



Meditation as Medication

MEDITATORS may seem serious, but taking time to clear your mind can boost your spirits—and your immunity. That’s the word from scientists at the University of Wisconsin. Psychologist Richard J. Davidson and colleagues gave 41 people a flu vaccine. A little more than half of the subjects learned to meditate and followed a regular schedule of “Om time” for an hour a day, six days a week. Another group just got the vaccine. After eight weeks, meditators had higher levels of flu-fighting antibodies. They were also better able to deal with stress and had increased activity in the area of the brain linked to good moods.