



BUTEYKO FITNESS

## Module 2: Clear Your Nose

Nasal breathing and nose-clearing exercises

### Start with Nasal Breathing

#### ■ Your First Task

**Breathe exclusively through your nose** – in every situation: while speaking, walking, doing light activities, and during sleep.

### Your Nose is a Wonder Machine

- ■ **Protection** – from dust, pollen and allergens
- **Humidification** – for healthy airways
- ■ **Warming** – protects against irritation
- **Defense** – against germs and pathogens

### Nose-Clearing Exercise 1: Head Nodding

1. Breathe lightly in and out
2. Hold your nose
3. Nod head forward and back 3-6 times
4. Then continue breathing relaxed through nose

### Nose-Clearing Exercise 2: Head Turning

1. Breathe lightly in and out, hold nose

2. Turn head gently left and right
3. Repeat 3-6 times until slight air hunger
4. Then continue breathing gently and quietly

## Nose-Clearing Exercise 3: Pressure Equalization

1. Breathe lightly in and out, blow gently into nose
2. Close nose – similar to diving or in an airplane
3. Don't overdo it – just light pressure
4. Nod or count to 5, then breathe normally

### ■■ Important for All Exercises

**Keep mouth closed and breathe gently and quietly!**



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