

Lose weight in 1 minute!

How Can 1 Minute of Breathing help ME lose Weight ???



Studies have shown that in overweight patients, the parasympathetic nervous system (the part of the involuntary nervous system known for rest and digestion, slowing the heart rate, increasing intestinal and glandular activity and relaxing the sphincter muscles) has abnormalities in addition to weakened hormone secretion (Sato et al, 2007). ***Essentially,***

being overweight slows down metabolic activity, reducing our ability to regulate our heart rate, digest food and eliminate waste.

On the other hand, when our ***sympathetic nervous system*** (which is responsible for our “Fight or Flight” response) is activated it ***leads to loss of body weight.*** Sato et al, (2007) developed the “Senobi” breathing method (a stretch-breathing exercise) to activate the sympathetic nervous system in order to increase metabolic activity.

*“After 1 min of the “Senobi” breathing, substantial up-regulation of sympathetic nerve activity and increased urinary hormone secretion were observed in the overweight women but not in the healthy controls. **Moreover, after repeating the exercise for a month, the obese patients showed significant loss of body fat.** The “Senobi” breathing exercise was found to be effective for weight loss in obesity possibly by regulating the autonomic nervous system and hormone secretion,” (Sato et al, 2007).*

The key to the Senobi deep breathing technique is that the Senobi posture naturally imposes either deep abdominal or deep thoracic breathing both stimulate the sympathetic nervous system. This is beneficial for not just weight loss but asthma and depression as well (Admin, 2019).

How to Do Senobi Stretch Breathing in 4 Steps

The Senobi deep breathing method can be performed either seated or standing and with hands either together or not.

Step 1 - Extend your arms over your head with palms facing the sky (with fingers either intertwined or not),

Step 2 - Lean back and stretch (with arms and neck arched backward). This posture opens the area between the shoulder blades and imposes abdominal breathing.

Step 3 - Inhale for 5 to 7 seconds and exhale for 5 to 7 seconds. Repeat the inhale and exhale at least 3 times.

Step 4 - Repeat the process for at least three minutes of Senobi deep breathing per day.
(Admin, 2019)



Here are some links to view breathing techniques similar to the Senobi technique that you can start today:

References

Abd El-Aziz, Shaheen, Mohamed, Al-Ahwany. (2016). Senobi Versus Diaphragmatic Breathing Exercise to Ameliorate Depression in Obese Women. *Medical Journal Cairo University*, Vol. 84, No. 2, June: 191-196, www.medicaljournalofcairouniversity.net. Retrieved <http://medicaljournalofcairouniversity.net/home2/images/pdf/2016/June/028.pdf>

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