# **3 Physical Benefits of Regular Meditation Practice**

As meditation has become more popular in our culture, scientists have begun to study the many physical benefits that can be gained through regular practice. Practicing meditation helps to slow down your breath, quiet your mind, and find peace. Along with its numerous mental benefits, practicing meditation on a regular basis can be a useful alternative to medical treatments for a variety of health concerns. Here are three physical benefits that daily practice of meditation can have on your life.

## Reduced Pain

If you suffer from chronic pain, meditation has been shown to help. Various studies have discovered that if you can focus and calm your mind and body, you have the capability of controlling the pain. Meditation makes it possible for you to face the common symptoms that are associated with chronic pain, like muscle tension, sweating, and irritability.

Practicing mindfulness meditation will enable you to come to terms with the pain that you are experiencing, instead of just running away from it. Taking the focus away from your pain will enable you not to experience as much of it. Meditation helps to shift your attention away from the illness and into the moment.

## Improved Cardiovascular Health

Meditation has been proven to help lower blood pressure while allowing the body be less responsive to the hormones that cause stress. When you enter into a relaxed meditative state, the brain releases more nitric oxide which is responsible for the regulation of blood pressure levels, the improved functioning of the immune system, and the enhanced functioning of the central nervous system.

Conditions like stress affect the rate at which your heart pumps blood. When you practice meditation regularly, your heart rate decreases, allowing blood to circulate through the body more efficiently. This helps keep your cardiovascular system in shape, allowing the rest of the body to function with ease and enhances your ability to handle stressful situations.

## Strengthens the Immune System

Recent studies show that meditation helps to increase the activity of ‘natural-killer cells’ in the body. These cells are responsible for killing off bacteria and viruses that find their way into our body. With regular practice, you can strengthen your immune system, which will result in the reduced risk that you’ll become ill and enhance your overall health and well-being.

There are many physical benefits that you can gain from meditation. Engaging in daily mediation will help you improve your overall health, leading to living a healthier life.