

Heart Rate

DNA Health Report

REPORT CATEGORY —



HEART & BLOOD
VESSELS

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

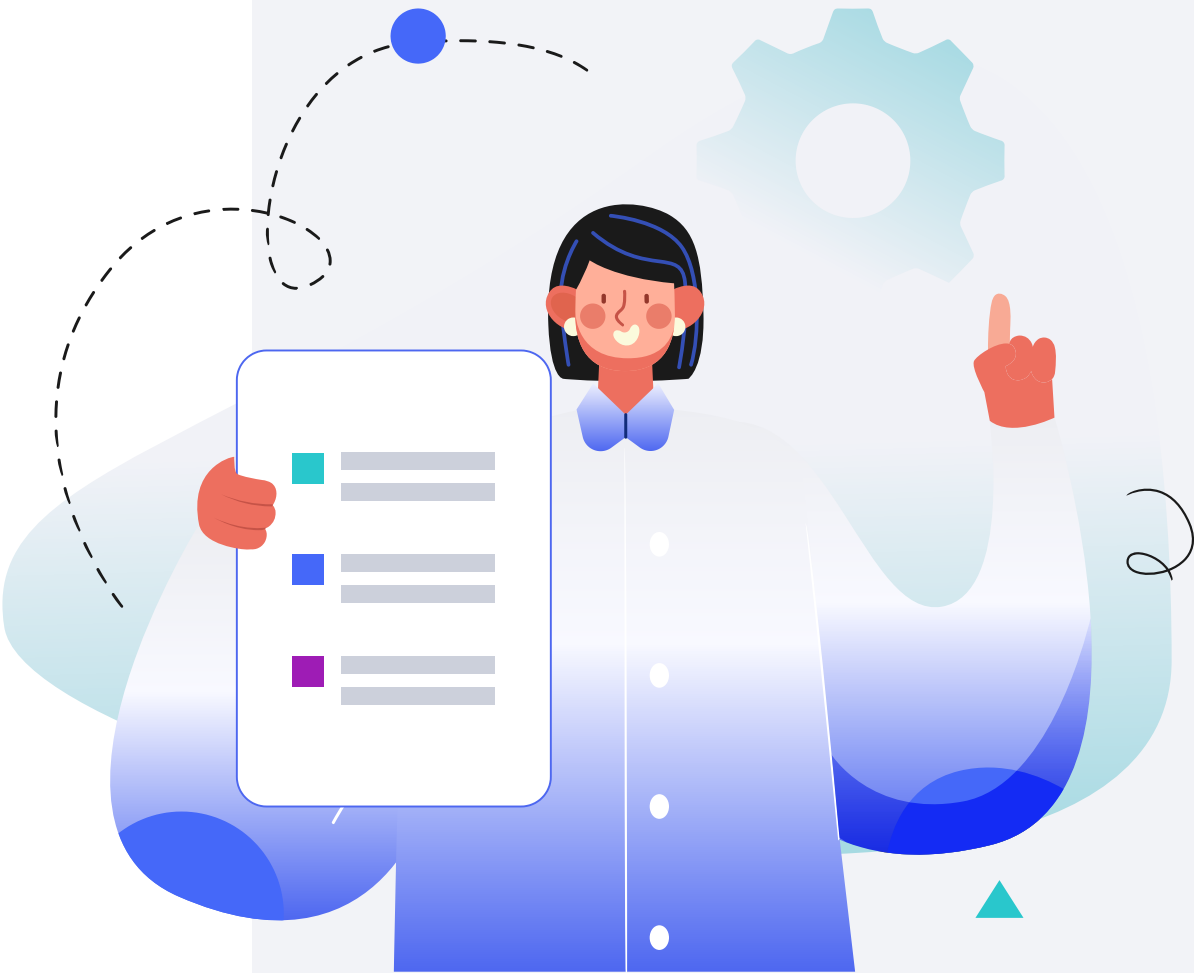
Male

HEIGHT

5ft 5" 165cm

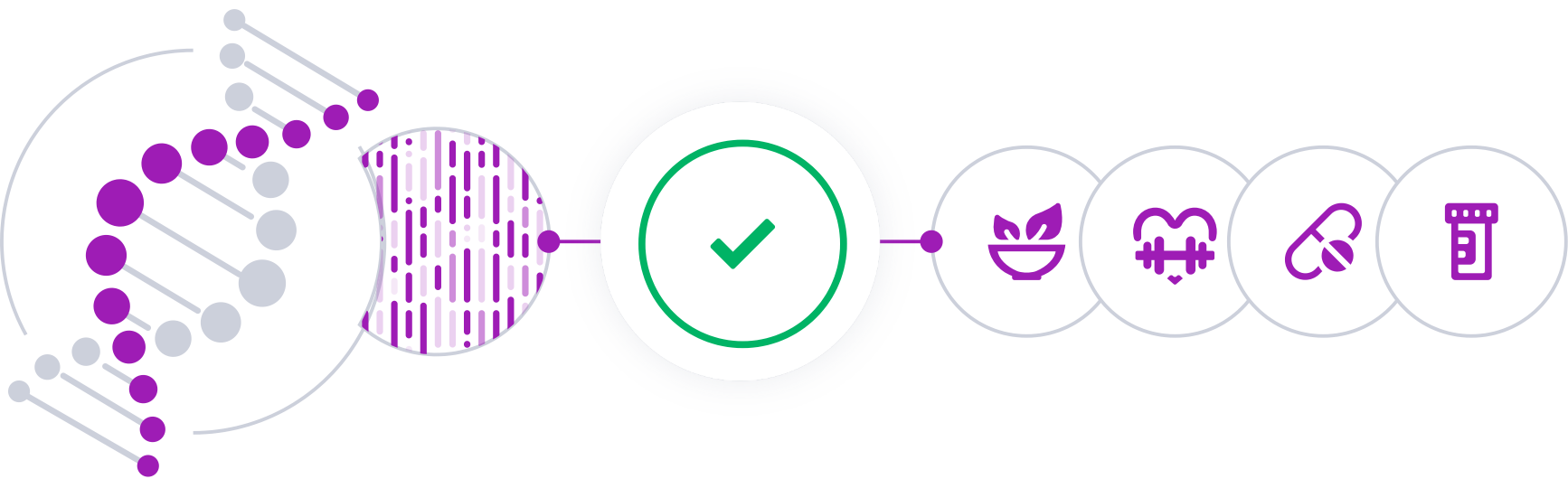
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

