Doing a Breath Rate and Breath Hold Test

NOTES:

- If breath hold result does not correspond with breath rate result, go with breath rate.
- Take these readings during the day (away from heavy exercise of course).

Breath Rate Test

This is hard to test on yourself when you're conscious of what you're doing because you might adjust your breathing.

Anytime you can, get someone else to test this for you so you can let your mind wonder to other things and just breathe normally. It will probably be a more accurate reading.

Lie down and relax. Try to think of other things so that you breathe normally. Start your timer and count the number of times you inhale for 30 seconds. Double that number for the amount of breaths per minute. I like to continue for the entire minute to see if I get the same number the second 30 seconds as I did the first. If not, I may average the two.

TIP: Placing an item on your tummy when doing this test can help the person doing the measuring see each inhale clearly.

We're looking for an ideal breath rate of between 16-18 breaths per minute. Less than 16 BPM and your blood is moving too alkaline (body holding on to C02). More than 18 BPM and your blood is moving too acidic (body getting rid of C02).

Breath Hold Test

Sit comfortably. Take 3 full, deep breaths in and out. On the 4th inhale, start your stopwatch or timer at the end of the inhale and hold your breath as long as you can. Don't pass out or make this like it's a contest you have to win (boys lol). But do hold your breath as long as you comfortably can.

It's best not to look at the stop watch while you're holding your breath. If you do, you may be inclined to turn it into a competition and hold your breath longer than you normally would.

We're looking or an ideal breath rate of approximately 45 seconds. Less than 45 seconds and your blood is moving too acidic. More than 45 seconds and your blood is moving too alkaline.

Mark's world-wide testing program available for purchase here:
http://www.biosynergypro.com/lets-do-it.html