

WEBVTT

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Robin Forster: Hi, I'm Robin Forster with feel so alive and feel so alive informed and today we're doing something a little bit different.

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Robin Forster: I know most of you know that I'm a solo entrepreneur and I'm fascinated with health and wellness and especially aging.

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Robin Forster: And one of the things that I realized was that I was not breathing. The best way that I could for my body.

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Robin Forster: So Dr. Melanie Carlone has agreed to come back and talk to us, she was here, April 17

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Robin Forster: And we're going to spend almost our whole time letting her talk to us about breathing and how we can take care of ourselves in a better way. Before I officially welcome her to the platform and turning the mic over to her. I just wanted to tell you all a little bit about her.

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Robin Forster: She is a clinical physical therapist and a devoted health educator who draws on broad east west integrated health approach.

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Robin Forster: She's traditionally trained as a Navy physical therapist and founder of the health promotions program at the National Naval Medical Center in Bethesda, Maryland.

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Robin Forster: And she harnesses both sound scientific training as a movement specialist alignment educator and also neuro muscular pain reduction specialist

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Robin Forster: And Melanie is fascinating. As you almost see you when we get into this, but she also was a former Peace Corps volunteer in Zaire, Africa, and she returned there to live and work in Africa, Asia for many years.

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Robin Forster: So she has learned a ton about healing and alternative healing and alignment. So Melanie, if you would say hi to everyone.

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00:01:39.990 --> 00:01:42.120

Melanie Carlone: I greetings. Bless you.

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00:01:42.780 --> 00:01:43.620

Melanie Carlone: Thank you, Robin. Yeah.

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00:01:44.130 --> 00:02:00.480

Robin Forster: Oh, I'm just so glad and excited that you are able to make time for us today. So talk to us about breathing and alignment and what it is that we can do and the things that we're not realizing that we're doing that are not in our best interest.

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Melanie Carlone: Right, well, breathing so automatic that we rarely think about it, and yet it's one of the keys into your nervous system. So you can actually

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Melanie Carlone: Little kid gets a tantrum. He's going to hold his breath and that will have results when we're anxious

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00:02:15.540 --> 00:02:23.070

Melanie Carlone: And have rapid breathing. We can slow our breathing and effective change in a bar in our bodies so breath is an enormous tool that we have to

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00:02:23.580 --> 00:02:36.270

Melanie Carlone: control and regulate our nervous system. But the fact of the matter is, is that the way we live now modern living has done an awful lot to take us away from our natural alignment and how we would function if we were

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00:02:36.690 --> 00:02:50.850

Melanie Carlone: Doing what we were designed to do over millennia, which is to be walking many miles a day, having brief periods of intense activity, followed by a lot of rest. Most of us never know what that feels like anymore. Although the great pause has made a difference with that.

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Melanie Carlone: But now we're sitting more computer screens and that sort of thing. So I wanted to focus our talk today specifically on breath and how

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Melanie Carlone: Altering your breathing and what modern living can do to your breathing can be causing an increase in anxiety and a general feeling of unwell illness and people. So we're designed to actually have a very specific

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Melanie Carlone: positioning of our ribcage. And so I'm going to go back and look at my friend here. In general, we have a very specific design of ear over shoulder over hip.

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Melanie Carlone: Over the front of our foot and when that position is there your ribcage is able to expand front end back end, side to side with natural breathing.

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Melanie Carlone: Then if you have to get on the run. And you have to run after something or run away from something you use accessory muscles to assist your breath, lifting the upper ribs and giving you that extra push that you need.

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Melanie Carlone: Unfortunately, what's happened is, many of us have fallen into the habit of breathing with our accessory muscles which basically tells the nervous system. There's something wrong here. You need to be working, you need to be an alarm.

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Melanie Carlone: And so there's an underlying chronic and wellness and sense of dis ease or an unease I guess I would say, um, that that kind

of breathing in genders.

