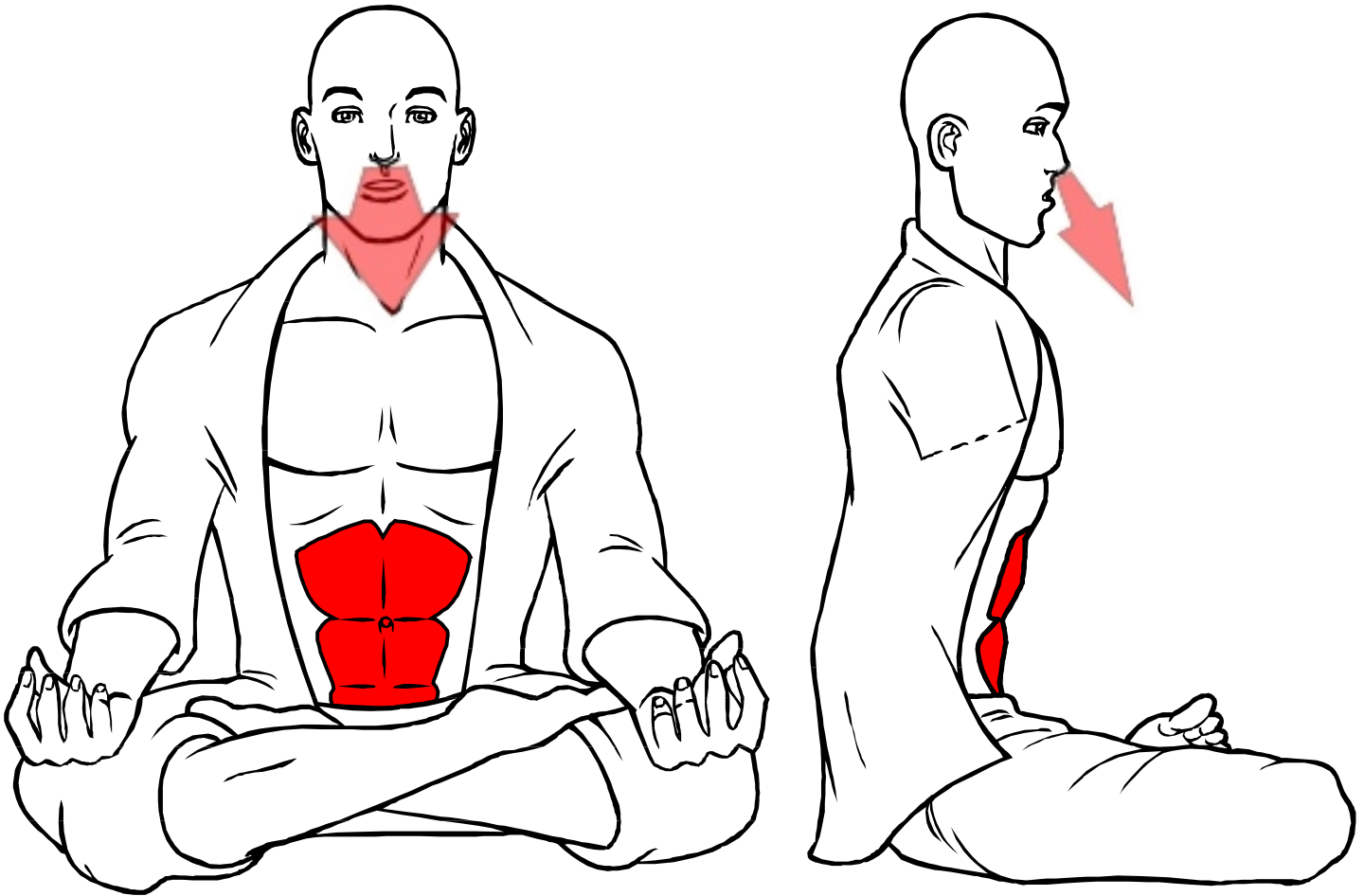
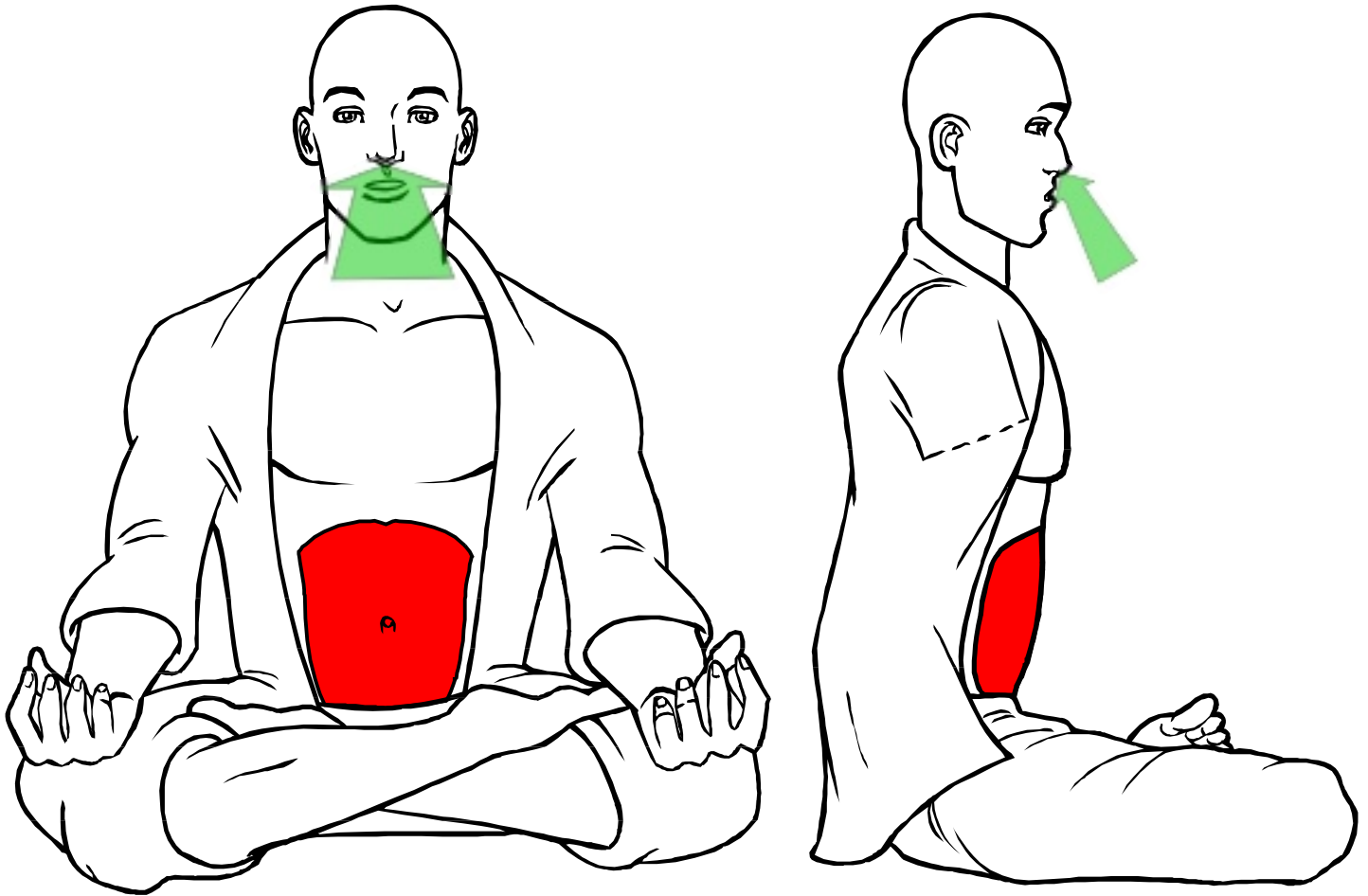


## The Breathing Exercise to lower blood pressure by HerbsCanCure.com



1. Come to sit in a comfortable crosslegged position.
2. Take two or three deep inhales and exhales through the nose to prepare.
3. Inhale to a comfortable level, and then exhale sharply and forcefully through the nose, drawing the belly in as you exhale. (not very sharply or forcefully)
4. Let the inhale happen passively, and continue this cycle of forceful exhales and passive inhales at a moderate pace, so that the belly is pumping continuously.
5. Do three rounds of thirty breaths each, coming back to deep inhales and exhales between each round.

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