

MS: 1285382921008331

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

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Response to reviewers. (Second revision).

Reviewer: Nicola Maffulli

1. OK, we have now removed the secondary aim of the paper to confirm the predictive equations. Therefore, the statements relating to this aim have been removed from the abstract, introduction as well as from results. A statement has been left to simply state that the measured BMR was comparable (or not) to the predicted BMR.

2. Reviewer: Andrew Vickers

We have diluted down the discussion to explicitly state that we cannot ascribe cause and effect due to any physiological mechanism since we did not measure them. Please see page 9: it details the caveats for this study and we have added in another stating that mechanisms cannot be readily ascribed to any specific physiological means.