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American Heart Association: Transcendental Meditation a Proven Approach to Lowering Blood Pressure, Doctors May Consider in Clinical Practice

1 in Every 3 American Adults Suffers from High Blood Pressure

David Lynch Foundation Brings Transcendental Meditation to At-Risk Populations

New York, NY – May 21, 2013: A new report issued in April by the American Heart Association shows Transcendental Meditation is effective in reducing blood pressure. The report concludes that Transcendental Meditation (TM) may be considered as an alternative approach to lowering both systolic and diastolic blood pressure in people with high blood pressure.

Beyond Medications and Diet: Alternative Approaches to Lowering Blood Pressure evaluates numerous alternative therapies including TM and other forms of meditation. The study finds that TM is the **only** form of meditation proven to lower blood pressure in patients with hypertension. The study further concludes that TM is the **only** form of meditation doctors may recommend in clinical practice, whereas “other meditation techniques are not recommended in clinical practice at this time.”

High blood pressure and hypertension are associated with greater risk for heart attack and stroke, and heart disease is the leading cause of death in the United States. A 2011 American Heart Association (AHA) study reports that high blood pressure costs the nation \$47.5 billion annually. TM is an inexpensive, non-drug, non-dietary supplementary treatment that physicians may consider as part of a treatment plan for high blood pressure and heart disease.

“Studies of this type are important for helping us understand the unique medical value of TM. We see the health benefits of TM every day in our work with at-risk communities, and now know that TM will continue to benefit these communities in an even broader way,” said Bob Roth, Executive Director of the David Lynch Foundation.

The David Lynch Foundation is a nonprofit organization working to bring TM to underserved communities and at-risk populations. The organization also funds research on the effectiveness of TM on academic performance, ADHD, anxiety and stress-related disorders, depression, substance abuse, heart disease, PTS and diabetes.

The benefits of meditation have been studied and found effective by the **Harvard School of Medicine**, the **National Institutes of Health**, the **U.S. Department of Defense** and the **American Medical Association**. In January 2013 the **U.S. Department of Veterans Affairs** announced a \$2.4 million study on TM as a form of treatment for U.S. veterans suffering from PTS. Meditation has been proven to reduce acute and chronic stress and stress-related disorders, decrease anxiety and

depression, help individuals overcome addictions and simultaneously develop the brain and creative potential of the individual for a healthy, productive and self-sufficient life.

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About The David Lynch Foundation

The David Lynch Foundation, a 501(c)(3) organization, was established in 2005 to fund the implementation of scientifically proven stress-reducing modalities including Transcendental Meditation, for at-risk populations such as underserved inner-city students; veterans with PTSD and their families; women and girls who have been victims of violence, rape, and abuse, American Indians suffering from diabetes and high suicide rates; homeless adults and teens participating in reentry programs; and incarcerated adults and juveniles. For more information, visit www.davidlynchfoundation.org.

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