

Meditation Found to Cut Risk in Half of Death, Heart Attack, or Stroke in African Americans

By David Sheon | Apr 16, 2013

Here's an idea that every person alive can do, costs nothing, and takes as little as 20 minutes a day: Meditate.

A recent peer reviewed, published study shows why:

“Meditation is usually thought of as a practice of healthy, well-off white people and Asians. But newly published research suggests it can produce hugely significant health benefits in a very different demographic group: African Americans with heart disease.

“A study that followed 201 African Americans for an average of five years found those who meditated regularly were far more likely to avoid three extremely unwelcome outcomes. Compared to peers participating in a health-education program, meditators were, in that period, 48 percent less likely to die, have a heart attack, or suffer a stroke.

Read more about the research here, and to access information regarding the technique of Transcendental Meditation as well as evidence-based benefits, you can visit this website.

What are ways we can encourage more people to meditate? We'd love to hear more about what works, what doesn't when it comes to meditation to improve health outcomes. Please share links to any evidence-based findings!

To read this post on RWHC Blog, [click here](#).