



GLOBAL
BIOHACKERS

IMMUNE WELLNESS

5 DAYS 5 WAYS TO SUPPORT YOUR
IMMUNE SYSTEM AND STAY WELL



Breath & Mindset





Breath

Breathwork refers to any type of breathing exercises or techniques. People often perform them to improve mental, physical, and spiritual well-being. During breathwork you intentionally change your breathing pattern.

There are many forms of breathwork therapy that involve breathing in a conscious and systematic way. Many people find breathwork promotes deep relaxation, improves immunity or leaves them feeling energized, amongst other benefits.

NOT ALL BREATHS ARE CREATED EQUAL

Yogis have said it for centuries. Deep, focused breathing is key to a healthy mind and body.

While normal, “shallow” breaths use only part of your full lung capacity — deep, cleansing breaths can guide air into the deepest part of your lungs, relax tense muscles, and signal your nervous system to lower dangerous stress hormones.

Without much effort, you can improve your immune function, help protect yourself against chronic disease, and regulate your body’s response to stress.

Deep breathing exercises are an important step in your journey towards wellness and should be practiced as part of a larger routine.





Breath

70% of toxins are released simply by breathing properly.

Breathwork releases tension. When you are afraid, stressed or nervous, your breathing pattern changes.

Breathwork elevates your mood. Breathing increases pleasure-inducing chemical in your body.

A Few Types of Breathwork

Wim Hof Method

Wim Hof, a.k.a. “The Iceman” is a real-life superhero who uses deep breathing methods to achieve extraordinary feats —like climbing Mount Everest in shorts.

Hof believes that focused breathing allows him to control his body’s response to illness — something previously thought impossible.

In his most famous experiment, Hoff was voluntarily injected with E Coli endotoxin — a bacteria which causes flu-like symptoms like vomiting and fever. He had none. And was even able to successfully repeat the experiment with a group of volunteers who practiced his deep breathing methods (Cox, Van Eijk, et. al, 2014).

Wim Hof breathing is a powerful technique to boost immunity.

Rebirthing Breathwork

The Rebirthing breathwork technique was developed by Leonard Orr in the UnitedStates. The technique is also known as Conscious Energy Breathing (CEB).

CEB proponents consider unprocessed, or repressed, emotions as having a physical impact on the body. This could be caused by trauma or because the emotions were too difficult or painful to deal with at the time.

Detrimental thought or behavior patterns or the way a person has been conditioned to react to events throughout their life, are considered contributing factors for unprocessed emotions.

Clarity Breathwork

The Clarity Breathwork technique was developed by Ashanna Solaris and Dana DeLong (Dharma Devi). It’s similar to Rebirthing breathwork techniques. This practice supports healing and transformation by clearing blocked emotions through the physiological impact of controlling your breathing.

Through this type of breathwork, you practice circular or continuous breathing. Through the practice, you may learn to have a greater awareness of the present moment.

Holotropic Breathwork

Holotropic Breathwork is a therapeutic breathing technique meant to assist you with emotional coping and personal growth. Holotropic Breathwork was established in the1970s by Dr. Stan Grof and Christina Grof, a husband and wife duo.

Deep breathing exercises improve your immunity by:

- Lowering your blood pressure
- Clearing out mucus and debris from your respiratory tract
- Lowering cortisol in your body
- Boosting arterial blood flow
- Improving your body's autonomic (the subconscious, automatic function) response to stress



Step 1: Get Comfortable

Assume a meditation posture: sitting, lying down — whichever is most comfortable for you. Make sure you can expand your lungs freely without feeling any constriction.

1



Step 2: 30-40 Deep Breaths

Close your eyes and try to clear your mind. Be conscious of your breath, and try to fully connect with it. Inhale deeply through the nose or mouth, and exhale unforced through the mouth. Fully inhale through the belly, then chest and then let go unforced. Repeat this 30 to 40 times in short, powerful bursts. You may experience light-headedness, and tingling sensations in your fingers and feet. These side effects are completely harmless.

