

THE HEALTH AND HUMAN PERFORMANCE FOUNDATION

Breathe. Explore. Excel.
The science of human adaptation.
Changing life, one study at a time.

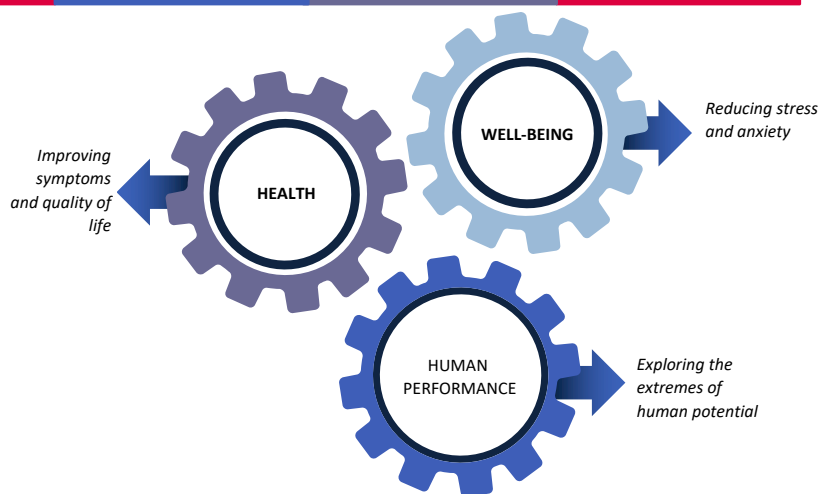
WHO WE ARE

MISSION

HHPF is using the scientific understanding of breathing practices to provide scalable, science-backed solutions for improving health and optimizing human performance in today's stress management crisis.

VISION

HHPF is ending the epidemic of stress-related conditions, transforming the existing limits of human performance and changing the landscape of the health and human performance industries.



PROBLEM

POOR STRESS REGULATION

Poor stress regulation reduces mental and physical performance across all aspects of life. Not only does this cost lives and quality of life, but solving resulting problems costs extensive private and public resources.

LIMITED SCALABLE SOLUTIONS

Current solutions are limited to non-scalable and often inaccessible practices, drugs with extensive side effects and limited efficacy, and other quick-fixes that deteriorate long-term physiological adaptability.

IMPACT

HHPF is currently conducting or seeking funding for five studies or programs exploring the impact of breath practices on:

- Anxiety/stress
- Gut microbiome
- Athletic performance
- Stress-related burnout
- First-responder performance
- Migraine prevention

TARGET POPULATIONS

HHPF helps those most impacted by today's stress-management crisis:

- INDIVIDUALS WITH CARDIO-METABOLIC, AUTO-IMMUNE CONDITIONS
incidence, inflammation, symptoms
- HIGH SCHOOL, COLLEGE YOUTH
stress/anxiety, performance/focus, suicidal ideation
- MILITARY, FIRST RESPONDERS
stress/anxiety, performance, PTSD, insomnia

COLLABORATORS



SOLUTION

RESEARCH AND COMMUNICATION

HHPF conducts research and communicates findings on the effectiveness of breath-related solutions to today's stress-management crisis.

SCALABLE, NON-PHARMACOLOGICAL AND SCIENCE-BACKED

By focusing on the natural human capacity for homeostasis through stress regulation, HHPF research identifies scalable, non-pharmacological and science-backed solutions to health and human performance that complement western medicine and reduce reliance on pharmaceuticals.

LEADERSHIP TEAM



TANYA GK BENTLEY, PHD
CO-FOUNDER, CEO

Dr. Bentley is an experienced public health and health policy researcher. She also serves as research scientist at the UCLA Mindful Awareness Research Center and earned her Bachelor's of Science from Cornell University and Master's and PhD from Harvard University.



BRIAN MACKENZIE
CO-FOUNDER, PRESIDENT

Brian is a human performance expert, educator, author and public speaker. He has more than two decades of experience innovating breathing protocols for optimizing mental and physical performance among Olympians, CEOs and other high performers.

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