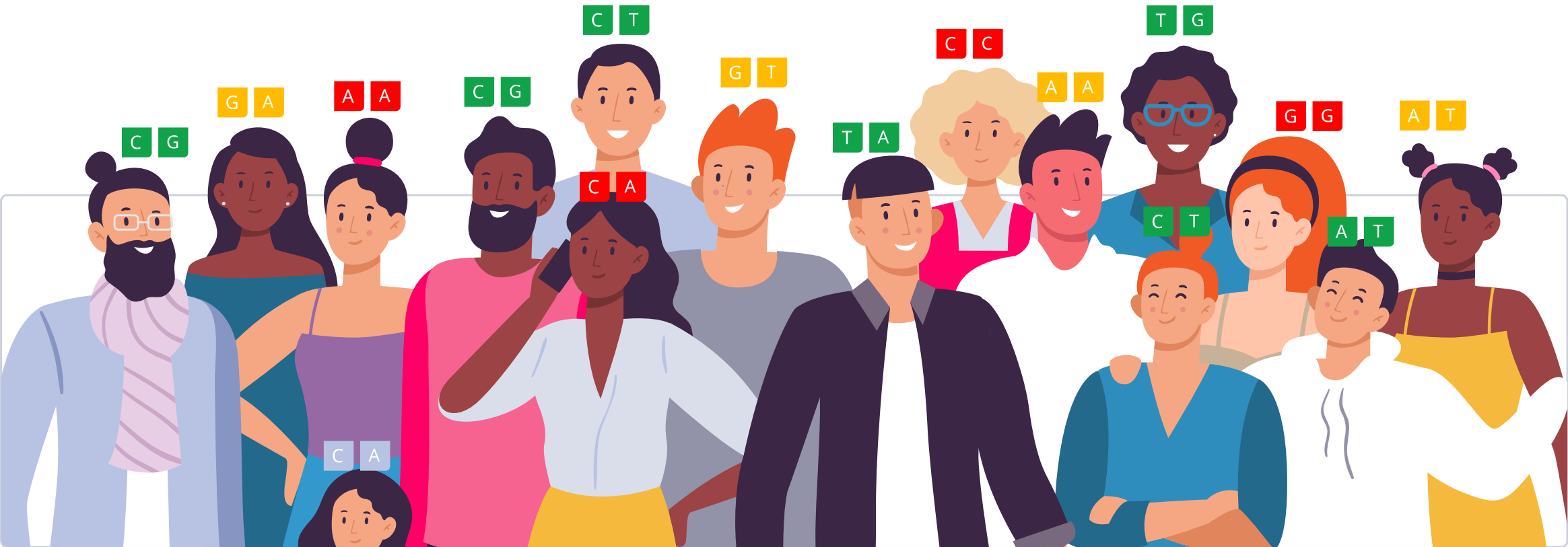


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

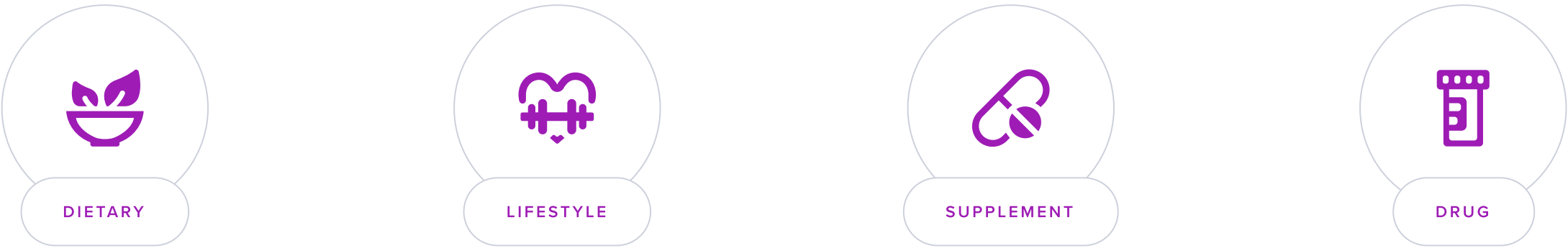
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Your heart is a pump that drives blood through your body at a rate needed to maintain oxygen supply. The healthier and stronger your heart is, the less effort it needs to accomplish this task, and thus the fewer times it has to beat per minute.

A heart rate varies depending on a person's [\[R\]](#):

- Age
- Activity level
- Physical fitness
- Overall health
- Emotions

Generally, a resting heart rate for adults ranges from **60-100 beats per minute (bpm)**. Athletes and people who are physically fit may have a lower resting heart rate, sometimes as low as 40 bpm [\[R\]](#).

Factors Affecting Heart Rate

Your heart is a pump that drives blood through your body at a rate needed to maintain oxygen supply. The healthier and stronger your heart is, the less effort it needs to accomplish this task, and thus the fewer times it has to beat per minute.

There are several risk factors for an abnormal heart rate, including:

- **Heart disease:** conditions such as hypertension, coronary artery disease, and heart valve problems
- **Metabolic disorders:** diabetes, thyroid disease, and other metabolic disorders
- **Medications:** certain medications, such as beta-blockers and anti-arrhythmic drugs
- **Lifestyle factors:** stress, smoking, excessive alcohol consumption, and a sedentary lifestyle
- **Older age**

Up to **30%** of differences in people’s heart rate may be due to **genetics**. Involved genes control the production of substances that contract and relax the heart muscle [R].

It's important to consult with a doctor if you have symptoms of abnormal heart rate such as **palpitations, fainting, dizziness, or shortness of breath**.

Genetically higher resting heart rate may be causally associated with:

- High blood sugar [R, R, R, R]
- Atrial fibrillation (lower risk) [R]
- High blood pressure (diastolic) [R]
- Triglycerides [R]
- CRP [R]
- Overweight [R]



Predisposed to typical heart rate based on 1,026,255 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TRAPPC14	rs140367586	TT
FHOD3	rs61735998	GG
MYH6	rs422068	CC
SOX5	rs4963772	GG
GRINA	rs56233017	GG
GJA1	rs3792943	TT
MYH11	rs3915499	AA
FBXL17	rs9326726	AA
SCN10A	rs6599255	CC
MFF	rs4608502	CC
MICAL2	rs112421686	DEL(C)A
SYT10	rs1994135	CT
RNF220	rs272564	AC
CALCRL	rs62172372	AG
RASSF3	rs867400	CT
PPARGC1A	rs12501032	CG
FRMD4B	rs1483890	GA
RBM6	rs3749237	AG
ZHX3	rs17265513	TC
MEIS1	rs62144050	TC
CCDC141	rs10497529	GG
FKBP7	rs151041685	GG
LZIC	rs182770070	AA
HSF2	rs1320761	CC
PLN	rs10457327	GG
CD46	rs41317993	GG
ACHE	rs17881696	GG
SLC35F1	rs3951016	TT
ARHGEF40	rs12889267	AA
RBBP8	rs117159291	AA
FADS1	rs174536	AA
CHRM2	rs73158705	AA

GENE	SNP	GENOTYPE
PPIL1	rs236349	AA
MIX23	rs11920570	GG
GPATCH2	rs11454451	CC
TP53I11	rs12576326	AA
MAP3K10	rs16974196	GG
DSP	rs2744375	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Strength Training	1 hour	2	Exercise At Least One Hour a Day	1 hour
3	Aerobic Exercise (Cardio)	1 hour	4	Relaxation Techniques	30 minutes
5	Yoga	30 minutes	6	Soccer	30 minutes
7	Meditation	30 minutes	8	Pet Therapy	30 minutes
9	Aromatherapy	30 minutes	10	Omega-3 (Fish Oil)	500 mg
11	Walking	30 minutes	12	Mindfulness	30 minutes
13	Music Therapy	30 minutes	14	ASMR (Autonomous Sensory Meridian Response)	20 minutes
15	Autogenic Training	10 minutes	16	Alternate Nostril Breathing	10 minutes
17	Progressive Muscle Relaxation	10 minutes	18	Mediterranean Diet	
19	Nerve Stimulation	30 minutes	20	Probiotics	10 billion
21	Grape Seed Extract	100 mg	22	Breathing Techniques	10 minutes
23	Open Monitoring Meditation	20 minutes	24	Stretching	15 minutes
25	Salmon		26	Orange Blossom Aromatherapy	
27	Sensory Deprivation	40 minutes	28	Salvia Miltiorrhiza	
29	Guided Imagery	30 minutes	30	Stair Climbing	10 minutes

31	Hibiscus	250 mg	32	Keto Diet	
33	Kiwifruit		34	Emoxypine	
35	Yoga Nidra	30 minutes	36	Bhastrika Yoga (Bellows Breathing)	5 minutes
37	Horseradish		38	Theacrine	
39	Agmatine	1 g	40	Magnesium	350 mg
41	Practice Exercise Snacks	1 minutesute	42	Limit Salt Intake	
43	Avoid Meals 3-4 Hours Before Bedtime		44	Deep Breathing	5 minutes
45	DASH Diet		46	Aquatic Exercise	1 hour
47	Swimming	30 minutes	48	Spend Time in Nature	2 hours
49	Mindfulness Meditation	30 minutes	50	Pranayama (Yoga Breathing)	15 minutes
51	Coenzyme Q10 (CoQ10)	100 mg	52	Sleep for 7+ Hours	
53	Regular Sleep Schedule		54	Sukha Pranayama Breathing	10 minutes
55	Beetroot Juice		56	Tai Chi	1 hour

1

Strength Training

IMPACT

4 / 5

EVIDENCE

5 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [R]. Some of the most common strength training methods include [R]:

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [R]:

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

The following types of exercise can help reduce heart rate:

- **Yoga** (by 5-7 bpm) [R, R, R, R]
- **Cardio** (by 3-7 bpm) [R, R, R, R, R]
- **Recreational sports** (by 5-6 bpm) [R, R, R]
- **HIIT** (by 3 bpm) [R, R]
- **Strength training** (by 2 bpm, in women only) [R]
- **Stretching** (by 1 bpm) [R]

Moderate exercise may also reduce heart rate in the following groups of people:

- Pregnant women [R]
- Women with PCOS [R, R]
- People recovering from bariatric surgery [R, R, R]
- Older people [R, R]
- People with high blood pressure and heart disease [R, R, R, R, R]
- People with type 2 diabetes (but not type 1!) [R, R, R]

Please note: Your heart rate **temporarily increases** while you work out. Some types and levels of exercise may not be suitable for people with chronic health conditions. Talk to your doctor before starting a new exercise regimen [R].

