

# EASE

WELLNESS JOURNAL



THE POWER  
OF BREATH  
The science and the  
impacts of breathwork

IONS  
Finding positive  
and negative  
ion balance

BREATH  
CONTROL  
Ways to explore  
& control breath

Welcome to the August edition of the Ease Wellness Journal.

This month we focus on breath, including the science of breathwork, breathwork techniques and the profound impacts of breath control for health and wellness.

Breathing may be an automatic process you give little thought to, but we're excited to dive into all things breath to inspire you to start implementing some useful breath control practices into your everyday to boost your physical health, cognitive abilities and emotional resilience.

We then touch on ionisation and ways to help balance positive and negative ion environments in your life, which of course includes balancing breathwork and getting out in nature.

This issue also features a much-loved product called The Story Collection and one of our most popular recipes, overnight choc chia pudding.

If you love what you read, we invite you to connect with us, book a session or attend one of our events.

Enjoy reading! Yours in health,  
*Kate and team*







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"TO BREATHE PROPERLY IS TO LIVE PROPERLY"

~ ROBIN SHARMA



# INHALE EXHALE



*Science is increasingly beginning to provide evidence that the benefits of the ancient practice of controlled breathing are real and significant.*

Breathing is an automatic process we often don't give a second thought to, yet modern science is increasingly uncovering the power of breath and its ability to heal.

It is now widely acknowledged that the breath is a particularly powerful tool to help one overcome anxiety, insomnia, post-traumatic stress disorder, depression and attention deficit disorder; but studies are now also shedding light on a fascinating relationship between breathing, memory, and a variety of other bodily functions.

This is because breath influences neural activity, which in turn, impacts cognitive functions including attention, memory recall and emotional processing. Further, the rhythm of our breathing creates electrical activity in the brain that contributes to the enhancement of emotional judgments and memory recall. In addition, consciously changing the way you breathe appears to send a signal to the brain to adjust the parasympathetic branch of the nervous system, which can slow heart rate and digestion and promote feelings of calm as well as the sympathetic system, which controls the release of stress hormones like cortisol.

## Zelano's Research

A 2016 study led by Christina Zelano at Northwestern University demonstrated that the act of breathing can have a direct impact on cognitive functions such as memory recall. Zelano's research team carried out a series of experiments involving human subjects and found that memory recall was significantly better during inhalation compared to exhalation. This effect was most pronounced when the subjects were breathing through their noses. The study showed that the rhythm of breathing can induce changes in the brain, enhancing the emotional judgment and improving memory recall.



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## THE LIMBIC SYSTEM & BREATH

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Zelano's research also showed the amygdala and the hippocampus (two brain regions linked to emotion, memory function and smell) are significantly affected by the breathing rhythm. These areas of the brain are part of the limbic system, which controls emotions and memory. It's thought that the act of breathing may modulate the functions of these brain regions, thereby influencing memory and emotional processing.

Moreover, the act of controlled, deep breathing, often utilised in mindfulness and meditation practices, has been shown to enhance memory recall.

*Reference: "Nasal Respiration Entrained Human Limbic Oscillations and Modulates Cognitive Function" by Christina Zelano et al. Journal of Neuroscience, 7 December 2016.*





## Breath and Memory

A study published in the Journal of Sport and Exercise Psychology showed that mindfulness-based attention, which involves focusing on one's breathing, increases the ability to maintain visuospatial information over short periods.

This suggests that deep, controlled breathing can improve working memory capacity, the kind of memory we use to hold and manipulate information in our minds over short periods.



Fortunately, the relationship between breathing and memory remains an exciting and emerging field, adding to an already solid foundation of research into the benefits of controlled breathing for stress and anxiety. Findings from the research discussed above suggest exciting possibilities for more mainstream use of breathing practices, and potential therapeutic applications. Understanding the importance of breathing is incredibly useful for overall wellness and memory, but could also have implications for interventions related to cognitive decline, stress, anxiety and conditions such as ADHD and Alzheimer's disease.

It seems that the simple act of breathing, often taken for granted, can play a significant role in our physical, emotional and cognitive functions, including memory recall. So next time you're struggling to remember something, take a moment, take a deep breath, and see if it helps. It appears our breath holds more power over our brains than we might think.





