

# **Want to stay well? Try meditation: Study claims it boosts our minds and immune systems**

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*The Daily Mail:*

Meditation can boost our immune system and improve our mental health according to scientists.

Researchers from Harvard University and Justus Liebig University discovered that the ancient religious tradition has various health benefits and can be used as an effective clinical treatment.

Key findings, published in the journal *Perspectives on Psychological Science*, revealed that meditation can lead to an improved immune function, reduced blood pressure and enhanced cognitive function.

But now experts say that the research, based on existing scientific literature, proves it is more than a vague remedy and has important health implications.

Read the whole story: [\*The Daily Mail\*](#)

