



Inner Pharmacy

YOUR FIRST MEASUREMENT

The 40-Second *Test*

One number, measured in the morning, that tells you how well your body actually handles air — and what to do about it tonight. **No device. No app. Forty seconds.**

“I dispensed medicine for thirty years. The best one was never on the shelf — it’s your breath, and you’re taking too much of it.”

Elvira Wright · RPh, FAARM, ABAAHP

Pharmacist, 30 years · Hospital & compounding

Walked the Kailash kora at 60, breathing through her nose

Your labs are perfect. You still feel *awful*.

There is one measurement your doctor has almost certainly never taken, and it explains more about how you feel day to day than most of the panel they *did* run.

It is not how much oxygen you have. A pulse oximeter will tell you you're at 97, 98 percent — and you will still be exhausted at three in the afternoon. Your blood is already almost full. More air does not fill it further.

What matters is whether the oxygen you already carry can **get out of the blood and into the cells**. That hand-off is governed by carbon dioxide. Most people have been taught CO₂ is simply waste to be blown off as fast as possible. It is not waste. It is the signal that opens the door.

So we breathe more, thinking we are helping. We sigh through the day. We take the deep breath everyone recommends. We blow off the very thing that releases oxygen where it is needed — and then wonder why we are tired, wired at 3 a.m., stuffy, and foggy by mid-afternoon.

THE ONE IDEA IN THIS WHOLE GUIDE

It is **not how much air**. It is the dose. And your tolerance for carbon dioxide — the thing that decides that dose — is measurable at home, in under a minute, for free.

That measurement is your **Control Pause**. Everyone in my practice simply calls it **your number**. It moves when your health moves, which makes it the honest daily feedback most people have never had.

The next page shows you exactly how to take it. Read it twice before you try it — the mistakes on page four are what make most people measure something else entirely and never know.

How to take *your number*

Best taken in the **morning, before you get out of bed** — before coffee, food, or your phone. This is your true baseline.

1

Sit and settle

Sit comfortably, back supported, mouth closed. Breathe normally through your nose for about half a minute. **Do not** take a big breath to prepare — that alone ruins the result.

2

Exhale normally, then pinch

After a **normal, calm exhale** — not a forced or emptied one — pinch your nose closed with your fingers and start the timer.

3

Wait for the first whisper

Hold only until the **first slight hunger for air**. The very first signal — a thought that says “a breath would be nice soon,” or the first faint movement in your throat or belly. Not the struggle. The whisper.

4

Release and stop the clock

Let go of your nose, stop the timer, and breathe **through your nose** as you were before. Write the number down.

THE RULE THAT PROVES YOU DID IT RIGHT

If your breathing changes after the test, it was not a Control Pause. Your very next breath should look exactly like the ones before it. If you gasped, opened your mouth, or needed to catch up — you held too long. The number you got is not your number. Rest a few minutes and take it again, shorter.

This is a measurement, not an exercise. You are not training anything here and you are not trying to score well. You are reading a gauge. **We are doing this for health, not to win.**

Three mistakes *almost everyone* makes

In my practice these three account for nearly every wrong number I see. Each one inflates your result — which feels good and tells you nothing.



Taking a deep breath before you start

A big breath before the hold stores extra air and buys you seconds you have not earned. The test then measures your lung volume, not your CO₂ tolerance. Breathe completely normally beforehand.



Forcing a long exhale

Squeezing the last air out is not a normal exhale. The pause is taken after the quiet, unforced breath out that would have happened anyway — nothing pushed, nothing held back.



Holding until it is uncomfortable

This is the big one. You are waiting for the **first** signal, not the last one you can survive. Pushing into discomfort turns a measurement into a stress test — and the number it gives you is somebody else's.

A NOTE ON COMFORT

Comfort is not optional in this method — **comfort is the method**. The body only re-learns when it feels safe. If a measurement leaves you tense, breathless, or needing to recover, it was not done correctly. Five gentle minutes beat one heroic hour. Every time.

