Author’s response to reviews

Title: An explorative study of metabolic responses to stress and yoga in yoga practitioners, non-yoga practitioners and individuals with metabolic syndrome

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Author's response to reviews: see over
July 1st, 2014

Re: Submission of the revised research article: “An explorative study of metabolic responses to stress and yoga in yoga practitioners, non-yoga practitioners and individuals with metabolic syndrome”

To: Whom It May Concern,

Please find attached our revised article which we have edited in response to the reviewer’s comments and suggestions. A summary of the changes that have been made are listed in the attached document.

Please note that our study was an observational, laboratory-based, single-session, explorative study that aimed to document acute physiological and metabolic responses to stressful stimuli and yoga practices in different populations. As this was not a clinical trial a clinical trial registration number was not obtained.

Our paper is the first to compare OC in yoga practitioners during and after mental arithmetic stress. Our paper is also the first to measure metabolic reactivity and recovery both within and between different participant populations. The findings are important as they indicate that metabolic syndrome patients have blunted post-stress recovery, while yoga practitioners have enhanced metabolic resilience.

We believe that these results are of interest to the wider complementary medicine community and are worthy for publication.

Please inform me, if you require any additional information

Yours sincerely,

Professor Marc Cohen
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