2



Step 3: The Hold

After the last exhalation, inhale one final time, as deeply as you can. Then let the air out and stop breathing. Hold until you feel the urge to breathe again.

3



Step 4: Recovery Breath

When you feel the urge to breathe again, draw one big breath to fill your lungs. Feel your belly and chest expanding. When you are at full capacity, hold the breath for around 15 seconds, then let go. That completes round number one. This cycle can be repeated 3-4 times without interval. After having completed the breathing exercise, take your time to bask in the bliss. This calm state is highly conducive to meditation — don't hesitate to combine the two.

4





A beautiful day begins with a beautiful mindset.

Studies show that you are 3 times less likely to get sick if you have a positive mindset, than if you have a negative mindset.

Top Tips for Improving Your Mindset

Mindful Meditation

New research suggests that mindfulness meditation can have benefits for health and performance, including improved immune function, reduced blood pressure and enhanced cognitive function.

SIMPLE MEDITATION FOR BEGINNERS

1. Sit or lie comfortably. You may even want to invest in a meditation chair or cushion.
2. Close your eyes.
3. Make no effort to control the breath; simply breathe naturally.
4. Focus your attention on the breath and on how the body moves with each inhalation and exhalation. Notice the movement of your body as you breathe. Observe your chest, shoulders, rib cage, and belly. Simply focus your attention on your breath without controlling its pace or intensity. If your mind wanders, return your focus back to your breath.

Maintain this meditation practice for two to three minutes to start, and then try it for longer periods.

Reframe Your Thoughts

If you're someone drowning in a sea of anxieties, learning to reframe your thoughts is a great place to start easing the burden just a little.

SIMPLE STRATEGIES

1. Write down your thoughts. Knowing what you are thinking is important and writing it down will give you something solid to work with.
2. Start fact-checking yourself. "What's the proof that I have for this thought?"
3. Switch from asking, "Is this true?" to "Is this helpful".
4. Ask yourself what you would say to a friend with the same thought?
5. Go for realistic, not positive. Sometimes it is hard to put a positive spin on our thoughts, so looking at what is realistic or likely to occur can be more beneficial.
6. Swap "finding the bright side" with "finding meaning". Be on the look out for "what can I get from this?"
7. Turn a thought into an action you think will make you feel better. "What can this thought teach me?"
Can I donate, volunteer etc
8. Stick with reframing strategies for at least a week before switching it up. So pick one of the above strategies and use it consistently. Then try others.



Mindset

A positive attitude can improve your immune system and may help you live longer, according to a University of Queensland study.

The research, published in *Psychology and Aging* has found that older people who focused on positive information were more likely to have stronger immune systems.

Top Tips for Improving Your Mindset

Self Compassion

Rather than trying to change our deeply rooted values—a challenging task—we can start by lessening the impact they have on us by changing the ways in which we view ourselves. We can begin to do this with self-compassion.

Self-compassion means being gentle, kind and understanding with yourself; accepting that you are not perfect; and understanding that there is potential for learning and growth in every mistake you make.

5 Ways to Practice Self-Compassion

1. Practice forgiveness - nobody is perfect
2. Employ a growth mindset - embrace rather than avoid challenges.
3. Self-Kindness - treat our worth as unconditional even when we fall short of our own expectations.
4. Treat ourselves as we would treat a good friend.
5. Gain perspective - Let go of the need for outside validation, but reach out to others to place your feelings in context.

Gratitude

Feeling gratitude is very powerful. Rather than wishing for what we do not have, there is strength in appreciating what we do have, right now. You can choose to write a gratitude journal or go for gratitude walks. By focusing on our blessings we employ a gentler inner voice and move the focus away from our shortcomings and outward to the world, with all its beauty.

A daily gratitude practice has been shown to significantly increase your happiness — and your physical health. Practicing gratitude improves sleep, boosts immunity and decreases the risk of disease.

~Mayo Clinic~