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00:04:13.500 --> 00:04:23.880

Melanie Carlone: The other really important bit is that I'm going to grab my little skeleton here so you can see a little more clearly. When you have that normal alignment of year.

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00:04:24.810 --> 00:04:32.910

Melanie Carlone: Over shoulder over hip, you have a gentle inward curve in the neck. Okay, so we're meant to have an inward curve, this guy's got a pretty straight spine.

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Melanie Carlone: And when that curve is there. I don't know if you can see this little red lines here. This is a very important artery.

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00:04:41.970 --> 00:04:52.290

Melanie Carlone: That runs on both sides of the neck, called the vertebral artery and it runs up from the, from the arch of the aorta up into the brain.

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00:04:52.920 --> 00:04:59.820

Melanie Carlone: And it's one of the most common arteries that people have strokes in there's a variety of reasons for that. But one of them.

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Melanie Carlone: Is that postural Lee when we're building for peering in our computer screens, the musculature that runs at the front of the neck from here to here becomes short and tight over time.

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00:05:11.430 --> 00:05:20.430

Melanie Carlone: So when you see people walking around and their head is not over their shoulder, but they have a forward head which is very common nowadays. That's shortening.

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00:05:21.660 --> 00:05:29.130

Melanie Carlone: Here, put extra pressure on the vertebral artery that runs up to the brain, potentially increasing your likelihood for stroke.

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00:05:29.820 --> 00:05:36.390

Melanie Carlone: Also decreases the amount of blood flow healthy blood flow to the brain because though when your head is over your shoulders.

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00:05:36.810 --> 00:05:45.660

Melanie Carlone: That hold inside of the vertebral artery canal. There's maximally open when you're peering head forward and this becomes shorten that all gets reduced

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00:05:46.650 --> 00:06:01.740

Melanie Carlone: Add On top of that, the accessory muscles that come from the top of the ribcage up to the sides of the neck that you're breathing with that you shouldn't be breathing lift when those are short and tight and activated people really have a problem. So what do we do about that.

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Robin Forster: Well, how can we tell how can we self diagnose. Oh.

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00:06:04.800 --> 00:06:11.340

Melanie Carlone: Good. Thanks for asking. So let me have you Robin, go ahead. Actually, let me shut this one to the sun is right in my eyes.

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Robin Forster: But it's so hard being in Western Oregon to ever complained about

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00:06:16.290 --> 00:06:18.990

Melanie Carlone: Sunshine. No, I didn't. I wasn't complaining

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00:06:20.220 --> 00:06:31.590

Melanie Carlone: Oh, if you take your hands just lightly put your hands on the sides of your neck fingertips on your collarbones, and I want you to just out, relax your back and take a deep breath.

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00:06:34.890 --> 00:06:41.550

Melanie Carlone: In a healthy, deep breath. You should really not feel movement under your fingers press a little bit firmer and feel again.

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00:06:44.820 --> 00:06:49.350

Melanie Carlone: If you feel muscles immediately coming up under your fingers. You're a neck breather.

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Robin Forster: Yeah, I'm not feeling it right now, but I'm also standing up and very conscious of what you're doing and trying to move my weight back onto my heels instead of onto the ball of my foot. And so I wonder if I'm getting my alignment better and that's why I'm not feeling it.

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Melanie Carlone: You're also pretty conscious. So, you know, and you and I have worked together over time. I don't think that you are neck breather. But somebody who has chronic forward head.

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00:07:18.510 --> 00:07:23.490

Melanie Carlone: And it's very short and here tends to breathe with their neck and usually you'll feel the muscles come up right away.

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00:07:24.180 --> 00:07:32.940

Melanie Carlone: Using your hands as a cue. If you do feel those muscles, you can really focus is easier to do when you lie down on taking a deep full breaths.

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Melanie Carlone: And not having the muscles of your neck activate. So that's a feedback mechanism that you can use to start to break that cycle of neck breathing. Okay, so that's one of the ways that you can do it.

