



Apnoea

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- Received Date: 03 Jun 2022
- Accepted Date: 07 Jun 2022
- Publication Date: 10 Jun 2022

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Through thousands of years, when nature assembled the human body, besides the millions of perfectly coordinated components, placed every part (down to the smallest molecules) in a specific place and for a determined purpose, that is why we have legs for walking, eyes for seen and so forth; with the rest it provided a **“nose” with two nostrils** designed for breathing. The use of the nose, for breathing, must be regarded as nature’s plan **“A”** while the use of the mouth pan **“B”**.

The nose, incorporating the **TWO nostrils**, is intended to deliver to the lungs a determined amount of air sufficient to maintain a smooth functioning of the whole system. The inhaled air enters the nose cavity where is cleaned of possible impurities, (including **viruses** trapped by the mucus secreted by the walls cavity) humidified and warmed before been sent to the lungs appropriately conditioned for a safe use.

With this in mind, if we analyse the problem of apnoea, it becomes evident that it occurs when a person, while **sleeping lying down**, breathing with the mouth wide open and the muscles relaxed, inhales an amount of air greater than the one intended by nature with the use of the nostrils.

Part of such greater volume of air enters the lungs but the excess is turn back towards the point of entry generating a reflux lasting a short period of time. This temporary back pressure pushes down the soft tissue located at the back of the mouth blocking it and stopping the breathing process therefore causing the intermittent breathing interruptions (apnoea) which could generate a the life threatening situations. Viewed like this way, this effect

cannot be classed a physical abnormality or a medical disorder but rather a behavioural disorder which is, therefore, essentially a muscular problem and as such it can be remedied by using properly, according to the rules of nature, the body’s parts as supplies and tested for a long time.

This presentation must be considered in the absence of other physical anomalies which have to be attended by a medical professional, consequently the explanation does not suggests medications or medical apparatus but simply a firm desire to rectify the process of breathing.

Putting it simply, is sufficient to inhale with the nose and if necessary exhale with the mouth instead of trying to do it all with the mouth because that is the way we are expected to breath (only use the mouth when necessary). In short (**train the brain**) and it can be achieved by blocking the back of the mouth with the tongue and letting the functioning of the body work the way is intended to work.

It must be noticed that is possible to massage the upper internal part of the body comprising the breathing components, the lungs and the heart. (see the article “Facing the virus using the body’s own resources” as reported on the web site “[healthoverwealth.com .au](http://healthoverwealth.com.au)”).

P. S. Please note that the article is meant to reach the general public and that explains the absence of complicated specific terms and definitions often hard to pronounce, hard to understand and even harder to remember therefore of limited importance to an ordinary person. The purpose is to offer a practical and achievable solution to a problem which might appear to be more serious than what it really is.

Citation: Piola G. Apnoea. Biomed Transl Sci. 2022; 2(2):1-1