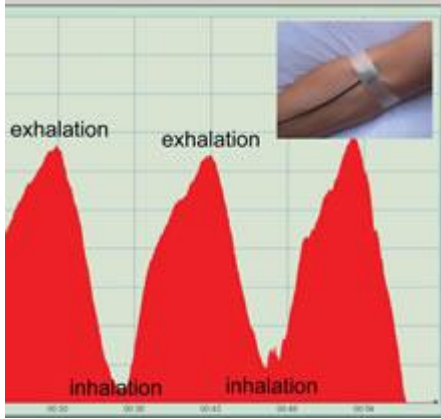


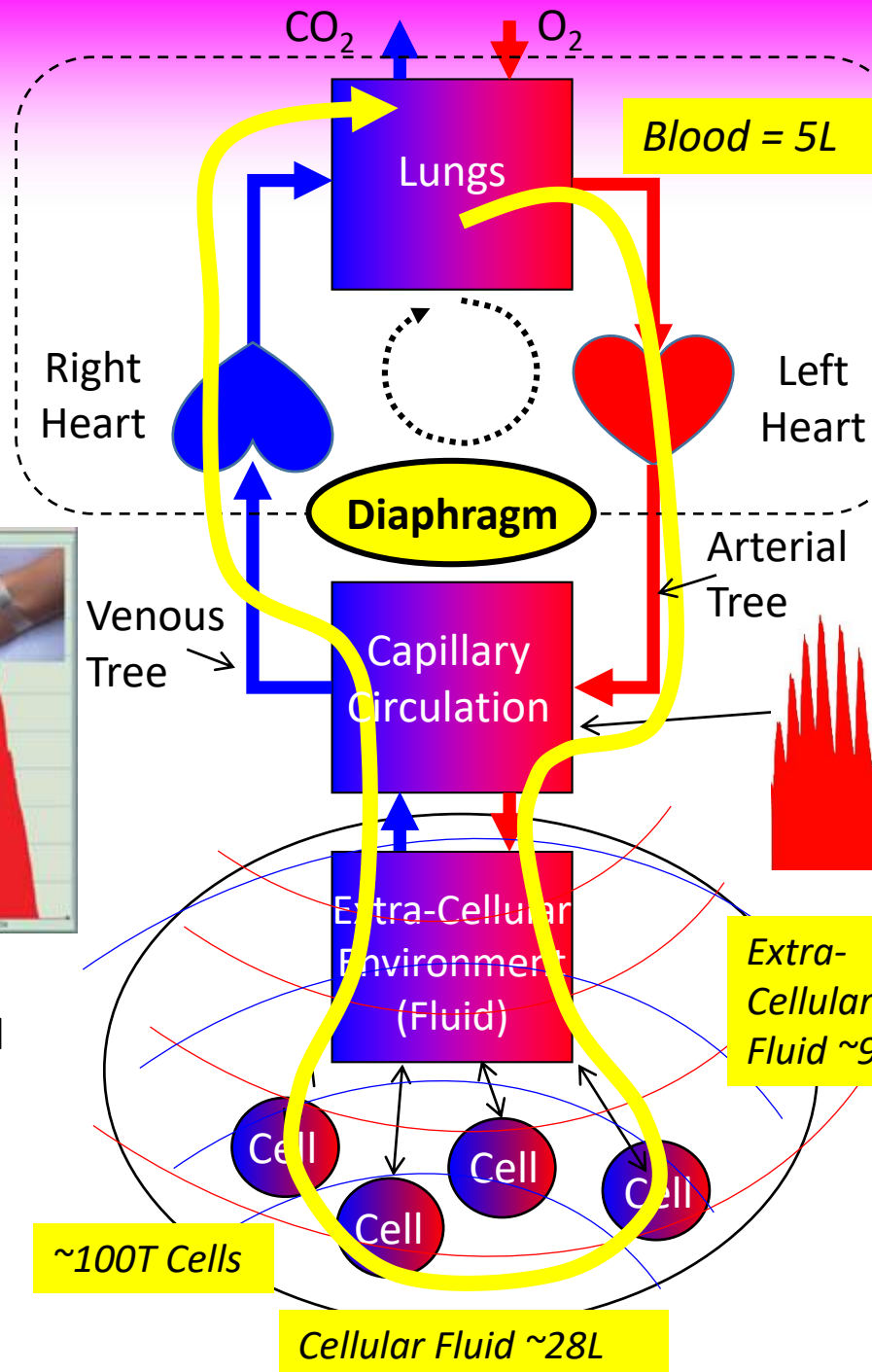
COHERENT BREATHING, VI, ISSUE 7:

Breathing Is A Circulatory Function During Which Gas Exchange Occurs.

If we recognize that “breathing” is not simply a “gas exchange” function, but is instead “a fundamental circulatory function during which gas exchange occurs” it changes everything!



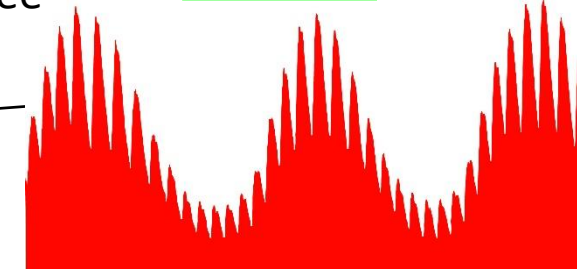
Negative pressure exerted by venous flow removes metabolic waste from cells.



Blood flows in a circle, hence it's name: “circulation”. However, it is diaphragm motion and resultant pressure and flow variations in the chest that result in *effective* circular flow.

My definition of “effective circular flow” is when the volume of blood passing through the right heart upon inhalation is equal to the volume of blood that passed through the left heart upon exhalation. Please consider the implications.

Stephen Elliott, President, COHERENCE
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Positive pressure exerted by arterial flow moves fluid from capillary circulation to cells.

Total Body Fluid ~42L