

## Breathe Well By Following These Simple But Effective Tips

The human body is an amazing machine which keeps working throughout our lifetime, even when we sleep. The lungs, being responsible for respiration, have to adapt its rate of functioning according to the type of work that we're doing. It has to change its rate of operation and supply more oxygen when we are doing some heavy work or are exhausted. So, one thing is very clear, we need to take care of our lungs in order to ensure that we live a long and healthy life.

The following are some of the actions that we can take to ensure that our lungs stay in top shape. These help you to avoid common and serious lung ailments.

- **Smoking:** Smoking can be of two types: first hand and second-hand. Both are very dangerous for the human body. First hand smoking is done by the smokers directly. Second-hand smoking is experienced by the non-smokers who get exposed to someone who is smoking tobacco. Smoking can result in some serious respiratory problems like chronic obstructive pulmonary disease (COPD), asthma, and even lung cancer. Quit smoking immediately to avoid these problems.
- **Avoid pollution:** Pollution is a common problem these days, and it is better to avoid it as far as possible. Stay away from polluted atmosphere, and contribute to a greener environment by using emission free vehicles like cycles, or use carpools or public transport. Keep your indoor is clean and healthy by installing several indoor plants and avoiding chemicals for cleaning and painting.
- **Exercise:** Exercising the lungs is very beneficial for expanding the chest cavity, strengthening the diaphragm and keeping the lungs strong. Some other activities like singing and playing flute or saxophone is also very useful.

Apart from lung exercises, try to keep your entire body healthy. An illness in any other organ is likely to affect your breathing. So, exercise regularly, go for a walk, run or do yoga to keep yourself fit.

### **Some Lifestyle changes:**

An overall holistic change in your lifestyle can prove to be very advantageous for your lungs. Inculcating the following habits will help you to take good care of your lungs.

- Eat healthy and nutritional food. Detoxifying and antioxidant rich food, proteins and low-cholesterol food is good for maintaining the strength of the lungs and its muscles. Some types of fat can be very harmful. Avoid any food that contains trans-fat or saturated fat.
- You will also need to get yourself checked for any lung -related problems regularly. This will help in not only avoiding health issues, but also detecting any disease early, so that it can be cured quickly.
- Practice hygiene in every step of your life. Teach your kids essential hygiene factors like washing their hands before eating food and to cover their mouth while sneezing or coughing,

so that the others around them do not get affected.

All these are very simple but effective way to keep your lungs in the best shape. Start following these tips from today itself, and live a better life.