



Dr. Dennis Perman ::

Message of The Week



Harvard Researchers Says Yoga And Meditation Are Good For You

January 13, 2014

Dear Doctor:

I received this Bloomberg News post, written by Makiko Kitamura, from dear friend and Winners Circle alumnus Dr. Roberta Walcutt of Hyannis, Massachusetts. She and her multi-talented husband, Dr. Mark Walcutt, run an outstanding chiropractic practice, as well as a noted T'ai Chi school, and I appreciate her sharing these valuable insights with us.

A Harvard Medical School psychiatrist, Dr. John Denninger, is conducting a five-year study on the effects of yoga and meditation on health and disease. The research concentrates on genetic and brain activity in chronically stressed people. Amazingly, his early findings suggest that mind-body techniques do more than just create relaxation -- they actually switch on and off some of the genes relating to stress and immune system function.

Numerous papers have been written on the positive benefits of yoga and meditation, but they have relied primarily on questionnaires, heart rate and blood pressure monitoring and subjective feedback. This study differs in that it uses harder science, like neuro-imaging and genomics technology, to measure more precisely the changes in physiology.

The study demonstrates that as little as a single session of this type of relaxation-response practice, even for a complete novice, was enough to improve upon genetic expression in energy and insulin metabolism, and reset genetic expression related to the inflammatory response and stress, a legitimate reason to consider making yoga and meditation a habit.

Dr. Denninger, the director of the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital, one of Harvard's top teaching clinics, said his observations confirmed that the effects of yoga and meditation impact the entire body.

In a related study, UCLA researchers, along with Nobel Prize winner Dr. Elizabeth Blackburn, showed that as little as twelve minutes of daily yoga and meditation for two months increased the activity of telomerase, the "immortality" enzyme, by 43%. Dr. Blackburn's award-winning research showed that telomerase slows cellular aging.

So, stress-related problems like hypertension, depression, infertility and a laundry list of other conditions could be positively influenced by incorporating yoga, meditation and breathing techniques into normal lifestyle. The Benson-Henry Institute claims that as much as 60-90% of the doctor visits in the US come from such health issues. If that is even close to accurate, it points out the necessity for directing attention at the grass roots level to including stress-relaxation practices in our daily routines.

We chiropractors have a specialized perspective on stress, filtering it through our focus on the brain and nerve system. Let's look forward to more Nobel Prize level scientists investigating how chiropractic reduces stress and extends longevity. It's consistent with Dr. Clay Campbell's serum thiol studies as a predictor of serious illness and physiological age -- chiropractic care changes people's genetic expression, because it reduces molecular stress. The puzzle pieces are coming together, and it's only a matter of time before chiropractic is included on this list of stress reduction disciplines.

Dennis Perman DC,
for The Masters Circle

PS - Want to make 2014 your best yet? Please let The Masters Circle serve you, with seminars, products and coaching -- let's spread the word of chiropractic and help as many people as possible!