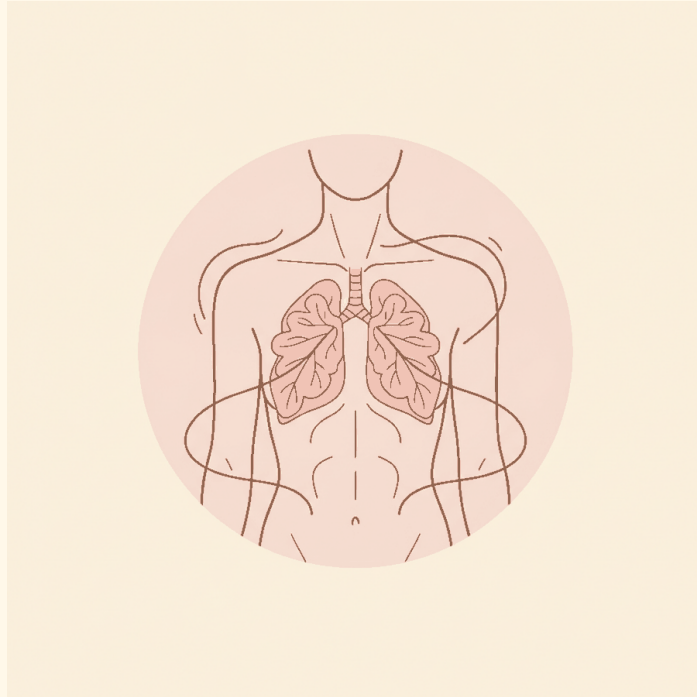
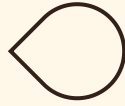




SIX-DAY LUNG CLEANSE CHALLENGE

*Six mornings, 10 minutes each
Breathing you can feel.*

by 1Ness



THE 30-SECOND HOLD: START HERE



Before you read one more page, get a number.

You will need a spot on the floor and 30 seconds. Use our free stopwatch at [onenessdrops.com/challenge](https://www.onenessdrops.com/challenge), which times both holds and keeps all six days for you. It saves on your device only.

1. Sit down. Breathe normally through your nose for one minute. No big gulps of air.
2. Take a normal breath in. Let a normal breath out.
3. Pinch your nose closed and start the timer.
4. Stop at the first clear urge to breathe. Do not fight for extra seconds. An honest number is a useful number.
5. Write it down with today's date. You will need it on Day 6.

What your number is telling you:

- **5 to 10 seconds:** weak
- **10 to 20 seconds:** needs work
- **20 to 30 seconds:** below par
- **30 to 45 seconds:** solid
- **45 seconds to 1 minute:** strong
- **1 to 2 minutes:** even stronger
- **2 minutes:** Super human
- **3 minutes:** the Iceman
- **4 minutes plus:** alien

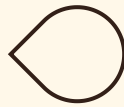
One rule that outranks the challenge itself. Every breath hold in this guide, this test and every round after it, happens sitting on the floor on dry land. A hold in a pool, a bath, a hot tub or a shower does not count. It is not a bigger score. It is disqualified, and the safety page explains exactly why.

This is not a medical test and it does not diagnose anything. If you have real symptoms, chest pain, or a condition you are being treated for, talk to your doctor before starting any new routine.

One piece of housekeeping before Day 1. Each morning starts with a dropper of mullein tincture. It is optional, the breathing is not. But if you want it in your six days, order it today so it is on your shelf when Day 1 arrives. Code BREATHE15 takes 15% off your first bottle.*

**Get the Mullein Tincture, 15% off with
BREATHE15 →**

4 oz glass bottle · about a two-month supply



WHAT SIX DAYS ACTUALLY BUYS YOU



In six days you can measurably improve a skill you will keep for life. You will have a number on day one and a different number on day six, in your own handwriting.

What the practice trains is breath control: your technique, and your body's calm as carbon dioxide rises.

Here is why the number moves. The 30-second test measures the exact thing the rounds train. Not something related to it, the same thing. That is the whole mechanism, and it is why six days is enough to see it.

What it does not do. It does not make your lungs bigger. It does not pull anything out of them. No breathing exercise does either, and anyone telling you otherwise is selling something.

Where mullein comes in. Mullein leaf has a long history of traditional use in herbal practice for the lungs and airways.* It is the one thing here that does not come from your kitchen. It is optional. The breathing is not.



Your tincture: one full dropper (1 ml), twice daily, morning and evening, in water or warm tea.
Maximum four droppers a day.

