

Scientific Research Showing Reductions in Medical Expenses from Transcendental Meditation Practice and Maharishi Vedic Approach to Health

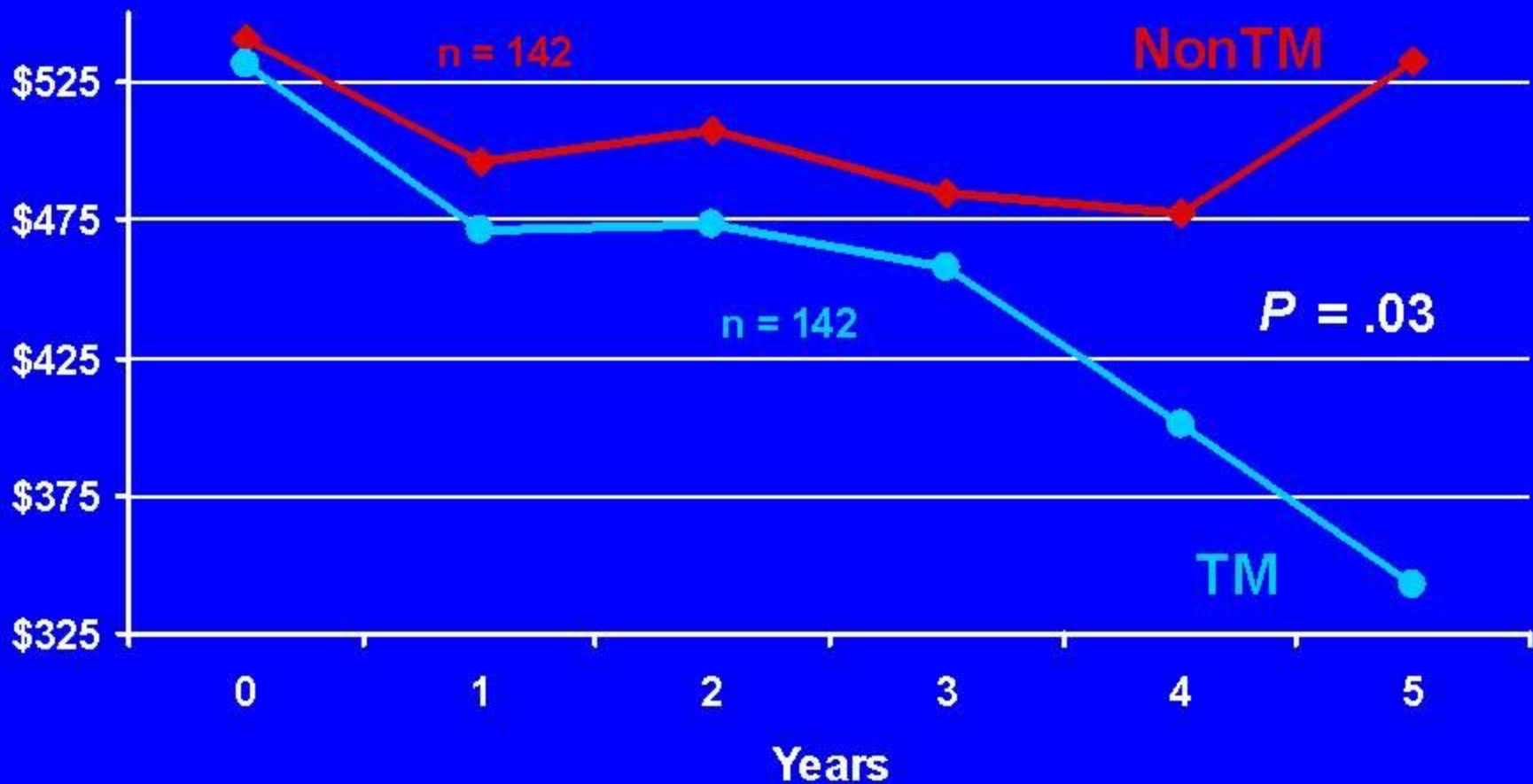
By Robert E. Herron, Ph.D.*

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Reduced Medical Expenses for High-Cost People

Mean Annual Total Per Capita Payments to Physicians for Treating Consistent High-Cost Patients

