



Meditation Prescription

SCIENTIFIC RESEARCH Mediation and Guided Imagery

As a tool for Stress Reduction

"Guided Imagery and visualization can enhance the effectiveness of other treatments, including allopathic drugs and surgery. Try them for any illness and all autoimmune disorders."

Dr. Andrew Weil, MD

"Imagination is more important than knowledge, for knowledge has its limits"

Albert Einstein

Welcome,

Here at **MeditationPrescription.com** we are well aware that there are two types of people who come to our site. Those who are ready to start and jump in right now; and those who need a bit more reassurance through the wealth of information and research on the efficacy of meditation and guided imagery.

For the latter group of individuals, you have come to the right place. Here you will find a bevy of concentrated articles and links to scientific research studies which have been complied to answer your many questions and put your mind at rest so that you too can jump right into the practice of meditation with confidence and ease.

Please feel free to contact our offices directly with any further questions or comments that may not be answered within.

Thank you,

Skip Lackey
And the MeditationPrescription.com Team

Disclaimer – MeditationPrescription.com

Information on this site and in our products, seminars and marketing materials is provided for informational purposes only and is not meant to substitute for the advice provided by your own physician or other medical professional. Please do not use any of the information supplied by MeditationPrescription.com, Skip Lackey or any of their affiliates or employees to diagnose, treat, cure, or prevent any health problem or disease. This disclaimer is here to suggest speaking with your medical professional about incorporating meditation and guided imagery into your daily routine as a personal stress relief practice. It's to be used as a compliment to whatever protocol you may be on. If you have or suspect that you have a medical problem, please promptly contact your health care provider.



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Here are a few of the health challenges that are either published studies or studies in progress. There is a tremendous about of material not mentioned in this document and more studies coming out every week.

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ARTICLES ON MEDITATION AND STRESS

MAYO Clinic

A Simple and Fast Way to Reduce Stress

<http://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

National Institutes for Health

National Center for Complementary and Alternative Medicine

Meditation – An Introduction

<https://nccih.nih.gov/sites/nccam.nih.gov/files/meditation.pdf>

National Institutes for Health

National Center for Complementary and Integrative Health (NCCIH)

Meditation: What You Need To Know

<https://nccih.nih.gov/health/meditation/overview.htm>

The Journal of the American Medical Association

Psychological Stress and Disease – Pathways Linking Stress to Disease

<http://jama.jamanetwork.com/article.aspx?articleid=209083>

American Heart Association

Stress and Heart Health

Article published: June 13th, 2014

http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Stress-and-Heart-Health_UCM_437370_Article.jsp/

American Heart Association

Four Ways to Deal with Stress

(Meditation is number 4 on their list)

Article published: July 15th, 2014

http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/FourWaystoDealWithStress/Four-Ways-to-Deal-with-Stress_UCM_307996_Article.jsp

Article in Time Magazine:

We Need to Take Meditation More Seriously as Medicine

Article published: Jan 14th, 2014

<http://time.com/1148/we-need-to-take-meditation-more-seriously-as-medicine/>

Study: Meditation and Exercise Could Save Billions to the Healthcare System

University of Wisconsin – Madison - School of Medicine and Public Health

Article published: May 14th, 2013

<http://www.med.wisc.edu/news-events/study-meditation-and-exercise-could-save-billions-for-health-care-system-us-employers/40995>



Journal of the American Medical Association -**Mind Matters, Money Matters: The Cost-effectiveness of Mind/Body Medicine**

JAMA. 2000;284(13):1705. doi: 10.1001/jama.284.13.1705 - David S. Sobel, MD, MPH

“... While the health care system cannot be expected to address patients' every psychosocial need, clinical interventions should better reflect the emerging evidence on the efficacy and cost-effectiveness of mind/body interventions. Mind/body medicine is not something separate or peripheral to the main tasks of medical care but should be an integral part of evidence-based, cost-effective, quality health care....”

Full Article: <http://jama.ama-assn.org/content/284/13/1705.full?sid=278a1973-8ca4-4d08-8d29-f53cfb3dd4fe>



This is just a small subset of current research and studies that show the efficacy of Meditation, Guided Imagery and other Complementary and Alternative Medicine (CAM) practices

ADD / ADHD

Mindfulness meditation training in adults and adolescents with ADHD: a feasibility study.

J Atten Disord. 2008 May;11(6):737-46. Epub 2007 Nov 19. Zylowska L, Ackerman DL, Yang MH, Futrell JL, Horton NL, Hale TS, Pataki C, Smalley SL. Source: University of California-Los Angeles, Los Angeles, CA, USA. lzylowsk@ucla.edu

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/18025249>

ADHD, Brain Functioning, and Transcendental Meditation Practice

Recent research offers evidence that meditation may be more effective than medicine in treating ADHD (attention deficit hyperactivity disorder). Dr. Sarina Grosswald, a cognitive learning expert and pioneer in this research, explains that medications, such as Ritalin or Adderall, only temporarily suppress ADHD symptoms while in the bloodstream; yet, a regular meditation practice not only relieves symptoms, it can actually help address the underlying problem, a lack of neural integration. Travis Frederick, Grosswald Sarina, Stixrud William - July 25th 2011

Abstract:

<http://www.slm-psychiatry.com/mind-brain-the-journal-of-psychiatry/details/article/adhd-brain-functioning-and-transcendental-meditation-practice/>

The influence of concentrative meditation training on the development of attention networks during early adolescence.

Front Psychol. 2011;2:153. Epub 2011 Jul 12. Baijal S, Jha AP, Kiyonaga A, Singh R, Srinivasan N. Source: Centre of Behavioural and Cognitive Sciences, University of Allahabad Allahabad, India.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/21808627>

Meditation-based training: a possible intervention for attention deficit hyperactivity disorder.

