

The Transcendental Meditation technique:

A clinically proven natural technique for reducing hypertension and heart disease

Hypertension

JOURNAL OF THE AMERICAN HEART ASSOCIATION

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AHA Scientific Statement

Beyond Medications and Diet: Alternative Approaches to Lowering Blood Pressure

A Scientific Statement From the American Heart Association

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Hypertension. published online April 22, 2013

The online version of this article, along with updated information and services, is located at: <http://hyper.ahajournals.org/content/early/2013/04/22/HYP.0b013e318293645f>

Brook RD et al., Beyond Medications and Diet: Alternative Approaches to Lowering Blood Pressure. A Scientific Statement from the American Heart Association. Hypertension, 61:00, 2013.

Highlights from the Scientific Statement:

According to the American Heart Association, the Transcendental Meditation technique is the only meditation practice that has been shown to lower blood pressure. According to the AHA, “Because of many negative studies or mixed results and a paucity of available trials, all other meditation techniques (including MBSR) received a ‘Class III, no benefit, Level of Evidence C’ recommendation. Thus, other meditation techniques are not recommended in clinical practice to lower BP at this time.”

The AHA scientific statement also reported the finding that lower blood pressure through Transcendental Meditation practice is associated with substantially reduced rates of death, heart attack and stroke.

The AHA scientific statement concludes that alternative treatments that include the Transcendental Meditation technique are recommended for consideration in treatment plans for all individuals with blood pressure > 120/80 mm Hg.

The report also recognized that Transcendental Meditation is generally considered safe and without harmful side effects. As an additional advantage, the statement noted that many of the reviewed alternative therapies, such as meditation, may provide a range of health or psychological benefits beyond BP lowering or cardiovascular risk reduction.