

Physical Effects of Meditation Relaxation

Benson, H. et al. (1982) "Body temperature changes during the practice of gTum-mo yoga (Letter)," *Nature*; 298; 402

Delmonte, M.M. (1984) "Electrocortical Activity and Related Phenomena Associated with Meditation Practice: A Literature Review," *International Journal of Neuroscience*; 24; 217-231

Herzog, H. et al.(1990-91) "Changed Pattern of Regional Glucose Metabolism during Yoga Meditative Relaxation," *Neuropsychobiology*; 23; 182-187

Hofflian, J.W. et al. (1982), "Reduced Sympathetic Nervous System Responsivity Associated with the Relaxation Response," *Science*; 215; 190-92.

Jevning, R. et al. (1978) "Plasma Prolactin and Growth Hormone during Meditation," *Psychosomatic Medicine*; 40(4); 329-331

Jevning, R. et al. (1996) "Effects of Regional Cerebral Blood Flow of Transcendental Meditation," *Physiology & Behavior*; 59(3); 399-402

Kesterson, J. & Clinch, N.F. (1989) "Metabolic rate, respiratory exchange ratio, and apneas during meditation," *The American Physiological Society*; 89; R632-R638

Massion, A.H. et al. (1995) Meditation, Melatonin and Breast/Prostate Cancer: Hypothesis and Preliminary Data," *Medical Hypothesis*; 44; 39-46

Narayan, R. et al. (1990) "Quantitative Evaluation of Muscle Relaxation Induced by Kundalini Yoga with the Help of EMG Integrator," *Indian Journal of Physiology & Pharmacology*; 34(4); 279-81

Sudsuang, R. et al. (1990) "Effect of Buddhist Meditation on Serum Cortisol and Total Protein Levels, Blood Pressure, Pulse Rate, Lung Volume and Reaction Time," *Physiology and Behavior*; 50; 543-548

Telles, S. et al (1995) "Autonomic Changes During "OM" Meditation," *Indian Journal of Physiology & Pharmacology*; 39(4); 418-420

Telles, S. & Desiraju, T. (1992) "Heart Rate and Respiratory Changes Accompanying Yogic Conditions of Single Thought and Thoughtless States," *Indian Journal of Physiology & Pharmacology*; 36(4); 293-294

Warrenburg, S. et al (1980) "A Comparison of Somatic Relaxation and EEG Activity in Classical Progressive Relaxation and Transcendental Meditation," *Journal of Behavioral Medicine*; 3(1); 73-93

Wilson, A.F. et al. (1987) "Marked Reduction of Forearm Carbon Dioxide Production during States of Decreased Metabolism," *Physiology & Behavior*; 41; 347-352