2



Exercise At Least One Hour a Day

IMPACT

4 / 5

EVIDENCE

5 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

The following types of exercise can help reduce heart rate:

- **Yoga** (by 5-7 bpm) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- **Cardio** (by 3-7 bpm) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- **Recreational sports** (by 5-6 bpm) [\[R\]](#), [\[R\]](#), [\[R\]](#)
- **HIIT** (by 3 bpm) [\[R\]](#), [\[R\]](#)
- **Strength training** (by 2 bpm, in women only) [\[R\]](#)
- **Stretching** (by 1 bpm) [\[R\]](#)

Moderate exercise may also reduce heart rate in the following groups of people:

- Pregnant women [\[R\]](#)
- Women with PCOS [\[R\]](#), [\[R\]](#)
- People recovering from bariatric surgery [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Older people [\[R\]](#), [\[R\]](#)
- People with high blood pressure and heart disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- People with type 2 diabetes (but not type 1!) [\[R\]](#), [\[R\]](#), [\[R\]](#)

Please note: Your heart rate **temporarily increases** while you work out. Some types and levels of exercise may not be suitable for people with chronic health conditions. Talk to your doctor before starting a new exercise regimen [\[R\]](#).

3

Aerobic Exercise (Cardio)

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Regular cardio exercise can reduce heart rate **by 3-7 bpm**. It may help both alone and in combination with strength training. Helpful cardio workouts include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Running
- Swimming
- Nordic and brisk walking

Moderate cardio may also reduce heart rate in the following groups [\[R\]](#), [\[R\]](#):

- Older people [\[R\]](#), [\[R\]](#)
- People with high blood pressure [\[R\]](#), [\[R\]](#)
- People with heart disease [\[R\]](#), [\[R\]](#)

Please note: Your heart rate **temporarily increases** while you work out. Some types and levels of cardio may not be suitable for people with chronic health conditions. Talk to your doctor before starting a new exercise regimen [\[R\]](#).

4



Relaxation Techniques

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

Stress can increase heart rate. For example, stress caused by **workplace noise exposure** can raise heart rate by up to **9 bpm** [\[R\]](#), [\[R\]](#).

The following relaxation techniques may help relieve stress and reduce heart rate:

- **Yoga** (by 5-7 bpm) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- **Meditation** (by 3 bpm) [\[R\]](#)
- **Pet therapy** [\[R\]](#)

Some relaxation techniques may lower heart rate [in people with heart problems](#). They include:

- **Relaxation therapy** (by 4 bpm) [\[R\]](#)
- **Mindfulness** (by 3 bpm) [\[R\]](#)
- **Breathing techniques** (by 2 bpm) [\[R\]](#)
- **Aromatherapy** [\[R\]](#)

5



Yoga

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Practicing **yoga** may reduce heart rate by **5-7 bpm**. Yoga helps by improving physical fitness and relieving stress [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

6



Soccer

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Engage in a game of soccer for at least 30 minutes, three times a week. This activity can be informal, such as playing with friends at a local park, or through structured league participation.

TYPICAL STARTING DOSE
30 minutes

Description

Soccer is a popular sport that provides cardiovascular exercise, improves coordination, and improves strength and endurance.

Soccer, also known as football, is the most popular sport in the world. The objective is to score goals by kicking the ball into the opposing team's goal post.

Playing soccer helps improve cardiovascular fitness, coordination, strength, endurance and more. Additionally, soccer is a great way to boost self-confidence, teamwork, and social interaction.

How it helps

Playing recreational team sports, mainly soccer, may reduce heart rate **by 5-6 bpm**. Soccer may help by improving fitness level and heart function [\[R, R, R\]](#).

Please note: *Your heart rate **temporarily increases** while you play sports. Intense exercise may not be suitable for people with some chronic health conditions. Talk to your doctor before starting a new exercise regimen [\[R\]](#).*

7



Meditation

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

[Meditation](#) is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Stress can increase heart rate. For example, stress caused by **workplace noise exposure** can raise heart rate by up to **9 bpm** [\[R\]](#), [\[R\]](#).

Meditation is a great way to combat stress. Different types of meditation may reduce heart rate **by 3 bpm** [\[R\]](#).

8



Pet Therapy

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Engage with a pet, such as a dog or cat, for at least 15-30 minutes a day. This can include activities like playing, petting, or simply sitting together. It's beneficial to do this regularly, aiming for daily interactions, to maximize the emotional and physical health benefits.

TYPICAL STARTING DOSE

30 minutes

Description

Pet therapy, also known as animal-assisted therapy, involves the interaction between trained animals and individuals to provide emotional and physical benefits. Spending time with therapy animals, typically dogs or cats, can reduce stress, improve mood, and enhance overall well-being by promoting relaxation and social interaction, making it particularly beneficial for people facing mental health challenges or chronic conditions.

Animal-assisted therapy, also known as **pet therapy**, involves human-animal interaction to foster physical and emotional healing and provide social support. This therapy may use different animals, such as [\[R\]](#), [\[R\]](#):

- Dogs
- Horses
- Dolphins

Animal-assisted therapy may involve touching, playing, grooming, and talking with the animal [\[R\]](#).

How it helps

Pet therapy may moderately reduce heart rate [\[R\]](#).

It helps by **relieving stress and anxiety**, major risk factors for increased heart rate [\[R\]](#), [\[R\]](#).

9



Aromatherapy

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

A meta-analysis of 12 studies found high evidence that aromatherapy improves heart rate and low evidence that it improves blood pressure in patients with heart disease. In 2 non-placebo-controlled trials of 225 older women with acute coronary syndrome, aromatherapy massage with lavender oil reduced heart rate. Similarly, aromatherapy with lavender oil or its combination with lemon and ylang ylang essential oils lowered heart rate in 2 non-placebo-controlled trials of over 22 patients with essential hypertension [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Aromatherapy can help to promote relaxation, potentially reducing stress and lowering an elevated heart rate.

10



Omega-3 (Fish Oil)

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

[Omega-3](#) supplementation (3-5.5 g/day for at least 6 weeks) may reduce heart rate by **1-3 bpm**. Supplementation that lasted over 12 weeks and included **DHA** yielded better results [\[R\]](#), [\[R\]](#), [\[R\]](#).

People with a heart rate above 69 bpm may benefit more from omega-3s [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Omega-3s can interact with blood thinners (like aspirin, Plavix, Coumadin). Consult your doctor before taking omega-3s* [\[R\]](#).

11



Walking

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Walking is a form of aerobic exercise, meaning it increases your heart rate and strengthens your heart muscles, which reduce the risk of future heart problems and can lower your resting heart rate. Additionally, it helps lower high blood pressure, a critical factor in reducing heart attack risks.

A systematic review and meta-analysis of 42 studies involving 1843 participants found that walking groups have wide-ranging health benefits, including significant **reductions in resting heart rate -2.88 bpm (-4.13 to -1.64)** [\[R\]](#).

12



Mindfulness

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [\[R\]](#).

Mindfulness and other types of [meditation](#) may improve [\[R\]](#):

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Stress can increase heart rate. For example, stress caused by **workplace noise exposure** can raise heart rate by up to **9 bpm** [\[R\]](#), [\[R\]](#).

Mindfulness is widely practiced as a relaxation technique. It may reduce heart rate **by 3 bpm** in people with heart disease [\[R\]](#).

13



Music Therapy

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Engage in music therapy sessions for at least 30 minutes a day, three times a week. These sessions can involve listening to music, playing an instrument, singing, or writing songs, facilitated by a certified music therapist if possible.

TYPICAL STARTING DOSE
30 minutes

Description

Music therapy is a therapeutic approach that uses music to address physical, emotional, cognitive, and social needs. It can improve mental health, enhance emotional expression, and support overall well-being.

