

## S A M More Oxygen

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**S**hut mouth; **A**ir in nose; **M**outh cough (if choking or clearing throat) or just exhale (preferably by nose with mouth shut). **<This is Like the Invention of the Tooth Brush, and as Important for Good Health> Help Your Loved Ones and Yourself Breathe More Effectively:** build up more oxygen before your sport event and recover faster afterwards! Stay healthy...You will save money by no longer needing as many health care treatments.

**BEST BREATHING:** When things are going bad or tense, and someone says "Take a deep breath", they really should say: "Do the SAM twenty times!" And athletes should be trained to do their "heavy breathing" by repeating the SAM. Every athlete needs a reminder to improve performance and recovery. **It Does Not Come Naturally...You Need a Health Band Reminder** for priceless info.

Make no mistake, there is a "best" way to breathe. "**Nasal inhalation**" is the best way--It is more diaphragmatic requiring less muscle effort and thus more of the inhaled oxygen is available elsewhere in the body. However, "**shutting your mouth**" is obligatory for efficient and effective "nasal breathing"--laryngeal reflexes open better with "air into the nose" than with "air into the mouth." More oxygen by nasal breathing enables:

1. Athletes can better build oxygen before and better recover oxygen after events. For leg & muscle cramps, you get relief with doing the SAM as fast as you can for a full minute or two. For the military too!
2. If choking or coughing, the SAM allows expulsion of whatever is interfering with mouth/larynx such that the Heimlich may not be necessary. The SAM is definitely indicated to clear one's throat after the Heimlich was used to clear the blocked larynx.
3. The SAM stops snoring. Gently say the SAM as you nudge the snorer's shoulder emphasizing "shut mouth and breathe thru the nose." All snoring is through the mouth. SAM will Pavlov-condition a shut mouth which stops snoring and reduces related sleep apnea disorders by nasal breathing.
4. The SAM is essential for good hospital care where best breathing should be taught especially in intensive care units. It should be taught in every first aid course and in all grade levels of teaching health information in schools.
5. The SAM works as a panic attack/temper/rage/confusion stopping technique by *detachment* from the source of emotionality to calmer self-awareness and improved oxygenation--"Panic" and all related stresses are linked to unconscious "breath holding" making one low on oxygen. So if having an emotional spasm and stressed, do the SAM ten times and try to think it through. Shut your mouth; Air in nose; Mouth shut as you exhale (exhale through your nose too! **Breathe nasally in and out!**). Keep on doing it.
6. Do the SAM 10 times before any straining (even when toileting) to help prevent heart attacks. More oxygen helps everything.
7. Do the SAM as the first universal promotion of "pulmonary hygiene!" The lungs never quit. They discretely expel unhealthy molecules and microbes inhaled so effectively that pulmonary-"excretion" is taken for granted and overlooked as necessary body cleansing. Mild coughing and throat clearing is the body's way of expelling something definitely foreign and unwanted from throat and lungs. The SAM should improve lung cleansing just as mouth cleaning improved when someone invented the toothbrush. If you feel a chest cold, the

flu, a sore throat coming on, do the SAM often and vigorously (and salt water gargles will help disinfect the inhaled germs). If you feel that slight cough, do the SAM to help clean better the lungs. At the first sign of a "cold", a bunch should be done four times a day for several days. It should be done after every cigarette or cigar by smokers. It does not take much to conclude that lungs need help with "cleaning" the crud now being inhaled from our polluted atmosphere. After doing it for some time, the lungs begin to prefer the more "clean" state and adapt to stimulate coughing by the SAM, which helps prevent the accumulation of lung cancer junk and most infectious diseases which enter the body through the lungs and mouth. To really keep your body "clean", you should SAM MORE OXYGEN as pulmonary hygiene every day--The extra oxygen molecules cannot do any harm. The removal of minute amounts of cancer and disease causing inhalations will be replaced by minute amounts of health promoting oxygen. The global impact on millions will likely never be recognized, again because breathing is so natural, we pay it no mind...unless in breathing trouble.

Learn, practice, and teach the SAM--you will be "best breathing," more hygienic, and healthier if every way with more oxygen. Every loved one should have a S A M Health Band for sure.

Make a more healthy world! **Learn How to Breathe!!!**

**Not a Cheap "Wrist" Band, but the Best Money Saving *Public Health* Reminder You Can Get & Give! Because Breathing is so Automatic and Natural, the Sam More Oxygen will Never be done without a Health Band Readily Seen. The S A M More Oxygen <sup>TM</sup> health band is available for \$5.00 each (includes shipping and handling), by check to "Doc Sam Nigro" delivered by mail to: Doc SAM Nigro, 2517 Guilford Road, Cleveland Heights, Ohio 4411**

Cut and mail to Doc SAM Nigro/2517 Guilford Road/Cleveland Heights, Ohio 44118, Make check payable to "**Doc SAM Nigro.**" Help keep your loved ones and friends healthy with this information sheet and health reminder band for your health. They will not remember without the health band reminder. The explaining copyrighted information sheet should be scanned every morning or at least weekly.

Enclosed is check for \$\_\_\_\_\_. Please send \_\_\_\_\_SAM MORE OXYGEN health \_\_\_\_\_ bands \_\_\_\_\_ to: Name \_\_\_\_\_

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City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

**Citation:** Samuel A Nigro. *S A M More Oxygen*. *ARC Journal of Addiction*. 2018; 3(1):14-15

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