



Nose Unblocking Exercise

1. Normalize and calm your breathing. Take a small, silent breath in through your nose (two seconds), if possible and a small, silent breath out through your nose (three seconds). If unable to take a breath in through your nose, take a tiny breath in through the corner of your mouth.
2. Pinch your nose with your fingers to hold your breath. Keep your mouth closed.
3. Gently nod your head or sway your body until you feel that you cannot hold your breath any longer. Hold your nose until you feel a relatively strong need for air. Go easy the first few times and increase your pace each time. Try to build up a medium to strong air shortage, without overdoing it.
4. When you resume breathing, do so only through your nose. Breathe gently in and out, with your mouth closed. Calm your breathing as soon as possible by focusing on relaxation and by suppressing your second and third breaths. Repeat to yourself “relax and breathe less”.
5. You should be able to recover normal breathing within 2 or 3 breaths. If your breathing is erratic or heavier than usual, you have held your breath for too long.
6. Wait 1 or 2 minutes before repeating the breath hold.
7. Continue to do this exercise until you can breathe through your nose fully.



The Science

When we breathe through our mouth and over breathe, the carbon dioxide levels in our blood stream decrease. This reduction in CO₂ levels causes an increase in the mucous secretion and constriction of the airways. The nose is part of the airway system and tends to be the first part to become constricted. These exercises temporarily increase the carbon dioxide levels in the blood, which in turn open the nasal passages. These exercises are the same for both children and adults.

After doing this exercise a few times your nose will be unblocked. If you continue to over breathe, or take a deep breaths, you will lose the additional carbon dioxide and your nose will become blocked again. Perform this exercise each time that your nose becomes blocked. Even if you have a cold, make sure you breathe through your nose. You may think you can't clear your nose when you have a heavy cold, but you can. First try the “Nasal Cleaning and Decongestion” protocol.

Holding the breath traps additional carbon dioxide. It is quite common for the nose to become blocked again shortly after doing this exercise. This is because your body / brainstem have not become used to the increase in carbon dioxide levels and needs to reset the “thermostat”. However, with time and regular practice of breathing exercises, the body will adapt to these higher more normal levels of carbon dioxide and your nose will remain unblocked.

More information can be obtained from the following website.
<https://buteykoclinic.com/nose-unblocking-exercises/>