

Suffer less cognitive decline

People who meditate regularly tend to retain more brain grey matter, show more sustained attention, and suffer less cognitive decline as they age says Giuseppe Pagnoni, Ph.D., an assistant professor of Psychiatry at Emory University.

He found the non-meditators have the decline in grey matter expected with ageing. But remarkably, practitioners of Zen meditation did not!

Further, those who meditated also performed better on a computerised test of sustained attention.