

HOW MEDITATION IMPROVES A SENIOR'S HEALTH



Improved Digestive Function:

When you take a deep breath it helps improve circulation while boosting blood oxygen levels. Practicing regular meditation helps seniors to improve digestive function.



Slowing Alzheimer's Progression:

Combining breathing exercises & meditation may slow the progression of Alzheimer's disease and dementia. Meditation protects the brain against the damaging effects of stress and anxiety.



A Sharper and More Focused Mind:

Meditation helps to improve creativity, focus, and cognitive skills.



Reduces Feelings of Loneliness:

Meditation reduces the feeling of loneliness in seniors. It helps them to keep active.



Anti-Inflammatory Action:

Stress causes inflammation, which can ultimately lead to a variety of debilitating conditions including arthritis, asthma, heart disease and psoriasis.



Improved Memory:

Memory centres in the brain are stimulated during meditation. Since one of the most common afflictions of old age is memory loss, meditating daily can help improve both short and long-term memory.



Lowers Blood Pressure:

Meditation helps lower blood pressure by inhibiting the effect of stress hormones.

