



## Breathe.

**Aids relaxation.**

**Helps drain the lymphatic system to remove toxins from your body.**

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1. Lie on your back.
  2. Put one hand on your stomach and one hand on your chest.
  3. As you inhale, push your stomach way out to the count of “5.”
  4. After five seconds, a comfortable breath should be held and then exhale slowly – letting your stomach come down and really pushing that stomach down until your belly hits your spine.
  5. Repeat 10 times twice a day.

Photo: Edward Bartel/Dreamstime

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