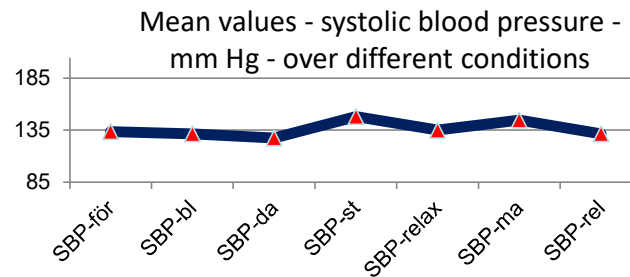
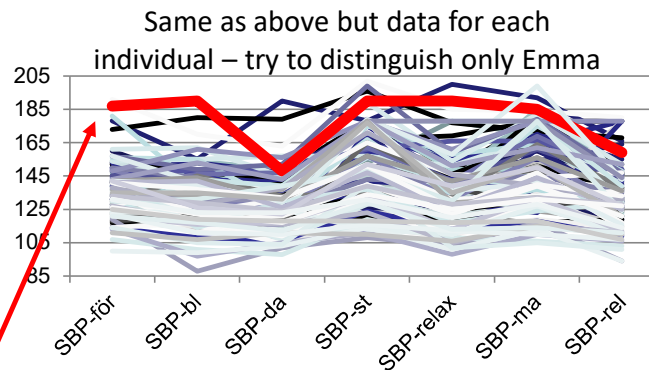


GROUP AND INDIVIDUAL LEVEL EVIDENCE: SYSTOLIC BLOOD PRESSURE

Empirical evidence – group data (120 randomized municipal employees) where individual data cannot be identified, which is of clinical importance!



Question 1: NOTE if Emma – see red line second value (c 143 mm Hg) – trains her breathing behavior frequently – what happens over time?
40 years of clinical experience is the basis for my opinion – see method



Question 2: Better with drugs – or?

Biological evidence for Emma (red line) who did not know/felt she had high blood pressure and who never trained her breathing behavior but when she once does it in a study, the above happens! Not the first time we have seen this in clinical work over the years. The conditions are: baseline, calm breathing, verbal stress, relaxation, math stress, and relaxation