[Music](#) therapy is a form of therapy that involves making, reflecting on, and/or listening to music. It can be applied individually or in groups and may not require the presence of a therapist [\[R\]](#).

Music therapy provides tools for body relaxation and positive imagery. It aims to improve communication, quality of life, and well-being [\[R, R\]](#).

How it helps

[Music](#) therapy may reduce heart rate by **3 bpm**. It mainly helps by relieving stress [\[R, R\]](#).

However, not all studies found beneficial effects. For example, although music has various benefits in athletes, it may not reduce their heart rate [\[R, R\]](#).

14



ASMR (Autonomous Sensory Meridian Response)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

To incorporate ASMR into your lifestyle, find a quiet, comfortable space where you can relax without interruptions. Use headphones for an enhanced experience. Select ASMR videos or recordings that trigger your response—such as whispering, tapping, or gentle hand movements—and listen or watch for 20-30 minutes daily before bedtime or whenever you feel stressed to help induce relaxation and reduce anxiety.

TYPICAL STARTING DOSE

20 minutes

Description

ASMR stands for Autonomous Sensory Meridian Response. It's a calming, pleasurable feeling often accompanied by a tingling sensation. This tingle is said to originate in a person's head and spread to the neck, spine, or throughout the body. Research suggests that it could help reduce stress and improve sleep, making it beneficial for overall health.

How it helps

Watching ASMR videos increased the pleasant effect in those experiencing ASMR while reducing heart rate and skin conductance in 2 non-placebo-controlled trials of 1114 volunteers [\[R\]](#).

ASMR can help by inducing a state of relaxation and calm.

15



Autogenic Training

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice autogenic training for 10-15 minutes daily, ideally in a quiet, comfortable space where you won't be disturbed. Sit or lie down in a comfortable position, close your eyes, and focus on calming your mind and body through self-suggested affirmations. Repeat this routine daily for at least 2-3 months to observe beneficial effects on stress reduction and relaxation.

TYPICAL STARTING DOSE

10 minutes

Description

Autogenic training is a relaxation technique that involves self-suggestion and progressive muscle relaxation to promote relaxation, reduce stress, and alleviate symptoms of anxiety and tension.

Autogenic training is a relaxation technique that a person may carry out on their own [\[R, R\]](#).

Autogenic training uses 6 exercises that take the mind’s attention to bodily sensations such as warmth and heaviness. The exercises involve guided imagery and verbal cues (e.g. "My arm is very heavy") to [\[R, R\]](#):

- Relax the body
- Quiet and calm the mind
- Increase energy

How it helps

Autogenic Training involves mind-body exercises that help reduce stress, allowing your heart rate to slow down. By regularly practicing this method, you can create a greater balance in your Autonomic Nervous System, maintaining a healthy heart rate.

In 3 non-placebo-controlled trials of 19 nursing students, 90 patients with essential hypertension, and 59 men with mild hypertension, autogenic training reduced blood pressure and pulse rate. It lowered systolic blood pressure by 5.8 mmHg in essential hypertension and by 12.8 mmHg in mild hypertension, and diastolic blood pressure by 3.2 mmHg in essential hypertension and by 8.5 mmHg in mild hypertension [\[R, R, R\]](#).

16



Alternate Nostril Breathing

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Sit comfortably with your back straight. Close your right nostril with your right thumb and inhale slowly through the left nostril. Close the left nostril with your fingers, then exhale slowly through the right nostril. Keeping the left nostril closed, inhale through the right nostril. Then, close the right nostril and exhale through the left. This completes one cycle. Repeat the cycle for 5 to 10 minutes, once or twice daily.

TYPICAL STARTING DOSE
10 minutes

Description

Alternate nostril breathing is a yoga breathing technique that involves inhaling and exhaling through one nostril at a time while blocking the other. It is believed to promote relaxation, balance energy, and improve focus and mental clarity.

How it helps

In 6 non-placebo-controlled trials of 327 healthy volunteers, practicing alternate nostril breathing (10-15 min) as a single session or daily for 4-8 weeks lowered blood pressure and heart rate while increasing HRV [\[R, R, R, R, R, R\]](#).

Alternate nostril breathing may help by activating your parasympathetic nervous system, which reduces stress and promotes relaxation.

17



Progressive Muscle Relaxation

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE

10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [R](#), [R](#)].

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [R](#), [R](#)].

How it helps

Progressive muscle relaxation lowered heart rate in several trials on nursing students, patients with essential hypertension, healthy soccer players, and adolescents and pregnant women with asthma [R](#), [R](#), [R](#), [R](#), [R](#)].

Progressive muscle relaxation may help by reducing stress and promoting relaxation.

18



Mediterranean Diet

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

High adherence to a Mediterranean diet has been associated with a lower heart rate (by 2.2 bpm) [\[R, R\]](#).

The Mediterranean diet is rich in heart-healthy fats and nutrients, which can help maintain a healthy heart rhythm and prevent abnormal rates.

19

Nerve Stimulation

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Nerve stimulation can be implemented by daily sessions of 15-30 minutes using a device specifically designed for this purpose. These devices often use electrical currents to stimulate nerves through the skin, which can be adjusted in intensity according to comfort. It's important to consult a healthcare provider for guidance on the specific type of nerve stimulation that may be most beneficial for your condition.

TYPICAL STARTING DOSE

30 minutes

Description

Nerve stimulation techniques involve the use of electrical impulses, like transcutaneous electrical nerve stimulation (TENS) or other methods to activate nerves, potentially providing relief from chronic pain, improving muscle function, and aiding in physical therapy.

Health professionals can stimulate your nerves using different strategies [\[R\]](#).

Many strategies use magnetic fields or electric currents. Examples include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- [Transcutaneous electrical nerve stimulation](#) (TENS)
- Transcranial direct current stimulation (tDCS)
- Transcranial magnetic stimulation (TMS)
- Transcutaneous auricular vagus nerve stimulation (taVNS)

Nerve stimulation may improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Cognition
- Mood
- Pain
- Seizures
- Tinnitus

How it helps

[TENS](#) may reduce heart rate **by 3 bpm** in healthy people. It may also reduce blood pressure [\[R\]](#).

20



Probiotics

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE
10 billion

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

[Probiotic bacteria](#) are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

Probiotics may reduce heart rate **by 1-3 bpm** but only in the following cases [\[R\]](#):

- People with a heart rate **above 75 bpm**
- Supplement doses of at least **10^10 CFU/day**
- Supplements combining **more probiotics**

**CFU (colony forming units) = the number of active bacteria in one probiotic serving*

How to implement

TYPICAL STARTING DOSE

100 mg

Description

[Grape seed extract](#) is made from the seeds of wine grapes. It contains antioxidant compounds that may help support [R, R]:

- Blood circulation
- Heart health
- Blood sugar control
- Healthy weight

How it helps

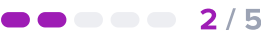
Supplementation with [grape seed extract](#) (200-800 mg/day for 2-8 weeks) may reduce heart rate by **1 bpm**. It contains antioxidants that protect the heart [R, R].

Breathing Techniques

IMPACT



EVIDENCE



How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [R].

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It's often used by people with asthma or other conditions that affect the lungs [R].

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [R, R].

How it helps

Practicing slow breathing techniques may reduce heart rate **by 2 bpm** in people with heart problems. It may also reduce blood pressure [R].

Breathing techniques help **relieve stress**, a major risk factor for increased heart rate [R, R].

23



Open Monitoring Meditation

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Set aside 10-20 minutes daily in a quiet, comfortable spot to practice open monitoring meditation. Focus on being aware of your thoughts, feelings, and sensations without attachment or judgment, allowing your mind to flow freely.

TYPICAL STARTING DOSE

20 minutes

Description

Open monitoring meditation is a mindfulness practice that involves non-judgmental awareness of thoughts, feelings, and sensations. It can enhance emotional regulation, reduce stress, and improve overall mental well-being.

How it helps

Open Monitoring Meditation can help manage your heart rate by reducing stress and promoting relaxation. Over time, this technique can lower your resting heart rate, which is beneficial for cardiac health.

All meditation subtypes reduced systolic blood pressure. Focused attention meditations also reduced cortisol and open monitoring meditations also reduced heart rate [\[R\]](#).