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Melanie Carlone: Excellent. Remember with deep full, full breaths. You should feel those muscles kick in. So let's go ahead and take another breath again fingertips here and take a deep breath.

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00:07:57.600 --> 00:08:05.460

Melanie Carlone: And now, sipping just a little more air and as you sip in that last bit there. You're going to feel the scaling kick in. Right.

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00:08:05.760 --> 00:08:10.920

Melanie Carlone: And so, what they're doing is they lie in the upper

two three ribs, and they do that extra little lift.

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00:08:11.790 --> 00:08:19.770

Melanie Carlone: that's meant to be. You're supposed to have that. But it's only supposed to be when you're really pushing the extra title volume of your lungs.

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00:08:20.100 --> 00:08:24.360

Melanie Carlone: What happens very often, as I said, was poor positioning and chronic forward head.

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00:08:24.810 --> 00:08:29.880

Melanie Carlone: And anxiety and all the stress that we have in our lives and our jobs we tend to start neck breathing.

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00:08:30.240 --> 00:08:37.800

Melanie Carlone: And then that becomes a negative feedback loop when you breathe with your neck. It's telling your body. Oh, the lions coming up. There's no line that you're running away from

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00:08:38.100 --> 00:08:46.500

Melanie Carlone: You just feel like there is and so that anxiety level gets increased in your sympathetic or your fight and flight part of the nervous system is kicking in.

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00:08:46.950 --> 00:08:59.610

Melanie Carlone: So being able to reduce overall that neck breathing can also really help soften or increase the parasympathetic the rest and relax. Part of the nervous system. So that's a really important bit. That was a great question.

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00:09:00.510 --> 00:09:01.920

Melanie Carlone: Excellent. Okay.

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Melanie Carlone: So um decompression breathing. So I want to offer up it is

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Melanie Carlone: So interesting. I've been thinking about this a lot lately, having lived in tribal Africa was really privileged back when

there were no cell phones and I was really far out into the bush.

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00:09:17.370 --> 00:09:29.490

Melanie Carlone: living amongst tribal the qubo tribe in in central the year the way of living was so different than it is here and it was not uncommon for me to walk four to six hours a day.

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Melanie Carlone: Working with farmers, I was helping raise tilapia, we would walk and I would watch these farmers on very little food, very little water walk and walk and walk and walk

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00:09:38.790 --> 00:09:53.010

Melanie Carlone: And the key was the elegance, with which they walked there was an relaxed upright alertness. You never saw people with forward heads. You never saw people hunched over even elders were very upright because of this habit that we have

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00:09:54.150 --> 00:09:58.590

Melanie Carlone: Built within our bodies are inherent blueprint to be upright and walking

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00:09:59.490 --> 00:10:10.380

Melanie Carlone: Many people walk in my clinic and I see right away, where the dysfunction is because they're so far off of that mark and so a lot of the work that I do is to help people get back to with a blueprint is already in their body.

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00:10:10.770 --> 00:10:21.900

Melanie Carlone: So that they can retain that that natural sense of ease in the body and it doesn't have to be perfect, but usually just a little bit in that direction makes a significant difference in reducing pain.

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00:10:22.440 --> 00:10:30.960

Melanie Carlone: So one of the main things is how do you get you how to restore that length and the ribcage. So we're going to do a practice here called decompression breathing.

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00:10:31.560 --> 00:10:38.910

Melanie Carlone: And I want to thank Dr. Eric Goodman, who's a wonderful chiropractor, the teachers something called foundation



training. You can find him on YouTube.

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00:10:39.270 --> 00:10:50.220

Melanie Carlone: He's got a series of wonderful videos out and this decompression breathing is not you know he's, he teaches it very well as YouTube teacher. Well, I mean, it's something we all learn in physical therapy school but

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00:10:51.270 --> 00:10:58.110

Melanie Carlone: He does a great job of it. So let's talk a little bit about decompression breathing. So if you want to. You're already standing

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00:10:58.650 --> 00:11:05.910

Melanie Carlone: So I'm going to have you bring your thumbs on to your lower ribs and your fingertips. See if I can bring this down here a little bit.

