



SAM More Oxygen

Samuel A Nigro*

Case Western Reserve University, School of Medicine, USA

Perspective

This is like the invention of the toothbrush, and as important for good health.

Help your loved ones and yourself breathe more effectively: build up more oxygen before your sport event and recover faster afterwards! Stay healthy. You will save money by no longer needing as many health care treatments.

Best Breathing: When things are going bad or tense, and someone says "Take a deep breath", they really should say: "Do the SAM twenty times!" And athletes should be trained to do their "heavy breathing" by repeating the SAM. Every athlete needs a reminder to improve performance and recovery.

It does not come naturally. You Need a Health Band Reminder for priceless info!

Make no mistake; there is a "best" way to breathe. "Nasal inhalation" is the best way-It is more diaphragmatic requiring less muscle effort and thus more of the inhaled oxygen is available elsewhere in the body. However, "shutting your mouth" is obligatory for efficient and effective "nasal breathing"-laryngeal reflexes open better with "air into the nose" than with "air into the mouth." More oxygen by nasal breathing enables:

1. Athletes can better build oxygen before and better recover oxygen after events. For the military too!
2. If choking or coughing, the SAM allows expulsion of whatever is interfering with mouth/larynx such that the Heimlich may not be necessary. The SAM is definitely indicated to clear one's throat after the Heimlich was used to clear the blocked larynx.
3. The SAM stops snoring. Gently say the SAM as you nudge the snorer's shoulder emphasizing "shut mouth and breathe thru the nose." All snoring is through the mouth. SAM wills Pavlov-condition a shut mouth which stops snoring and reduces related sleep apnea disorders by nasal breathing.
4. The SAM is essential for good hospital care where best breathing should be taught especially in intensive care units. It should be taught in every first aid course and in all grade levels of teaching health information in schools.
5. The SAM works as a panic attack/temper/rage/confusion stopping technique by detachment from the source of emotionality to calmer self-awareness and improved oxygenation--"Panic" and all related stresses are linked to unconscious "breath holding" making one low on oxygen. So if having an emotional spasm and stressed, do the SAM ten times and try to think it through. Shut your mouth; Air in nose; Mouth shut as you exhale (exhale through your nose too! Breathe nasally in and out!). Keep on doing it.
6. Do the SAM 10 times before any straining (even when toileting) to help prevent heart attacks. More oxygen helps everything.
7. Do the SAM as the first universal promotion of "pulmonary hygiene!" The lungs never quit. They discretely expel unhealthy molecules and microbes inhaled so effectively that pulmonary-"excretion" is taken for granted and overlooked as necessary body cleansing. Mild coughing and throat clearing is the body's way of expelling something definitely foreign and unwanted from throat and lungs. The SAM should improve lung cleansing just as mouth cleaning improved when someone invented the toothbrush. If you feel a chest cold, the flu, a sore throat coming on, do the SAM often and vigorously (and salt water gargles will help disinfect the inhaled germs). If you feel that slight cough, do the SAM to help clean better the lungs. At the first sign of a "cold", it should be done four times a day for several days. It should be done after every cigarette or cigar by smokers. It does not take much to conclude that lungs need help with "cleaning"

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*Correspondence:

Samuel A Nigro, Case Western Reserve University, School of Medicine, Ohio, USA, Tel: +1216-368-2000; E-mail: sam@docnigro.com

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the crud now being inhaled from our polluted atmosphere. This should help prevent the accumulation of lung cancer junk and most infectious diseases which enter the body through the lungs and mouth. To really keep your body "clean", you should SAM MORE OXYGEN as pulmonary hygiene every day--The extra oxygen molecules cannot do any harm.

Learn, practice, and teach the SAM-you will be "best breathing," more hygienic, and healthier if every way with more oxygen. Every loved one should have an SAM Health Band for sure. Make a healthier world!