

# Some of the 400+ Study Results

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- ✓ Blood Pressure in Hypertensive Employees (HP)  
20% reduction in diastolic and systolic blood pressure.
- ✓ Diabetes (LifeScan)  
30% increase in quality of life metrics; 1.1% reduction in HbA 1c.
- ✓ Congestive Heart Failure (Stanford Hospital)  
Increased functional capacity, reduced stress and depression.
- ✓ Heart Arrhythmias (Kaiser Permanente)  
75% of the patients had significantly fewer episodes of atrial fibrillation and 20% were able to stop medication altogether.
- ✓ Asthma (Robert Wood Johnson Medical School)  
Over 50% of patients experienced a decrease in airway impedance, symptom severity and medication consumption.