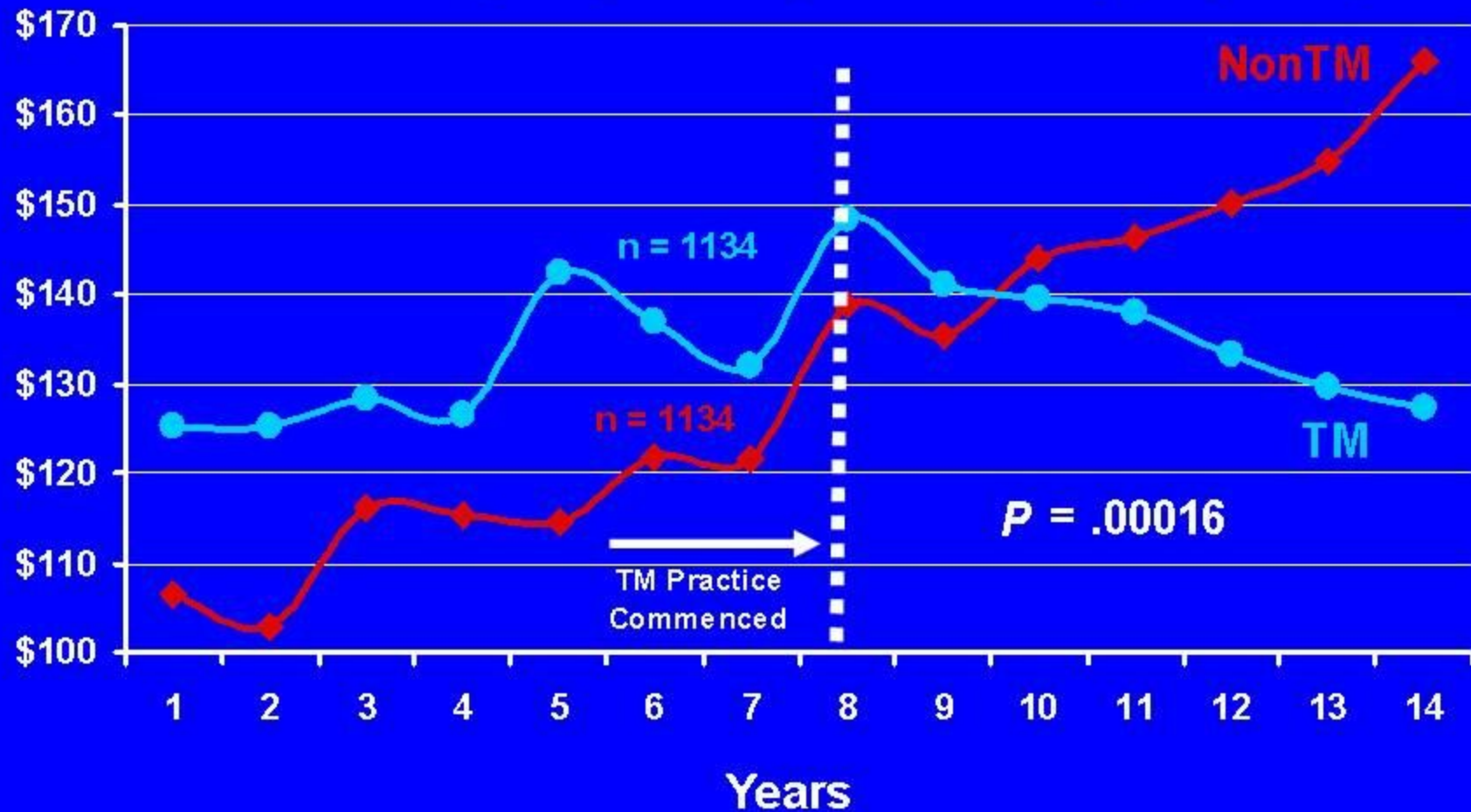


Over five years, the TM group's medical expenses decreased by 35%.

Data are in 1992 Canadian dollars. *P*-value shows the significance of the comparison of annual rates of change between groups after TM commenced. Source: R. Herron, *New Knowledge for New Results: A Comprehensive Strategy for Reducing Skyrocketing Medical Costs*, Fairfield, IA: 1st World Publishing, 2008.

