

Meditation improves the immune system, research shows

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The Telegraph:

The practice – an essential part of Buddhist and Indian Yoga traditions – has entered the mainstream as people try to find ways to combat stress and improve their quality of life.

Now new research suggests that mindfulness meditation can have benefits for health and performance, including improved immune function, reduced blood pressure and enhanced cognitive function.

The study, published in the latest issue of the journal *Perspectives on Psychological Science*, draws on existing scientific literature to attempt to explain the positive effects.

Read the full story: [The Telegraph](#)