Psychiatry (Edgmont). 2008 Apr;5(4):48-55 Baijal S, Gupta R. Source: Drs. Baijal and Gupta are from the Centre for Behavioural and Cognitive Sciences, University of Allahabad, Allahabad, India.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/19727310>

Short-term meditation training improves attention and self-regulation.

Proc Natl Acad Sci U S A. 2007 Oct 23;104(43):17152-6. Epub 2007 Oct 11. Tang YY, Ma Y, Wang J, Fan Y, Feng S, Lu Q, Yu Q, Sui D, Rothbart MK, Fan M, Posner MI. Source: Institute of Neuroinformatics and Laboratory for Body and Mind, Dalian University of Technology, Dalian 116023, China. yiyuan@uoregon.edu

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/17940025>



AGING

Can Meditation Slow Rate of Cellular Aging? Cognitive Stress, Mindfulness, and Telomeres.

Epel E., et al., (2009). *Annals of the New York Academy of Sciences*. Volume 1172, 34 - 53

Abstract: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3057175/?tool=pubmed>

Stress appraisals and cellular aging: A key role for anticipatory threat in the relationship between psychological stress and telomere length.

Brain Behav Immun. 2012 Jan 24. O'Donovan A, Tomiyama AJ, Lin J, Puterman E, Adler NE, Kemeny M, Wolkowitz OM, Blackburn EH, Epel ES. Source: Department of Psychiatry, University of California, San Francisco, CA, USA

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/22293459>

Age effects on gray matter volume and attentional performance in Zen meditation.

Neurobiol Aging. 2007 Oct;28(10):1623-7. Epub 2007 Jul 25. Pagnoni G, Cekic M. Source: Department of Psychiatry and Behavioral Sciences, Emory University, 101 Woodruff Circle, Suite 4000, Atlanta, GA 30322, USA. gpagnoni@emory.edu

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/17655980>

Does meditation enhance cognition and brain plasticity?

Ann N Y Acad Sci. 2009 Aug;1172:63-9. Xiong GL, Doraiswamy PM. Source: Department of Psychiatry and Behavioral Sciences, University of California, Davis, Sacramento, California, USA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/19743551>

Meditation experience is associated with increased cortical thickness

Neuroreport. 2005 November 28; 16(17): 1893–1897.

Sara W. Lazar(a), Catherine E. Kerr(b), Rachel H. Wasserman(a,b), Jeremy R. Gray(c), Douglas N. Greve(e,d), Michael T. Treadway(a), Metta McGarvey(e), Brian T. Quinn(d), Jeffery A. Dusek(f,g), Herbert Benson(f,g), Scott L. Rauch(a), Christopher I. Moore(h,i), and Bruce Fischl(j)

a) Psychiatric Neuroimaging Research Program, Massachusetts General Hospital

b) Osher Institute, Harvard Medical School, Boston, Massachusetts

c) Department of Psychology, Yale University, New Haven, Connecticut

d) Athinoula A. Martinos Center for Biomedical Imaging, Massachusetts General Hospital, Boston

e) Graduate School of Education, Harvard University, Cambridge

f) Mind/Body Medical Institute, Chestnut Hill

g) Department of Medicine, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston

h) Department of Brain and Cognitive Sciences, Massachusetts Institute of Technology

i) McGovern Institute for Brain Research

j) Computer Science and AI Lab (CSAIL), Massachusetts Institute of Technology, Cambridge, Massachusetts, USA.

Paper (copy and paste): web.mit.edu/moore/publications/nihms-6696.pdf

The potential effects of meditation on age-related cognitive decline: a systematic review.

Ann N Y Acad Sci. 2014 Jan;1307:89-103. doi: 10.1111/nyas.12348.

Gard T¹, Hölzel BK, Lazar SW.



Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/24571182>

Relaxation response induces temporal transcriptome changes in energy metabolism, insulin secretion and inflammatory pathways.

PLoS One. 2013 May 1;8(5):e62817. doi: 10.1371/journal.pone.0062817. Print 2013.

Bhasin MK¹, Dusek JA, Chang BH, Joseph MG, Denninger JW, Fricchione GL, Benson H, Libermann TA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/23650531>

ANXIETY

Meditative therapies for reducing anxiety: a systematic review and meta-analysis of randomized controlled trials.

Depress Anxiety. 2012 Jul;29(7):545-62. doi: 10.1002/da.21964. Epub 2012 Jun 14.

Chen KW¹, Berger CC, Manheimer E, Forde D, Magidson J, Dachman L, Lejuez CW.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/22700446>

Relaxation response induces temporal transcriptome changes in energy metabolism, insulin secretion and inflammatory pathways.

PLoS One. 2013 May 1;8(5):e62817. doi: 10.1371/journal.pone.0062817. Print 2013.

Bhasin MK¹, Dusek JA, Chang BH, Joseph MG, Denninger JW, Fricchione GL, Benson H, Libermann TA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/23650531>

ASTHMA

Effects of imagery, critical thinking, and asthma education on symptoms and mood state in adult asthma patients: a pilot study.

Freeman LW, Welton D. Journal of Alternative and Complementary Medicine. 2005 Feb; 11 (1): pages 57-68.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/15750364>

Effects of functional relaxation and guided imagery on IgE in dust-mite allergic adult asthmatics: a randomized, controlled clinical trial.

Lahmann C, Henningsen P, Schulz C, Schuster T, Sauer N, Noll-Hussong M, Ronel J, Tritt K, Loew T. Journal of Nervous and Mental Disorders. 2010 Feb; 198

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/20145487>

Functional relaxation and guided imagery as complementary therapy in asthma: a randomized controlled clinical trial.

