

Cave Junction

July Rain: 0.04" YTD Rain: 48.11"



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The diaphragm, a parachute shaped muscle that spreads behind the lower ribs, is the best muscle to use for breathing, along with the intercostal muscles between the ribs. As singers and athletes know, diaphragmatic breathing provides enough air to sing or exercise. Try it by inhaling through your nose if possible and feeling your abdomen expand with the breath. It doesn't

Breathing with my diaphragm, besides being more effective at getting oxygen into my body, activates the relaxation center of my nervous system, so I don't mind the wait. I also try to remember diaphragmatic breathing during exercise. Even walking

Maybe you've heard

The staff and volunteers of Healthy U present this column as part of their mission to promote health in the Illinois Valley.

Everyone who comes to the breakfast seems to agree, you get a lot of great food at a really fair price and will always leave happy and full.



Jordan Barto searches the garden at the I.V. Grange for ripe tomatoes. The grange uses the garden to teach people to grow their own food at home.

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