

Thousands of physicians recommend the Transcendental Meditation technique to help prevent and treat a wide range of health disorders.

- backed by research
- easy, effortless and enjoyable to practice
- free of harmful side effects

**To find out more**

• For more research and information on the Transcendental Meditation program, visit [www.DoctorsOnTM.org](http://www.DoctorsOnTM.org)



• To locate a teacher of the Transcendental Meditation technique near you, call 888-532-7686 (888-LEARN-TM) or visit [www.TM.org](http://www.TM.org)

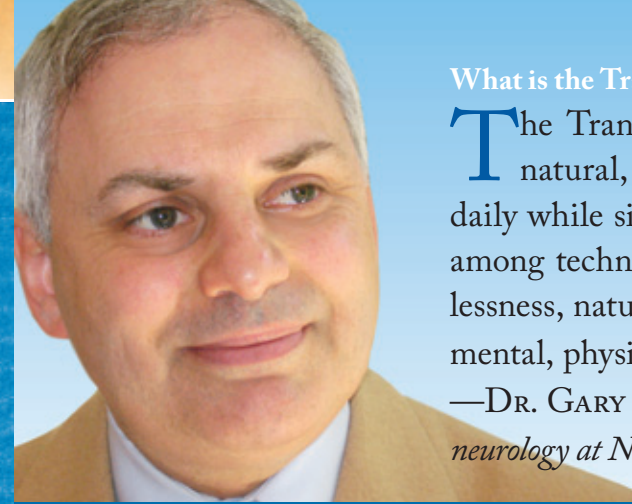


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# Why doctors recommend the Transcendental Meditation technique

## A proven method for relieving stress and preventing disease without harmful side effects



### What is the Transcendental Meditation technique?

The Transcendental Meditation® technique is a simple, natural, effortless process practiced 15-20 minutes twice daily while sitting comfortably with eyes closed. It is unique among techniques of meditation, distinguished by its effortless, naturalness and profound effectiveness in improving mental, physical and emotional health.

—DR. GARY KAPLAN, *neurologist and associate professor of clinical neurology at New York University School of Medicine*

### QUESTIONS AND ANSWERS WITH GARY KAPLAN, M.D., PH.D.

#### How does it work?

DR. KAPLAN: Daily practice of the Transcendental Meditation technique unfolds the mind's inner potential and awakens the brain's latent resources. The unique state of restful alertness produced during the TM® practice provides deep rest and dissolves stress, promoting balanced functioning of mind and body and more harmonious behavior.

#### What is the research?

DR. KAPLAN: Scientific studies conducted at leading medical schools including Harvard, Stanford and Yale have shown that daily practice of the Transcendental Meditation technique leads to reduced stress and a wide array of health benefits—ranging from normalized blood pressure to reduced need for doctor visits to an increased life-span.

#### Where has the research been published?

DR. KAPLAN: Nearly 150 studies have been published in peer-reviewed medical journals, including *Scientific American*, *Science*, the American Heart Association's journals *Hypertension* and *Stroke*, and the American Medical Association's *Archives of Internal Medicine*. Also, the National Institutes of Health (NIH) has awarded nearly \$24 million to study the beneficial effects of the TM program on heart disease, hypertension and stroke.

#### Are there side effects?

DR. KAPLAN: There are no known negative side effects, and in fact, the research shows that the Transcendental Meditation technique significantly improves mental, physical, emotional and mental health. It does not interfere with medication, and research has shown that by providing deep rest it can promote the healing process.

#### Is it a religion?

DR. KAPLAN: The Transcendental Meditation technique is not a religion or philosophy, nor does it interfere with any diet, lifestyle or belief system. Many people find that when there is less mental and emotional stress, they can follow their chosen religion more faithfully.

#### Do other meditation techniques produce the same results?

DR. KAPLAN: The Transcendental Meditation technique has been compared to other meditation and stress-reduction techniques in numerous meta-analyses. These published studies have clearly shown that daily practice of the Transcendental Meditation technique creates health benefits not produced by other techniques, including significant reductions in high blood pressure, anxiety, depression, insomnia and other disorders related to stress.