Psychother Psychosom. 2009;78(4):233-9. Epub 2009 Apr 28. Lahmann C, Nickel M, Schuster T, Sauer N, Ronel J, Noll-Hussong M, Tritt K, Nowak D, Rohricht F, Loew T. Source: Department of Psychosomatic Medicine, Technische Universitat Munchen, Munich, Germany. lahmann@tum.de

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/19401624>



BACK PAIN

Mindfulness-based stress reduction for low back pain. A systematic review

BMC Complementary and Alternative Medicine 2012, 12:162 doi:10.1186/1472-6882-12-162

Holger Cramer*, Heidemarie Haller, Romy Lauche and Gustav Dobos

Abstract: <http://www.biomedcentral.com/1472-6882/12/162>

Mindfulness meditation for the treatment of chronic low back pain in older adults: a randomized controlled pilot study.

Pain. 2008 Feb;134(3):310-9. Epub 2007 Jun 1. Morone NE, Greco CM, Weiner DK. Source: Department of Medicine, Division of General Internal Medicine, University of Pittsburgh, Pittsburgh, PA, USA.
moronene@upmc.edu

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/17544212>

The dominant role of psychosocial risk factors in the development of chronic low back pain disability.

Spine (Phila Pa 1976). 1995 Dec 15;20(24):2702-9. Gatchel RJ, Polatin PB, Mayer TG. Source: Department of Psychiatry, University of Texas Southwestern Medical Center, Dallas, USA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/8747248>

Guided imagery for musculoskeletal pain: a systematic review.

Clin J Pain. 2011 Sep;27(7):648-53. doi: 10.1097/AJP.0b013e31821124a5.

Posadzki P¹, Ernst E.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/21430523>

The use of guided imagery to manage pain in an elderly orthopaedic population.

Orthop Nurs. 2004 Sep-Oct;23(5):335-40. Antall GF, Kresevic D. Source: Frances Payne Bolton School of Nursing, Shaker Heights, OH, USA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/15554471>

BINAURAL BEATS (The use of)

Neuromagnetic responses to binaural beat in human cerebral cortex.

J Neurophysiol. 2006 Oct;96(4):1927-38. Epub 2006 Jun 21. Karino S, Yumoto M, Itoh K, Uno A, Yamakawa K, Sekimoto S, Kaga K. Source: Department of Otolaryngology Head, Faculty of Medicine, University of Tokyo, Tokyo, Japan. karinos-tky@umin.ac.jp

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/16790592>

Binaural beat technology in humans: a pilot study to assess psychologic and physiologic effects.

J Altern Complement Med. 2007 Jan-Feb;13(1):25-32. Wahbeh H, Calabrese C, Zwickey H. Source: Helfgott Research Institute, National College of Natural Medicine, Portland, OR 97201, USA. hwahbeh@ncnm.edu

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/17309374>

Use of binaural beat tapes for treatment of anxiety: a pilot study of tape preference and outcomes.



Altern Ther Health Med. 2001 Jan;7(1):58-63. Le Scouarnec RP, Poirier RM, Owens JE, Gauthier J, Taylor AG, Foresman PA. Source Clinique Psyché in Montreal, Quebec.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/11191043>

BIPOLAR

Experience of mindfulness in people with bipolar disorder: a qualitative study.

Sychother Res. 2011 May;21(3):277-85. doi: 10.1080/10503307.2011.565487. Chadwick P, Kaur H, Swelam M, Ross S, Ellett L. Source: King's College London, Institute of Psychiatry, Dept of Psychology, London, UK. paul.chadwick@kcl.ac.uk

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/21480052>

Mindfulness-based Cognitive Therapy (MBCT) in bipolar disorder: Preliminary evaluation of immediate effects on between-episode functioning

J Affect Disord. 2008 April; 107(1-3): 275-279. doi: 10.1016/j.jad.2007.08.022 J.M.G. Williams, Y. Alatiq, C. Crane, T. Barnhofer, M.J.V. Fennell, D.S. Duggan, S. Hepburn, and G.M. Goodwin -- University of Oxford, Department of Psychiatry, Warneford Hospital, Warneford Lane, Headington, Oxford, OX3 7JX, UK J.M.G. Williams: mark.williams@psych.ox.ac.uk

Abstract: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2881943/>

Mindfulness-based cognitive therapy for bipolar disorder: a feasibility trial.

Eur Psychiatry. 2010 Oct;25(6):334-7. Epub 2010 Jun 18. Weber B, Jermann F, Gex-Fabry M, Nallet A, Bondolfi G, Aubry JM. Source: Geneva University Hospital, Department of Psychiatry, Bipolar Program, 6-8, rue du 31-Décembre, 1207 Geneva, Switzerland.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/20561769>

BRAIN PLASTICITY

Does meditation enhance cognition and brain plasticity?

Ann N Y Acad Sci. 2009 Aug;1172:63-9. Xiong GL, Doraiswamy PM. Source: Department of Psychiatry and Behavioral Sciences, University of California, Davis, Sacramento, California, USA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/19743551>

Exploring age-related brain degeneration in meditation practitioners

Article first published online: 7 AUG 2013 DOI: 10.1111/nyas.12217

Eileen Luders*

Abstract: <http://onlinelibrary.wiley.com/doi/10.1111/nyas.12217/abstract>

Long-term meditation is associated with increased gray matter density in the brain stem.

Neuroreport. 2009 Jan 28;20(2):170-4. Vestergaard-Poulsen P, van Beek M, Skewes J, Bjarkam CR, Stubberup M, Bertelsen J, Roepstorff A. Source: Center for Functionally Integrative Neuroscience, Aarhus University, Aarhus, Denmark. peterv@pet.auh.dk

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/19104459>



From alpha to gamma: electrophysiological correlates of meditation-related states of consciousness.

