



5 Surprising Health Benefits of Breathing Fresh Air All Year

Diane Laffoon 0:00

Breathe. It's easy, and it's free too. And the health benefits of breathing fresh air are endless. Breathing in the oxygen from the air outdoors can help you sleep better, improve your mood, decrease anxiety and depression and boost your immune system. Today we'll explore five surprising health benefits to show you just how important it is to breathe fresh air fresh air all year long, instead of just when it's warm enough for a stroll outside, right?

Hi, if we've never met before, I'm Diane Laffoon. And I'm here with your Joy Tip of the Week. I help stressed out women make minor improvements in their lives to feel less anxious and more fulfilled, so they can choose joy each day.

So let's get right down to those five terrific benefits of breathing fresh air all year round. Well, first of all, fresh air is beneficial for healthy lungs. We know oxygen is essential for life. And the health benefits of fresh air include healthy lungs, obviously. When sitting indoors, it's very common that we will breathe in a shallow manner. Just inhaling lung is inhaling air and just to the top of your lungs. But when we're outdoors, we're typically moving around or walking or maybe even exercising, and that encourages increased deeper breathing. And so by doing so you draw more air into your lungs, your cells receive more oxygen, and your body eliminates more airborne toxins as well. You're cleansing yourself from the inside out when you breathe that fresh air. Our lungs get the oxygen that they need to function correctly. And this oxygen is especially vital for people with asthma or other lung conditions. But everyone can benefit from breathing fresh air. You know, one of the reasons that I like to inhale essential oils daily is that it encourages that deep breathing even when you're indoors, there are essential oils that I drop in my hand and then breathe a coupling over my mouth. I inhale that deeply. I have some exercises that I do. And I do that every single day. And if you'd like to know more about that, send me a message I'd love to hear from you and talk with you about how I use essential oils to encourage deep breathing every day.

Not only does fresh air help you to keep your lungs healthy, but it's also great for our digestive system. Increased oxygen levels from breathing fresh air improves the efficiency and the function of every cell in your body, which means you'll digest food even more effectively. When we breathe in fresh air, it helps to move that lymphatic fluid that surrounds our gut. And this fluid helps to flush out toxins and bacteria and that can help to improve digestion. Fresh air can also help regulate your digestive system. When you breathe deeply, your body takes in more oxygen which kind of helps to speed up digestion and then breathing that fresh air can help reduce issues like constipation and diarrhea. You know, my family has a tradition of going for a walk every year after Thanksgiving dinner, in November. And now now I know that that's a good you know thing to do because I know it feels good because we're breathing that fresh air. So the next time you feel a little bloated or uncomfortable after a big meal. Take a few deep breaths of fresh air and feel your digestive system get to work.

Fresh air also helps improve blood pressure and heart rate. Breathing fresh air can improve your circulation as well which is beneficial for overall heart health. When we're outdoors, we are generally like I said moving around at least walking or doing something and it helps to get that heart rate and blood pressure and a healthy range. Researchers found that walking in a park or just any outdoor space that has that fresh air available to us for just 30 minutes can help reduce blood pressure. Breathing fresh air doesn't have to be strenuous to provide health benefits. But it can also provide health benefits when you're not moving around much just getting that great fresh air into your lungs.

Fresh Air strengthens your immune system. To sustain life each cell in the body requires oxygen. And when you increase your fresh air intake, you increase the amount of oxygen supplied to the body. This enables the body to eliminate toxins and destroy harmful things like bacteria, parasites, even viruses. Harvard Medical School Dr. Robert Shmerling. I'm not sure if I'm saying his name right but he said that acute inflammation is how your body fights infections and help speeds up the heal healing process. In this way, inflammation is good because it protects the body. So during inflammation, oxygen serves as a source of energy or fuel. So without sufficient oxygen supply, the immune system will not perform these needed immune responses to keep the body protected. So there again, breathe that fresh air and keep your immune system supported.

Finally, breathing fresh air helps you think more clearly yay, right? Breathing fresh air increase increases the oxygen supply to your brains, your brain cells will receive the oxygen it needs to function correctly. And it also helps you maintain concentration and focus. This was a new fact I learned this week, your brain uses 20% of the oxygen you breathe to function. So whatever oxygen you're breathing in, that 20% chunk of it is going straight to your brain. So you want to make sure you're breathing and lots of good oxygen right. Increasing the amount of fresh air you have can provide greater clarity to the brain, promoting optimal function while helping you think, focus and concentrate better. So next time you're experiencing that brain fog, get some fresh air and breathe in deeply.

Here are seven ideas that you can breathe fresh air in during the winter months. Here in Michigan, it's snowing right now, and it's a cold, cold winter. So even just a short walk outside is helpful. take more time when you're going out to grab your mail each day from the mailbox, or when you're bringing in the

trash can on garbage day. Just take your time and spend more time breathing deeply outdoors. Next, you can park your car farther away from the entrance to the post office or the bank or the grocery store wherever you're headed. Don't go for that parking spot that's right next to the entrance. Go for a parking spot that's farther away so that you can breathe in some more fresh air. You know, if you're in school, take a walk between each class outside or if you can, you know between work shifts, take a little walk outside. Or just throw open a window and breathe in fresh air. You know, make it a time like when you're on the phone. Make sure you open a window and breathe in some fresh air. Or if you have your own office, you can open the windows while you work or while you take a break. Just find a way to breathe in fresh air every single day.

There is a range of health benefits to breathing fresh air and it's crucial to take advantage of that outdoors. No matter what time of year it is. Whether you're looking for ways to improve, improve your blood pressure and heart health. Maybe you want to strengthen your immune system. Or maybe you're just trying to get clear and concentrate and focus fresh air can help. And remember if you'd like to know more about how I use essential oils everyday to breathe more deeply. Send me a message I'd love to hear from you. Well, thanks for watching this Joy Tip of the Week and get out there and take a few deep breaths and some fresh air. I'll see you next Tuesday. And please remember, seek faith, give love, find hope and choose joy every day.



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