

Key Studies on the Mind-Body Connection

Below are listed key studies, historical and current on the physiology of the mind-body connection. Research on specific therapies and practices is covered in those sections.

Fight or Flight: Physiology of the Acute Stress Response

- Cannon WB (1935). Stresses and strains of homeostasis. *American Journal of the Medical Sciences*, 189, 1-14.
- Cannon, W. B. (1932) *The Wisdom of the Body* . New York: Norton

Psychiatry and Psychosomatic Medicine: Clinical Observations Connecting Physical Symptoms with Emotional Stress

- Breuer, J. & Freud, S. (1957). *Studies on Hysteria*. New York: Basic Books.

Physiology of the Chronic Stress Response

- Ader, R. & Cohen, N. (1975). Behaviorally conditioned immunosuppression. *Psychosom. Med*, 37, 333-340.
- Selye, H. (1974). *Stress without Distress*. New York: Lippencott.
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- Selye, H. (1976). *The Stress of Life*. New York: McGrawHill.

Psychoneuroimmunology

- Ader, R. (2000). On the development of psychoneuroimmunology. *Eur. J. Pharmacol.*, 405(1-3), 167-76.
- Ader, R. & Cohen, N. (1975). Behaviorally conditioned immunosuppression. *Psychosomatic Medicine*, 37, 333-340.
- Ader, R., Felten, D.L, & Cohen, N. (1991). *Psychoneuroimmunology*, 2nd ed. San Diego: Academic Press.
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- Blalock, J.E. (1989). A molecular basis for bidirectional communication between the immune and neuroendocrine systems. *Physiological Reviews*, 69, 1, 1-32.
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- Kemeny, M.E. & Gruenewald, T.L. (1999). Psychoneuroimmunology update. *Semin. Gastrointest Dis.*, 10(1), 20-29.
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The Relaxation Response: Physiology of Relaxation

- Benson, H. (1996). *Timeless Healing: The Power and Biology of Belief*. New York: Scribner.
- McCraty, R., Barrios-Choplin, B. et al. (1998). The impact of a new emotional self-management program on stress, emotions, heart rate variability, DHEA and cortisol. *Integrative Physiological and Behavioral Science* 33(2), 151-170.
- McCraty, R. & Watkins, A. (1996). *Autonomic Assessment Report: A Comprehensive Heart Rate Variability Analysis: Interpretation Guide and Instructions*. Boulder Creek, Calif: Institute of HeartMath.
- Miller, N.E., & Banuazizi, A. (1968). Instrumental learning by curarized rats of a specific visceral response, intestinal or cardiac. *Journal of Comparative and Physiological Psychology*, 65, 1-17.
- Miller, N.E. (1973). *Biofeedback and self-control*. Chicago: Aldine.
- Miller, N.E. (1978). Biofeedback and visceral learning. *Annual Review of Psychology*, 29, 421-452.
- Rein, G., Atkinson, M. et al. (1995). The physiological and psychological effects of compassion and anger. *Journal of Advancement in Medicine* 8(2), 87-105.

Recent Studies

- Brydon, L., Walker, C., Wawrzyniak, A.J., Chart, H., Steptoe, A. (2009). Dispositional optimism and stress-induced changes in immunity and negative mood. *Brain, Behavior, and Immunity*; 23(6):810-6.
- Chainani-Wu, N., Weidner, G., Ornish, D., et al. (2011). Changes in emerging cardiac biomarkers after an intensive lifestyle intervention;108(4):498-507.
- Davidson, R.J., Maxwell, J. S, Shackman, A.J. (2004). *The privileged status of emotion in the brain*. *Proceedings of National Academy of Science*, 101, 33, 11915-11916.
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- Dusek, J.A., Hibberd, P.L., Buczynski, B., et al. (2008). Stress management versus lifestyle modification on systolic hypertension and medication

elimination: a randomized trial. *Journal of Alternative and Complementary Medicine*; 14(2):129-38.

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- Lutz, A., Slagter, H.A., Rawlings, N.B., Francis, A.D., Greischar, L.L., Davidson, R.J. (2009). Mental training enhances attentional stability: neural and behavioral evidence. *Journal of Neuroscience*;29(42):13418-27.
- McCraty, R., Atkinson, M., Lipsenthal, L., Arguelles, L. (2009). New hope for correctional officers: an innovative program for reducing stress and health risks. *Applied Psychophysiology and Biofeedback*; 34(4):251-72.
- Rosenkrantz, M.A., Jackson, D.C., et al. (2003). Affective style and in vivo immune response: Neurobehavioral mechanisms. *Proceedings of the National Academy of Sciences*, 100, 11148-11152.
- Slagter, H.A., Davidson, R.J., Lutz, A. (2011). Mental training as a tool in the neuroscientific study of brain and cognitive plasticity. *Frontiers in Human Neuroscience*;5:17.
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