

*You're a Miracle: A Mindful Blueprint
for Nervous System Regulation &
Cellular Renewal*

With Ed Harrold



Overview

**Breath control as a
foundation for health &
self-regulation**

**Circadian Biology, Sunlight,
Cold & Hot Therapy**

**Mindful Movement &
Breath Awareness**



Nasal Diaphragmatic Breathing



**Supports heart health &
autonomic balance**



**Diaphragm strengthens
with controlled breath**



**Enhances oxygen delivery
& parasympathetic
activation**



**Longer exhales improve
stress resilience**



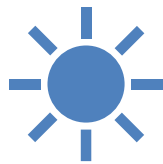
Breath & Movement Integration

- Squats, spinal rotations & dynamic movement routines
- Link breath with movement for efficiency
- Eye movement & spinal rotation support neurological health
- Alternate nostril breathing balances hemispheres & focus

Circadian Health & Light



**Natural light regulates
circadian rhythms &
hormones**



**Morning infrared light
triggers cortisol for
energy**



**Evening light supports
melatonin & deep sleep**



**Light exposure
enhances breath-
nervous system synergy**

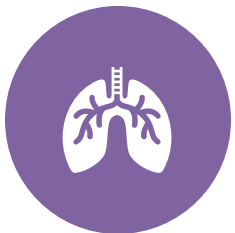
Breath Practices for Focus & Presence



**Breath holds, quality
over duration**



**Slow nasal exhalation
enhance calm &
clarity**



**Ocean-sounding
breath (Ujjayi)
reduces breath rate**



**Techniques applicable
in cardio, strength &
meditation**

Hot & Cold Therapy for Longevity

- Cold plunge: discipline & resilience training
- Sauna: detox & cardiovascular support
- Contrast therapy improves vascular health
- Combine with nasal breathing for optimal benefits





Mindfulness & Silence

- **Silence enhances higher brain function**
- **Conscious breathing breaks stress cycles**
- **Pauses between breaths create stillness**
- **Center awareness in head & heart for clarity**

Learn More

- **15 HR Breath AS Medicine
Training For Fitness Professionals**
- **25-HR Breath AS Medicine
Training for Health & Wellness**

www.edharrold.com