



Battleland
Military intelligence for the rest of us

VETERANS

TM for PTSD

By [Mark Thompson](#) @MarkThompson_DC | June 03, 2011

Like 28

Tweet

+1 0

Share

Read Later

There are a host of new therapies being tried in the struggle against Post Traumatic Stress Disorder among U.S. troops back from combat in Afghanistan and Iraq. The latest is transcendental meditation, or, as its advocates prefer, Transcendental Meditation™. Pioneered by the late Maharishi Mahesh Yogi in the 1950s, a peer-reviewed study finds that TM “may have helped to alleviate symptoms of PTSD and improve quality of life in veterans of OEF/OIF with combat-related PTSD.” The [article](#) appears in the June issue of *Military Medicine*, published by the Association of Military Surgeons of the U.S.



Yogi

Email Print Share

Follow @TIME

Sponsored Stories

Sponsored Links by



Millions of People are Playing this Virtual World!
secondlife



Shimla Hotels from ₹2,497 per night - trivago finds you the...
trivago



Get Your Kids Away From TV and Cartoons
Magic Crate



Do This Before Bed To Regrow Your Hair All Night Long
en.dailyhealthclub.co



A Modern, Feng Shui-Approved Home in 'Asia's Favorite Playground'
Mansion Global

360 Dx

Interpace Dx Regains Compliance With Nasdaq Listing Requirement
360dx.com



Enjoy best in class features like Cruise control, Dual Front...
The Nexa Experience



2017 - The Hearing Aid of the future is here
hear.com

POPULAR AMONG SUBSCRIBERS

SUBSCRIBE

Japan's Booming Sex Niche: Elder Porn



Young Kids, Old Bodies



Benedict Cumberbatch Talks Secrets, Leaks, and Sherlock



Obama's Trauma Team



Get all access to digital and print **SUBSCRIBE**

Most Popular

FROM U.S.

- 1 From Messiah to Hitler, What You Can and Cannot Name Your Child
- 2 You're a SEAL Stranded in Hostile Territory: What's in Your Survival Kit?
- 3 The Navy SEALs' Dying Words
- 4 When You Can Kill in Texas
- 5 Costly Flight Hours

FROM TIME.COM

- 1 Russian Forces Double Along Ukraine Border
- 2 Gangs of 'Powerfully Built' Women Are Mugging Tourists on the Streets of Hong Kong

4 [Colbert Tweet Draws Accusations Of Racism and #CancelColbert](#)

5 [There's A Scientific Reason for Why You Look Weird In Selfies](#)

CONNECT WITH TIME

Follow @TIME

14.3M followers

Like 12M

TIME

 Follow

+1

+ 9,593,497