Decreased Medical Costs After Starting TM

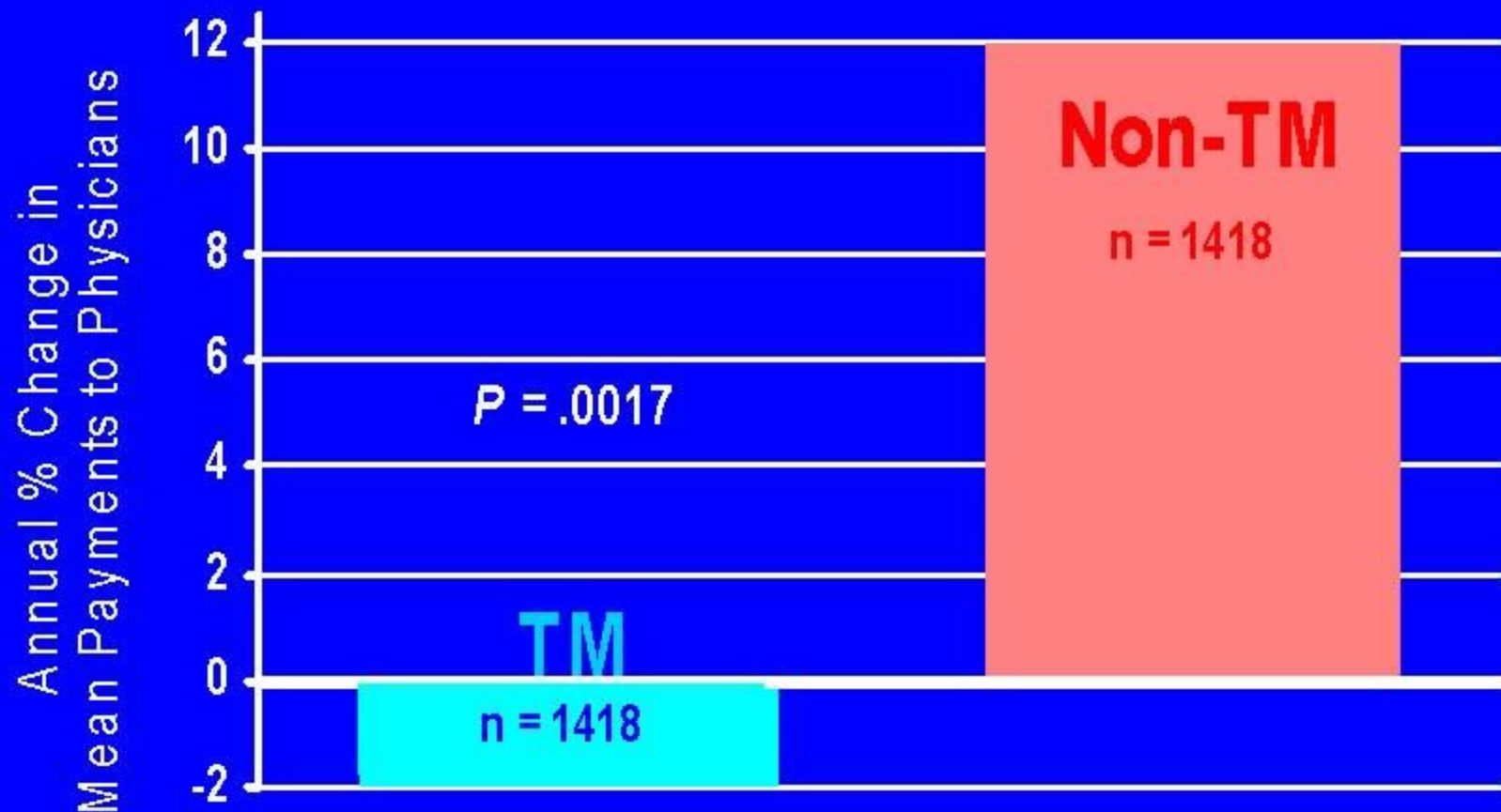
Mean Annual Total Per Capita Payments to Physicians for Treating Study Participants



Data are in constant 1992 Canadian dollars. This chart shows the 10% trimmed mean. *P*-value indicates the significance of the comparison of annual rates of change between groups after TM commenced. Data Source: R.E. Herron, S.L. Hillis. The impact of the Transcendental Meditation program on government payments to physicians in Quebec: An update *American Journal of Health Promotion* 2000; 14(5): 284–291.

