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Clinical Implications

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Conclusion

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“The enthusiasm [for the positive results of neurological research on meditation to date] must be balanced by the inconsistency and preliminary nature of existing studies as well as the fact that meditation comprises a heterogeneous group of practices. Key future challenges include the isolation of a potential common elements in the different meditation modalities, replication of existing findings in larger randomized trials, determining the correct "dose," studying whether findings from expert practitioners are generalizable to a wider population, and better control of the confounding genetic, dietary and lifestyle influences.” Xiong GL, Doraiswamy PM (2009). “ Does meditation enhance cognition and brain plasticity?” Ann N Y Acad Sci 1172: 63-9.

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