Erratum to: Yoga and meditation in cardiovascular disease

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In our article Yoga and meditation in cardiovascular disease, we accidentally omitted a reference citing a single paragraph. Please find the entire paragraph complete with the corresponding reference below:

Although the mechanisms underlying the potential beneficial effects of yoga on cardiovascular risk profile are not yet well understood, the observed changes probably occur primarily through two pathways. First, by reducing activation and reactivity of the sympathoadrenal system and hypothalamic pituitary adrenal (HPA) axis and promoting feelings of well being, yoga may alleviate the

effects of stress and foster multiple positive downstream effects on neuroendocrine status, metabolic function and related inflammatory responses; second, by directly stimulating the vagus nerve yoga may enhance parasympathetic output and thereby shift the autonomic nervous system balance from primarily sympathetic to parasympathetic leading to positive changes in cardiac vagal functions, mood and energy state and in related neuroendocrine, metabolic and inflammatory responses [35].

[35] Innes KE, Bourguignon C, Taylor AG (2005) Risk indices associated with the insulin resistance syndrome, cardiovascular disease, and possible protection with yoga: a systematic review. *J Am Board Fam Pract* 18:491–519

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