Reduced Medical Expenses Over 6 Years

Annual Percentage Change in Mean Total Payments to Physicians

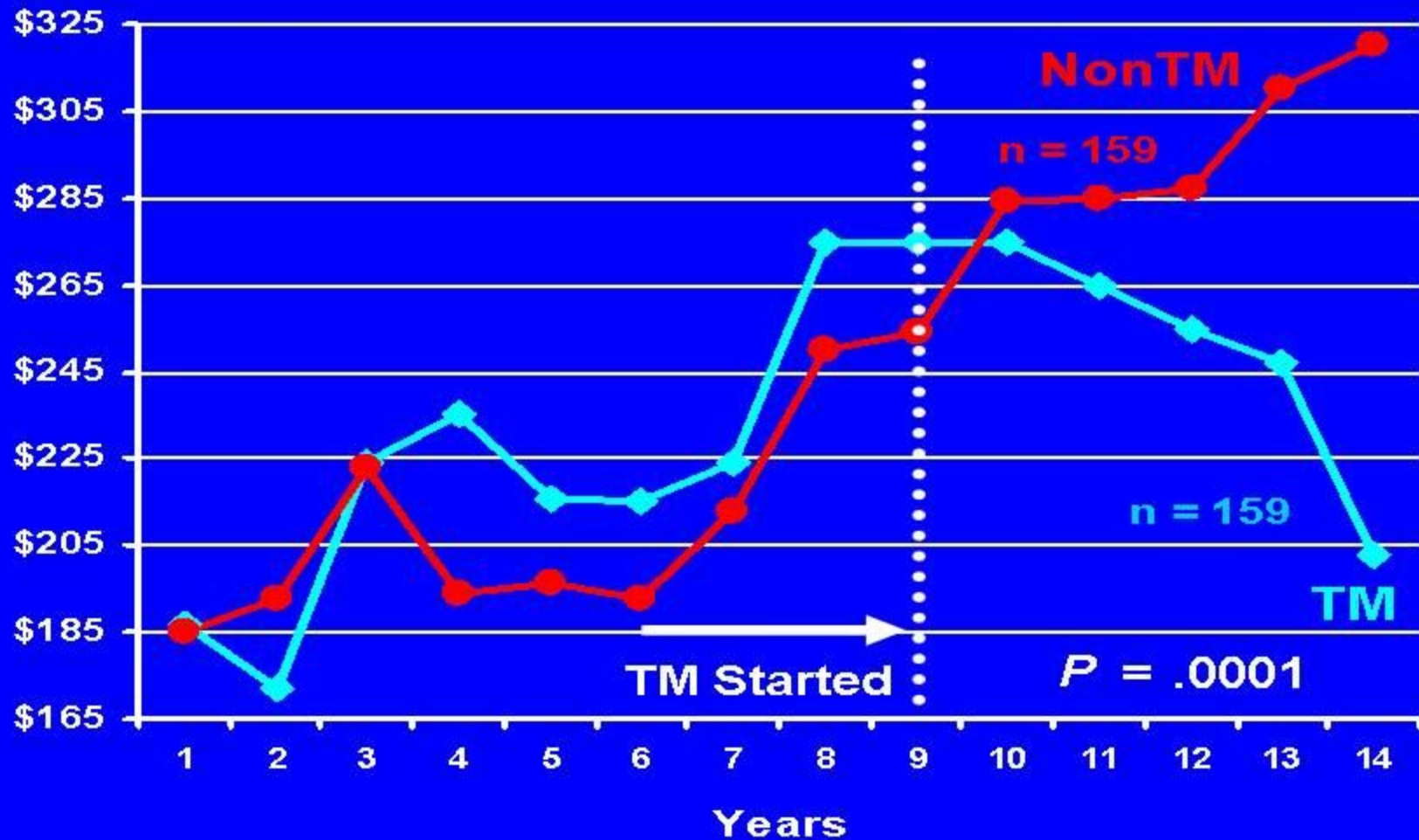


There was a 14% annual difference between the groups after TM practice started.

Data are in 1992 Canadian dollars. *P*-value indicates the significance of the comparison of annual rates of change between groups after TM practice started. Source: R. Herron, S. Hillis. The impact of the Transcendental Meditation program on government payments to physicians in Quebec: An update *American Journal of Health Promotion* 2000; 14(5): 284–291.

Decline in Medical Costs for Older People

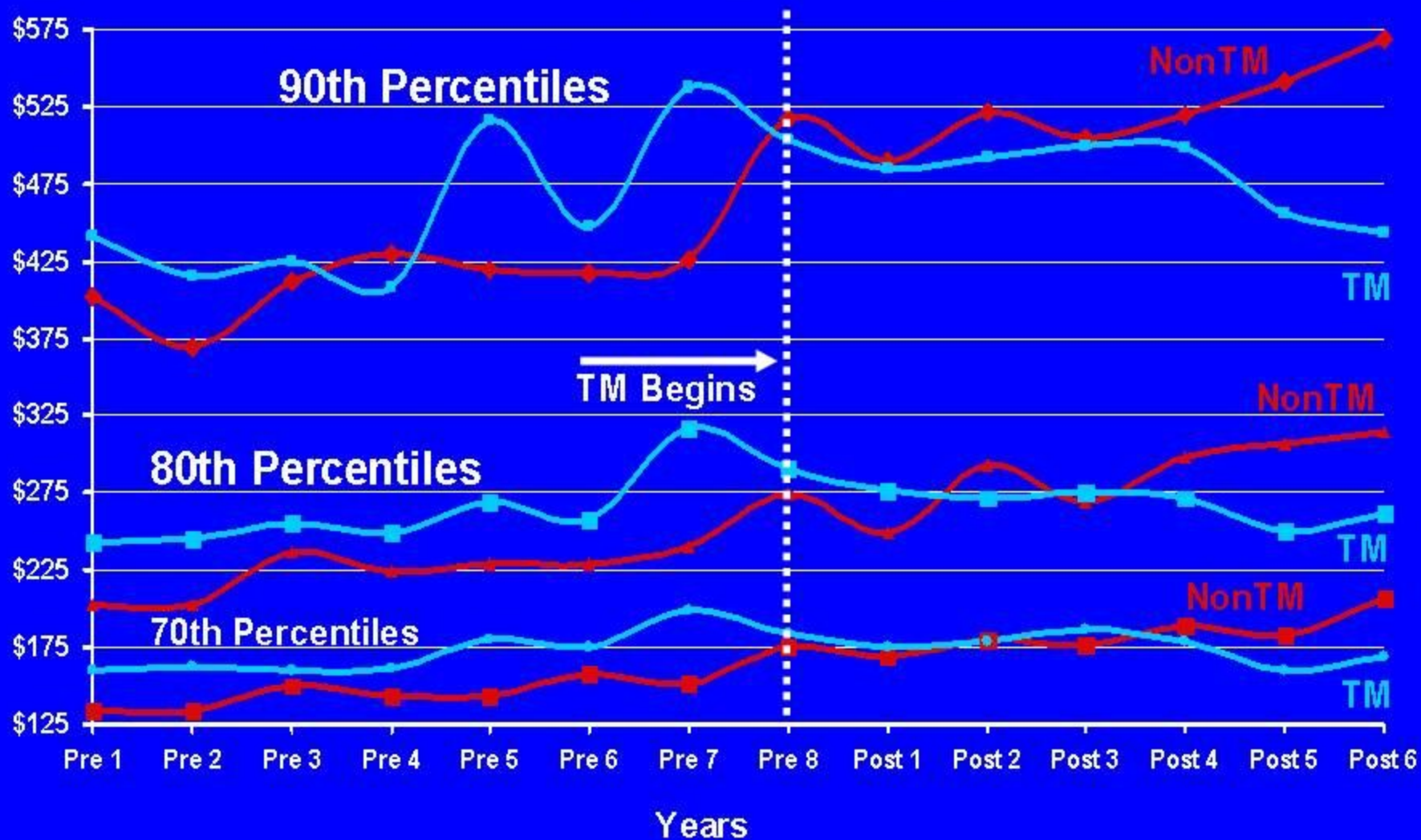
Mean Annual Total Per Capita Physician Expenses of Participants Over Age 65



