

FOR IMMEDIATE RELEASE

**A Major Shift in Cardiovascular Prevention:
American Heart Association and American College of Cardiology Guideline
Recognize Transcendental Meditation for High Blood Pressure and Heart Health**

NEW YORK January 8, 2025—For the first time, the 2025 American Heart Association (AHA) and American College of Cardiology (ACC) high blood pressure guideline recognizes psychosocial stress and cites Transcendental Meditation (TM) as an evidence-based method to help reduce high blood pressure. TM is included as a validated stress reduction approach to be used with lifestyle modification and medical therapy as needed. TM is the only meditation technique cited in the guideline.

This recognition reflects decades of research showing that TM creates a state of restful alertness in mind and body, lowers stress hormones, and strengthens the nervous system in ways that support healthier blood pressure and better cardiovascular function.

More than thirty years of published clinical studies show that regular TM practice can reduce high blood pressure, lower the risk of heart attack and stroke, improve insulin sensitivity and metabolic health, and support healthier arteries.

“TM’s inclusion in the national hypertension guideline reflects the convergence of rigorous cardiovascular science with a standardized, highly accessible mind–body practice,” said Keith C. Norris, MD, PhD, Professor of Medicine at the David Geffen School of Medicine at UCLA. “This update gives clinicians a practical, evidence-supported option to help reduce stress and improve blood pressure regulation.”

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Read the full AHA guideline—Jones, D. W. et al. 2025
AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM guideline for the prevention, detection, evaluation and management of high blood pressure in adults: a report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines. *Hypertension* 82, e212–e316 (2025).