

Health Watch

Breathing Your Way To Lower Blood Pressure

(NAPSA)—For millions of Americans, lowering high blood pressure may now be as simple as breathing in and out.

That's because RESPeRATE, the first non-drug medical device clinically proven to reduce high blood pressure without side effects, recently received clearance from the Food and Drug Administration for the treatment of high blood pressure.

The device lowers blood pressure by guiding users through therapeutic breathing exercises. Based on scientific research, these exercises result in a significant and sustained reduction in blood pressure with regular use when used in addition to blood pressure medication. These therapeutic breathing exercises are difficult to perform without the interactive, personalized coaching that RESPeRATE provides.

The device, about the size of a paperback book, is battery operated and can be used anywhere. Users place an elastic belt with a respiration sensor around their torso, above the clothing, and wear standard headphones during the exercises.



Guided breathing exercises can lower blood pressure.

The user's breathing rate and pattern is analyzed and he or she is guided through a therapeutic breathing exercise that effortlessly slows the breathing from a normal rate of 14 to 18 breaths per minute to the "therapeutic zone" of less than 10 breaths per minute with prolonged exhalation.

While breathing returns to normal after each session, the beneficial effects on the blood pressure accumulate and result in sustained blood pressure reductions over time.

For more information, visit www.resperate.com or call 1-800-509-2426.