

5 pieces of scientific research into the mind body connection

# BACK TO THE FUTURE

Harvard professor Ellen Langer found reconnecting with memories of your youth reduced the effects of aging in just 5 days.



Professor Richard Davidson found clear changes in the brains and immune function of meditators.

Dr. Christina Jaén found if an asthmatic were told rose scent would make their asthma worse, then it did. If they were told it cured asthma, then it stopped asthma attacks.

Wow, it's not woo-woo then?



Professor Ed Diener showed lack of happiness is as serious a health risk as smoking - costing you 10 years of life.



When studying Chinese American families Princeton researcher, Dr. David Phillips, found a link between the cause of death predicted by their star sign and actual cause of death. The more they believed in Chinese astrology, the more likely they were to die as predicted.

Full references of all research and what you could do to harness the power of the mind body link at [philparker.org](http://philparker.org)