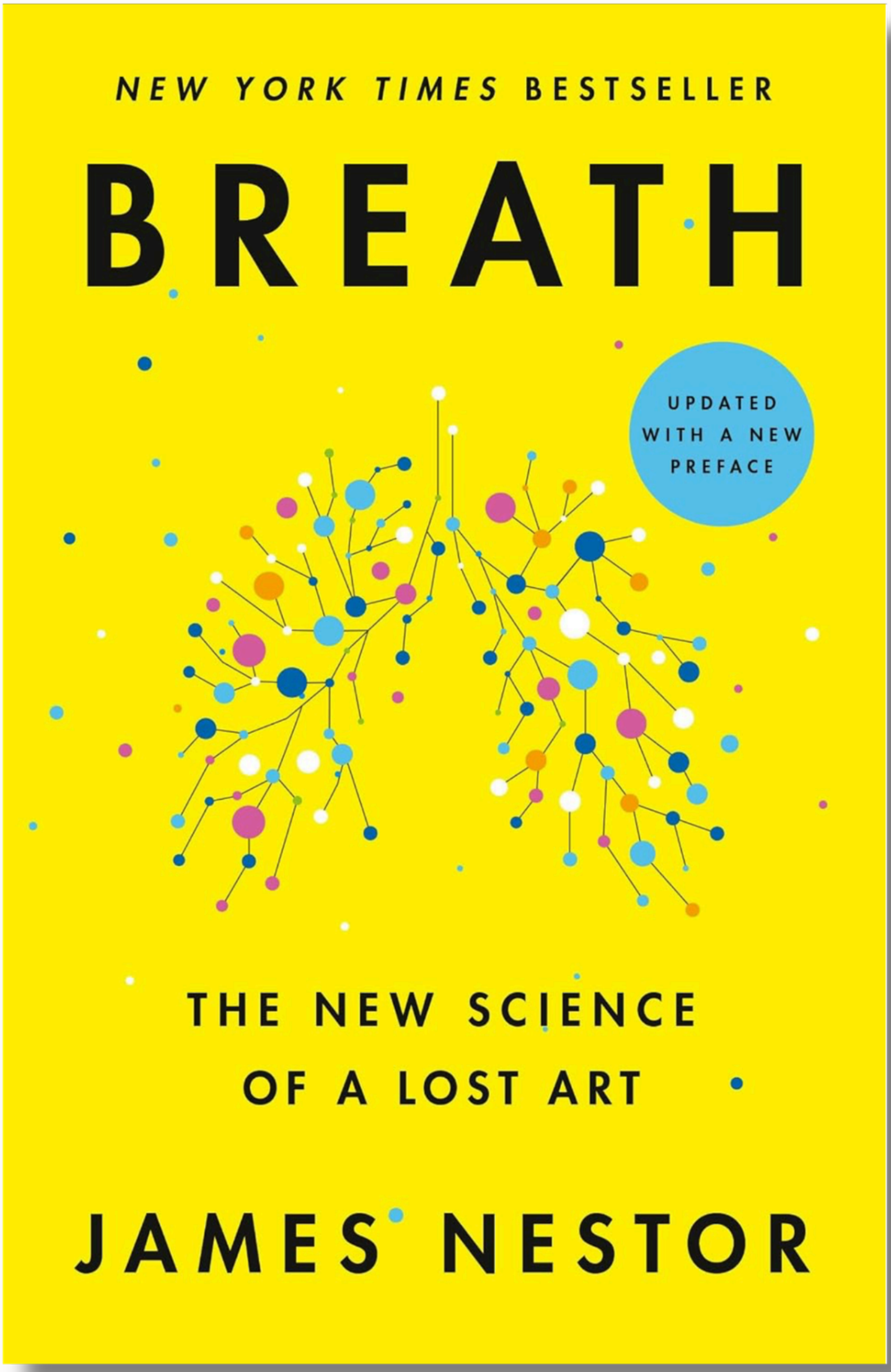


Book Key Takeaways

Kaan Demiryurek

Main Idea

Breathing is our most overlooked pillar of health. We take around 25,000 breaths daily, rarely mindful.

Modern lifestyles have compromised our airways and breathing habits.

Nasal, slower, lighter breathing may improve how our bodies function.

Nose

The nose filters, warms, and humidifies air while producing nitric oxide.

Chronic mouth breathing can contribute to snoring and disturbed sleep.

Nasal breathing helps both at rest and during exercise.

Nasal Cycle

Our nostrils naturally alternate in dominance, partly controlled by the autonomic nervous system.

The right nostril acts as a sympathetic gas pedal, and the left acts as a parasympathetic brake.

These effects remain scientifically uncertain.

Dysevolution

Our ancestors chewed tougher foods, developing stronger jaws and wider dental arches.

Modern diets with more soft foods may lead to crooked teeth and narrower airways.

Exhaling

We focus on inhaling and usually overlook exhaling.

Complete, relaxed exhalation is crucial for healthy respiratory mechanics.

Lung function (and capacity) is strongly associated with longevity, so we should pay more attention to it.

Breathe Less!

More breathing does not necessarily improve oxygen delivery into the system.

Counterintuitively, CO_2 helps hemoglobin release more oxygen into tissues.

Overbreathing can lower CO_2 and affect blood flow.

5.5-Seconds: Breathe Slow

Inhale for 5.5 seconds and exhale for 5.5 seconds, about 5.5 breaths per minute.

Slow breathing can improve heart rate variability and autonomic regulation.

Breathing More, on Occasion

The Author also explores intense breathing practices such as Tummo and breath-holding. These techniques deliberately alter CO_2 levels and nervous-system activity, demonstrating how breathing can influence physiological states.

So What?

- **Shut Your Mouth**
- **Breathe Through Your Nose**
- **Exhale**
- **Chew**
- **Breathe More, on Occasion**
- **Hold Your Breath**
- **How We Breath Matters**