THE 21-DAY BASELINE RESET

A 21-DAY FUNCTIONAL BREATHING PROGRAMME

10 - 15 minutes a day to shift your body from fight or flight to calm, and begin to increase your tolerance to CO2.

WELCOME

START HERE

I created this guide to give you the tools and knowledge to take control of your breathing, and your life. When I became burnt out, I needed to bring more calm and presence into my life, and your breath is the single biggest lever you have to change that.

Your breath influences your state of mind. You can eat all the right foods, get 8 hours of sleep and work out every day, but if you are not breathing properly, your body never gets the message that it is safe to rest, recover and grow.

This guide sits alongside your members portal. The portal tells you what to do each day and gives you the timers and pacers. This guide explains the why, so you can keep the practices for life.

You do not need any experience, gadgets or apps. What you will need is a little discipline and the willingness to show up. 10 - 15 minutes a day, done consistently, is enough to start noticing the difference.

YOUR MEMBERS PORTAL

Log into your portal HERE

YOUR DAILY RHYTHM

1. MORNING BOLT

1 - 2 mins. A quick breath-hold check when you wake, logged in the portal.

2. TODAY'S PRACTICE

About 10 mins. One guided practice with a timer or pacer.

3. THREE DAYTIME ANCHORS

Through the day. Nasal breathing, tongue on the roof of the mouth, no screens 30 mins before sleep.

THAT'S IT

No long sessions. Small, repeated signals are what retrain your breathing.

HOW TO USE THIS GUIDE

Read pages 3 - 5 once, before Day 1. They explain the key ideas you will meet in the portal. After that, use the practice pages and the roadmap as a reference whenever you want a reminder.

PART 1

MOST OF US BREATHE TOO MUCH

Before any technique, it helps to understand the problem we are solving. It is simpler than you might think.

THE 20,000-BREATH DAY

The average adult takes around 20,000 breaths a day. That works out at roughly 12 - 15 breaths per minute at rest, and often more when stressed. Yet at rest, the body only really needs around 6 - 8 breaths per minute to work well.

In other words, many of us are breathing close to twice what we need, all day, without noticing. This is called **overbreathing**.

WHY OVERBREATHING MATTERS

Fast, heavy, upper-chest breathing is the pattern your body uses when it thinks something is wrong. When it becomes your default, your system stays on a low level of alert. That can show up as poor sleep, waking tired, frequent sighing or yawning, a busy mind, tight shoulders and getting out of breath easily.

Breathing too much also blows off too much carbon dioxide (CO2). As you will see on the next page, CO2 is not just waste. You need it to release oxygen into your tissues. So, strangely, breathing more can leave you with less useful oxygen.

THE PATHWAY BACK

The goal over 21 days is not to breathe bigger. It is to retrain your body to breathe **less, slower and through the nose**, so your resting breath drifts back towards that natural 6 - 8 breaths per minute. Two things get you there:

1. NLSD

A simple four-letter rule for how to breathe, explained on the next page.

2. CO2 TOLERANCE

Gently teaching your body that a little more CO2 is safe, so it stops pushing you to overbreathe.

PART 1

NLSD: YOUR RULE OF THUMB

If you remember one thing from this guide, make it these four letters. NLSD is how you want to breathe most of the day, and it is the foundation of a core exercise called Breathe Light.

N	**NASAL**	In and out through the nose. Lips together at rest, working, walking and sleeping.
L	**LIGHT**	Breathe a little less air than you feel like taking. Quiet, soft, almost silent.
S	**SLOW**	Ease the pace down. Let the exhale be slightly longer than the inhale.
D	**DEEP**	Low, not big. The breath moves the belly and lower ribs out to the sides, not the shoulders or upper chest.

WHY THE NOSE COMES FIRST

Your mouth is built for eating and talking. Your nose is built for breathing. Breathing through the nose:

- **Filters, warms and moistens** the air before it reaches your lungs.
- **Slows the breath down** naturally, because the nose gives a little resistance. That makes NLSD much easier.
- **Encourages low breathing** into the belly and lower ribs, which activates the rest and digest (parasympathetic) branch of your nervous system.
- **Adds nitric oxide** to the air you breathe in (see next page).

