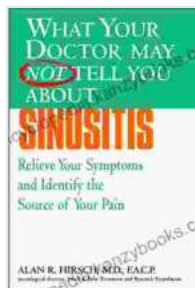


What Your Doctor May Not Tell You About TM: The Transcendental Meditation Technique



What Your Doctor May Not Tell You About(TM): Sinusitis: Relieve Your Symptoms and Identify the Source of Your Pain (What Your Doctor May Not Tell You About...) by Alan R. Hirsch

★★★★☆ 4.1 out of 5

Language : English
File size : 818 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 256 pages



Transcendental Meditation (TM) is a simple, effective technique that has been shown to reduce stress, improve health, and promote well-being. However, many doctors are not aware of the benefits of TM, and as a result, they may not recommend it to their patients.

This article will explore the science behind TM and explain how it can benefit your health.

What is Transcendental Meditation?

TM is a specific type of meditation that was developed by Maharishi Mahesh Yogi in the 1950s. It is a simple, effortless technique that can be learned in a few hours.

TM is practiced for 20 minutes twice a day, sitting comfortably with your eyes closed. During TM, you silently repeat a mantra, which is a word or phrase that has no specific meaning.

The mantra helps to focus the mind and allow the body to relax deeply.

The Science Behind TM

TM has been the subject of numerous scientific studies, which have shown that it has a wide range of benefits for both physical and mental health.

TM has been shown to reduce stress, lower blood pressure, improve sleep, and boost the immune system.

TM has also been shown to improve cognitive function, increase creativity, and promote emotional well-being.

The Benefits of TM

TM can provide a wide range of benefits for your health, including:

- Reduced stress
- Lower blood pressure
- Improved sleep
- Boosted immune system
- Improved cognitive function
- Increased creativity
- Promoted emotional well-being

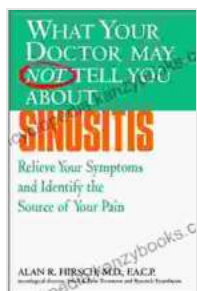
How to Learn TM

TM is a simple, effective technique that can be learned in a few hours. It is taught by certified TM teachers, who can guide you through the learning process.

If you are interested in learning TM, you can find a certified TM teacher in your area by visiting the TM website.

TM is a simple, effective technique that can have a profound impact on your health and well-being. If you are looking for a way to reduce stress, improve your health, and promote your well-being, TM is a great option.

Talk to your doctor to see if TM is right for you.



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