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Other On The Belly, Take A Deep Breath In Through The Nose, Ensuring The Diaphragm (not The Chest) Inflates With Enough Air To Create A Stretch In The Lungs. • Exhale Slowly Through Pursed Lips. Initially Repeat 3 Times. You Can Work Up To 6 -10 Deep, Slow Breaths Per Minute For 2-3 Minutes. Mar 4th, 2024.

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