One more thing worth knowing: your number will move during the day. Food, stress, a poor night, a hot room, a hard conversation — all of it shows up. That is not a fault in the test, that is the test working. **Measure at the same time each morning** and compare mornings to mornings.

What your number *is telling you*

Find your morning number below. This is what I see in practice, in my own clients and in my own body — read it as a direction of travel, not a verdict.

under 10	Running on the alarm Breathing is doing far more work than the body needs. Commonly alongside poor sleep, a blocked nose, low energy, and feeling wired but tired. Start gently — nothing forceful, nothing long.
10–20	Where most adults actually are The typical range for someone with broken sleep, an afternoon crash, a stuffy nose or a mouth that falls open at night. Very responsive to small daily practice. This is the most common starting point.
20–40	The climb Things start to change here and people notice it first in sleep and in the nose. Around 20 seconds a gently cool shower becomes reasonable; around 25–30 seconds, sauna and cold plunge stop working against you.
40–60	Good. Keep going. Sleep is restorative, the nose stays open, energy is steady through the afternoon. Reachable at any age: I am sixty, and mine sits between 40 and 45.
60	The goal Calm, quiet breathing day and night, and stress stops running the show. Climb toward it a few seconds at a time.

If your first number was five seconds, you have not failed anything. You have found the reason you feel how you feel. **The number is not a judgement — it is a starting line**, and it is one of the few health measurements that moves quickly when you give it attention.

Most people gain their first five seconds within two to three weeks of gentle daily practice. You will usually feel it before you measure it: a clearer nose when you wake, and falling back asleep more easily at three in the morning.

Track it for *one week*

One number, every morning, before you get out of bed. Print this page or copy it into a notebook. Seven mornings is enough to see your own pattern.

DAY	MORNING NUMBER	HOURS SLEPT	WHAT I NOTICED
1			
2			
3			
4			
5			
6			
7			

THREE THINGS THAT MOVE THE NUMBER TONIGHT

Sleep on your belly or left side — never flat on your back. On your back the jaw drops, the mouth opens, and you over-breathe for hours.

Close your mouth during the day. The mouth is for food. The nose filters, warms, humidifies and slows the air. Simply noticing and closing it is most of the work.

Stop eating three hours before bed, and eat to about eighty percent full. A body still digesting at midnight breathes harder all night.

Do nothing else for the first week. Measure, sleep on your side, keep your mouth closed, and watch what the number does. Most people are surprised how much moves on those three alone.

You have the number. Now *raise it.*

Measuring tells you where you stand. Changing it is a practice — a small, gentle, daily one. **Here is where to go from here.**

01 Take your number tomorrow morning

Before coffee, before your phone, before you get up. Then **message me your number** — just the seconds, straight back to me. I read every one, and I will tell you what it means and where to start.

02 Watch the free daily lessons

Short, practical, one idea at a time — the stuffy nose fix, the 3 a.m. waking, what to do on a plane, and how I train at sixty. Follow along and practise with me.

03 The Inner Pharmacy Reset Protocol

My complete programme for the people who want the whole system: four modules, thirty videos, pre-sleep audios, a tracking journal and a private community with my guidance all the way through. Built for one thing — deep, restorative sleep without medication. Most people feel the change inside two weeks.

*“You cannot force sleep.
You can only make a body
feel safe enough to sleep.”*

Elvira Wright

RPh, FAARM, ABAHP

Inner Pharmacy

realelvirawright.com

Please read: I am a pharmacist. I will never tell you to stop or change a medicine — that is a conversation with your doctor. I will teach you to need less. This guide is education, not medical advice, and it does not diagnose or treat any condition. Do not practise breath holds if you are pregnant, or if you have uncontrolled high blood pressure, epilepsy, a serious heart condition, sickle-cell disease or type 1 diabetes, without speaking to your doctor first. Nothing here is a substitute for the care of a qualified clinician.