



Paul H. Min, Ph.D.

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Dr. Min is an Associate Professor of Radiology, Biomedical Engineering, and Neurosurgery at Mayo Clinic. His research focuses on brain physiology, neuroimaging, and the interactions among respiration, cardiovascular physiology, and brain function. He uses advanced neuroimaging and neurophysiology approaches, including MRI, PET, MEG, EEG, FSCV, and fNIRS, to investigate brain function and neurological disease.

Breathing is a central focus of Dr. Min's research and has also been part of his personal practice for more than 20 years. Drawing on this long-term experience and his expertise in neuroscience and biomedical engineering, he investigates how breathing influences autonomic regulation, cardiovascular physiology, cerebral blood flow, cerebrospinal fluid dynamics, and brain function. Through this work, he explores whether breathing can be used as a natural approach to train, maintain, and expand human potential while supporting brain health and well-being.

He is also investigating depression among rural adolescents in Mayo Clinic Health System communities, with the goal of better understanding factors associated with mental health and developing accessible approaches to support adolescent well-being.

In a separate area of research, Dr. Min studies burnout and well-being among medical professionals, including approaches that may help reduce stress and support resilience in the healthcare workforce.