

Breathing exercises- evidence



Positive effects on heart rate variability, respiratory rate, blood pressure and heart rate (Nivethitha 2016, Telles 2011, Sharma 2018)



Increased immune function (Kox 2014), Decreased pain (Zautra 2010, Busch 2012)



Slower brain wave & positive effects on depression, anxiety, PTSD, stress related health conditions (Zaccaro 2018, Brown 2005)



Alternate nostril breathing (ANB) has been related to decreased BP, RR (Telles et al, 2014)