Med Hypotheses. 2010 Aug;75(2):218-24. Epub 2010 Mar 12. Fell J, Axmacher N, Haupt S. Source: Department of Epileptology, University of Bonn, Sigmund-Freud Str. 25, D-53105 Bonn, Germany. juergen.fell@ukb.uni-bonn.de

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/20227193>

Meditation May Make Information Processing In the Brain More Efficient

National Center for Complimentary and Alternative Medicine

Article: <http://nccam.nih.gov/research/results/spotlight/082307.htm>

The underlying anatomical correlates of long-term meditation: Larger hippocampal and frontal volumes of gray matter

NeuroImage 45 (2009) 672–678 - Eileen Luders ^a, Arthur W. Toga ^{a,*}, Natasha Lepore ^a, Christian Gaser ^b - a Laboratory of Neuro Imaging, Department of Neurology, UCLA School of Medicine, 635 Charles Young Drive South, Suite 225, Los Angeles, CA 90095-7334, USA ^b Department of Psychiatry, University of Jena, Philosophenweg 3, 07740 Jena, Germany

Abstract (cut and paste into browser): dbm.neuro.uni-jena.de/pdf-files/Luders-NI09.pdf

Relaxation response induces temporal transcriptome changes in energy metabolism, insulin secretion and inflammatory pathways.

PLoS One. 2013 May 1;8(5):e62817. doi: 10.1371/journal.pone.0062817. Print 2013.

Bhasin MK¹, Dusek JA, Chang BH, Joseph MG, Denninger JW, Fricchione GL, Benson H, Libermann TA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/23650531>

BREAST CANCER

Clinical Practice Guidelines on the Use of Integrative Therapies as Supportive Care in Patients Treated for Breast Cancer

J Natl Cancer Inst Monogr 2014;50:346–358

Heather Greenlee, Lynda G. Balneaves, Linda E. Carlson, Misha Cohen, Gary Deng, Dawn Hershman, Matthew Mumber, Jane Perlmutter, Dugald Seely, Ananda Sen, Suzanna M. Zick, Debu Tripathy; for the Society for Integrative Oncology Guidelines Working Group

Abstract:

<http://jncimono.oxfordjournals.org/content/2014/50/346.full.pdf#page=1&view=FitH>

Breast cancer survivors benefit from mindfulness

Breast cancer survivors who learned meditation techniques lowered their blood pressure, heart rate, and respiratory rate, research shows. — Mindfulness-based stress reduction may ease recovery for breast cancer survivors, researchers say.

Article: <http://www.futurity.org/health-medicine/breast-cancer-survivors-benefit-from-mindfulness/>

Abstract: <http://wijn.sagepub.com/content/33/8/996.abstract>



Immuno-modulatory effects of relaxation training and guided imagery in women with locally advanced breast cancer undergoing multimodality therapy: a randomised controlled trial.

Guided Imagery Up-Regulates Anti-Cancer Defenses in Breast Cancer Patients

Breast. 2009 Feb;18(1):17-25. Epub 2008 Nov 12. Eremin O, Walker MB, Simpson E, Heys SD, Ah-See AK, Hutcheon AW, Ogston KN, Sarkar TK, Segar A, Walker LG. Source: United Lincolnshire Hospitals NHS Trust, United Kingdom.

Abstract:

[http://www.ncbi.nlm.nih.gov/pubmed/18544286?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=1&log\\$=relatedarticles&logdbfrom=pubmed](http://www.ncbi.nlm.nih.gov/pubmed/18544286?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=1&log$=relatedarticles&logdbfrom=pubmed)

Imagery intervention for recovering breast cancer patients: clinical trial of safety and efficacy.

J Soc Integr Oncol. 2008 Spring;6(2):67-75. Freeman L, Cohen L, Stewart M, White R, Link J, Palmer JL, Welton D. Source: Mind Matters Research, Anchorage, AK 99507, USA. lfreeman@gci.net

Abstract:

[http://www.ncbi.nlm.nih.gov/pubmed/18544286?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=1&log\\$=relatedarticles&logdbfrom=pubmed](http://www.ncbi.nlm.nih.gov/pubmed/18544286?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=1&log$=relatedarticles&logdbfrom=pubmed)

Guided Imagery as treatment for anxiety and depression in breast cancer patients: A pilot study

By Lynne Campbell-Gillies. A dissertation submitted in partial fulfillment of the requirements for the degree of M.A. (Psychology) Faculty of Arts At the Rand Afrikaans University SUPERVISOR: DRA. BURKE 2003

Research Paper: <http://www.scribd.com/doc/6482600/Guided-Imagery-and-Depression>

CANCER

Information from The American Cancer Society about Meditation

<http://www.cancer.org/Treatment/TreatmentsandSideEffects/ComplementaryandAlternativeMedicine/MindBodyandSpirit/meditation>

American Cancer Society - Information on Guided Imagery and Cancer

Article:

<http://www.cancer.org/Treatment/TreatmentsandSideEffects/ComplementaryandAlternativeMedicine/MindBodyandSpirit/imagery>

MBSR Helps with Mental Health of Cancer Patients with Stress Reduction

Psychooncology. 2009 Jun;18(6):571-9. Ledesma D, Kumano H. Source: Department of Stress Science and Psychosomatic Medicine, Graduate School of Medicine, The University of Tokyo, Bunkyo-ku, Tokyo, Japan.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/19023879>

Cancer, cognitive impairment, and meditation.



Acta Oncol. 2009;48(1):18-26. Biegler KA, Chaoul MA, Cohen L. Source: Department of Behavioral Science, The University of Texas MD Anderson Cancer Center, Houston, TX 77230-1439, USA. kabiegler@mdanderson.org
 Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/19031161>

Stress, cancer and immunity. New developments in biopsychosocial and psychoneuroimmunologic research.

