

54 TM Research Studies and Reviews on African Americans

References compiled by David W. Orme-Johnson, Ph.D.

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These 54 studies on African Americans constitute the largest body of high-quality research in the Transcendental Meditation research cannon, which to-date numbers 429 peer-reviewed studies. Most of it is on heart disease, was supported by the National Institutes of Health (NIH), and is of the highest quality of research design—randomized controlled trials. It is largely the product of over 30 years of dedicated work by Robert H. Schneider, M.D., Charles N. Alexander, Ph.D., Kenneth Walton, Ph.D., Carolyn Gaylord King, Ph.D., Vernon Barnes, Ph.D., and Sanford Nidich, Ed.D., as well as their students and colleagues at many different universities.

This research shows the commitment of the TM organization to provide the African American community with a low-cost, highly effective modality of integrative medicine, the TM technique, for reducing hypertension, atherosclerosis, other risk factors, heart attacks, strokes, and death. These results have been demonstrated not only in adults and the elderly but also in adolescents at risk for heart disease, providing the Black community with a powerful tool for a bright future of health and well-being.

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