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# Just Breathe Out: Using Your Breath To Create A New, Healthier You



## Synopsis

How does focusing on your outbreath help create a new, healthier you? In *Just Breathe Out*, you learn how practicing the BreatheOutDynamic system (BODs) energizes and relaxes you--the beginning of creating your very own user-friendly body. Respiratory therapist Betsy Thomason, BA, RRT introduces readers to a life-changing way of breathing that focuses on breathing out instead of breathing in. Learning and using the BreatheOutDynamic system improves everything from management of pain to athletic performance and overall health. "Just Breathe Out . . . helps you manage stress, rebalance your nervous system, and enhance your longevity." -- Ronald Hoffman, MD, Certified Nutrition Specialist, Author of *Intelligent Medicine* "Betsy Thomason asks you to rethink something you thought you knew how to do."-- Joanne Silberner, MS, Former Health Correspondent, NPR News "BODs is cutting-edge therapy that treats root causes of disease."-- Steve Henke, MD, Board-Certified Integrative Holistic Family Physician

## Book Information

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## Customer Reviews

"The BreatheOutDynamic system, as explained in *Just Breathe Out* goes way beyond oxygenating red blood cells." --Radu Kramer, MD, integrative nephrologist, Bergen County, New Jersey "Betsy Thomason demonstrates the importance of the strength of the outbreath in maximizing performance, and leaves no-one out, in terms of addressing this concept. You will also learn to use rhythmic breathing to monitor effort--a key ingredient to self awareness. *Just Breathe Out* will prove extremely useful for the lay person, professional, and college student alike. I highly recommend the

techniques outlined in Just Breathe Out for anyone who exercises in oxygen.” --Susan M. Tendy, Ed.D, retired physical education professor, United States Military Academy, West Point, New York”The BreatheOutDynamic system, as explained in Just Breathe Out, is worthwhile because it is perfect technique.” --Lee Coleman, MA, professor emeritus, physical education, Whitman College, Walla Walla, Washington

When Betsy Thomason graduated from American University in 1966 and accepted a teaching position in Spring Valley, NY, she knew of its proximity to Harriman State Park. What she didn't know was how powerful her outdoor adventures would be in shaping her future. Learning how to get up mountains without huffing and puffing put her in touch with people who introduced her to the power of the outbreath. Subsequently, she attended Bergen Community College and received an associates degree in respiratory therapy. Betsy credits her love for the outdoors with expanding the knowledge and experiences that she shares with others.

I knew much of the information in Just Breathe Out but not enough & not really, even after decades of natural health-healing experience, yoga, pranayama, martial arts, qigong, etc. This book was important to me to finally get it. I feel great improvements on all levels already.

So this is a saga about BODs. In 2014 I read about BODs (Breathing Out Dynamics) in a polio newsletter. As a polio survivor who was once in an iron lung breathing greatly interests me. I Emailed Betsy Thomason the RN who had presented this theory about BODs. We even talked on the phone and she sent me a draft of her book. The premise is that if we focus on the exhale breath rather than the inhale breathing in is effortless. Subconsciously I already knew this. It was exciting to learn this from a Respiratory Therapist. Anyway she said she was going to publish a book but it was quite a challenge to get it released. Much later something popped up in Facebook saying an E-book was available. I haven't really embraced E-books, but later I learned one could purchase Just Breathe Out as a paperback. Naturally I ordered it right away from . The book is way better than I imagined because the first part is personal anecdotes of diverse people who have practiced BODs to improve their breathing. The technique does not just benefit people with health issues it can help anyone. She describes the technique in detail and encourages the reader to adopt the technique to improve their quality of life. After reading the book I ordered more copies to share with family. Amazon's tracking said they were delivered but mail-boxes on my street were raided so I didn't get the order. However, shipped

my order again at no cost. Yeah !! purchased padded envelopes to mail two of the books overseas and I am happy to report they were mailed yesterday. I hope the recipients will read and adopt the breathing technique described and I also hope that the stolen books may help some strangers as well. Thank you Betsy.

I attended a seminar by Betsy about six years ago and waited with bated breath for her book to come out [no pun intended] until she sent me an advanced copy in 2016. I have been looking at quotes by exercise and yoga enthusiasts along the way to see how they compare to JUST BREATHE OUT. There is no comparison. Betsy Thomason got it right. Her instructions and techniques can be used across the boards-- from running up hill to falling asleep to sitting in the dentist chair to withstanding trauma. The only difficulty may be the simplicity!! Once you understand its simplicity it makes you wonder why the author so carefully explains her technique (which she uses as a respiratory therapist with people who have had strokes or need rehabilitation). It pays to understand the whole spectrum of uses for the just-breathe-out skill-- and certainly to "play" with it until you recognize and can apply it and gain its benefits. I would not rush through the book though. Savor and learn gradually!

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