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00:11:06.540 --> 00:11:25.440

Melanie Carlone: Your fingertips on the top of the hip bones and what you want to do our typical posture tends to be kind of collapse like this. So I'm going to have you focus on inhaling and as you inhale, you're going to lengthen your ribs out of your hips so the front of the body lengthens

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00:11:26.880 --> 00:11:36.540

Melanie Carlone: Importantly, though, you're also increasing your width front to back. So now bring your fingertips your thumbs on your back ribs and your fingers on the front.

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00:11:38.550 --> 00:11:45.870

Melanie Carlone: And feel as you breathe in the widening of the rib cage both top to bottom and front to back.

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00:11:46.470 --> 00:11:48.450

Robin Forster: But not raising the shoulders. Right.

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00:11:48.930 --> 00:12:01.260

Melanie Carlone: Thank you, shoulders have nothing to do with your ribcage. They are literally like a general epilepsy, if you think of a general's uniform that those big things on they just sit on top of the ribcage.

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00:12:01.740 --> 00:12:13.320

Melanie Carlone: And yet, so many of us attempt to hold ourselves up or back using the shoulders is nothing to do with the shoulders, it's this, it's this feeling of lengthening front back

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00:12:14.760 --> 00:12:26.970

Melanie Carlone: Front to back and bottom to top. So with decompression breathing, you take really big breaths. So you feel feeling the back ribs flare.

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00:12:27.540 --> 00:12:40.410

Melanie Carlone: Feeling the rib cage left out of the pelvis is long and tall as you can. You'll kick in the neck muscles and then this is the exercise part on the exhale let everything. Relax. But stay long.

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00:12:41.460 --> 00:12:46.200

Melanie Carlone: That's where your fingertips and our position can give you feedback because you don't want to collapse them.

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Robin Forster: Really challenging

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Melanie Carlone: Really hard to do, but interestingly enough with consistent practice throughout the day. And there's another series of I'm going to show you something called the founder position again that

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00:13:01.290 --> 00:13:10.110

Melanie Carlone: Dr. Goodman teaches so useful. You can learn to move to sit to do the work that you need to do, keeping this link.

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00:13:10.980 --> 00:13:20.970

Melanie Carlone: And the beauty of learning. This is that as you practice decompression breathing the body learns to settle back into a more normal stance and a lot of the

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00:13:21.240 --> 00:13:33.870

Melanie Carlone: Downsides downsides of being in the computer and what modern living does to a start to be reduced and ameliorated it can make such a difference. Okay, so you stand up one more time.

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00:13:34.230 --> 00:13:38.700

Robin Forster: Okay and I'm looking at the clock, because I don't want to overstay our welcome.

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00:13:39.180 --> 00:13:47.760

Melanie Carlone: Thank you. Okay, so decompression front to back, top to bottom holding that and then learning

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00:13:48.780 --> 00:14:00.540

Melanie Carlone: How to extend your body while you keep the length. Most of us do this kind of rounding. And this is where that forward shortened position effects breath.

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00:14:01.080 --> 00:14:13.440

Melanie Carlone: So learning to stay long. Being able to move your arms and keep long and your torso can do a tremendous amount towards moving you back into the kind of posture that you're designed to have

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00:14:15.300 --> 00:14:15.930

Robin Forster: Excellent.

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00:14:17.520 --> 00:14:24.720

Robin Forster: Thank you so much. This has just been amazing. I appreciate all your time and sharing your information with us.

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00:14:25.020 --> 00:14:34.800

Melanie Carlone: You bet. Robin, and thank you for doing what you do. It really does feel so alive when you actually take it to this kind of level. So I really appreciate the opportunity. Oh.

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00:14:34.890 --> 00:14:35.970

Robin Forster: Awesome. Thanks.