Acta Neurol (Napoli). 1991 Aug;13(4):315-27. Baltrusch HJ, Stangel W, Titze I. Source: Immunehematology, Transfusion Medicine, Bloodbank, Hannover Medical University, Germany.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/1781308>

Fatigue during breast cancer radiotherapy: an initial randomized study of cognitive-behavioral therapy plus hypnosis.

Health Psychol. 2009 May;28(3):317-22. Montgomery GH, Kangas M, David D, Hallquist MN, Green S, Bovbjerg DH, Schnur JB. Source: Department of Oncological Sciences, Mount Sinai School of Medicine, New York, NY 10029-6574, USA. guy.montgomery@mssm.edu

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/19450037>

Feasibility of a patient-controlled cognitive-behavioral intervention for pain, fatigue, and sleep disturbance in cancer.

Oncol Nurs Forum. 2010 May;37(3):E151-9. Kwekkeboom KL, Abbott-Anderson K, Wanta B. Source: School of Nursing, University of Wisconsin-Madison, WI, USA. Kwekkeboom@wisc.edu

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/20439200>

Gender, symptom experience, and use of complementary and alternative medicine practices among cancer survivors in the U.S. cancer population.

Oncol Nurs Forum. 2010 Jan;37(1):E7-E15. Fouladbakhsh JM, Stommel M. Source: College of Nursing, Wayne State University, Detroit, MI, USA. Dr.J@wayne.edu

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/20044334>

Immuno-modulatory effects of relaxation training and guided imagery in women with locally advanced breast cancer undergoing multimodality therapy: a randomised controlled trial.

Guided Imagery Up-Regulates Anti-Cancer Defenses in Breast Cancer Patients

Breast. 2009 Feb;18(1):17-25. Epub 2008 Nov 12. Eremin O, Walker MB, Simpson E, Heys SD, Ah-See AK, Hutcheon AW, Ogston KN, Sarkar TK, Segar A, Walker LG. Source: United Lincolnshire Hospitals NHS Trust, United Kingdom.

Abstract:

[http://www.ncbi.nlm.nih.gov/pubmed/18544286?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=1&log\\$=relatedarticles&logdbfrom=pubmed](http://www.ncbi.nlm.nih.gov/pubmed/18544286?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=1&log$=relatedarticles&logdbfrom=pubmed)

Imagery intervention for recovering breast cancer patients: clinical trial of safety and efficacy.

J Soc Integr Oncol. 2008 Spring;6(2):67-75. Freeman L, Cohen L, Stewart M, White R, Link J, Palmer JL, Welton D. Source: Mind Matters Research, Anchorage, AK 99507, USA. lfreeman@gci.net

Abstract:

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CARE GIVER FATIGUE / HEALTH CARE PROVIDERS

MAYO CLINIC - Effect of a single-session meditation training to reduce stress and improve quality of life among health care professionals: a "dose-ranging" feasibility study.

Altern Ther Health Med. 2011 May-Jun;17(3):46-9. Prasad K, Wahner-Roedler DL, Cha SS, Sood A. Source: Mayo Clinic College of Medicine, Rochester, Minnesota, USA.

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Nurses' experiences, expectations, and preferences for mind-body practices to reduce stress.



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Association of an Educational Program in Mindful Communication With Burnout, Empathy, and Attitudes Among Primary Care Physicians

Conclusions: Participation in a mindful communication program was associated with short-term and sustained improvements in well-being and attitudes associated with patient-centered care.

JAMA. 2009;302(12):1284-1293.doi:10.1001/jama.2009.1384 - Michael S. Krasner, MD; Ronald M. Epstein, MD; Howard Beckman, MD; Anthony L. Suchman, MD; Benjamin Chapman, PhD; Christopher J. Mooney, MA; Timothy E. Quill, MD

Article: <http://jama.ama-assn.org/content/302/12/1284.full?sid=85fd3188-23ea-4c53-a7b4-845e3ee6f203>

Short-term meditation training improves attention and self-regulation

This article shows that a group randomly assigned to 5 days of meditation practice with the integrative body-mind training method shows significantly better attention and control of stress than a similarly chosen control group given relaxation training.

E-mail: yiyuan@uoregon.edu or mposner@uoregon.edu

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The Use of Meditation and Mindfulness Practices to Support Military Care Providers: A Prospectus

November 2008 v2 (Feb 09) Center for Contemplative Mind in Society Northampton, MA by Maia Duerr

Paper: www.contemplativemind.org/.../MeditationforCareProviders.pdf

CHEMOTHERAPY

Imagery intervention for recovering breast cancer patients: clinical trial of safety and efficacy. Imagery Reduces Stress When Chemo Is Done

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manskyp@mail.nih.gov

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Mindfulness-Based Stress Reduction and Diabetes

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Holistic Nursing Practice: [January/February 2015 - Volume 29 - Issue 1 - p 13-21](#) doi: 10.1097/HNP.0000000000000062

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HIV/CANCER

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HEART / HIGH BLOOD PRESSURE

Feasibility and effectiveness of a brief meditation-based stress management intervention for patients diagnosed with or at risk for coronary heart disease: a pilot study.