A HEALTHY MIND HAS  
AN EASY BREATH





# THE SCIENCE OF BREATH

Breathing is an essential act that requires no thought. But according to a Professor at the University of Colorado Boulder, Daniel Craighead, thinking about your breath can alter your physical and mental health. This is because breathing isn't just about the lungs. According to Professor Craighead, breath affects the nervous and cardiovascular systems, so changing how much you inhale affects more than just the amount of oxygen we get. "When we breathe, that actually impacts how much blood is ejected from our hearts," the Professor said. Read on for more scientific revelations about breath.

## ● Ability to control

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Breathing happens regardless of whether we pay attention to it or not; it's an entirely primitive instinct and automatic process. But what is unique and miraculous about breathing is that, contrary to a lot of other automatic bodily functions, we can also control our breathing.

## ● Heart rate relationship

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Breathing and heart rate are regulated by the same parts of the brain, and each "talks" to the other to work in sync. By consciously slowing our breathing we can manipulate heart rate, blood pressure and stress responses.

## Pain control

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Controlled breathing is a well-established tool for pain control. Pain, for most people, is perceived as a threat and therefore serves as a source of stress. Mindfulness and controlled breathing have been shown to decrease pain by calming the sympathetic nervous system and encouraging the parasympathetic nervous system.

## Boosts immunity

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Researchers at the Medical University of South Carolina divided a group of 20 healthy adults into two groups. One group was instructed to do two sets of 10-minute breathing exercises, while the other group was told to read a text of their choice for 20 minutes. The subjects' saliva was tested at various intervals during the exercise. The researchers found that the breathing exercise group's saliva had significantly lower levels of three cytokines that are associated with inflammation, stress and poor immune function.

## Helps depression

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Dr. Chris Streeter, a Professor of Psychiatry and Neurology at Boston University, completed a study measuring the effect of daily yoga and breathing on people with major depressive disorder. After 12 weeks of daily yoga and coherent breathing, depressive symptoms significantly decreased and levels of gamma-aminobutyric acid, a brain chemical that has calming and anti-anxiety effects, had increased.







## ● The stress effect

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Inhaling stimulates the sympathetic 'fight or flight' response and increases heart rate. When exhaling, the opposite happens. This is why lengthening the out-breath can be beneficial for stress management, the immune system and many bodily functions.

## ● Vagal tone

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The vagus nerve (the main driver of parasympathetic rest and digest response) passes through the diaphragm. Correct activation of the diaphragm therefore helps to improve vagal tone (function and conditioning of the vagal nerve).

## ● Left vs right

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Each nostril is linked to the opposite hemisphere of the brain - i.e. left nostril breathing increases blood flow to the right side of the brain (stimulating creative thinking, intuition etc.) whilst right nostril breathing increases blood flow to the left side (stimulating analytical thinking etc.)

## ● Red blood cells

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By practising breath retentions you can simulate the effects of altitude training by encouraging the spleen to release more red blood cells into the bloodstream.



A woman with long, dark, wavy hair is shown from the chest up, looking upwards with her eyes closed. She is wearing a brown, sleeveless dress with a gathered waist and a thin necklace. The background is dark, and the lighting is soft, highlighting her face and hair.

“Every relaxation, calming or meditation technique relies on breathing, which may be the lowest common denominator in all the approaches to calming the body and mind. Research into basic physiology and into the effects of applying breath-control methods lends credence to the value of monitoring and regulating our inhalations and exhalations.”

~ Christophe André in Scientific American



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# ALTERNATE NOSTRIL BREATHING

Nadi Shodhana, or “alternate nostril breathing,” is a simple yet powerful technique that settles the mind, body, and emotions. You can use it to quiet your mind before beginning a meditation practice, and it is particularly helpful to ease racing thoughts if you are experiencing anxiety, stress, or having trouble falling asleep. There are several different styles of Nadi Shodhana, but they all serve the purpose of creating balance and regulating the flow of air through your nasal passages. In fact, the term Nadi Shodhana means “clearing the channels of circulation.”



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## The Why

With just a few minutes of alternate nostril breathing, you can restore balance and ease in the mind and body. Sometimes when we feel frazzled or find ourselves doing too many things at once, it's because energetically, we are out of alignment. This breath is great for restoring that necessary balance. In addition to calming the mind and reversing stress, alternate nostril breathing also improves focus, supports respiratory functions and restores balance in the left and right hemispheres of the brain, and clears the energetic channels.

