GLOBAL COUNTRY OF WORLD PEACE

Programs to Bring Life into Harmony with Natural Law and Raise Every Nation to Invincibility

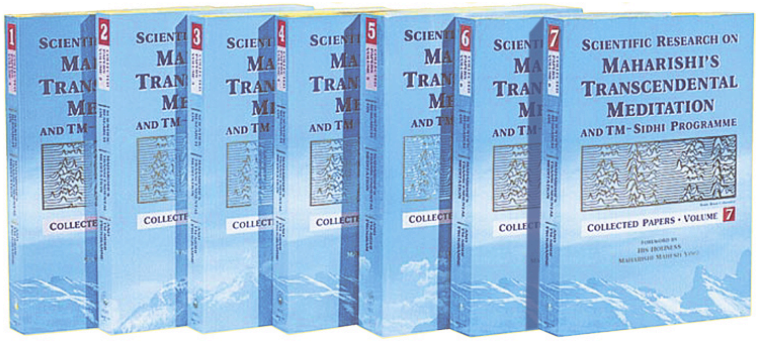
DEPARTMENT OF TRADE AND COMMERCE

Providing affluence to every nation and eliminating imbalance in the family of nations

Including the Distribution of Ayurvedic Food Supplements and Organic Products for the Health of the Whole Population

SCIENTIFIC RESEARCH FINDINGS

Verifying that the highest goals of the Department of Trade and Commerce can be achieved fully and practically by applying the programs of Maharishi's Vedic Science



More than 600 scientific research studies, conducted at over 250 universities and research institutes in 33 countries, confirm the benefits of Maharishi's Transcendental Meditation and TM-Sidhi program for every area of life. These studies have been reprinted from the scientific journals in 7 volumes of Collected Papers.

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The following sections outline scientific research findings on Maharishi Ayurveda Herbal Food Supplements and Maharishi Vedic Organic Agriculture products; research on improved performance and well-being among those engaged in trade and commerce; and research documenting improved national economy and quality of life through creating coherence in national consciousness. The numbers in parentheses after the findings below refer to the publication references of the original research papers, which are listed at the end of this document.

The development of individual and collective consciousness through these programs raises individual life to enlightenment and raises the nation to the level of invincibility, characterized by happiness, health, progress, prosperity, and peace.

1. Effects of Maharishi Ayurveda Herbal Food Supplements

(Cell Culture and Clinical Studies)

"Amrit Kalash" Maharishi Ayurveda Herbal Food Supplement

- Effective Scavenging of Free Radicals (1000 times more effective than vitamin C, vitamin E, or the drug Probucol) (1, 2, 3, 4)
- Reduced Cardiovascular Risk Factors:
  - —Reduction of Platelet Aggregation (5)
  - —Reduced Oxidation of Human Low-Density Lipoprotein (4, 6)
  - —Reduced Frequency of Angina Pectoris (7)
  - —Inhibition of Lipid Oxidation in Patients with Hyperlipidemia (8)
  - —Decreased Lipid Peroxide and Decreased Anginal Frequency in Ischemic Heart Disease Patients (9)
- Cancer Prevention and Treatment
  - —Reversion of Neuroblastoma Tumor Cells to Normal Cell Functioning in Tissue Culture Experiments (10)
  - —Inhibition of Malignant Transformation In Vitro (11)
- Reduced Toxicity of Chemotherapeutic Drugs (9, 12)
- Neurotransmitter Change Associated with Pain Relief and Reduced Inflammation (13)
- Improvement in Age-Related Cognitive Measures in Adults (14)
- Improvement in Health Symptoms (15)

Other Maharishi Ayur-Veda Herbal Food Supplements

- Improvement in Non-Insulin-Dependent Diabetes Mellitus—Reduced Fasting and Postprandial Blood Glucose; Decreased Serum Total Cholesterol and Triglycerides; Decreased Polyuria, Fatigue, and Constipation (16)
- Decreased Insomnia (17)
- Decreased Symptoms of Generalized Anxiety Disorder (18)
  —Reduction of General Anxiety
  —Reduction of Anxiety Caused by Challenging Situation
  —Reduction of Stress Hormone (Cortisol)
- Increased Intelligence (19)

2. Maharishi Vedic Organic Agriculture—Most Vital and Nutritious Food

Maharishi Vedic Organic Agriculture makes use of the knowledge of Natural Law available in modern science and Maharishi's Vedic Science to produce food that is not only organic—which means free from the poisonous chemicals used in contemporary industrial agriculture—but Vedic organic, which means making use of Vedic technologies to produce food that has the most vitality and nutrition for health of the whole population.

