

Ask Well: The Health Benefits of Meditation

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The New York Times:

Meditation has long been used to induce calm and physical relaxation. But research on its potential uses for treating medical problems “is still in its very early stages,” and designing trials can be challenging, said Richard J. Davidson, a neuroscientist who founded the Center for Investigating Healthy Minds at the Waisman Center, at the University of Wisconsin-Madison. “So it’s not surprising the scientific literature is filled with mixed findings at this point in time.”

...

Some studies have suggested meditation may help reduce blood pressure in young adults at risk of hypertension, ease anxiety and bolster quality of life in cancer patients, and reduce the incidence, severity and duration of acute respiratory illnesses like flu. A 2010 review of the research reported that meditation and other mind-body therapies may help relieve some common menopausal symptoms like hot flashes.

Read the whole story: [The New York Times](#)