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## The When

Whether you're nervous about a project or presentation, anxious about a conversation, feeling pressured by family or just generally stressed out, Nadi Shodhana (or Alternate Nostril Breathing) is a quick and calming way to bring you back to your center. If you find it difficult to settle into your meditations, try moving through a few rounds first, then remain seated and shift directly into stillness; this should help to ground you before meditation and help to hit the reset button for your mental state.

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## The How

With your right hand, bring your pointer finger and middle finger to rest between your eyebrows. Close your eyes and take a deep breath. Close your right nostril with your right thumb. Inhale through the left nostril slowly. Close the left nostril with your ring finger so both nostrils are held closed; retain your breath at the top of the inhale. Open your right nostril and release the breath slowly through the right side; pause briefly. Inhale through the right side slowly. Hold both nostrils closed. Open your left nostril and release breath slowly through the left side. Pause briefly at the bottom. Repeat.



"ALTERNATE NOSTRIL BREATHING: "PROVIDES HIGH LEVEL EVIDENCE FOR POSITIVE OUTCOMES FOR THE AUTONOMIC NERVOUS AND CARDIOPULMONARY SYSTEMS. THERE IS ALSO HIGH LEVEL OF EVIDENCE REGARDING IMPROVEMENT IN COGNITIVE FUNCTIONING WITH REGULAR PRACTICE OF ALTERNATE NOSTRIL BREATHING."



## BREATHING TECHNIQUES

There are a range of deep breathing techniques available to you, all with profound power and positive benefits. Box Breathing is one of the easiest to learn and is a great entry point into breathing methods. Alternate Nostril Breathing is one of the most popular and widely used techniques. Other breathing methods commonly used to increase alertness, calm nerves, and achieve calmness include:

- ~ Pranayama breathing
- ~ Meditation breathing
- ~ Shaolin Dan Tian breathing

While many people use deep breathing techniques independently, there are many apps available that are helpful when learning how to do guided meditation and breath work.





"BREATH IS THE FINEST  
GIFT OF NATURE"

AMIT RAY





# THE POSITIVES OF NEGATIVE IONS

In our modern world, we are often overwhelmed with positive ions, emitted by electrical devices, lightning, fires, UV rays and radiation, disrupting natural ionic balance and wellness in profound ways.



ALL ABOUT

POSITIVE &  
NEGATIVE  
IONS

## ION BALANCE

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In every Kinesiology session at Ease Wellness, a patient's body is checked for a balance of ions. Why? Because ionic regulation is an important part of homeostasis, or a balanced body and mind.

“Ionisation” refers to the balance, quantity and the quality of electrically charged particles in the atmosphere. We breathe these particles into our lungs where they enter the bloodstream and help regulate our pH and increase oxygen absorption. Once they reach our bloodstream, negative ions are believed to produce biochemical reactions that increase levels of the mood chemical serotonin, helping to alleviate depression, relieve stress, and boost our energy levels.

Because the phenomenon of ionisation is usually generated by natural occurrences; if you find that you are over affected by weather patterns such as thunderstorms, that may be an indication that you need to take positive action to restore your ionic balance.

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# ION BALANCE



## NEGATIVE IONS

In 2023, we are often overwhelmed with positive ions, which are emitted by lightning, fires, UV rays and radiation. Also, the electronically driven "concrete jungle" in which most of us live can disrupt natural ionic balance profoundly. With the amount of screen time we are consuming and the effect ions have on serotonin levels, it's no wonder anxiety and depression are the biggest health problems of our generation.

Enter negative ions! We inhale these invisible odourless and tasteless molecules in natural environments that are conducive to evaporating water, such as mountains, beaches, rainforests and waterfalls. Given we spend less and less time outside in nature, we no longer absorb as many negative ions as we did in the past. In fact, one study from Columbia University looked at a cross-section of people with chronic depression and, using negative ion generators and nature, was able to relieve depression with as much success as antidepressants.

## BODY BENEFITS

Negative ions increase oxygen carrying capacity in the body, particularly to the brain, improving the release of serotonin and other feel-good neurotransmitters. They have also been shown to boost immune system function, which is a real plus in this day and age.

