

Ed Harrold's "Breath AS Medicine" Breathwork For Optimal Health & Wellness

The Art, Science & Application of Therapeutic Yoga Breathing in Lifestyle Medicine

SALT LAKE CITY, UTAH, UNITED STATES OF AMERICA, January 15, 2019 /EINPresswire.com/ -- Author, speaker, continuing education provider, Executive coach, health & wellbeing expert and peak performance coach, Ed Harrold, brings 18 years of experience successfully implementing programs with a mind/body health model into corporate, healthcare, fitness and athletic industries. His passion is educating healthcare providers, wellness & life coaches, fitness and personal trainers, psychotherapists, dental & sleep medicine professionals as well as the general public on how breathing rates and patterns are influencing our health and well-being.

We are all breathing aren't we? Technically, yes. But, it's how we are breathing that's the problem. In this hurried and fast paced environment, we've lost our relationship to proper breathing. Most people today are shallow breathers or mouth breathers. This has led to dysfunctional breathing which trains our brain and autonomic nervous system to live in a perceived life-threatening response; the stress response. This chronic state of hyper-vigilance is a contributing factor in Heart Disease, Sleep Disorders, Upper Respiratory Disease, Dysautonomia, Digestive Disorders, Mood Disorders, Pain Management and more.

At the root of all stress is an imbalance in our Autonomic Nervous System. The overuse of our sympathetic response is either contributing to many of the chronic illness conditions we see today and/or a factor in a chronic illness condition. The most powerful tool we all have access to in rebalancing autonomic nervous system function is our breath.

"Breathing is the foundation of all movement, health & well-being," says Ed. "Respiration patterns and rates influence physiology, biochemistry, biomechanics and psychological responses. These responses play a large role in our ability to manage stress, improve and/or are the cause of ill-health, enjoy healthful fitness routines, manage cognition and emotional intelligence as well as our ability to improve lifestyle habits leading to poor health."

Learning how to apply "Breath AS Medicine" with various techniques and sequences provides the platform for improving heart health, brain health, autonomic function, circadian & ultradian rhythms, endocrine function, cognitive function and emotional intelligence. And, yogi's new it best!

Yoga breathing is called Pranayama which means to artfully control the extension or regulation of breath. Breathing in most mind/body traditions is the link to connecting the mind and body. Without proper breath, the body pays the price for the mind's endless unconscious and sub-conscious patterns of behavior in response to the thinking mind. The "monkey mind" enslaves the body's physiology, biomechanics, biochemistry and psychology into ill-health.

Ed Harrold's "Breath AS Medicine" continuing education training provides tools and strategies to prevent, treat and reverse lifestyle-related chronic diseases caused or exacerbated by dysfunctional breathing rates and patterns. Currently, Ed's "Breath AS Medicine" training offers Continuing Medical Education (CME) with George Washington University School of Medicine & Health Services to deliver a program led by yoga instructors and supported by healthcare professionals as well as CEC's with the American Council on Exercise. There are 2 "Breath AS Medicine" trainings in 2019 offering these continuing education credits with the first training beginning [January 21, 2019](#) and the second in [October 2019](#). Both are an 8-week LIVE webinar training series.

This year, we're thrilled to add wellness coaching continuing education credits to the list. In 2019, our partnership with the Wellcoaches School of Coaching now affords not only Wellcoaches professionals with credits, but is open the public offering the following CEU's: Wellcoaches 12, ACSM 12, ICHWC 12, NCHEC 12. Beginning March 2019, join the [Wellcoaches Premium Class: Breath AS Medicine](#) to bring the breathwork strategies into your corporate and wellness coaching.

Mind/body medicine has become its' own highly regarded field with physicians, psychiatrists and other health care professionals increasingly adopting integrative techniques as part of their everyday practice for self-care, complimentary patient care and lifestyle medicine. Breathwork is another essential tool in the toolbox for anyone in the health and fitness fields.

Join Ed to discover a Life With Breath applying Breath AS Medicine.

About Ed Harrold:

Ed Harrold is an author, motivational speaker, inspirational leader, performance strategist and educator. Ed's mastery in the science of breath has guided him to apply mindful breathing practices in stress reduction, fitness & athletic training, C-Suite corporate performance, professional trainings and overall health and well-being. Ed's Book Life With Breath IQ + EQ = NEW YOU. www.edharrold.com

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