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Breathing - wikipedia, the free encyclopedia

Breathing is the process that moves air in and out of the lungs, Human speech is also dependent on conscious breath control. Also breathing control is used in

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the voice over told me that during the running segments I should be trying to breathe in for four steps and out out of breath, keep breathing rhythm or

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Breathing with copd - webmd

The technique can ease shortness of breath. To do pursed lip breathing: keeping your mouth closed. Breathe out for four seconds through pursed lips.

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