24



Stretching

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Incorporate stretching exercises into your daily routine, dedicating at least 10-15 minutes each day. Focus on major muscle groups such as the neck, shoulders, chest, back, hips, and legs. For best results, stretch both before and after other physical activities, holding each stretch for 15-30 seconds without bouncing.

TYPICAL STARTING DOSE

15 minutes

Description

Stretching involves gently elongating the muscles to improve flexibility, reduce muscle tension, and enhance joint mobility. Regular stretching can help prevent injuries, promote better posture, and increase overall physical comfort.

Stretching is a form of physical exercise that involves moving a muscle or group of muscles to their maximum range of motion. The most common types are **dynamic** (involving movement) and **static** stretching.

Stretching can help **improve flexibility, range of motion, and posture**. It may also relieve stress, reduce muscle soreness and tension, increase blood flow, and reduce the risk of injuries.

To get the most out of stretching, try to do it regularly, breathe deeply, and ease into the stretches.

How it helps

Stretching may slightly reduce heart rate, by **1 bpm**. It may help by improving fitness and relieving stress [\[R\]](#).

Stretching is a suitable type of exercise for older people and those with chronic health conditions [\[R\]](#).

25



Salmon

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least two servings of salmon into your weekly diet, aiming for each serving to be about 3.5 ounces (100 grams), cooked. Choose wild-caught salmon when possible for higher omega-3 content.

Description

Salmon is a nutrient-rich fish known for its high content of omega-3 fatty acids, which can support heart health and reduce inflammation. It's also an excellent source of protein, vitamin D, and various minerals.

How it helps

In a randomized parallel controlled trial with 51 healthy subjects, salmon grown on feeds containing both mainly fish oil and rapeseed oil (2 portions/week for 18 weeks) increased omega-3 index in red blood cells and serum 25(OH)D3, while decreasing triacylglycerols and heart rate [\[R\]](#).

Salmon is rich in heart-healthy omega-3 fatty acids.

26



Orange Blossom Aromatherapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Diffuse orange blossom essential oil in your living area or bedroom for 15-30 minutes at a time, ideally 2-3 times a day. Ensure the room is well-ventilated, and avoid direct inhalation from the bottle. Discontinue if any allergic reactions occur.

Description

Orange blossom is the fragrant flower of the bitter orange tree (*Citrus aurantium*). Its delicate, sweet scent has made it a popular ingredient in perfumes, cosmetics, and culinary creations.

Orange blossom is known for its potential to reduce anxiety when inhaled as an essential oil, making it a calming choice for aromatherapy.

People also use aromatherapy with orange blossom to help with:

- Sleep complaints
- Menopausal symptoms
- Premenstrual syndrome (PMS)
- High blood pressure

How it helps

In a non-placebo-controlled trial of 63 postmenopausal women, inhaling orange blossom oil (0.1-0.5%) for 5 minutes 2x/day for 5 days improved pulse rate and blood pressure [\[R\]](#).

27



Sensory Deprivation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in sensory deprivation by spending 20 to 40 minutes in a quiet, dark room, free from distractions such as your phone or background noise, at least once a week. Alternatively, for a more immersive experience, consider using a sensory deprivation tank once a month, where you float in saltwater in a dark, soundproof tank.

TYPICAL STARTING DOSE

40 minutes

Description

Sensory deprivation involves isolating an individual from sensory input to induce deep relaxation and altered states of consciousness. It is used for relaxation, meditation, and potential mental health benefits.

How it helps

In a non-placebo-controlled trial of 38 hospitalized patients with essential hypertension, sensory deprivation for 4 hours decreased heart rate, its variability, and blood pressure variability, but not mean blood pressure [\[R\]](#).

Sensory deprivation may help by promoting deep relaxation and reducing stress.

28



Salvia Miltiorrhiza

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200-600mg of Salvia miltiorrhiza extract in capsule or tablet form daily, divided into two or three doses. This should be taken with water, preferably 30 minutes before meals. Continue for a period of 8 to 24 weeks for noticeable effects.

Description

Salvia miltiorrhiza, also known as Danshen, is a traditional Chinese medicinal herb. It is primarily used for its potential cardiovascular benefits, including improving blood circulation and reducing the risk of heart-related conditions. It contains various compounds, including tanshinones and salvianolic acids.

How it helps

In a placebo-controlled trial of 55 patients with uncontrolled mild to moderate hypertension, supplementation with *Salvia miltiorrhiza* (1000 mg, 2x/day) for 12 weeks decreased systolic blood pressure (by 9.6 mmHg) and pulse rate (by 5.9/min) while increasing the proportion of patients with controlled hypertension (25.5% vs 7.3% in the control group). The combination of Sanghuang mushroom and *Salvia miltiorrhiza* (900 mg/day) taken for 4 weeks reduced systolic blood pressure, improved pulse wave velocity, and increased endothelial NOS activation in a placebo-controlled trial of 72 chronic smokers [\[R\]](#), [\[R\]](#).

Salvia miltiorrhiza has compounds that can expand the blood vessels, therefore improving blood flow.

29



Guided Imagery

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Find a quiet, comfortable place to sit or lie down where you can spend 20 to 30 minutes without interruptions. Close your eyes and take deep breaths to relax. Then, listen to a guided imagery audio recording or follow a script where you imagine a peaceful scene or scenario in detail. Do this practice daily, ideally at the same time each day, to reduce stress and improve well-being.

TYPICAL STARTING DOSE

30 minutes

Description

Guided imagery is a relaxation technique that involves using mental images to promote relaxation, reduce stress, and manage pain. It can have a positive impact on mental well-being and overall stress management.

Guided imagery is a relaxation technique that involves visualizing positive, peaceful settings. Guided imagery aims to [\[R\]](#), [\[R\]](#):

- Improve mind-body connection
- Enhance well-being
- Reduce stress and anxiety
- Improve immunity

How it helps

In a trial of 80 hemodialysis patients, the guided imagery group showed significantly lower anxiety and depression levels, along with reduced respiratory and heart rates compared to the control group after the intervention [\[R\]](#).

In a study with 12 healthy young men randomly assigned to guided imagery (GI) or music, anxiety levels (State Anxiety Inventory) decreased in the GI group from 31.7 to 26.8 and 27.8, while the music group changed from 32.2 to 31.2 and 26.8. During centrifuge training, the GI group had a lower maximal heart rate (101.2) compared to the music group (123.0) [\[R\]](#).

Guided imagery encourages positive mental images to influence physical wellness. This can help slow heart rate by reducing stress and promoting relaxation.

30



Stair Climbing

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Incorporate stair climbing into your daily routine by choosing stairs over elevators or escalators whenever possible. Aim for at least 10 minutes of continuous stair climbing or multiple shorter sessions that add up to 10 minutes per day. This practice can be continued indefinitely to maintain or improve cardiovascular health and lower body strength.

TYPICAL STARTING DOSE

10 minutes

Description

Stair climbing is a great way to get a full-body workout, improve your cardiovascular health, and burn calories. It can also help to improve your balance and coordination.

How it helps

In a study involving 39 healthy seniors, stair-climbing interventions (one-step and two-step strategies) did not improve strength and power but reduced resting heart rate, improved dynamic balance, and lowered perceived exertion, suggesting potential benefits for overall fitness and fall risk reduction [\[R\]](#).

A study of 22 sedentary young women over 7 weeks showed that stair-climbing improved HDL cholesterol, reduced total:HDL ratio, lowered VO2, heart rate during climbing, and blood lactate levels, indicating enhanced cardiovascular health and fitness [\[R\]](#).

31



Hibiscus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 250 mg of hibiscus supplement daily, either in the form of a capsule or powder. It can be taken at any time of day, with or without food.

TYPICAL STARTING DOSE
250 mg

Description

Hibiscus is a flower known for its potential to lower blood pressure, boost antioxidant levels, and support heart health. Consuming hibiscus tea or incorporating hibiscus into your diet may provide these health benefits.

[Hibiscus](#) (*Hibiscus sabdariffa*), also known as roselle or sorrel, is a flowering plant. It is traditionally brewed as a tea of a distinctive, bright pink color [\[R\]](#), [\[R\]](#).

