Reviewer's report

Title: The effect of long term combined yoga practice on the basal metabolic rate of healthy Adults

Version: 1 Date: 17 May 2006

Reviewer: Nicola Maffulli

Reviewer’s report:

General

The authors have performed a comparative study, and I acknowledge the hard work that they have put into this. However, their control group is, I believe, not appropriate. The two groups are, to some extent, self-selecting, and the results can be due to this more than to the yoga training that they have received. This study suffers from the usual shortcomings of cross sectional investigations, where many variables cannot be controlled for. A more appropriate and more relevant study would be to follow longitudinally beginner yoga practitioners, and ascertain with serial testing whether they BMR really decreases. Also, the authors should consider the possibility that the yoga practitioners were able to ‘activate’ their yoga training at the time of BMR being measured, and therefore the results of the study are only partially true.

Major Compulsory Revisions (that the author must respond to before a decision on publication can be reached)

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Minor Essential Revisions (such as missing labels on figures, or the wrong use of a term, which the author can be trusted to correct)

Discretionary Revisions (which the author can choose to ignore)

What next?: Unable to decide on acceptance or rejection until the authors have responded to the major compulsory revisions

Level of interest: An article of importance in its field

Quality of written English: Needs some language corrections before being published

Statistical review: No

Declaration of competing interests:

I declare that I have no competing interests'