MCP SERVER | NO CODE | CLOUD HOSTED

Holistic Breathing Assessment MCP

Get precise physiological data for respiratory health analysis.

Holistic Breathing Assessment MCP gives your AI client the ability to diagnose respiratory efficiency and physiological stability. It uses specific tools to evaluate breathing mechanics, chemical respiratory drive, and CO2 tolerance, allowing your agent to provide ranked correction priorities and compare individual metrics against healthy physiological norms.

A+ Quality Score 100/100

respiratory | physiology | breathing | health-tech | wellness-assessment

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vinkius.com/en/ai-agent-connect/holistic-breathing-assessment

SCAN TO VIEW

The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

> *The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*
>
> — Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

```
https://edge.vinkius.com/{token}/mcp
```

Claude · Cursor · VS Code · Windsurf · Grok · Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1) Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

> Get started at **cloud.vinkius.com** — connect your AI agent in under 60 seconds.

Holistic Breathing Assessment MCP

4 tools available
Cloud-hosted on Vinkius

You can now give your AI agent the ability to perform deep respiratory diagnostics. This MCP provides the specific tools needed to move beyond general wellness advice and into actual physiological assessment. Your agent can look at the mechanics of how you breathe, how your body handles CO2, and how those factors combine to create an overall breathing score.

Instead of guessing, your AI client can use these tools to identify specific dysfunctions and establish a clear order of what needs to be corrected first. It compares your personal data against established healthy benchmarks to see exactly where you stand. Whether you are tracking breathing efficiency or looking for specific chemical respiratory drive indicators, this MCP provides the data layer your agent needs to act as a precise respiratory analyst.

Core Capabilities

01 — Mechanical Analysis

Your agent uses this to check the efficiency of your physical breathing movements.

02 — Chemical Drive Assessment

Your agent uses this to measure CO2 sensitivity and respiratory drive.

03 — Holistic Scoring

Your agent uses this to synthesize multiple data points into a single breathing score.

04 — Benchmark Comparison

Your agent uses this to check your metrics against healthy physiological ranges.

05 — Priority Setting

Your agent uses this to rank which respiratory corrections you should focus on first.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/en/ai-agent-connect/holistic-breathing-assessment** — connect your AI agent in three steps.

01 Connect the MCP to your preferred client like Claude or Cursor via Vinkius.

02 Provide your breathing metrics or physiological data to your AI agent.

03 The agent invokes the specific tools to analyze patterns and CO2 tolerance.

04 Your agent delivers a scored assessment and a list of ranked correction priorities.

Get your respiratory data into your AI client in seconds.

Built For

This MCP is built for professionals who need to bridge the gap between physiological data and AI-driven insights.

Health Coaches

Hand off raw breathing data to the AI to generate structured client reports.

Respiratory Therapists

Use the agent to quickly identify mechanical dysfunctions and CO2 tolerance levels.

Biohackers

Feed personal physiological metrics to an agent to track breathing efficiency over time.

What Changes When You Connect

01 Converts raw breathing mechanics into a single, actionable score.

02 Identifies specific physiological dysfunctions through chemical and mechanical data.

03	Ranks correction priorities so you know exactly what to fix first.
04	Provides healthy physiological norms for direct comparison.

Real-World Applications

Dysfunction Identification

Your agent uses the tools to find specific gaps in breathing mechanics or CO2 tolerance.

Progress Tracking

Compare current breathing scores against previous benchmarks to see improvement.

Personalized Coaching Plans

The agent uses ranked correction priorities to build a specific respiratory training plan.

Baseline Establishment

Use the benchmarks to set a starting point for a user's respiratory health journey.

4 Tools Available

#	TOOL	DESCRIPTION
01	analyze_breathing_pattern	This tool evaluates the primary mechanics of your breath to determine how efficient your breathing is.
02	calculate_breathing_score	This tool generates a holistic assessment by combining mechanical and chemical data into a single score.
03	evaluate_co2_tolerance	This tool assesses your chemical respiratory drive and how sensitive your body is to CO2.
04	get_breathing_benchmarks	This tool provides reference ranges so you can compare your metrics against healthy physiological norms.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U Analyze my breathing: I take 18 breaths per minute, my depth is 5, and I use my diaphragm.

Your breathing pattern is efficient with a high score due to diaphragmatic usage and a stable rate.

U How is my CO2 tolerance? I can hold my breath for 30 seconds and I've done 3 successful holds.

Your CO2 tolerance is moderate, indicating a stable chemical respiratory drive.

U Give me a full breathing assessment based on these results: pattern score 60 and CO2 tolerance level moderate.

Your final breathing score is 65. Primary correction priority is mechanical adjustment to improve diaphragmatic engagement.

Frequently Asked Questions

01 **What can this MCP do for my breathing analysis?**

It allows your AI client to evaluate breathing mechanics, chemical respiratory drive, and overall physiological stability.

02 **How does the breathing score work?**

The agent synthesizes mechanical and chemical data to generate a single, holistic breathing score.

03 **Can I compare my results to healthy people?**

Yes, the MCP includes a tool to get breathing benchmarks for comparison against healthy physiological norms.

04 **Which AI clients can use this MCP?**

You can use this with any MCP-compatible client, including Claude, Cursor, and Windsurf.

05 **Does it help with prioritizing exercises?**

Yes, the agent uses the assessment data to establish ranked correction priorities for you.

Go Live in 60 Seconds

Get your connection token from **cloud.vinkius.com**, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add `"holistic-breathing-assessment": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → Add endpoint URL
ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

- Ask ChatGPT
- Ask Claude
- Ask Perplexity
- Ask Gemini
- Ask Grok

READY TO CONNECT

Holistic Breathing Assessment is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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Platform	Vinkius Cloud for AI Agents
Endpoint	`https://edge.vinkius.com/{token}/mcp`

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