Data are in constant 1992 Canadian dollars. This chart shows the 1% trimmed mean. P -value indicates the significance of the comparison of annual rates of change between groups after TM started. Source: R.E. Herron, K. Cavanaugh. Can the Transcendental Meditation program reduce the medical expenditures of older people? A longitudinal cost reduction study in Canada *Journal of Social Behavior and Personality* 2005; 17: 415–442.

Broad Declines in Medical Costs After TM Started

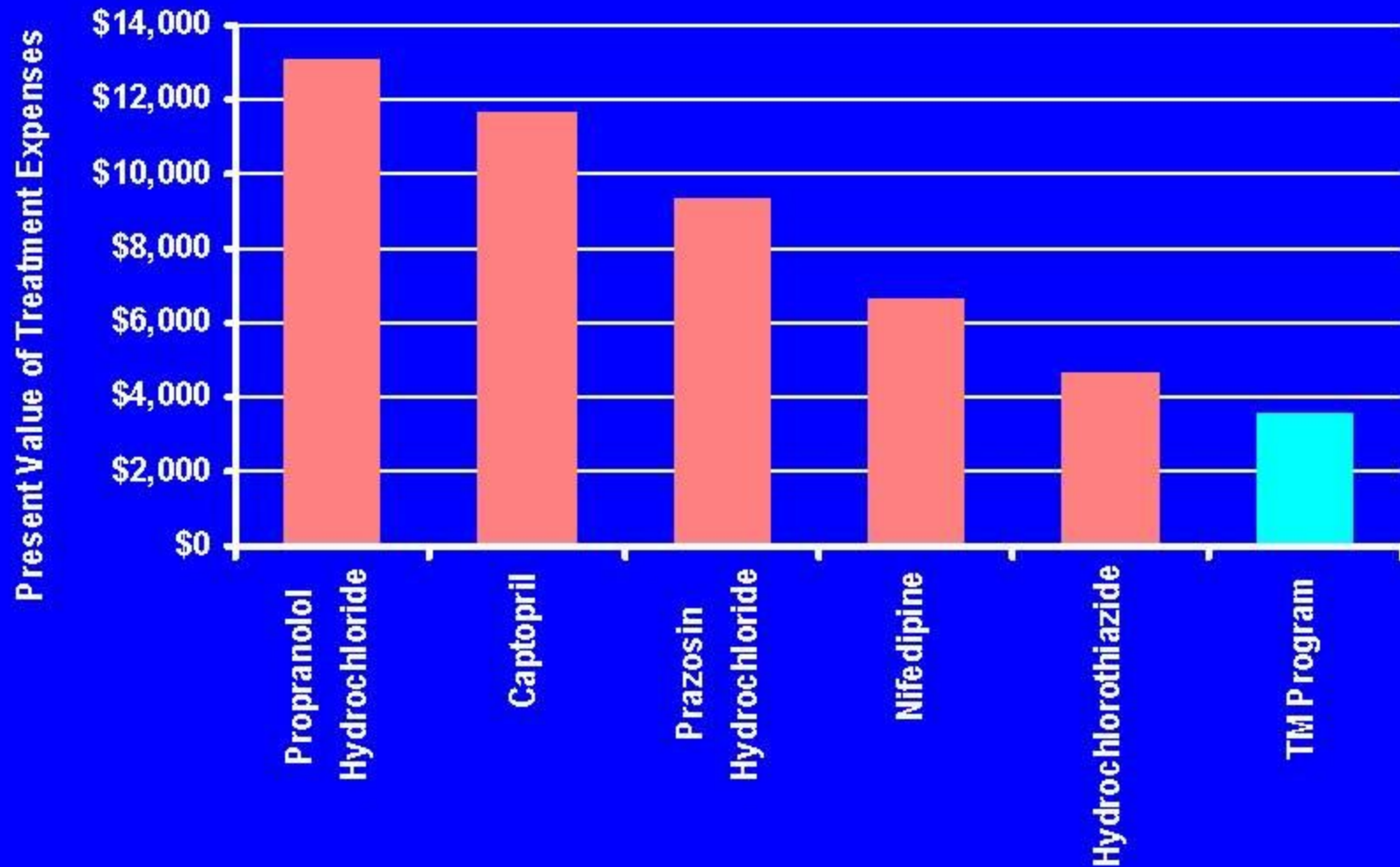
Percentiles of Annual Per Capita Payments for Physicians' Services



