# ANTI-STRESS BREATHWORK TRAINING SUMMARY

The **Body Health Analyzer** has means for lowering stress using a biofeedback training method. It is called BHA Breathwork Training Program. It is based on recording and analyzing heart rate variations during deep breathing performed at a given slow pace. The program is available in all Body Health Analyzer software editions.

The BHA **Professional Edition** provides various kinds of breath works which play a key role in many kinds of professional practices such as medical doctors, therapists, personal trainers, psychologists, nutritionists, chiropractors, and many others. It gives valuable objective results showing the effects of breath works on the body's function and helps to track their history.

The **Home and Breathwork Editions** are excellent tools for consumers to do their Breathwork training at home or at work to relieve a daily stress load and improve overall health.

BHA comes with 4 preset Breathwork techniques that are all adjustable: Respiratory Sinus Arrhythmia or RSA for short, Square Yoga, Zen 4-7-8, and Deep Breathing which are the favorite tools of therapists for stress reduction.

BHA provides means for auditory breath pacing using special musical instrument scales. In addition, it allows to import and play MP3 files, which may be meditation music, favorite songs, or suggestive speech programs to listen to while training.
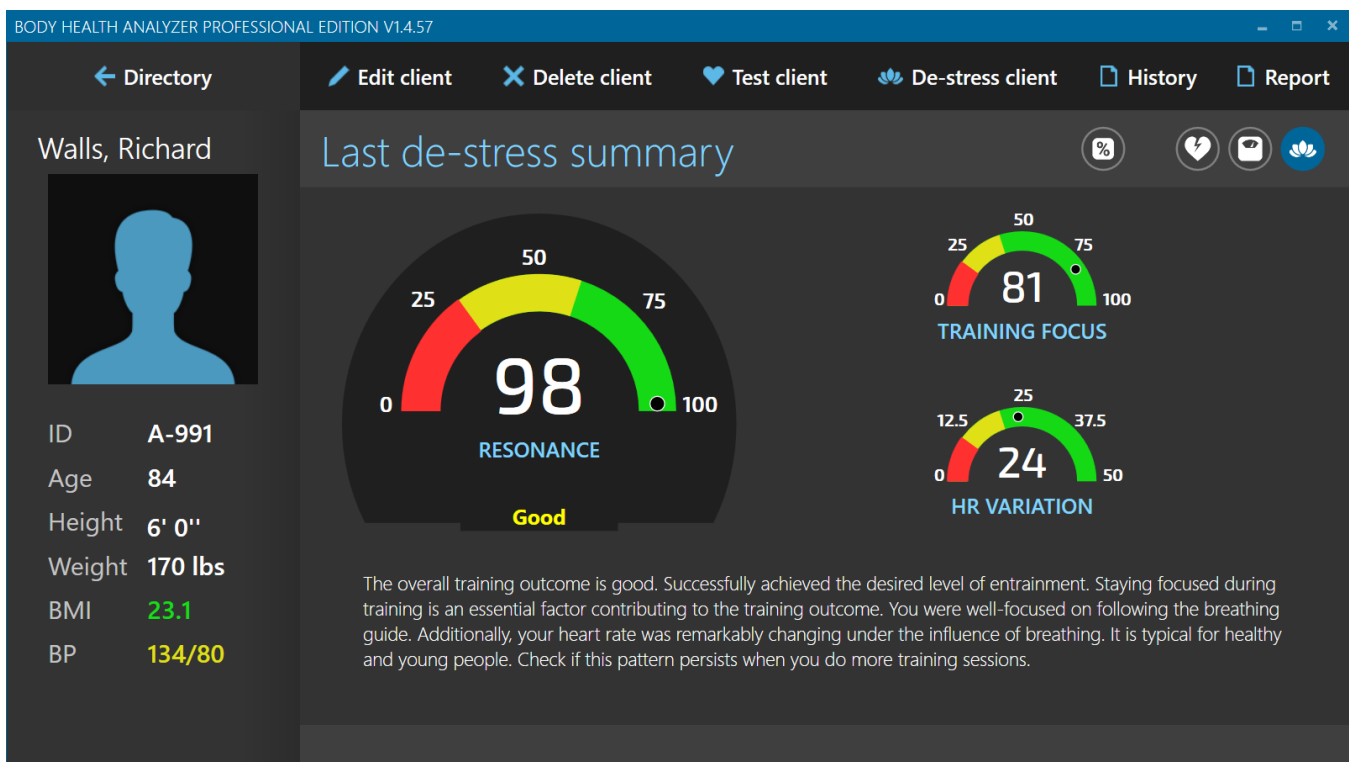
The BHA Breathwork training program provides the following output metrics:

RESONANCE – indicates how well the body responded to deep paced breathing providing stress reduction effect. This metric is continuously captured and indicated during a training session providing a feedback loop. An averaged level of this score is provided at the end of the training. The higher levels of the score indicate better stress-reducing effects of training.

TRAINING FOCUS – indicates the ability to maintain the best possible level of training score during a training session. High focus indicates that a trainee took the best efforts in achieving the best training results.

HR VARIATION – indicates how much heart rate varied under the effect of deep slow breathing. Higher values of HR variation indicate that baroreflex function works well. Baroreflex is a key physiological mechanism aimed to provide quick cardiovascular adaptation to maintain a stable blood supply to the brain.

The following chart will help to interpret the standard Breathwork output metrics:

Output Variable	Units	Full Range	Interpretive Subranges	Scale Color	Meanings
Resonance	arbitrary units	0 … 100	0 … 30	Red	Low responsiveness to breathing. This could be a sign of poor efforts to focus on breathing pace or very low body adaptivity (low responsiveness of baroreflex mechanism).
			30 … 60	Yellow	Moderate responsiveness to breathing. This could be a sign of not adequate efforts to focus on breathing pace or decreased body adaptivity (decreased responsiveness of baroreflex mechanism).
			60 … 75	Green	High responsiveness to breathing. This is a sign of adequate efforts to focus on breathing pace and good body adaptivity (good responsiveness of baroreflex mechanism).
Training Focus	arbitrary units	0 … 100	0 … 20	Red	Poor focus on breathing pace. The training outcome is low.
			20 … 40	Yellow	Fair focus on breathing pace. The training outcome is mediocre.
			40 … 100	Green	Good focus on breathing pace. The training outcome is good as much as the heart is able to respond to deep breathing.
HR Variation	BPM	0 … 50	0 … 10	Red	The heart is poorly responding to deep breathing. This could be a sign of cardiovascular or autonomic dysfunction.
			10 … 20	Yellow	The heart is fairly responding to deep breathing. This is typical for aging people or could be a sign of a mild decrease in baroreflex function.
			20 … 50	Green	The heart is well responding to deep breathing. The baroreflex mechanism is in good shape.