Get the Mullein Tincture →

4 oz glass bottle · about a two-month supply

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SIT ON THE FLOOR. HERE IS WHY.



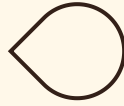
Deep breathing lowers the carbon dioxide in your lungs, and carbon dioxide is what triggers the urge to breathe. Turn it down and you can hold far longer than you are used to. That is the whole trick, and it is why your number moves in six days. It also means you may feel light-headed, or feel your hands tingle. That is normal and expected. It fades within a few seconds of you breathing normally again, and it leaves nothing behind.

So sit on the floor rather than in a chair, and lean your back against something for the holds, a wall, or a wall with a pillow, so you stay steady. Injuries from breath work come from fainting and falling, never from the breathing itself, and on the floor there is nowhere to fall. Get comfortable, let each hold run as far as your body wants, and stop when it asks. Done on the floor and dry, this is safe for most healthy adults.

The rules, every round, every day:

- **Never in or near water.** Not a pool, not a bath, not a hot tub, not a shower.
- **On the floor, on dry land.** Not standing, not driving.
- **Light-headedness and tingling are normal.** Real dizziness means stop and breathe normally.
- **Your number only counts on the floor and dry.** A hold in water is not a bigger score.

Talk to your doctor first if you are pregnant, have epilepsy, take blood pressure medication, or have any heart condition.



THE BREATH CYCLE: HOW TO DO ONE ROUND



Sit comfortably on the floor. Land only. Nothing you need to hold, nothing in front of you.

Every round is the same three steps. Only the number of breaths changes, and your day page tells you the number.

1. **Take the day's number of deep breaths.** Ten on day one, rising to twenty by day six. Breathe in deep so your belly rises, then let the air fall back out. Do not force the exhale; release it. Toward the end of the round you may feel tingling in your hands or a light head. Normal.
2. **After the last breath, let the air out and stop. Hold at the bottom.** Lungs empty. There is no target number and we are not printing one, because your hold is yours. Hold until your body clearly asks for air, and not a second past that.
3. **When the urge arrives, take one deep breath in and hold at the top** for 10 to 15 seconds. Then let go and breathe normally.

That is one round. Rest for a few normal breaths, then start the next. **You do three rounds a day, every day.**

Write each day on the log page at the back.

DAY 1

3 rounds of 10 breaths

- 1. One full dropper of Mullein under your tongue. Hold it there for 10 seconds, swallow, then begin the breathing.
- 2. Full breath in, full breath out. Ten times.
- 3. On the last one, empty your lungs and tap the stopwatch button once. The clock starts, and you are holding on empty.
- 4. When you cannot hold it any longer, breathe all the way in and tap again.
- 5. Tap a third time when you cannot hold it full. That is round one.
- 6. Do that three times in total.



TIME BOTH HOLDS

Start the day 1 stopwatch

HOLD	ROUND 1	ROUND 2	ROUND 3
Bottom, empty			
Top, full			

Seconds. Or write them in with a pen.

On the floor, on dry land. Not in or near water. Not in a shower. Not in a bath. Not swimming. Not while driving or standing. Light-headedness and tingling are normal. Dizziness means stop and breathe normally.

DAY 2

3 rounds of 12 breaths

- 1. One full dropper of Mullein under your tongue. Hold it there for 10 seconds, swallow, then begin the breathing.
- 2. Full breath in, full breath out. Twelve times.
- 3. On the last one, empty your lungs and tap the stopwatch button once. The clock starts, and you are holding on empty.
- 4. When you cannot hold it any longer, breathe all the way in and tap again.
- 5. Tap a third time when you cannot hold it full. That is round one.
- 6. Do that three times in total.



TIME BOTH HOLDS

Start the day 2 stopwatch

HOLD	ROUND 1	ROUND 2	ROUND 3
Bottom, empty			
Top, full			

Seconds. Or write them in with a pen.

Never in or near water. No bath, no shower, no swimming.

DAY 3

3 rounds of 14 breaths

- 1. One full dropper of Mullein under your tongue. Hold it there for 10 seconds, swallow, then begin the breathing.
- 2. Full breath in, full breath out. Fourteen times.
- 3. On the last one, empty your lungs and tap the stopwatch button once. The clock starts, and you are holding on empty.
- 4. When you cannot hold it any longer, breathe all the way in and tap again.
- 5. Tap a third time when you cannot hold it full. That is round one.
- 6. Do that three times in total.



