



Longevity, Regeneration, and Optimal Health: Integrating Eastern and Western Perspectives, Volume 1172

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A revolution is occurring in the Western science of longevity, regeneration, and health that is elucidating the potential for extended human lifespan in an optimal state of health. This investigation is being conducted on the molecular, cellular, physiological, and psychological levels. Rigorous integrative medicine research can only be adequately developed if collaboration between scientists and practitioners from both fields is involved. This volume brings together researchers and scholars from both the Indo-Tibetan traditions and the international scientific community to open a dialogue about the potential to build a program of collaborative research to study the impact of Indo-Tibetan practices on longevity and health. Indo-Tibetan Buddhism claims that its core of meditative, yogic, and related practices can potentially produce dramatic enhancements of physiological and psychological functioning, and a substantial body of Western scientific evidence is supportive of these claims. The evidence includes direct and indirect clinical medicine and data from basic science research in physiology, neurobiology, and medicine. The reports in this volume establish a basis for a program of research that will advance our current understanding of longevity and health. NOTE: Annals volumes are available for sale as individual books or as a journal. For information on institutional journal subscriptions, please visit www.blackwellpublishing.com/nyas. ACADEMY MEMBERS: Please contact the New York Academy of Sciences directly to place your order (www.nyas.org). Members of the New York Academy of Science receive full-text access to the Annals online and discounts on print volumes. Please visit <http://www.nyas.org/MemberCenter/Join.aspx> for more information about becoming a member.

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