



THE SCIENCE OF BREATHING

DIAPHRAGMATIC BREATHING

[Teaching Diaphragmatic Breathing to Children](#)

[Framingham Heart Study](#)

[Respiratory Diaphragm Function: Understanding the Muscle that Powers Breath](#)

[The Science of Breathing](#)

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[The physiological effects of slow breathing in the healthy human](#)

[Aging of the Diaphragm Muscle](#)

[The Healing Power of Proper Breathing](#)

[How Breathing Calms Your Brain, And Other Science-Based Benefits of Controlled Breathing](#)

[The Value of Blowing up a Balloon](#)

MOUTH BREATHING & CHILDREN

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[Mouth Breathing Causes, Treatments And Consequences](#)

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STRESS & ANXIETY

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ASTHMA & RESPIRATORY

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MINDFULNESS

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SLEEP

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PSYCHOLOGY OF BREATHING

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LEARNING AND FOCUSED ATTENTION

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[Why Mindful Breathing Keeps Your Brain Healthy and Young](#)

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SPECIAL NEEDS (AUTISM)

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ATHLETIC PERFORMANCE

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[Breathe better, Move Better](#)

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DYSFUNCTIONAL BREATHING

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COVID, NITRIC OXIDE & HEALTH

[COVID Best Practices- D. Belisa Vranich](#)

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[Physiology, Bohr Effect](#)

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PAIN

[Studies into how pain and breathing are connected could lead to safer pain drugs](#)

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INTEROCEPTION

[Interoception of breathing and its relationship with anxiety](#)

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WEIGHT LOSS

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COHERENT BREATHING & HRV

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[Recommendations for Experiment Planning, Data Analysis, and Data Reporting](#)