For hundreds of years, people from all over the world have taken hibiscus for its potential health benefits [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Hibiscus can interact with "water pills" (diuretics) like hydrochlorothiazide. If you are using "water pills", consult your doctor before taking hibiscus.*

How it helps

Hibiscus has been known to lower blood pressure, which can help to reduce heart rate in individuals with hypertension. However, always consult your healthcare provider before starting any supplement regimen, as Hibiscus could potentially interact with other medications.

A 2-month study with 56 obese/overweight participants using a dietary supplement of Lippia citriodora and Hibiscus sabdariffa extracts resulted in significant weight loss, reduced abdominal circumference, and improved fat percentage in overweight individuals. Modulation of fat metabolism may involve AMPK activation. Modest changes were observed in obese subjects [\[R\]](#).

Please note: *Hibiscus may interact with painkillers and anti-inflammatory drugs such as diclofenac and drugs for high cholesterol such as simvastatin. Make sure to consult your doctor before consuming hibiscus* [\[R\]](#), [\[R\]](#).

32



Keto Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Adopt a diet that consists of about 70-80% fat, 10-20% protein, and 5-10% carbohydrates. Eliminate or significantly reduce the intake of sugar and starches like bread, pasta, rice, and potatoes, focusing instead on high-fat foods like meats, fatty fish, eggs, butter, and healthy oils, as well as low-carb vegetables like leafy greens. This dietary pattern should be maintained consistently for a period of at least 3-4 weeks to achieve ketosis, after which it can be adjusted based on individual goals and responses.

Description

The keto diet is a high-fat, low-carbohydrate eating plan designed to induce a state of ketosis in the body, where it primarily burns fat for energy. It is often used for weight loss and managing certain medical conditions.

The ketogenic diet, or the ‘keto’ diet, is rich in fat and restricts carb intake [\[R\]](#), [\[R\]](#).

On the ketogenic diet, 50 g of carbs or less are consumed per day. Around 55-80% of the calories come from fat [\[R\]](#).

The ketogenic diet depletes the body of sugars like glucose. When people fast or eat very little carbs, the body makes less insulin. In response, the body starts using fat for energy.

When the body only uses fat for energy, molecules called ketones are formed. This state is called *ketosis*.

The ketogenic diet may help with:

- Seizures [\[R\]](#)
- Excess weight [\[R\]](#)
- Diabetes [\[R\]](#), [\[R\]](#)

How it helps

The Keto diet may help reduce heart rate in people with heart diseases as it encourages the consumption of healthy fats that can aid in regulating the rhythm of the heart. Please note that all dietary changes should be discussed with your healthcare provider, as individual responses vary.

In a non-placebo-controlled trial of 26 obese subjects, adopting a very low-calorie ketogenic diet reduced heart rate while a low-calorie diet didn’t [\[R\]](#).

33



Kiwifruit

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eat one to two kiwifruits daily, either as a snack or incorporated into your meals. You can consume them for breakfast, add them to a salad for lunch, or blend them into a smoothie. Continue this practice as a regular part of your diet to gain its nutritional benefits.

Description

Kiwifruit is a vitamin C-rich fruit that supports immune health, digestion, and skin vitality. It's also a good source of dietary fiber, making it a nutritious addition to a balanced diet.

Kiwifruit are technically berries, full of vitamin E, fiber, other minerals and vitamins, particularly vitamin K and C. One kiwifruit provides 1.1 mg of vitamin E or 7%DV.

How it helps

Kiwifruit is high in vitamins C and E, fiber, and potassium, all vital for heart health. These nutrients can help regulate heart rate by supporting the electrical system that controls heartbeat.

A 4-week controlled cross-over study with 85 hypercholesterolemic, nonhypertensive subjects found **no significant differences in blood pressure, heart rate, stroke volume, cardiac output, or total peripheral resistance** after replacing 2 fruit servings in a healthy diet with 2 green kiwifruit/day [\[R\]](#).

However, in a randomized, controlled trial with 102 male smokers, kiwifruit **decreased blood pressure** (in systolic BP by **10 mm Hg** and **9 mm Hg** in diastolic BP), **whole-blood platelet aggregation** (by 15%) and angiotensin-converting enzyme activity (by 11%) [\[R\]](#).

Similarly, a randomized, controlled study in 118 subjects with moderately elevated blood pressure found that kiwifruit **lowered 24-hour ambulatory blood pressure (- 3.6 mmHg and - 1.9 mmHg for systolic and diastolic BP, respectively)** but not office BP or endothelial function compared with one apple a day [\[R\]](#).

34



Emoxypine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Emoxypine is typically available in oral capsules, tablets, or injectable forms, with the dosage depending on the condition being treated. For general antioxidant or neuroprotective purposes, the oral dose ranges from 125–250 mg taken 2–3 times daily, while more intensive treatments may require higher doses or injectable administration under medical supervision. It is usually recommended to take Emoxypine with meals to minimize gastrointestinal discomfort. Treatment duration can vary from a few weeks to several months, depending on the therapeutic goal.

Description

Emoxypine (2-ethyl-6-methyl-3-hydroxypyridine succinate) is a synthetic antioxidant and nootropic compound primarily used in Russia and some Eastern European countries. It is derived from pyridoxine (vitamin B6) and known for its neuroprotective, anti-stress, and anti-inflammatory properties.

Emoxypine can reduce anxiety, stress, and symptoms of depression by normalizing neurotransmitter levels and protecting brain cells from oxidative stress. Additionally, it has applications in managing cognitive impairment, improving memory, and protecting against age-related neurodegeneration. Emoxypine is also used for cardiovascular health, as it can improve blood flow and protect tissues from ischemia-reperfusion injuries.

Emoxypine works by scavenging free radicals, enhancing membrane fluidity, and improving the body's antioxidant defenses.

How it helps

A study of 90 adolescents with sick sinus syndrome found that Emoxypine, intravenously instilled in a daily dose of 2-4 mg/kg over a period of 10 days in combination with a standard neurometabolic scheme, improved clinical state and ECG quality in most of them [\[R\]](#).

35



Yoga Nidra

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice Yoga Nidra for 30-45 minutes per session. Choose a quiet, comfortable place where you won't be disturbed. Aim to do this 3-5 times a week, preferably in the evening before bed to help improve sleep quality and reduce stress.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga nidra is a guided meditation and relaxation practice that originates from yoga traditions. It is used for reducing stress, improving sleep quality, and promoting mental relaxation, often involving deep introspection and heightened awareness.

How it helps

Yoga nidra may lower resting heart rate in both healthy volunteers and women with menstrual disturbances [R, R].

36



Bhastrika Yoga (Bellows Breathing)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Sit in a comfortable position with your back straight. Inhale deeply through your nostrils, filling your lungs with air, then exhale forcefully through the nostrils, emptying the lungs completely. Do this for 2 minutes initially, gradually increasing to 5 or 10 minutes daily, preferably in the morning on an empty stomach.

TYPICAL STARTING DOSE

5 minutes

Description

Bhastrika yoga, also known as "bellows breath," is a pranayama (breathing) technique in yoga. It involves forceful inhalation and exhalation and is believed to increase vitality, clear the mind, and improve respiratory health when practiced mindfully as part of a yoga routine.

How it helps

Practicing bhastrika pranayama breathing (respiratory rate of 6/min) for 5 minutes decreased systolic blood pressure, diastolic blood pressure, and heart rate in an uncontrolled trial of 39 healthy volunteers [R].

Bhastrika yoga may help by enhancing cardiovascular function and increasing oxygen supply to your body.

37



Horseradish

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 500mg of horseradish supplement once daily with a glass of water, preferably with a meal, to help with sinus congestion. Do not exceed this amount without consulting a healthcare provider.

Description

Horseradish contains compounds that may provide relief from congestion and support respiratory health. It is often used as a pungent condiment and may offer mild anti-inflammatory and antibacterial effects when consumed.

How it helps

In a placebo-controlled trial of 22 healthy volunteers, consuming a meal with horseradish (8.3 g) significantly decreased heart rate [\[R\]](#).

Horseradish contains chemical components that may lower blood pressure, effectively managing a high heart rate. Its high fiber content also promotes heart health by helping to reduce cholesterol levels.

38



Theacrine

IMPACT0 / 5

EVIDENCE1 / 5

How to implement

Take a theacrine supplement, commonly found in doses ranging from 50mg to 300mg, daily in the morning. It's advisable to start with a lower dose to assess tolerance before gradually increasing to a more effective dose. Theacrine is typically taken for periods of up to eight weeks followed by a break to prevent habituation.

