

NEW U.S. GUIDELINE RECOGNIZES TRANSCENDENTAL MEDITATION FOR HIGH BLOOD PRESSURE

Included in the 2025 American Heart Association / American College of Cardiology guideline as a lifestyle approach for lowering blood pressure.



Source: 2025 ACC/AHA Guideline on High Blood Pressure. *J Am Coll Cardiol.* 2025. doi:10.1016/j.jacc.2025.05.007