A QUICK SELF-CHECK

Right now, is your mouth closed? Is your tongue resting on the roof of your mouth? Are your shoulders still? If yes, you are already practising.

TOP TIP: IF YOU MOUTH BREATHE

It can take some time to retrain, and simply noticing it is the first step. Rest your tongue on the roof of your mouth, just behind your front teeth. Create a little suction so it 'sticks' there. With the tongue in place, mouth breathing becomes very difficult. Check in often through the day to make sure it is staying there.

BLOCKED NOSE? TRY THIS

1. Sit up. Take a small breath in and out through the nose (a tiny sip through the mouth if fully blocked).
2. Pinch your nose and gently nod your head or sway while holding.
3. Hold until you feel a medium to strong urge to breathe.
4. Let go, breathe in gently through the nose and calm your breathing.
5. Wait about a minute, then repeat 5 - 6 times.

Helpful for congestion, sinus issues and hay fever.

PART 1

SIMPLE CONCEPTS, EXPLAINED.

These terms come up throughout this guide and the portal. You do not need to memorise them. Just read them once so nothing feels unfamiliar.

CO2 TOLERANCE

What it is: How comfortable your body is with normal levels of carbon dioxide. Low tolerance means your brain sends the urge to breathe early, so you breathe more than you need.

Why it matters: Oxygen rides in your blood and needs CO2 to be let go into your muscles, brain and organs. Raising your tolerance lets you breathe less and still get oxygen where it is needed.

AIR HUNGER

What it is: The mild, manageable feeling of wanting a little more air. Not gasping or panic, just a gentle wish to breathe a bit more.

Why it matters: It is the training signal. Sitting calmly with light air hunger is how CO2 tolerance grows, a bit like a muscle adapting to a manageable load.

BOLT

What it is: Body Oxygen Level Test. A relaxed breath hold after a normal exhale, timed until your first urge to breathe. It is not a test of willpower or lung size.

Why it matters: It is your simple daily dashboard. A higher BOLT generally means calmer, lighter breathing at rest. You track it in the portal.

BREATHE LIGHT

What it is: Sitting tall, applying NLSD and gently reducing how much air you take in, until you feel light air hunger. Sessions are short, 3 - 5 minutes.

Why it matters: It is the most direct way to bring your resting breathing rate down and build CO2 tolerance.

NITRIC OXIDE

What it is: A gas made in your nose and sinuses. When you breathe through your nose, a little of it travels into your lungs with each breath.

Why it matters: It helps open the airways and blood vessels, which supports oxygen getting into the blood. Mouth breathing skips it. One more reason the nose comes first.

OXYGEN ADVANTAGE (OA)

What it is: The functional breathing method created by Patrick McKeown, which this programme draws on.

Why it matters: OA focuses on how you breathe all day, not only during practice. That is why the daytime anchors matter as much as the sessions.

SCREEN APNEA

What it is: Holding your breath, or breathing shallowly, without noticing while you read, type or scroll.

Why it matters: It quietly keeps your system on alert for hours. The fix: lips closed, tongue up, let the belly move.

CADENCE

What it is: Breathing to a steady count, such as 4 seconds in and 6 seconds out. The portal pacer guides you.

Why it matters: A slow, even rhythm with a longer exhale is one of the quickest ways to help the body shift from alert to calm.

THE REST OF THE GUIDE

This preview covers the welcome and the key ideas. The full guide and members portal include:

- How to measure your BOLT, with the step-by-step diagram
- Eight practices: cadence, Ujjayi, box, 4-7-8, small holds, walking holds and Breathe Light
- Your full 21-day roadmap
- Daytime anchors, sleep and athlete guidance
- Your maintenance rhythm for life

THE 21-DAY BASELINE RESET | €27

Full portal access, timers, pacers and progress tracking. Backed by the 21-Day Promise.
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