TIME BOTH HOLDS

Start the day 3 stopwatch

HOLD	ROUND 1	ROUND 2	ROUND 3
Bottom, empty			
Top, full			

Seconds. Or write them in with a pen.

Never in or near water. No bath, no shower, no swimming.

DAY 4

3 rounds of 16 breaths

- 1. One full dropper of Mullein under your tongue. Hold it there for 10 seconds, swallow, then begin the breathing.
- 2. Full breath in, full breath out. Sixteen times.
- 3. On the last one, empty your lungs and tap the stopwatch button once. The clock starts, and you are holding on empty.
- 4. When you cannot hold it any longer, breathe all the way in and tap again.
- 5. Tap a third time when you cannot hold it full. That is round one.
- 6. Do that three times in total.



TIME BOTH HOLDS

Start the day 4 stopwatch

HOLD	ROUND 1	ROUND 2	ROUND 3
Bottom, empty			
Top, full			

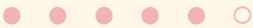
Seconds. Or write them in with a pen.

Never in or near water. No bath, no shower, no swimming.

DAY 5

3 rounds of 18 breaths

- 1. One full dropper of Mullein under your tongue. Hold it there for 10 seconds, swallow, then begin the breathing.
- 2. Full breath in, full breath out. Eighteen times.
- 3. On the last one, empty your lungs and tap the stopwatch button once. The clock starts, and you are holding on empty.
- 4. When you cannot hold it any longer, breathe all the way in and tap again.
- 5. Tap a third time when you cannot hold it full. That is round one.
- 6. Do that three times in total.



TIME BOTH HOLDS

Start the day 5 stopwatch

HOLD	ROUND 1	ROUND 2	ROUND 3
Bottom, empty			
Top, full			

Seconds. Or write them in with a pen.

Never in or near water. No bath, no shower, no swimming.

DAY 6

3 rounds of 20 breaths

- 1. One full dropper of Mullein under your tongue. Hold it there for 10 seconds, swallow, then begin the breathing.
- 2. Full breath in, full breath out. Twenty times.
- 3. On the last one, empty your lungs and tap the stopwatch button once. The clock starts, and you are holding on empty.
- 4. When you cannot hold it any longer, breathe all the way in and tap again.
- 5. Tap a third time when you cannot hold it full. That is round one.
- 6. Do that three times in total.



TIME BOTH HOLDS

Start the day 6 stopwatch

HOLD	ROUND 1	ROUND 2	ROUND 3
Bottom, empty			
Top, full			

Seconds. Or write them in with a pen.

Never in or near water. No bath, no shower, no swimming.

YOUR SIX-DAY BREATH LOG

Type straight into this page, or print it and use a pen. Two numbers tell the whole story: the one you start with and the one you finish with.

DAY 1: YOUR STARTING NUMBER

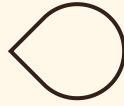
Date _____ Best time _____

DAY	DATE	BEST TIME	HOW IT FELT
1			
2			
3			
4			
5			
6			

DAY 6: YOUR RETEST

Date _____ Best time _____

Prefer to keep it on your phone? The same stopwatch and log live at onenessdrops.com/challenge. It saves on your device only.



YOU FINISHED. WHAT NOW?

Retake the 30-second hold first, before any rounds. Same spot, same method, same honesty as day one. Write the new number next to your first one at onenessdrops.com/hold.

Most people see the number move in six days. Your body got calmer as carbon dioxide rose, and your technique got cleaner. That is breath control, a real skill you built in under a week, and it keeps growing as long as you keep the rounds.

Do the next 21 days with a friend. The six days worked because you showed up every morning. The 21-Day Challenge is the same practice, same safety rules, longer runway, and it is easier when somebody is expecting you on the floor at the same time. Put in your email and a friend's. We send you both Day 1 on the same morning, and their first bottle gets the same 15% off yours did (code BREATHE15).

We send your friend one invitation, with your name on it. They join, or we leave them alone. Going alone is allowed, just leave the friend box empty.

Start the 21 Days Together →

4 oz glass bottle · about a two-month supply

Running low, or sharing the bottle? One dropper morning and evening, a bottle carries one person about eight weeks. If you have not used code BREATHE15 yet, it works on this order too.

**Restock the Mullein Tincture, 15% off with
BREATHE15 →**

4 oz glass bottle · about a two-month supply

Six days from now you will have two numbers in your own handwriting. That is the whole point.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

by 1Ness