## Four Reasons Doctors Recommend the *Transcendental Meditation* Technique

### 1 Stress Reduction



### 2 Improved Mental Health



### 3 Normalized Blood Pressure

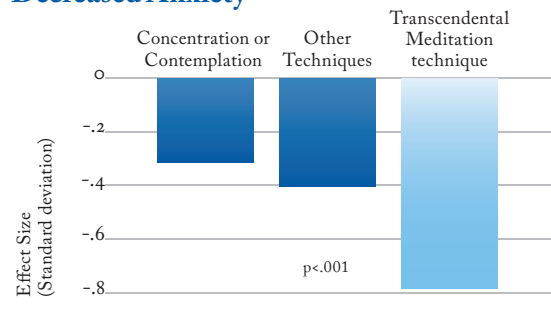


### 4 Lower Health Care Costs



“Stress-related illness is common in modern society. According to a meta-analysis of available self-help programs, the Transcendental Meditation technique is the most effective program to reduce stress and anxiety. With this information, physicians can feel very comfortable in offering the Transcendental Meditation program to patients, knowing that they are unlikely to find a more effective stress reduction program today.”  
—STEELE BELOK, M.D., *Harvard Medical School faculty*

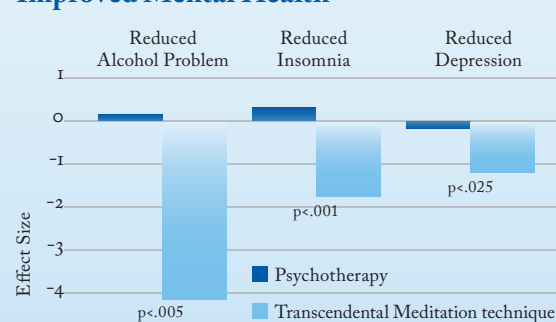
#### Decreased Anxiety



A meta-analysis of 146 studies comparing the effectiveness of different mental and physical relaxation techniques on reducing trait anxiety showed that the Transcendental Meditation technique was most effective by a statistically significant margin. **Reference:** *Journal of Clinical Psychology* 45(6): 957-974, 1989.

“The Transcendental Meditation technique helps promote mental and emotional well-being. It has especially helped my patients with depression, anxiety, and insomnia. One research study found significant benefits among veterans suffering from post-traumatic stress disorder as compared to a control group receiving psychotherapy for the same disorder.”  
—VERONICA BUTLER, M.D., educator and author of *A Woman's Best Medicine*

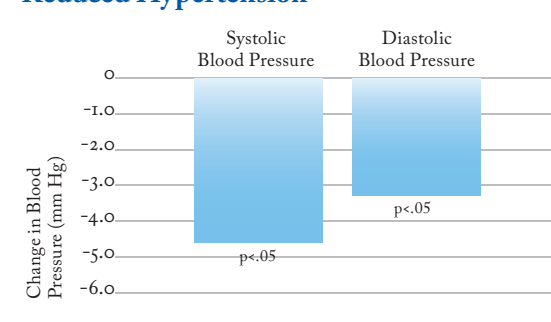
#### Improved Mental Health



A randomized study of military veterans with post-traumatic stress disorder found decreased depression, anxiety, insomnia and alcohol consumption in a group practicing the Transcendental Meditation technique, as compared to a control group receiving psychotherapy. **Reference:** *Journal of Counseling and Development* 64: 212-215, 1985.

“I recommend the Transcendental Meditation technique to my cardiology patients without reservation. In NIH-sponsored research, the TM technique has been shown to reduce blood pressure as or more effectively than many conventional therapies, without side effects and with positive side benefits. The TM technique has also been shown to reduce insulin resistance and cigarette usage.”  
—CÉSAR MOLINA, M.D., F.A.C.C., *Medical Director, South Asian Heart Center at El Camino Hospital, Mountain View, CA*

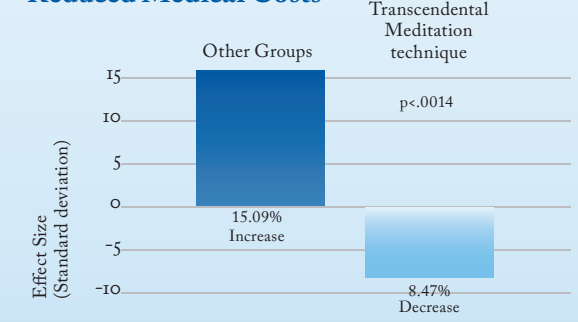
#### Reduced Hypertension



This meta-analysis examined all published randomized, controlled clinical trials on the Transcendental Meditation technique's effects on blood pressure, finding a statistically significant impact in reducing both systolic and diastolic blood pressure. **Reference:** *American Journal of Hypertension* 21:310-316, 2008.

“The Transcendental Meditation technique creates a state of restful alertness that gives your body very deep rest, while at the same time waking up its healing intelligence. Studies show that practice of the Transcendental Meditation technique keeps you healthier and can significantly reduce health care costs, by as much as 70% over a five-year period.”  
—NANCY LONSDORF, M.D., *Johns Hopkins-trained integrative medicine specialist*

#### Reduced Medical Costs



Five-year cumulative payments to physicians for subjects over the age of 65 who practiced the Transcendental Meditation technique were 70% lower than for the control group, who were matched for age, sex and other factors. **Reference:** *Journal of Social Behavior and Personality* 17:415-442, 2005.