



Meditation as Medicine: Activate the Power of Your Natural Healing Force

Dharma Singh Khalsa M.D. M.D., Cameron Stauth

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"*Meditation As Medicine* is a new concept, but the techniques that it uses are ancient....The authors of this book explain those techniques in a clear and engaging manner, making their relevance to the prevention and treatment of disease very obvious. I found much practical advice here."

-- Andrew Weil, M.D., author of *Spontaneous Healing* and *Eating Well for Optimum Health*

In medicine, the mind, body, and spirit are one, and miraculous healing only occurs when that powerful triad is united.

Imagine being able to rid yourself of a host of medical or psychological maladies without medication or psychotherapy. You can -- with noninvasive Medical Meditation, proven effective and one of the most overlooked forms of therapy available today.

Backed by scientific research and presented here by Dr. Dharma Singh Khalsa and Cameron Stauth, bestselling authors of *Brain Longevity* and *The Pain Cure*, Medical Meditation utilizes an array of remarkable techniques that revolutionize how doctors and patients approach the healing process. Each Medical Meditation has a specific physiological effect, targeting afflictions from arthritis to ulcers to cancer. The clinical precision of this method is extraordinary, yet the meditations are surprisingly simple and can be done on your own, at home, at your own pace. Practiced in conjunction with conventional or alternative medical treatments, Medical Meditation activates the healing force within you.

Medical Meditation balances and regenerates the body's ethereal and physical energies, forging an extraordinary healing alliance. Dr. Khalsa details the five unique attributes that endow this type of meditation with far more power than standard meditation: special postures and movements; exact positioning of the hands and fingers; particular mantras; specific breathing patterns; and a unique focus of concentration. The combination of those elements can change your entire profile of endocrine, neurotransmitter, and hormonal secretions, easing you into a calm, healing state.

This is not the meditation of yesterday. This cutting-edge advance in integrative medicine will help you live a healthier, pain-free, more balanced life.

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