

CHEMICAL BENEFITS OF MEDITATION

INCREASES GABA (Neurotransmitter): GABA (gamma amino butyric acid) is one of the major inhibitory neurotransmitters in the central nervous system and is best known for **stabilizing mood disorders**. Anxiety, tension, insomnia, and epilepsy are believed to be due to the **failure to produce adequate levels of GABA**. In a study at Yale, people with panic disorder were found to have **22% less GABA** than people without panic disorder. Addicts, including those addicted to alcohol, drugs, tobacco, caffeine, food, gambling, and even shopping, all have one thing in common; not enough of the inhibitory neurotransmitter GABA.

INCREASES DHEA (hormone): Low levels of DHEA (Dehydroepiandrosterone) are strongly associated with heart attack risk, diabetes, cancer, osteoporosis, rheumatoid arthritis, obesity, and chronic fatigue. It enhances memory, alleviates depression, and causes a remarkable improvement in a person's sense of psychological and physical well-being. DHEA so strongly supports the immune system that many scientists have become convinced that a deficiency of this very hormone factors extensively in the immune system's collapse during old age. It improves sleep, seems to decrease stress, and increase the sex drive in some people.

INCREASES MELATONIN (hormone): Melatonin is a hormone manufactured in the brain by the pineal gland, from the amino acid tryptophan. Levels of melatonin in the blood peak before bedtime and its function is to create restful sleep. Stress significantly lowers melatonin levels. Research has also revealed that it is a powerful antioxidant.

INCREASES SERATONIN (hormone): Serotonin is a main neurotransmitter and neuropeptide that influences mood and behavior in many ways. Depleted serotonin levels are linked to depression, obesity, insomnia, narcolepsy, sleep apnea, migraine headaches, premenstrual syndrome, and fibromyalgia. It is used in treating anxiety and depression related disorders, drugs like Prozac, Paxil, and Zoloft boost serotonin.

INCREASES ENDORPHINS (neurotransmitter): Endorphins are a category of neurotransmitters created by the body and used internally as a pain killer. This category of compounds gives an all-encompassing sense of happiness. They are thought to reduce blood pressure and have been linked in the fight against cancer. Endorphins are most well known to those who exercise, producing what is known as 'runner's high'. Endorphins are extremely beneficial plus they make you feel really good.

INCREASES HGH (hormone): Your body naturally produces growth hormone – it stimulates growth throughout your childhood and sustains your tissues and organs all the way through your life. Starting in your 40s, your pituitary gland, the pea-sized structure at the base of your brain where growth hormone is produced, gradually decreases the amount of HGH it creates. The body's diminishing supply of HGH causes the frailty that comes with aging - decreased bone density, decreased muscle mass, more body fat, weakening heart contractions, poor mood and motivation, and poor exercise capacity.

DECREASES CORTISOL (stress hormone): Higher and more prolonged levels of Cortisol, an age accelerating hormone, in the bloodstream has been found to have effects such as decreased bone density, elevated blood pressure, suppressed thyroid function, weakened cognitive performance, chronic stress, blood sugar imbalances such as hyperglycemia, decrease in muscle tissue, lowered immunity and inflammatory responses in the body, increased abdominal fat, which is related to many more health problems than fat deposited in other areas of the body, heart attacks, strokes, the increase of higher levels of "bad" cholesterol (LDL) and lower levels of "good" cholesterol (HDL), which leads to other health problems.

IMPROVES PH BALANCE: PH scale goes from 0-14, 0-7 = acidic, 7 = neutral, and 7-14 = alkaline. All people with disease, from diabetes to cancer (especially cancer), have an acidic PH. Researchers have proven that meditation alone, without any changes in exercise or diet, can raise the PH to healthier levels