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ARTICLE: July 2002, Vol 33, No. 7 - Print version: page 21

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IMMUNE SYSTEM

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ARTICLE: July 2002, Vol 33, No. 7 - Print version: page 21

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ARTICLE: The Importance of Stress Reduction - Chronic Stress May Cause Long-Lasting Epigenetic Changes

From Johns Hopkins Medicine - Date: 09/15/2010



Abstract:

[http://www.hopkinsmedicine.org/news/media/releases/chronic stress may cause long lasting epigenetic changes](http://www.hopkinsmedicine.org/news/media/releases/chronic_stress_may_cause_long.lasting_epigenetic_changes)

STRESS REDUCTION - in the WORKPLACE

Information about work stress management can be found at: <http://www.stress.org/>

Stress management at the worksite: reversal of symptoms profile and cardiovascular dysregulation.

Hypertension. 2007 Feb;49(2):291-7. Epub 2007 Jan 8. Lucini D, Riva S, Pizzinelli P, Pagani M. Source: Department of Clinical Sciences L. Sacco, University of Milan, Milan, Italy.

Abstract: <http://hyper.ahajournals.org/content/49/2/291.abstract>

Stress management in work settings: a critical review of the health effects.

“...Meditation produced the most consistent results across outcome measures...”

Am J Health Promot. 1996 Nov-Dec;11(2):112-35. Murphy LR. Source: National Institute for Occupational Safety and Health (NIOSH), Cincinnati, Ohio 45226, USA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/10163598>

A Randomized, Controlled Trial of Meditation for Work Stress, Anxiety and Depressed Mood in Full-Time Workers

Published online 2011 June 7. doi: 10.1155/2011/960583 - R. Manocha,^{1*} D. Black,² J. Sarris,^{3, 4} and C. Stough⁴.

¹Discipline of Psychiatry, Sydney Medical School, Royal North Shore Hospital, Sydney University, St Leonards, NSW 2065, Australia. ²Faculty of Health Sciences, Cumberland Campus C42, The University of Sydney, P.O. Box 170, Lidcombe, NSW 1825, Australia. ³Department of Psychiatry, The University of Melbourne, Melbourne, VIC 3121, Australia ⁴NICM Collaborative Centre for Neurocognition, Swinburne University of Technology, Melbourne, Australia - R. Manocha: Email: r.manocha@healthed.com.au

Abstract: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3118731/>

The effectiveness of current approaches to workplace stress management in the nursing profession: an evidence based literature review

Occup Environ Med. 2003 January; 60(1): 10–15. doi: 10.1136/oem.60.1.10C Mimura and P Griffiths - Florence Nightingale School of Nursing and Midwifery, King's College London, UK.

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STROKE

Mental practice with motor imagery in stroke recovery: randomized controlled trial of efficacy.

Brain. 2011 May;134(Pt 5):1373-86. Epub 2011 Apr 22. Ietswaart M, Johnston M, Dijkerman HC, Joice S, Scott CL, MacWalter RS, Hamilton SJ. Source: Department of Psychology, School of Life Sciences, Northumbria University, Newcastle upon Tyne NE1 8ST, UK. magdalena.ietswaart@unn.ac.uk

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/21515905>



Cortical plasticity following motor skill learning during mental practice in stroke.

Neurorehabil Neural Repair. 2009 May;23(4):382-8. Epub 2009 Jan 20. Page SJ, Szaflarski JP, Eliassen JC, Pan H, Cramer SC. Source: Department of Physical Medicine and Rehabilitation, University of Cincinnati Academic Medical Center, Cincinnati, Ohio 45267-0394, USA. stephen.page@uc.edu

Abstract:

http://www.ncbi.nlm.nih.gov/pubmed/19155350?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=4

A randomized controlled trial of mental imagery augment generalization of learning in acute post stroke patients.

Stroke. 2009 Jun;40(6):2222-5. Epub 2009 Apr 23. Liu KP, Chan CC, Wong RS, Kwan IW, Yau CS, Li LS, Lee TM.

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http://www.ncbi.nlm.nih.gov/pubmed/19390069?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum

Home-based motor imagery training for gait rehabilitation of people with chronic poststroke hemiparesis.

Arch Phys Med Rehabil. 2008 Aug;89(8):1580-8. Dunsky A, Dickstein R, Marcovitz E, Levy S, Deutsch JE. Source: The Zinman College of Physical Education and Sport Sciences, Wingate Institute, Netanya, Israel. ayelet@wincol.ac.il

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/18674992>

Mind the bend: cerebral activations associated with mental imagery of walking along a curved path.

Exp Brain Res. 2008 Nov;191(2):247-55. Epub 2008 Aug 12. Wagner J, Stephan T, Kalla R, Brückmann H, Strupp M, Brandt T, Jahn K. Source: Department of Neurology, Ludwig-Maximilians University, Klinikum Grosshadern, Marchioninistrasse 15, 81377 Munich, Germany. Judith.Wagner@med.uni-muenchen.de
Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/18696057>

Cortical activation during executed, imagined, and observed foot movements.

Source: Department of Neurology & Anatomy, University of California, Irvine, CA 92868, USA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/18382275>

SUBSTANCE ABUSE

The emerging role of meditation in addressing psychiatric illness, with a focus on substance use disorders.

Harv Rev Psychiatry. 2009;17(4):254-67. doi: 10.1080/10673220903149135.

Dakwar E¹, Levin FR.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/19637074>

Adolescents, substance abuse, and the treatment of insomnia and daytime sleepiness

[doi:10.1016/j.cpr.2005.04.007](https://doi.org/10.1016/j.cpr.2005.04.007), Clinical Psychology Review, Volume 25, Issue 5,

July 2005, Pages 629–644

Richard R. Bootzin, Sally J. Stevens



Abstract: <http://www.sciencedirect.com/science/article/pii/S0272735805000334>

Editorial Mindfulness-Based Therapies for Substance Use Disorders: Part 2

Subst Abus. 2010 Apr; 31(2): 77–78.

doi: 10.1080/08897071003641248

Aleksandra Zgierska, MD, PhD and Marianne T. Marcus, EdD, RN, FAAN

Abstract: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2888107/>

SURGERY - PRE/POST

A brief relaxation intervention reduces stress and improves surgical wound healing response: a randomized trial.

