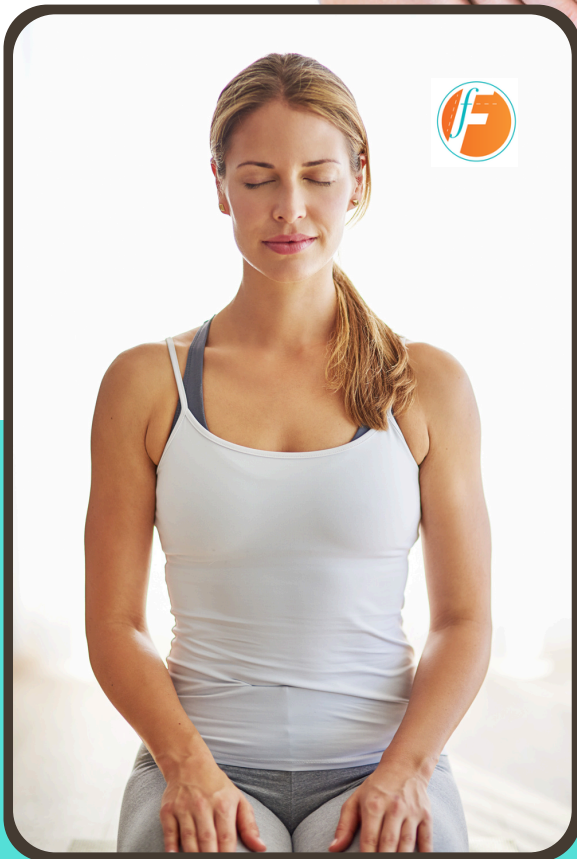


*Breathe Your Way*

**TO BETTER  
DIGESTION**



A step-by-step guide  
to help aid in your  
overall digestion

## Did you ever think about how your breathing and posture affect your digestion?

From forward head posture (text neck) decreasing the opening of airways, to rounded shoulders compressing organs in the abdomen and decreasing diaphragm function; our poor posture is affecting not only our appearance but also our digestion.

Here are a few things to focus on while sitting down to eat to help aid in your overall digestion.



- 1 Think about tucking your chin slightly down towards your chest and pretend someone is pulling a string from your spine, up through the crown of your head. This should allow for the ears to sit directly in line with the shoulders.



- 2 Create space between the ribs and the pelvis. Think about shifting your ribs slightly forward (don't open or flare the ribs) but just a slight lean forward and then try to create distance (length) between the rib cage and the pelvis. This should bring your shoulders back into alignment over the hips and provide the natural S curve of the spine.



3 Make sure feet are resting softly on the floor so that your pelvis remains neutral. Your pelvic floor muscles are important in aiding in bowel movements so you also want to make sure you are working on proper pelvic alignment when you are sitting.

From here, I recommend taking slow deep breaths while practicing 360 breathing.

This type of breathing helps to allow for the diaphragm to work in conjunction with the pelvic floor muscles expanding and contracting synergistically.

360 breathing is taking deep breaths while also ensuring that your rib cage is moving evenly out front, back, and sides like a jelly fish.

At the same time taking deep breaths allows the sympathetic system go into the rest and digest phase while providing a massage to the liver, stomach, and intestines. This in turn allows for the stomach to produce the proper enzymes important to aiding in digestion and can alleviate issues like constipation and bloating.

To learn about how posture and breathing can help in your overall health head to our community at [movingthroughmidlife.com](http://movingthroughmidlife.com)

## What you should notice:

Once you begin to practice sitting taller and taking deeper and fuller breaths you should begin to notice a more calming sensation within your body, less bloating after you eat, and more regular bowel movements.

You may even want to try going for a leisurely walk after you eat to help keep things moving and make sure you aren't wearing restrictive clothes as this can also create the same pressure as poor posture.

After just a few days you should notice better digestion. Please reach out to me at [courtney@formfitnaples.com](mailto:courtney@formfitnaples.com) to let me know.



Hi I'm Courtney,

It is my goal to help you move more, lose the belly, and feel better through posture and breathing.



*Thank you!*

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