Description

Theacrine is a natural compound found in certain tea leaves and kucha tea. It is structurally similar to caffeine but has a smoother, longer-lasting effect without the typical jitters or crashes, making it a potential stimulant and cognitive enhancer.

How it helps

Theacrine, a compound similar to caffeine, can stimulate the heart, potentially increasing heart rate. However, it is not used to treat abnormalities in heart rate and might exacerbate certain conditions.

A [randomized clinical trial with 125 people](#) found that Methylliberine (Dynamine®; DYM) with theacrine (Teacrine®; TCR) (low-dose DYM with TCR: 100 mg + 50 mg and high-dose DYM with TCR: 150 mg + 25 mg) **slightly changed heart rate, systolic blood pressure, and QTc, high-density lipoproteins, mean corpuscular hemoglobin, basophils, absolute eosinophils, creatinine, estimated glomerular filtration rate, chloride, carbon dioxide, bilirubin, and alanine aminotransferase**, among others. Similar results were found in a randomized clinical trial with 60 healthy men and TeaCrine® (theacrine supplement, 200 or 300 mg, 1x/day for 8 weeks) [\[R\]](#), [\[R\]](#).

39



Agmatine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take agmatine as a dietary supplement in a dose of 1.6 to 6.4 milligrams per kilogram of body weight, daily. It can be consumed with or without food. For best results, continue taking it on a daily basis for at least two weeks to assess its effect on your body.

TYPICAL STARTING DOSE

1 g

Description

Agmatine is a naturally occurring compound found in the human body and in certain foods. It is sometimes used as a dietary supplement and is believed to have potential benefits for pain relief, mood regulation, and cognitive function.

How it helps

Agmatine may support heart health by modulating nitric oxide (NO) production, leading to vasodilation and improved blood flow, thus reducing cardiovascular strain. It also exhibits potential anti-inflammatory and antioxidative properties, which can protect cardiac tissues.

Agmatine, when administered intravenously, can reduce blood pressure and heart rate in anesthetized rats, potentially synergizing with clonidine. It might interact with α 2-adrenoceptors but also exhibit hypertensive activity, leading to complex cardiovascular responses [\[R\]](#).

40



Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium can assist in the natural regulation of heart rhythm. Adequate magnesium intake has been associated with a lower risk of arrhythmias.

41



Practice Exercise Snacks

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Integrate short bursts of physical activity, each lasting about 1 to 2 minutes, into your daily routine at least two to three times a day. These 'exercise snacks' can include activities like doing a set of stairs, rapid bodyweight exercises, pull-ups, push-ups, sit-ups, or brisk walking.

TYPICAL STARTING DOSE

1 minutesute

Description

Staying physically active is essential for maintaining overall health and well-being. **Exercise snacks** are brief, frequent bursts of physical activity integrated into daily routines, helping combat the health risks associated with prolonged sitting and sedentary behavior, such as obesity and cardiovascular issues. Examples include taking the stairs or doing quick exercises during work breaks.

Staying active can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

Exercise snacks are short, quick bursts of physical activity performed throughout the day, designed to break up prolonged periods of sitting or inactivity. These brief bouts of exercise can be as short as a few minutes and are incorporated into daily routines to boost overall physical activity levels.

Exercise snacks are crucial for health because they combat the negative effects of sedentary behavior, such as prolonged sitting, which is associated with an increased risk of obesity, cardiovascular diseases, diabetes, and musculoskeletal issues. They help improve blood circulation, regulate blood sugar levels, and enhance mood and cognitive function.

Examples of exercise snacks include taking the stairs instead of the elevator, doing a few minutes of bodyweight exercises (e.g., squats or push-ups) during work breaks, or walking briskly for a few minutes after meals. These short, frequent bursts of activity contribute to a more active lifestyle and can significantly benefit overall health by reducing the risks associated with excessive sitting.

How it helps

Regular physical activity is important for maintaining cardiovascular health and can help stabilize heart rate over time.

42



Limit Salt Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Reduce your daily salt intake to less than 2,300 milligrams (mg), equivalent to about one teaspoon of table salt. This includes all salt consumed, whether added during cooking, at the table, or present in processed and ready-to-eat foods.

Description

Limiting salt intake involves lowering the amount of sodium in the diet, which can help lower blood pressure and reduce the risk of heart disease. It often involves avoiding processed and other high-sodium foods such as cured meats, soups and sauces, and various pickled foods.

Your body needs a certain amount of sodium to function. For example, it helps support your blood pressure. This sodium usually comes from [salt](#). However, eating too much salt is linked to an increased risk of stroke and heart disease [\[R\]](#), [\[R\]](#).

Foods higher in salt include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Prepared soups, broths, gravies, and sauces
- Fermented or pickled foods (such as pickles, soy sauce, olives, and [capers](#))
- Cured meats and sausages (such as bacon, salt pork, and salami)
- Cheese (such as Roquefort and Parmesan)

Try to limit your daily intake to 1 teaspoon of salt (2,400 mg of sodium) [\[R\]](#).

How it helps

High salt intake can lead to increased blood pressure, which may negatively affect heart rate. Reducing salt can improve heart health.

43



Avoid Meals 3-4 Hours Before Bedtime

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Finish your last meal of the day at least 3 to 4 hours before you go to sleep. For example, if you usually go to bed at 10 pm, aim to have dinner no later than 6 pm to 7 pm.

Description

Avoiding meals, especially heavy meals, close to bedtime can help prevent digestive discomfort, indigestion, and disrupted sleep patterns. Opting for lighter evening meals promotes better digestion and overall sleep quality.

How it helps

Eating heavy meals can increase the workload on the heart during digestion, potentially affecting heart rhythm. Lighter meals can promote better heart rate control.

44



Deep Breathing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice deep breathing exercises for 5-10 minutes at least twice a day, ideally in the morning and before bed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose.

TYPICAL STARTING DOSE

5 minutes

Description

Deep breathing techniques, such as diaphragmatic or abdominal breathing, can promote relaxation, reduce stress, and improve lung capacity. Regular deep breathing exercises can contribute to overall mental and physical well-being by reducing tension and increasing oxygen supply to the body.

How it helps

Practicing deep breathing exercises can activate the parasympathetic nervous system, which helps lower the heart rate and promotes relaxation.

45



DASH Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Adopt a dietary pattern that emphasizes fruits, vegetables, whole grains, lean proteins, and low-fat dairy, while reducing sodium, red meat, sweets, and sugary beverages. Aim for 4-5 servings of both fruits and vegetables per day, 6-8 servings of grains (with at least half being whole grains), and 2-3 servings of low-fat dairy. This diet should be followed daily to manage blood pressure effectively.

Description

The DASH (Dietary Approaches to Stop Hypertension) diet is a dietary plan designed to reduce high blood pressure. It emphasizes fruits, vegetables, lean proteins, and whole grains while limiting sodium intake.

Health experts developed the DASH diet to reduce blood pressure. This diet also helps support weight control while reducing inflammation and cholesterol [\[R\]](#).

It **limits salt, sweets, and saturated fat**, while promoting the intake of [\[R\]](#):

- Fruits (4-5 servings/day)
- Vegetables (4-5 servings/day)
- Whole grains (6-8 servings/day)
- Low-fat dairy (2-3 servings/day)
- Nuts, seeds, and legumes (4-5 servings/week)
- Fish and poultry (up to 6 ounces/day)

The DASH diet focuses on fresh, minimally processed food rich in nutrients. Magnesium, calcium, and potassium-rich foods are particularly important due to their beneficial effects on the heart and blood vessels [\[R\]](#).

Although similar to the [Mediterranean diet](#), DASH is lower in sodium (<2,300 mg a day) and omega-3 fatty acids. On the other hand, it’s higher in red meat and dairy [\[R\]](#).

How it helps

The DASH diet is designed to lower blood pressure, which is closely related to heart rate. Following this diet can have a positive effect on cardiovascular health.

46



Aquatic Exercise

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in aquatic exercise sessions, such as swimming or water aerobics, for 60 minutes, 3 to 5 times per week. Ensure the exercise intensity is moderate, allowing you to talk but not sing during the activity. Consistency over time is key, so aim to incorporate this into your weekly routine for at least 3 to 6 months to observe benefits.