Brain Behav Immun. 2012 Feb;26(2):212-7. Epub 2011 Jun 28., Broadbent E, Kahokehr A, Booth RJ, Thomas J, Windsor JA, Buchanan CM, Wheeler BR, Sammour T, Hill AG. Source: Department of Psychological Medicine, The University of Auckland, New Zealand. e.broadbent@auckland.ac.nz

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/21741471>

Presurgical stress management improves postoperative immune function in men with prostate cancer undergoing radical prostatectomy.

Psychosomatic Medicine. 2011 Apr;73 (3)pages :218-25. Epub 2011 Jan 21. Cohen L, Parker PA, Vence L, Savary C, Kentor D, Pettaway C, Babaian R, Pisters L, Miles B, Wei Q, Wiltz L, Patel T, Radvanyi L. lcohen@mdanderson.org

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The impact of foot massage and guided relaxation following cardiac surgery: a randomized controlled trial.

Journal of Advanced Nursing. 2002 Jan;37 (2): pages 199-207. Hattan J, King L, Griffiths P. jenniehattan@netscapeonline.co.uk

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Guided imagery in cardiac surgery.

Outcomes Manag. 2002 Jul-Sep;6(3):132-7. Halpin LS, Speir AM, CapoBianco P, Barnett SD. Source: Inova Heart Center, Inova Fairfax Hospital, 3300 Gallows Road, Falls Church, VA 22042, USA. linda.halpin@inova.com

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/12134377>

Guided imagery as a coping strategy for perioperative patients.

AORN J. 1997 Oct;66(4):644-9. Tusek D, Church JM, Fazio VW. Source: Guided Imagery Program, Cleveland Clinic Foundation, USA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/9337466>

A study of efficacy and cost-effectiveness of guided imagery as a portable, self-administered, presurgical intervention delivered by a health plan.

Adv Mind Body Med. 2007 Summer;22(1):8-14. Schwab D, Davies D, Bodtker T, Anaya L, Johnson K, Chaves M. Source: Blue Shield of California Foundation, USA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/20671338>



Effects of relaxation with guided imagery on surgical stress and wound healing.

Res Nurs Health. 1988 Aug;11(4):235-44. Holden-Lund C. Source: Southeastern Louisiana University School of Nursing, Hammond 70402.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/3043570>

Effects of guided imagery on postoperative outcomes in patients undergoing same-day surgical procedures: a randomized, single-blind study.

AANA J. 2010 Jun;78(3):181-8 Gonzales EA, Ledesma RJ, McAllister DJ, Perry SM, Dyer CA, Maye JP. Source: Wilford Hall Medical Center, Lackland Air Force Base, San Antonio, Texas, USA. eric.gonzales@us.af.mil

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/20572403>

http://www.aana.com/newsandjournal/Documents/effectsguided_0610_p181-188.pdf

A pilot study to assess the effects of a guided imagery audiotape intervention on psychological outcomes in patients undergoing coronary artery bypass graft surgery.

Holist Nurs Pract. 2010 Jul-Aug;24(4):213-22., Stein TR, Olivo EL, Grand SH, Namerow PB, Costa J, Oz MC. Source: Division of Pain Medicine, Department of Anesthesiology, Columbia University, New York, NY 10032, USA. ts2007@columbia.edu

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/20588130>

WEIGHT LOSS / OBESITY

Adding targeted mental imagery to implementation intentions increases fruit consumption.

Psychol Health. 2011 May;26(5):601-17. Epub 2011 Feb 18. Knäuper B, McCollam A, Rosen-Brown A, Lacaille J, Kelso E, Roseman M. Source: Department of Psychology, McGill University, Montreal, QC H3A1B1, Canada. barbel.knauper@mcgill.ca

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/21337259>

Acute effects of stress-reduction Interactive Guided Imagery(SM) on salivary cortisol in overweight Latino adolescents.

J Altern Complement Med. 2009 Mar;15(3):297-303. Weigensberg MJ, Lane CJ, Winners O, Wright T, Nguyen-Rodriguez S, Goran MI, Spruijt-Metz D. Source: Department of Pediatrics, Preventive Medicine, University of Southern California, Los Angeles, CA 90033, USA. weigensb@usc.edu

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Stress reactivity to and recovery from a standardised exercise bout: a study of 31 runners practising relaxation techniques.

Br J Sports Med. 2000 Aug;34(4):268-72. Solberg EE, Ingjer F, Holen A, Sundgot-Borgen J, Nilsson S, Holme I. Source: Department of Medicine, Ullevål University Hospital, Oslo, Norway. erik.solberg@ioks.uio.no

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/10953899>

Bringing more effective tools to the weight-loss table

Psychologists help Americans slim down through self-monitoring, augmented behavioral therapies and meditation, among other strategies. By LEIGH E. RICH - January 2004, Vol 35, No. 1 - Print version: page 52



Article Link: <http://www.apa.org/monitor/jan04/bringing.aspx>

YOGA

Preliminary study of a YOGA program to catalyze health behavior change

NIH Project Number: 5R34AT007197-02; MASSACHUSETTS GENERAL HOSPITAL

Contact PI / Project Leader: LAZAR, SARA W

Abstract:

http://projectreporter.nih.gov/project_info_description.cfm?aid=8726902&icde=18114901

A pilot study of YOGA for breathing and quality of life of lung cancer patients NIH

Project Number: 1R15CA169994-01A1

Contact PI / Project Leader: FOULADBAKHSH, JUDITH MARIE

Abstract:

http://projectreporter.nih.gov/project_info_description.cfm?aid=8497000&icde=18114901