Research in recent years has confirmed the health benefits of organic agriculture. For example, organic fruits, vegetables, and grains have higher levels of essential nutrients (20). Organic food not only contains fewer pesticides, but consumption of organic food has been shown to quickly eliminate poisonous residues in school children (21). Organic food also helps prevent the risks to infant health and development posed by exposure by infants and even their parents to poisonous herbicides and pesticides (22). Organic farming, compared to conventional chemical farming, is found to be both more economically sustainable and more environmentally sustainable (23).

An example of the purity and additional nutritional benefit of Maharishi Vedic Organic Agriculture can be seen in the case of Maharishi Vedic Honey. The purity of Maharishi Vedic Honey is confirmed by research indicating that in testing seven samples for over 40 chloro-pesticides and phosphorous pesticides, none of the pesticides were detectable (24). One important measure of nutritional value is evaluation of the natural antibacterial property of honey: In contrast to another brand of honey well-known for its strong antibacterial property, research found that Maharishi Vedic Honey further reduced bacteria count by 90% in one hour in a 20 times diluted honey solution; similar results were found for other dilution ratios and time intervals (25). Other research studies found Maharishi Vedic Honey to have very high levels of antioxidants (protection from free radical damage to the body) and uniquely high vital quality (26).

3. Improved Performance and Well-Being of Individuals in Trade and Commerce through the Transcendental Meditation and TM-Sidhi Program

Enhanced Job Performance

- Improved Job Performance (27)
- Increased Employee Effectiveness (28)
- Increased Contribution of Managers to the Organization (29)
- Increased Leadership Behavior in Employees (30)

Improved Happiness and Well-Being

- Increased Job Satisfaction (27, 28)
- Increased Satisfaction with Professional and Personal Life (28)
- Decreased Desire to Change Jobs (27)

Improved Relationships

- Improved Relationships with Supervisors (27)
- Improved Relationships with Co-Workers (27)
- Improved Work and Personal Relationships (28)

Reduction of Stress

- Decreased Tension on the Job (28)
- Decreased Trait Anxiety in Executives and Workers (28)
- Decreased Anxiety in Industrial Workers (31)
- Decreased Anxiety and Depression in Government Personnel (32)
- Increased Physiological Calmness in Executives and Workers (28)
- Decreased Stress During Task Performance (28)
- Decreased Emotional Instability in Industrial Workers (31)
- Decreased Impulsiveness in Industrial Workers (31)
- Decreased Stress among Managers (29)

Improved Health

- Decreased Symptoms of Ill Health among Managers (29)
- Decreased Increased Health-Promoting Behavior of Managers (29)
- Decreased Cigarette and Liquor Consumption in Executives and Workers (28)
- Increased Freedom from Smoking in Industrial Workers (33)
- Improved Sleep Quality in Executives and Workers (28)
- Improved Night Sleep in Industrial Workers (33)
- Improved Mental Health of Managers (29)
- Decreased Tendency of Neurosis in Industrial Workers (31)
- Increased Vitality of Managers (29)

4. Improved Economy and Quality of Life in the Whole Society—Creating an Invincible National Consciousness

Fifty research studies verify that when large groups of individuals practice the Transcendental Meditation and TM-Sidhi program with Yogic Flying together in one place, they radiate a measurable influence of coherence and harmony in the whole society. The following are selected findings related to economy and quality of life.

Improved Economic Trends at the National and State Level through the Maharishi Effect

- Improved National Economy as Measured by Reduced Inflation and Unemployment (34)
- Increased International Economic Competitiveness (35)
- Stable Growth of Balanced Economic Health (35)
- Increased National Confidence, Optimism, and Economic Prosperity as Measured by Improvement in Stock Market Index (36)
- Decreased Unemployment (37)

Improved Quality of National Life

- Decreased Crime (36)
- Decreased Number of Fatalities from Suicide, Homicide, Accidents (38)
- Improved Quality of National Life as Measured by an Index Comprising Data on Crime, the National Stock Market, and National Mood (36)
- Improvement on an Index of Motor Vehicle Fatalities, Homicides, and Suicides (38, 39)
- Improvement on an Overall Index Including Motor Vehicle Fatalities, Homicide, and Suicide, Cigarette Consumption, Worker-Days Lost in Strikes (39)
- Improvement on an Overall Index Including Motor Vehicle Fatalities, Homicide, Suicide, Deaths Due to Accidents (other than Motor Vehicle), Notifiable Diseases, Alcohol Consumption, Cigarette Consumption (40)

Improved Quality of International Life

- Reduced International Conflict (41)
- Reduced Fatalities and Injuries Due to International Terrorism (41)
- Decreased War Intensity and Deaths (42)
- Increased Progress toward Peaceful Resolution of Conflict (42)
- Increased Harmony in International Relations (43)

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