

Nostril Dominance

Right nostril

Logic, Analysis, Math,
Science, Physics

Sympathetic Nervous System,
Fight and Flight mode

Physical Activity, Sports

Helps digestion

Increase energy

Activates mind



Left nostril

Creativity, Art, Languages,
Dance, Music

Parasympathetic Nervous
System, Rest and Digest mode

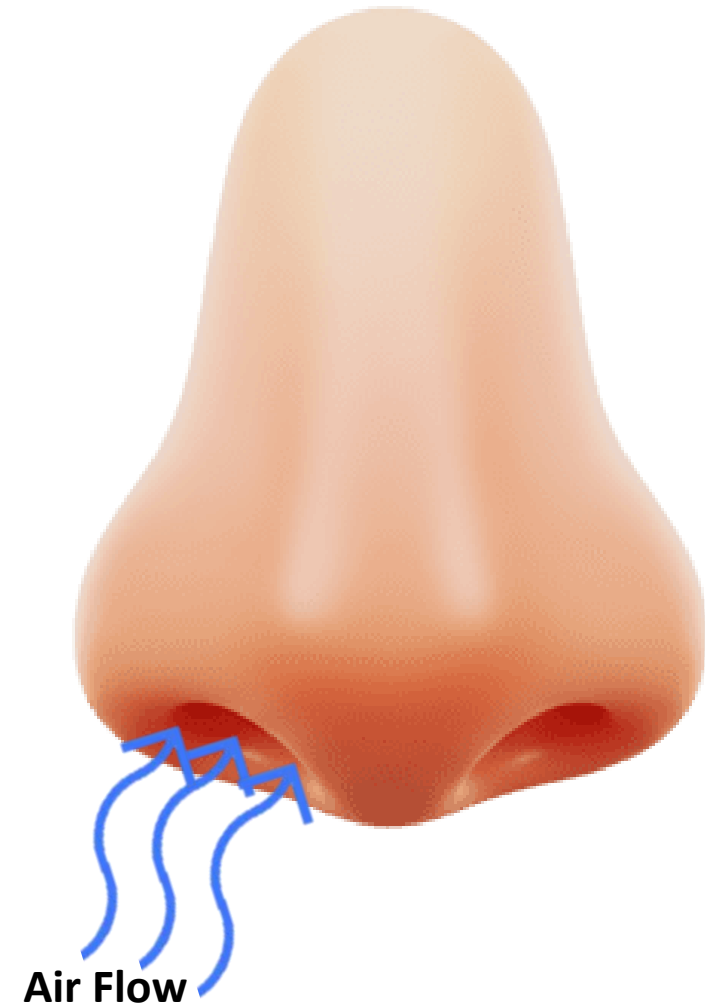
Calming activity

Cooling effect – Anger
Reduction

Good time to relax, Low
metabolism rate

Sympathetic system is dominant on the right side

Right nostril dominance
Right lung dominant
Generally, a more active state
Locomotor activity increased
Heart rate increased
Blood pressure increased
Respiration rate increased
Body temperature increased
Cortisol increased
Prolactin secretion reduces
Testosterone increased
Endorphins increased



Parasympathetic system is dominant on the right side

Left nostril dominance
Left lung dominant
Generally, a more resting state
Locomotor activity decreased
Heart rate reduced
Blood pressure reduced
Respiration rate reduced
Body temperature reduced
Cortisol reduced
Prolactin secretion increased
Testosterone reduced
Endorphins reduced