According to Pierce J. Howard, PhD, author of *The Owners Manual for the Brain: Everyday Applications* from Mind Brain Research and director of research at the Centre for Applied Cognitive Sciences in Charlotte, N.C. 'Generally speaking, negative ions increase the flow of oxygen to the brain; resulting in higher alertness, decreased drowsiness, and more mental energy.'

The human body is a balance of positive and negative ions, however it's the larger amount of positive ions to negative ones that seems to be problematic. Read on for a few simple ways to create ionic balance:



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# ION BALANCE



## NATURE

Although a wave crashing against a reef can create more negative ions than a babbling brook, you will still receive the benefits of negative ions produced by the evaporating water, particularly in environments dense in lush vegetation and decent tree cover. The best way to really soak in the benefits of a negatively charged ionic environment is to really immerse yourself in the regenerative power of natural environments. But for many of us, that's easier said than done.

Never fear! Even walking barefoot on wet grass or sitting under a tree and reading a good book will give you the opportunity to absorb some quality negative ions and boost your immunity and energy, so get outside and suck in those ions whenever you can.



## SHOWERS

Ever just wanted to go home and enjoy a long shower after a hard day at work? There's a reason why; it's because every home has a built in natural ioniser -- the shower! Although showers don't have the power of a waterfall or a crashing wave, you will still receive the positive benefits of ionisation from taking a shower. So if you're feeling out of sorts, or a little low, take a break and jump in the shower for an accessible mood booster.

Any form of running water will help immerse you in negatively charged ions, so just maximise it as best you can. A shower in your ensuite is good, an outdoor shower is better, a swim under a waterfall is best. Just work with what you can, when you can, and enjoy a boosted state of wellness as a result.

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# ION BALANCE



## SALT LAMP

Made from a block of pure pink salt crystals and lit from within, the bulb inside the lamp warms the salt, releasing negative ions in the process. According to a [study](#) by the University of Karachi, Pakistan, exposure to a salt lamp can increase the levels of tryptophan and serotonin, which are associated with regulating mood, easing symptoms of anxiety and depression. Although the jury is out on the true efficacy of salt lamps and the evidence to support these health claims in relation to the quantity of negative ions they produce can be somewhat lacking, these lamps have a unique look and the warm pinkish glow can help create a soothing atmosphere, promoting relaxation. You can also replace brighter lights around the home with the softer lighting of a salt lamp, creating a relaxing atmosphere conducive to sleep.



## KINESIOLOGY

The importance of balancing ionisation is well understood in the field of Kinesiology. At Ease Wellness, each patient is muscle tested to determine whether their ionisation levels are balanced, and correct accordingly before continuing with the rest of the session. While extreme imbalances in ionisation usually have to be corrected with supplementation (calcium or potassium depending on which ion is dominant) there is a simple breathing technique that corrects a normal imbalance.

According to Yogi teachings, A positive ionic current flows through the right nostril and negative current flows through the left nostril, therefore we simply balance ionisation through a controlled breathing technique.



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"DEEP  
BREATHING  
BRINGS DEEP  
THINKING AND  
SHALLOW  
BREATHING  
BRINGS  
SHALLOW  
THINKING"

- ELSIE LINCOLN BENEDICT







STORY

## FEATURE PRODUCT: THE STORY COLLECTION

There are moments in life when the best gift is love. Love in its many forms: the love in friendship, the love in kindred connection, the love shared between parents, siblings, and extended family, the love between romantic partners, and the care and respect shared between colleagues and neighbours. A unique way to celebrate this love and give the ultimate surprise, is through a personalised audio gift curated by The Story Collection.

Friends and family from around the world are invited to voice-record heartfelt words into a beautifully edited audio experience. Imagine the delight of a loved one listening to kind words, memories and cherished voices while enjoying the ambience of candles, chocolate, tea and bubbly from a five-senses gift hamper. It is a beautiful way to celebrate a birthday, anniversary, graduation, wedding, the arrival of a new baby, a farewell or any special occasion along life's journey. The Story Collection offers an unforgettable celebration of magic moments and heartfelt connections.

Learn more at: [www.thestorycollection.com](http://www.thestorycollection.com).





RECIPE OF THE MONTH

# Overnight Chia & Cacao Pudding

We featured these little puddings at a recent wellness day, and they were a hit! It's a simple, six-ingredient pudding that's naturally sweetened and so thick and creamy. Loaded with nutrients, these puddings are perfect for breakfast, a snack or dessert! You can keep leftovers covered in the fridge for up to 5 days, although they are best when fresh.

