

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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A Matter of Life and Breath

"It's really time for people to become more aware of their breathing and not take it for granted," says Patrick McKeown, author of *The Breathing Cure: Develop New Habits for a Healthier, Happier and Longer Life*.

"More oxygen to the brain calms the mind and improves sleep," he says. "It can even restore bodily functions disturbed by stress, build greater resilience and help you to live longer"

McKeown says, "If you are breathing faster than you should, it can impact your mental health, your sleep and your movements."

The book outlines three breathing techniques that can work wonders with the body's physiology.

Breathing Lightly: This technique promotes optimal blood circulation, peak oxygenation, maximizes exercise performance, relieves respiratory symptoms and helps give you "the best sleep you ever had."

Breathing Slowly: With stress as a risk factor in 70 to 90 percent of all human diseases, this technique stimulates relaxation, reduces high blood pressure, boosts the immune system, maximizes the heart rate and improves blood glucose control.

Breathing Deeply: Brings physical and emotional balance, strengthens the diaphragm muscle for greater endurance and resilience, focuses concentration, and eases movements.

McKeown says those interested in testing out his breath exercises should start with

one that can bring results almost instantly. "When you slow down the speed of exhalation, it stimulates the vagus nerve, which secretes a neurotransmitter that causes a slowing of the heart, and the brain signals that the body is in a safe environment. *Newsmax Magazine*

Calls of the Wild



The whistling of a nightingale. The howl of a gray wolf. The kazoo-like calls of emperor penguins. To keep his ear trained

during a Covid-19 lockdown, French-German composer Alexander Liebermann began transcribing sounds of the animal kingdom into sheet music that he posts online. What started as a joke has resonated with fans, he notes, and became "something bigger." You can check out this sample on YouTube.

<https://www.youtube.com/watch?v=ExQS8Pmcfg>

National Geographic



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Better Hydration

The water that you get from foods is more hydrating than "liquid" water. This gel-like form of water is about 10% more viscous than liquid water. Found inside all living cells, gel water moistens tissues better than liquid water...and contains more electrolytes, which enhance bodily functions. Simply put, eating your water is healthier than drinking it.

Plant foods typically contain between 80% and 98% water, by volume. Because of its electrolytes, gel water isn't merely moisturizing...it's a fuel that improves cognition, judgment and mood. Of course, you still need liquid water. In fact, if you don't replenish the amount of fluid lost through sweating, urination and other bodily functions, it can cause a measurable loss of cognitive abilities...a decrease in the ability of blood vessels to contract/dilate...and an increase in cellular inflammation. But gel water does an even better job when it comes to keeping you hydrated.

Here are some ways to stay hydrated:

- Drink green, veggie-based smoothies. You can use any combination of green vegetables, such as spinach or kale, plus a little fruit, herbs, nuts and water.
- Eat hydrating vegetables, such as cucumber, romaine lettuce, celery, radish and zucchini.
- Use natural salt. Table salt is processed, which removes its

beneficial minerals. Sea salt, Celtic salt and Himalayan salt are natural forms that contain iron, magnesium, calcium and potassium, which improve hydration.

- Limit or avoid processed foods, which are loaded with unhealthy salt and can be dehydrating.

Bottom Line Health



You know you're old if they have discontinued your blood type. *Phyllis Diller*

A Tap on the Shoulder

A passenger in a taxi leaned over to ask the driver a question and tapped him gently on the shoulder to get his attention. The driver screamed and lost control of the

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cab, nearly hitting a bus before driving up over the curb and stopping just inches from a large plate-glass window.

For a few moments, everything was silent in the cab. Then the shaking driver said, "Are you OK? I'm so sorry, but you scared the daylights out of me." The badly shaken passenger apologized to the driver and said, "I didn't realize that a mere tap on the shoulder would startle someone so badly."

The driver replied, "No, no. I'm the one who is sorry. It's entirely my fault. Today is my first day driving a cab. I've been driving a hearse for 25 years."



Holding down the fort until we all can sing.

Free Shipping-Every Time

If you're shopping online and are just a few dollars away from getting free shipping, it's tempting to buy one more item—something you probably don't need—to save those shipping fees. Instead., add a gift card to your cart. Choose a dollar amount that puts you over the free shipping threshold, and use the card later for something you

actually want.

Reader's Digest

Why is There an "R" in Mrs?

In previous centuries, the word "mistress" was the polite way to address all women. By the 18th century, it had been abbreviated to "Mrs." Since English speakers have a tendency to shorten spoken words, we soon dropped the "tr," and the word came to be pronounced "missus." Similarly, men used to be called "master," which was abbreviated to "Mr." and soon became "mister. Of course, word meanings change too, and "mistress" now has a whole different meaning. "Master" was used until sometime the middle of the last century to address young men before they reached adulthood.

Reader's Digest

Break a Leg



That's what people in show business say to wish each other good luck. But why?

People in the performing arts can tend to be superstitious and feel that directly wishing a person

"good luck" could instead bring bad luck. This alternative way of wishing luck was likely first used in this context in the United States during the 1930s or possibly 1920s. The expression is also used outside the theatre, as superstitions and customs travel through other professions and then into common use.

Wikipedia