

Another study on 102 human patients concluded that intermittent hypoxic training may be a bonafide anti-aging treatment because it helps the body clean out damaged and dysfunctional mitochondria and replace them with healthy, bigger, stronger mitochondria among several other anti-aging mechanisms.

Intermittent hypoxic training is a very powerful medicine and a very powerful form of hormesis to strengthen and build your mitochondria. So how do you actually implement this method?

## Hypoxia Exercise

### WALKING BREATH HOLDS EXERCISE



- STEP 1**  
Exhale and hold the breath out
- STEP 2**  
Count how many paces you can do before you need to breathe
- STEP 3**  
Breathe until you return back to normal breathing
- STEP 4**  
Repeat (Keep doing this 4-12 times)

### BREATH HOLDING PRANAYAMA EXERCISE



- STEP 1**  
30-50 breaths of rapid "Fire breathing"  
This is where you inhale and exhale through the nose as rapidly as you can with short and forceful, half-second inhales and exhales
- STEP 2**  
After 30-50 breaths, breathe out all your air and hold your breath for as long as possible
- STEP 3**  
Repeat (do 3-5 rounds)