Data are in constant 1992 Canadian dollars; 1418 subjects in the NonTM group and 1418 participants in the TM group. Data Source: R. Herron, S. Hillis. The impact of the Transcendental Meditation program on government payments to physicians in Quebec: An update *American Journal of Health Promotion* 2000; 14(5): 284-291.

Cost-Effective Treatment for High Blood Pressure

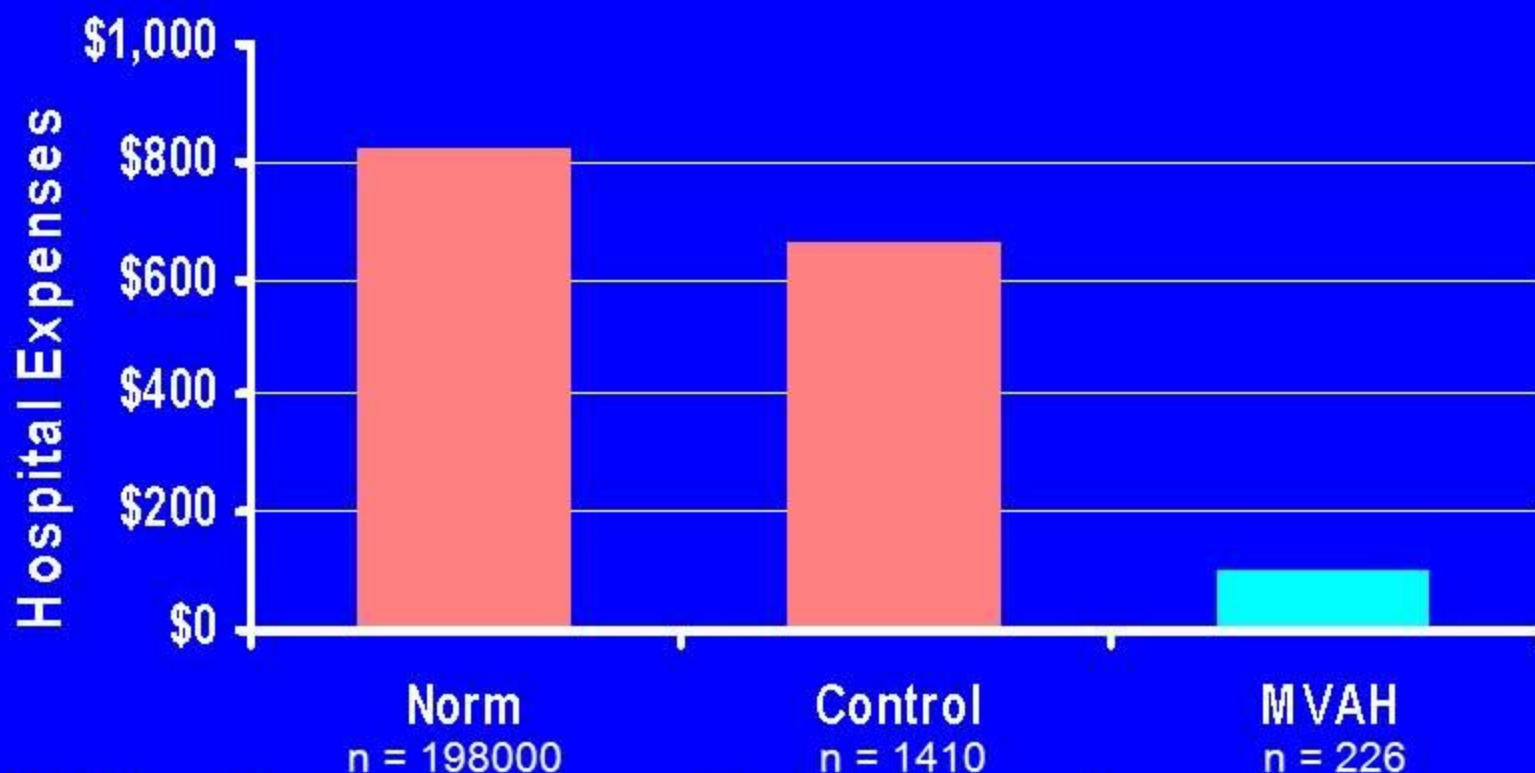
Present Value of Future Estimated Costs of Modalities During 20 Years of Hypertension Treatment



Data are in 1996 U.S. dollars. Herron, R.E., Schneider, R.H., Mandarino, J.V., Alexander, C.N., Walton, K.G. Cost-effective hypertension management: Comparison of drug therapies with an alternative program *American Journal of Managed Care* 1996; Vol. II(4): 427-437.