## INGREDIENTS


- 1/4 cup cacao powder, sifted to remove clumps
- 3-5 tbsp maple syrup
- 1/2 tsp ground cinnamon (cayenne ideally)
- 1 pinch sea salt (Celtic or Himalayan, ideally)
- 1/2 tsp vanilla extract
- 1 1/2 cups coconut or preferred dairy-free milk
- 1/2 cup chia seeds

## METHOD

- To a small mixing bowl add cacao powder, maple syrup, ground cinnamon, salt and vanilla. Whisk to combine. Add small amounts of milk at a time, whisking until a paste forms.
- Add remaining milk and whisk until smooth.
- Add chia seeds and whisk to combine.
- Cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency). It may also be helpful to give the mixture an extra stir once it has been in the refrigerator for 30-45 minutes.
- Serve chilled with desired toppings, such as fruit, granola or coconut yoghurt.

Cacao





“If I had to limit my advice on healthier living to just one tip, it would be to simply learn how to breathe correctly.”

~ Dr. Andrew Weil



# UPCOMING COMMUNITY WORKSHOPS & EVENTS



1

## FOCUS & PRODUCTIVITY

Creating time, energy & boundaries personally and professionally (workshop)

27 August 2023

[LEARN MORE >](#)



3

## CREATING CONTENTMENT

Using Mindset Mastery to enhance contentment in all areas of life (workshop)

29 October 2023

[LEARN MORE >](#)



2

## HEALTHSPAN & LONGEVITY

Wellness Day special event! The secrets to living longer and better are no longer secrets

24 September 2023

[LEARN MORE >](#)



*Your Exclusive*  
**HEALTHSPAN & LONGEVITY**  
WELLNESS DAY

*Life by Design*

## FREE COMMUNITY WORKSHOP SERIES

The Life by Design Workshop Series has been created to empower you with practical strategies to connect your mind and body, overcome obstacles and obtain a greater understanding of yourself so you can live life intentionally. Hosted by Peak Performance & Wellbeing coach, Jen Lewis, and Kinesiologist, Katherine Anderson; these self-care workshops deliver empowering concepts and provide the opportunity to learn practical techniques to enhance your level of self-care and overall wellness. Email Kate at [hello@katherineanderson.com.au](mailto:hello@katherineanderson.com.au) to find out more or to book.

# WELLNESS DAY



## DETAILS

Ease Wellness invites you to our Wellness day at the Little B.I.G. House in Summer Hill on Sunday 24 September from 9:00 - 2:30pm. This day has been designed to educate and empower you to make positive lifestyle adjustments that can result in better health, happiness, and longer quality life expectancy. Designed with fun and connection at its heart our wellness day aims to nourish the body, mind, and spirit of our beautiful attendees with experiences, strategies, and techniques that help you live life productively and intentionally.

## AGENDA

What's included in this exclusive wellness day:

- 9:00 - Arrival and Nourishing Breakfast
- 9:45 - Mindful Movement Session
- 10:00 - Healthspan & Longevity Workshop
- 11:45 - Breathwork Session
- 12:30 - Nutritional Lunch
- 1:15 - Women's Meditative Healing Circle
- 1:45 - Wrap up and Farewell

Mobile Massage therapist on site all day for relaxing seated massage experiences on tap.

### READY TO ACHIEVE LONGEVITY AND WELLNESS THROUGHOUT YOUR LIFESPAN?

The cost to join us for the wellness day is \$444 all-inclusive. Places limited.

Contact Katherine Anderson to book. Email [hello@katherineanderson.com.au](mailto:hello@katherineanderson.com.au) or phone: 0404 252 692.





EASE  
WELLNESSES

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### Individual Sessions

In-clinic kinesiology and coaching

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### Corporate Workshops

Holistic health workshops for workplaces

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### Workshops for Schools

Addressing the pillars of health in youth

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### Community Workshops

Helping the community find wellness

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### Wellness Days & Retreats

Wellness days and special retreats

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### Women's Programme

Wellness program for busy professionals

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### Massage

Remedial and multi-sensory massage

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### Learn More

Visit [easewellness.com.au](http://easewellness.com.au) or click [here](#)



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