

[IMAGE]

Cure for Common Cold: Meditation & Exercise

There are many effective ways to maintain your health without drugs. When it comes to the common cold, there are two natural cures that can make a huge difference in helping you heal - meditation and exercise.

A recent study divided patients into three groups (control, meditation, exercise). The meditation group received 8-week training in mindfulness meditation. The exercise group received 8-week training in moderate-intensity sustained exercise. The control group did neither.

By the end of the cold and flu season, the researchers found that "compared with control (group), global severity was significantly lower for meditation (group). Both global severity and total days of illness (duration) trended toward being lower for the exercise group, as did illness duration for the meditation group."

Keeping your body and mind healthy can make a big difference in your health and in not getting sick.

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