

## IONIZATION CORRECTION – NOSTRIL BREATHING

Nostril Breathing done correctly with air moving freely and smoothly in the right nostril out the other and in the left nostril and out the other. This reflects the flow of positive and negative ions in the body. If this is not corrected, it affects the polarity of the body.

The Oriental and Hindu physiologists state:

**For every Inhalation through the Right Nostril, a Positive Electrical Current flows down the Right Side of the Spine.**

**The right nostril functions as a chamber for POSITIVE IONS.**

**For every Inhalation through the Left Nostril, a Negative Electrical Current flows down the Left Side of the Spine.**

**The left nostril functions as a chamber for NEGATIVE IONS.**

When you have a cold or a nostril is clogged or feels plugged-up, this can disrupt polarity and the ionization is thrown out of balance. This affects midline balance, centering, and functional balance between cerebral hemispheres, paving the way for dyslexic, and learning response patterns.

When atmospheric changes occur, peoples moods change. Before a storm there is an increase in positive ions (increased anger, edginess, more accidents occur, mind fogs up). After a storm there is an increase in negative ions (people are calmer, clearer minded, sleep better). Atmospheric changes may affect a persons Calcium/Potassium ratio (Ca/K). This is the thyroid ratio on a Hair analysis.

Correction:

Close one nostril and inhale through the open nostril and exhale out the mouth. Do this 10 times. Then repeat and do the opposite nostril. Usually you will feel one side more open than the other. Do this until both are approximately feeling the same.