chest rises and drops, the volume of the abdomen is almost unchanged. Natural chest breathing is also sufficient for body needs. But a person can control his or her breathing to breathe properly to keep the body feeling energetic.

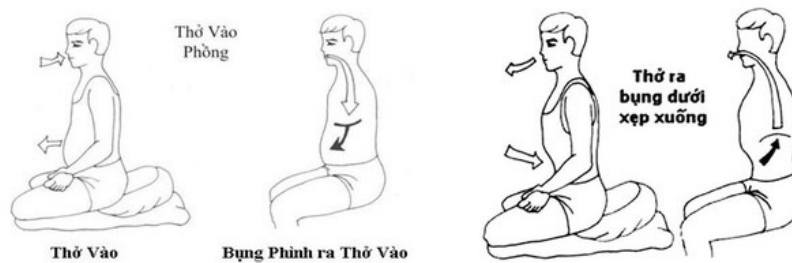
The correct way to breathe is to breathe from the end of the lungs. When inhaled, the abdomen and chest expand, and the exhalation time is longer than the inhalation time. People call this way of breathing abdominal or deep breathing.

Deep breathing brings many benefits to your body including:

1. Helps relax the mind, reduce stress and feel more balanced.
2. Improving cardiovascular activity, the heart is supplied with more oxygen to help work better.
3. Strengthen the immune system and improve the digestive system.
4. Accelerates the process of burning energy and consuming excess fat.
5. Forming a good posture for the skeleton as breathing deep fills the lungs, the chest expands, the spine straightens and the shoulder blades are opened back helping to create a straight and beautiful posture.
6. Control emotions, keep thoughts and thoughts in a positive way, reduce anxiety and stress.
7. Help the body release endorphins, natural pain relievers, increase the elimination of toxins, reduce the amount of acid in the body and reduce the likelihood of disease development.

## Abdominal breathing technique

1. Step 1: Stop everything you are doing and not think at all.
2. Step 2: Take a deep breath and try to stomach your stomach as much as possible.
3. Step 3: Breathe out slowly and collapse your abdomen.



Every day, we should breathe 4 times, divided into 2 times, each time 20 beats (inhale - exhale). Stage 1, 10 deep breaths, take a break - take 10 regular breaths, then continue 10 more abdominal breathing.

Note: During the exercise must completely focus on breathing, do not think at all.

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