

# THE 'SWITCH' AUDIO FILE

*"Just lay back & press play"*

The **'SWITCH'** is an audio file designed to assist you in literally switching from a more stressful 'fight or flight' state into a calm, healing, rejuvenating state. The audio will talk you through a specific breathing protocol, you just have to grab some headphones (best if you can get ones that block out background noise), lay down and get comfy and press play.

**When** you are in a stressed state, your adrenalin and cortisol hormone levels are higher and they are zapping your energy & breaking down your muscles. As you switch to a calmer state your hormonal system changes. As your cortisol levels lower, your levels of the repair & anti-aging hormone (DHEA) increase, this hormone helps you to re-build, rejuvenate & re-energise your system.

**When** doing this practice, use your NOSE to breathe in and out. Your in-breath must be SMOOTH & GENTLE, it's soft, it's like breathing in silk. When you breathe like this, you send calming signals to the emotional centres in your brain. And when you breathe out, you SOFTEN and RELAX any areas of tension in your body. The audio will guide you through this process.

**You** can do this ANY time during the day. Some really effective times include:

- Just after a workout or stressful event
- Mid afternoon when the body typically cycles in to a little bit of a drop and
- 100's of people use it to get to sleep

**The** end goal of listening to the Switch recording (if you stay awake!) is that you have reduced your breathing rate to a *very comfortable* 6 breath cycles or less per minute (one breath cycle is both an in-breath and an out-breath). When you achieve this it equates to a re-balanced nervous system, one which is no longer in a fight or flight state.



**During** the 9 minute recovery period as your breathing becomes more rhythmic & even, your heart beat will also become more rhythmic and even, and signals are sent throughout the nervous system and to the brain that everything is rebalancing and there's no need to stress.