Hospital Expenses for Subjects Over Age 45

Mean Annual Age-Adjusted Per Capita Hospital Expenditures for the Groups

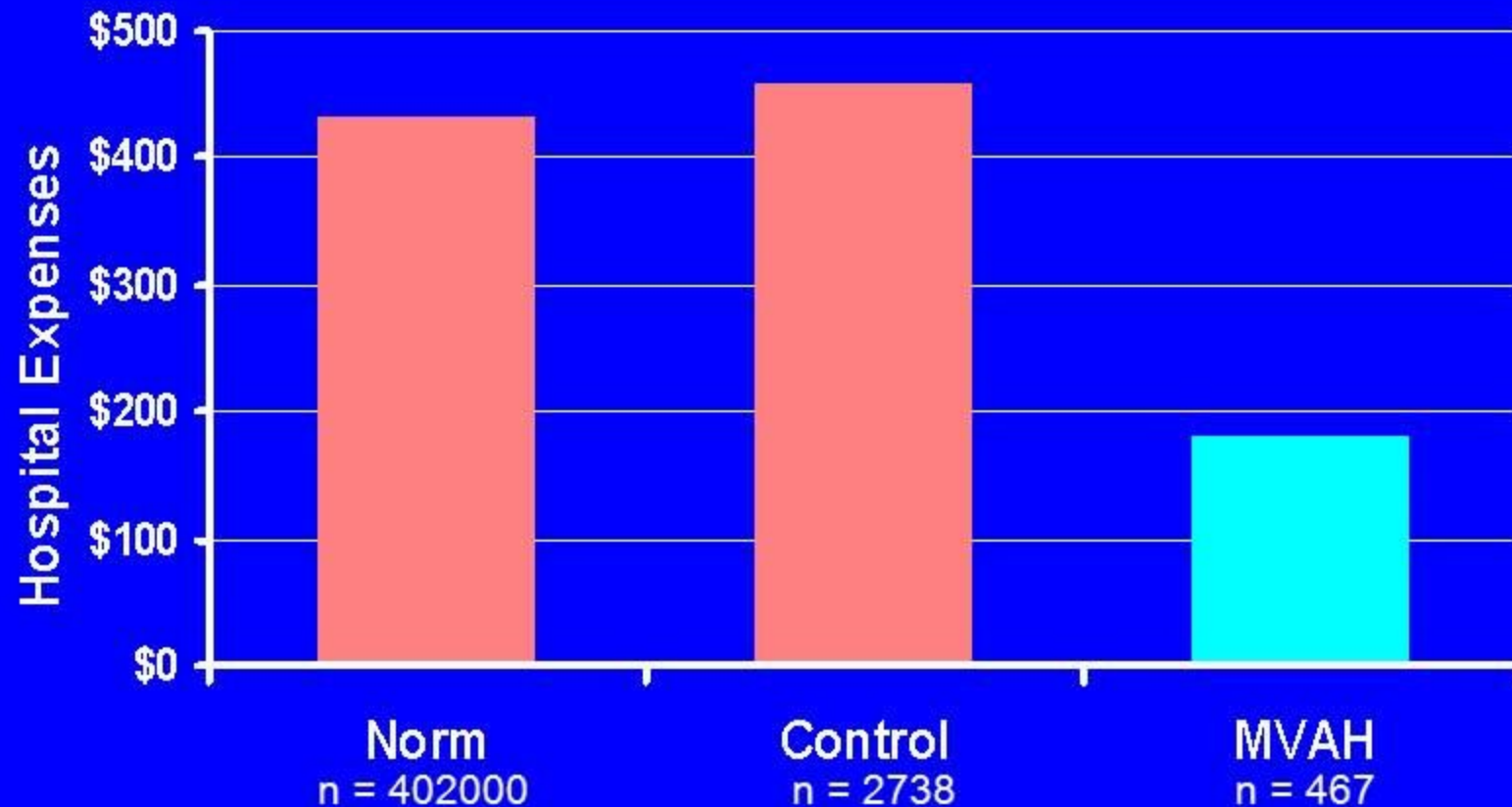


MVAH* subjects' expenses over the four-year study were 87% lower than the Norm and 84% lower than Control group.

*The Maharishi Vedic Approach to Health is a comprehensive system of natural medicine that implements Ayurveda according to the classical texts. MVAH includes the Transcendental Meditation technique and many other safe and effective preventive and curative modalities. Data are in 1995 U.S. dollars. Source: Orme-Johnson, D.W., Herron, R.E. An innovative approach to reducing medical care utilization and costs *American Journal of Managed Care* 1997; 3(1): p. 135-144, see Table 2.