TYPICAL STARTING DOSE

1 hour

Description

Aquatic exercise involves physical activity performed in water, such as swimming, water aerobics, or aquatic therapy. It is gentle on the joints, making it suitable for individuals with mobility issues, and can help improve cardiovascular fitness and muscle strength.

Aquatic exercise is any type of low-impact physical activity performed in a pool. In this type of cardio exercise, water helps the body float, which reduces gravity and makes the practice more comfortable and tolerable [\[R\]](#), [\[R\]](#).

Compared to land-based exercise, aquatic exercise may be better by [\[R\]](#):

- Reducing the stress and impact on joints
- Lowering fracture risk

Hence, it is usually **recommended for the elderly**. Aquatic exercise is also suitable for people who don't know how to swim [\[R\]](#).

How it helps

Engaging in aquatic exercise can help regulate heart rate by providing a low-impact cardiovascular workout that improves circulation and heart health.

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Swimming

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate swimming into your routine for at least 30 minutes, 3 times a week. Choose a pace and stroke that keeps your heart rate elevated yet allows you to breathe comfortably. Continue this practice regularly for long-term health benefits.

TYPICAL STARTING DOSE

30 minutes

Description

Swimming is a whole-body workout that engages various muscle groups, promoting strength and endurance. It helps keep the heart and lungs healthy, improves flexibility, and can even help reduce stress. Regular swimming is a great way to maintain a balanced, fit, and healthy lifestyle.

How it helps

Swimming works like a cardiovascular exercise, which strengthens your heart and improves overall cardiovascular health. It elevates your heart rate for sustained periods, training your heart to pump blood more efficiently and potentially lowering your resting heart rate.

In separate non-placebo-controlled trials, swimming demonstrated heart rate benefits. A 10-week program reduced resting heart rate by 10 bpm in participants with stage 1 or 2 hypertension. In another study, 15 weeks of swimming lowered resting heart rate by 5 bpm in women with mild hypertension [\[R, R\]](#).

48



Spend Time in Nature

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Aim to spend at least 120 minutes per week in natural environments, such as parks, forests, or beaches. This can be divided into short durations throughout the week, for example, 17 minutes per day or longer sessions on weekends.

TYPICAL STARTING DOSE

2 hours

Description

Spending time in nature, also known as ecotherapy or forest bathing, is a wellness practice that involves immersing oneself in natural environments. It offers mental and physical health benefits, including reduced stress, improved mood and eye health, healthier weight, and blood sugar control.

Spending over 2 hours in nature every week is linked to better health and well-being [\[R\]](#).

Spending more time in nature or in urban green areas may help support [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Healthy weight
- Blood sugar control
- Heart health
- Mental health
- Eye health

To get in touch with nature, you can [\[R\]](#), [\[R\]](#):

- Go on a walk
- Go biking or camping
- Garden
- Visit a park

How it helps

Spending time in green spaces can lower stress hormones, which in turn may lower heart rate and improve overall cardiac function.

49

Mindfulness Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation has been shown to decrease stress and anxiety, which can reduce an elevated heart rate and support overall cardiovascular health.

50

Pranayama (Yoga Breathing)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice pranayama for 10 to 15 minutes daily. Choose a quiet, comfortable spot where you won't be disturbed. Begin with simple techniques like Ujjayi (Ocean Breath) or Anulom Vilom (Alternate Nostril Breathing), gradually working your way up to more advanced techniques. Consistency is key for observing benefits.

TYPICAL STARTING DOSE

15 minutes

Description

Pranayama is a yogic practice involving controlled and mindful breathing techniques. It is believed to enhance mental clarity, reduce stress, and improve respiratory health by optimizing the flow of life force energy (prana) in the body.

How it helps

Stress can increase heart rate. For example, stress caused by **workplace noise exposure** can raise heart rate by up to **9 bpm** [\[R\]](#), [\[R\]](#).

In an uncontrolled trial of 23 hypertensive patients, practicing sukha pranayama breathing (respiratory rate of 6/min) for 5 minutes reduced heart rate, systolic pressure, pulse pressure, mean arterial pressure, and rate-pressure product [\[R\]](#).

Practicing bhasrika pranayama breathing (respiratory rate of 6/min) for 5 minutes decreased systolic blood pressure, diastolic blood pressure, and heart rate in an uncontrolled trial of 39 healthy volunteers [\[R\]](#).

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Coenzyme Q10 (CoQ10)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 100 mg Coenzyme Q10 (CoQ10) supplement once daily with a meal that contains fat for better absorption.

TYPICAL STARTING DOSE

100 mg

Description

Coenzyme Q10 (CoQ10) is a naturally occurring antioxidant that plays a crucial role in cellular energy production. It is often taken as a supplement to support heart health, improve energy levels, and provide antioxidant protection, especially for individuals with certain medical conditions or as they age.

[Coenzyme Q10](#) (CoQ10) is a compound that helps enzymes work better. By doing so, CoQ10 helps improve [R](#), [R](#), [R](#), [R](#):

- Energy levels
- Antioxidant protection
- Heart health
- Muscle strength
- Blood sugar control

The amount of CoQ10 made by your body decreases as you get older. Luckily, you can also get it from food or supplements. Good sources of CoQ10 include [R](#), [R](#):

- Organ meats
- Fatty fish
- Whole grains

How it helps

Coenzyme Q10 has been found to help in managing heart rate by improving energy production in cells, thus supporting heart muscle function.

52



Sleep for 7+ Hours

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Getting quality sleep on a consistent basis can improve autonomic regulation of the heart and reduce stress-related heart rate increases.

53



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

Maintaining a regular sleep schedule helps to regulate the circadian rhythm, can improve sleep quality and thus prevent fluctuations in heart rate due to sleep deprivation.

54



Sukha Pranayama Breathing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Sit in a comfortable position with your back straight and eyes closed. Inhale deeply through your nose, filling your lungs fully, then exhale slowly and completely, also through your nose. Practice this technique for 5 to 10 minutes daily, preferably in the morning or before bedtime.

TYPICAL STARTING DOSE

10 minutes

Description

Sukha pranayama is a yogic breathing technique that focuses on slow, deep, and controlled breaths. It can help reduce stress, improve lung function, and promote relaxation, enhancing both mental and physical well-being.

How it helps

In an uncontrolled trial of 23 hypertensive patients, practicing sukha pranayama breathing (respiratory rate of 6/min) for 5 minutes reduced heart rate, systolic pressure, pulse pressure, mean arterial pressure, and rate-pressure product [\[R\]](#).

Sukha pranayama may help by promoting calmness and deep relaxation.

55



Beetroot Juice

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 200-250ml of beetroot juice daily, at least 1-2 hours before engaging in physical activity or as part of your breakfast routine. This regimen should be maintained consistently for at least 2 weeks to start noticing benefits in terms of increased stamina and blood pressure regulation.

Description

Beetroot juice is a concentrated source of dietary nitrates, known for their potential to enhance athletic performance and improve blood pressure regulation. It is often consumed by athletes to enhance stamina and aid in recovery.

Beetroot (*Beta vulgaris*) contains iron, nitrates, sodium, potassium, and betalaine [\[R\]](#).

Beets are an inexpensive and mineral-rich vegetable that are widely used in Western cooking. Compared to other vegetables with high iron content, beets have a low price and are easy to store [\[R\]](#).

How it helps

Beetroot juice is a natural source of nitrates, which the body converts into nitric oxide, helping to lower blood pressure and improve heart rate efficiency.

56



Tai Chi

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice Tai Chi for 30 to 60 minutes at least twice a week. Choose a quiet, spacious area and follow along with a qualified instructor, either in person at a class or through an online video tutorial, to ensure proper technique and maximum benefit.

TYPICAL STARTING DOSE

1 hour

Description

Tai Chi is a traditional Chinese mind-body practice involving slow, flowing movements and deep breathing. It is known for its potential to reduce stress, improve balance, and enhance overall physical and mental well-being.

Tai chi involves gentle movements and breathing to strengthen and relax the mind and body. Practicing tai chi may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage pain
- Improve fitness
- Increase well-being
- Improve sleep and mood

How it helps

Tai Chi combines gentle physical activity with breathing and relaxation, which can lead to a reduction in stress and heart rate.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

