

# Proclamation



The inventors of the Hawaiian language must have understood the benefits of breathing, as the key words in the Hawaiian language all contain the word...Ha...(breath...to breathe or, to breathe ...the breath of life). Example: *Hawaii - Aloha - Mahalo - Ohana*.

To translate the word Aloha... Alo - *to be with*...Ha - *breath*. Therefore the meaning of the word Aloha is...*to be with...breath or To Breathe the Breath of Life*.

Improving the Quality of Your Breathing, Improves the Quality of Your Life. This has merit.

However, most people are shallow breathers, thus oxygen deprived.

It is generally agreed upon in the scientific and medical communities that long term shallow breathing causes oxygen deprivation, leading to loss of metabolism, energy and vitality, creating dis-ease and the premature breakdown of the entire human organism...body, mind and spirit.

Presently, over 200 dis-eases are directly related to oxygen deprivation caused by the habit of shallow breathing.

The Challenge is to cure the habits of Shallow Breathing to increase wellness on all levels.

Increasing this awareness, providing education and training, are the next steps.

Hawaiian Well, is an innovative, organization specializing in the complimentary treatment and prevention of dis-ease, by improving quality of breathing, through training, self discipline and self care management.

Got Breath?© is the name given to Hawaiian Well's better breathing program, a direct approach to correct breathing **and a foundation** for health, wellness, fitness and spiritual disciplines.

Hawaiian Well's Got Breath? better breathing program is designed to provide a strong foundation for optimal health, and has been crafted with extreme care to safely improve Physical, Mental, and Spiritual Quality of life.

What's Aloha got to do with it? The better we breathe, the better we feel, when we feel good, it is easier to feel the essence of Aloha, love, wellness, empowered to be the best we can be for ourselves, and our ohana, thus extending more Aloha into the community, the workplace, the world and contributing to the reduction of health care costs.

The Breath of Life is "The Spirit of Aloha!

Aloha is Law in the State of Hawaii. - HRS 0226-0103.htm.

We cannot deny the need is there.