Hospital Expenses for Subjects Younger than Age 45

Mean Annual Age-Adjusted Per Capita Hospital Expenditures for the Groups

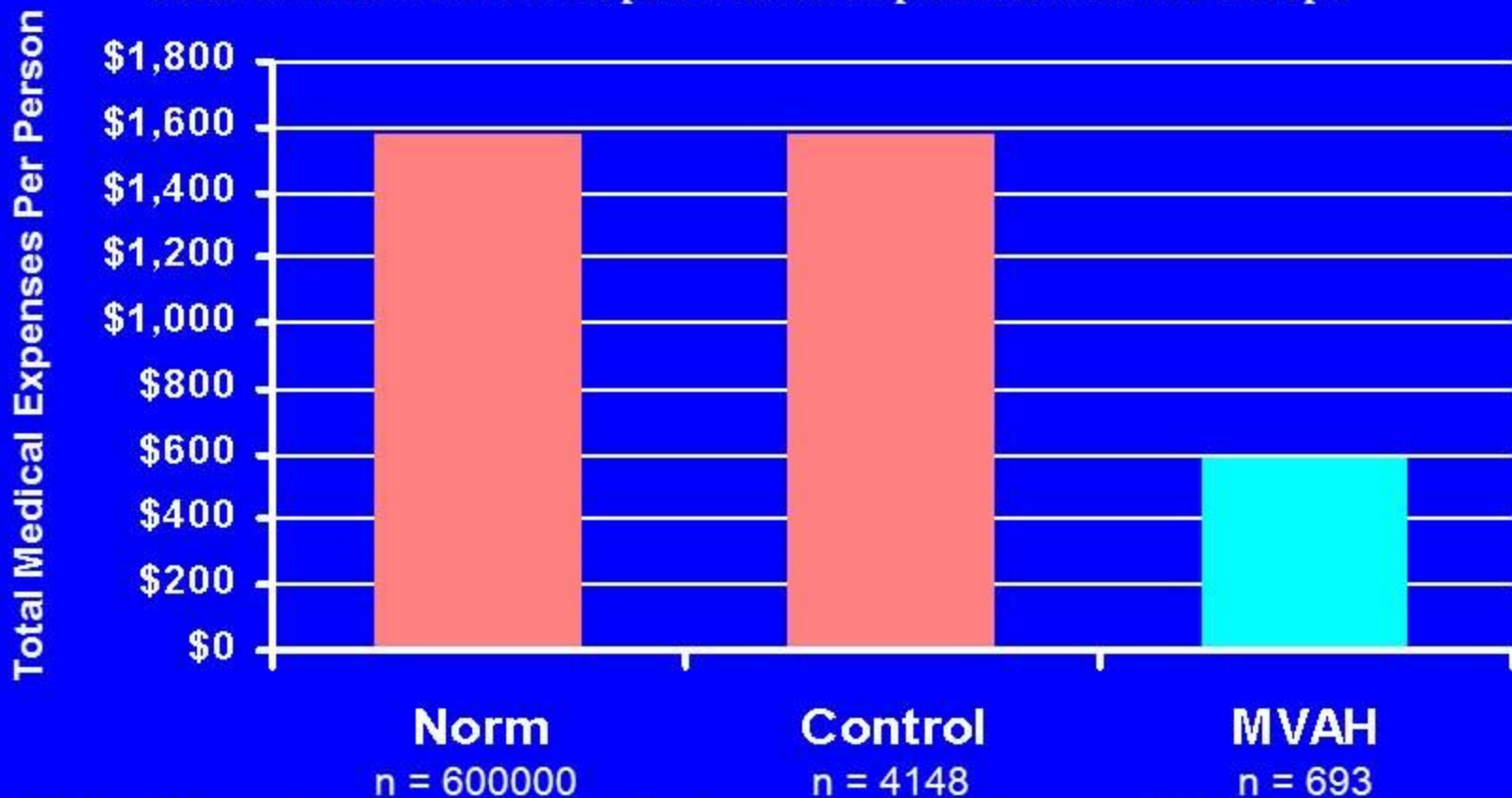


MVAH* subjects' expenses over the four-year study were 58% lower than the Norm and 60% lower than Control group.

*The Maharishi Vedic Approach to Health is a comprehensive system of natural medicine that implements Ayurveda according to the classical texts. MVAH includes the Transcendental Meditation technique and many other safe and effective preventive and curative modalities. Data are in 1995 U.S. dollars. Source: Orme-Johnson, D.W., Herron, R.E. An innovative approach to reducing medical care utilization and costs *American Journal of Managed Care* 1997; 3(1): p. 135-144, see Table 2.

Medical Expenses for Subjects of All Ages

Mean Annual Total Per Capita Medical Expenditures for the Groups



MVAH* subjects' expenses over the four-year study were 59% lower than the Norm and 57% lower than the Control group.

*The Maharishi Vedic Approach to Health is a comprehensive system of natural medicine that implements Ayurveda according to the classical texts. MVAH includes the Transcendental Meditation technique and many other safe and effective preventive and treatment modalities. Data are in 1995 U.S. dollars. Source: Orme-Johnson, D.W., Herron, R.E. An innovative approach to reducing medical care utilization and costs *American Journal of Managed Care* 1997; 3(1): p. 135–144, see Table 3.