RCT of Hatha Yoga for persistent depression

NIH Project Number: 5R01NR012005-04

Contact PI / Project Leader: UEBELACKER, LISA A

Abstract:

http://projectreporter.nih.gov/project_info_description.cfm?aid=8605465&icde=18114901

Evaluation of Yoga for substance use risk factors in the high school setting

NIH Project Number: 5R34DA032756-03

Contact PI / Project Leader: KHALSA, SAT BIR SINGH

Abstract:

http://projectreporter.nih.gov/project_info_description.cfm?aid=8699176&icde=18114901

Yoga therapy to improve function among veterans with chronic low back pain

NIH Project Number: 5I01RX000474-03;

Contact PI / Project Leader: GROESSL, ERIK J

Abstract:

http://projectreporter.nih.gov/project_info_description.cfm?aid=8838158&icde=18114901

Yoga-based symptom management for metastatic breast cancer

NIH Project Number: 5R01AT007572-02; Duke University

Contact PI / Project Leader: [PORTER, LAURA S](#)

Abstract:

http://projectreporter.nih.gov/project_info_description.cfm?aid=8726903&icde=18114901

Relaxation response induces temporal transcriptome changes in energy metabolism, insulin secretion and inflammatory pathways.

PLoS One. 2013 May 1;8(5):e62817. doi: 10.1371/journal.pone.0062817. Print 2013.

Bhasin MK¹, Dusek JA, Chang BH, Joseph MG, Denninger JW, Fricchione GL, Benson H, Libermann TA.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/23650531>



Yoga to enhance behavioral self-management of urinary incontinence in women

NIH Project Number: 1R34AT008028-01A1; University of California, San Francisco

Contact PI / Project Leader: HUANG, ALISON

Abstract:

http://projectreporter.nih.gov/project_info_description.cfm?aid=8767728&icde=18114901**Impact of Yoga practice on self-control in abstinent nicotine dependent smokers**

NIH Project Number: 1R21DA035877-01A1; Oregon Health & Science University

Contact PI / Project Leader: CARIM TODD, LAURA

Abstract:

http://projectreporter.nih.gov/project_info_description.cfm?aid=8701652&icde=18114901**Curcumin and Yoga Exercise Effects in Veterans at Risk for Alzheimer's Disease**

NIH Project Number: 1I01RX000669-01A2; VA Greater Los Angels Healthcare System

Contact PI / Project Leader: FRAUTSCHY, SALLY ANN

Abstract:

http://projectreporter.nih.gov/project_info_description.cfm?aid=8976082&icde=18114901**The treatment of depression with Yoga and Walking**

NIH Project Number: 5R01AT007483-03; Boston University Medical Campus

Contact PI / Project Leader: STREETER, CHRIS CONWAY

Abstract:

http://projectreporter.nih.gov/project_info_description.cfm?aid=8688155&icde=18114901

We hope that this document can be helpful in recognizing the effectiveness of meditation, guided imagery as stress reduction techniques. We have taken the time to compile a number of scientific studies that have been shown to have positive results. If you DON'T see the your specific issue in the document – it would be good for you to do your own research on how mediation and guided imagery can help you. There are thousands of studies that have taken place that are not mentioned in this document and more information is coming out every week.



Here are just a few Hospitals, organizations that you might be familiar with that are using currently using CAM practices. This list is just a very small cross section using meditation and Guided Imagery. It's meant to spark your interest as to where else it can be introduced.

Johns Hopkins University Hospital, MD
Cleveland Clinic, OH
Cleveland Clinic Heart Surgery, OH
University Hospitals, Cleveland OH
Mayo Clinic, MN
MD Anderson, Houston TX
Beth Israel Deaconess Medical Center, Boston MA
Harvard Medical School, Boston MA
Memorial Sloan-Kettering Cancer Center, New York
Montefiore Medical Center, New York
New York University Cancer Institute, New York NY
New York University Hassenfeld Children's Cancer Center, New York NY
New York University Fertility Center, New York NY
New York University Langone Medical Center, New York NY
NY-Presbyterian/Columbia, New York NY
Massachusetts General Hospital, MA
University of Maryland Medical Center, Baltimore MD
Duke Integrative Medicine, Durham, N.C.
Wake Forest Baptist Medical Center, Winston-Salem, N.C.
University of Pennsylvania Medical Center, PA
Georgetown Medical School, Wash DC
Yale School of Medicine, New Haven CT
Stanford Hospital and Clinics, Palo Alto CA
Hartford Hospital, CT
Washington Hospital Center, Wash DC
University of Wisconsin Hospital, WI
Ashville Hospital, NC
Children's Hospital of Los Angeles, CA
Seattle Veterans Hospital, WA
VA Puget Sound Health Care System, WA
American Cancer Society – Nationwide
American Heart Association
Kaiser Permanente Health Insurance
Aetna Insurance
Cancer Treatment Centers of America, Nationwide
US Army
Florida Bar Association
Yale Law School
Hearst Publications
Google
Apple



Nike
 AOL Time Warner
 Huffington Post
 Proctor & Gamble
 HBO
 Deutsche Bank
 General Mills
 eBay
 GlaxoSmithKline

Financial Times Article about Meditation in Business:

<http://www.ft.com/cms/s/2/d9cb7940-ebea-11e1-985a-00144feab49a.html#axzz2WEjqQzQx>

Here is the WEBLINK to download a 2011 study by the **Samueli Institute** and The Health Forum:

http://www.samueliinstitute.org/File%20Library/Our%20Research/OHE/CAM_Survey_2010_oct6.pdf

This Document is intended for personal use and to inform.

If you are interested in learning more – it's important that you do your own research on this subject.

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NOTES:



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