

Curriculum Vitae

Robert H. Schneider, MD, FACC

Education

B.A., Antioch College
Majors in Chemistry-Biology and Psychology
Yellow Springs, Ohio, 1977

M.D., University of Medicine and Dentistry of New Jersey
New Jersey Medical School
Newark, NJ, 1981

Postgraduate Training

Resident in Internal Medicine
Department of Internal Medicine
University of Michigan Medical Center
Ann Arbor, Michigan, 1981-1982

Fellow in Hypertension
Department of Internal Medicine
Division of Hypertension
University of Michigan Medical School
Ann Arbor, Michigan, 1982-1984

Board Certification

Diplomate, American Board of Preventive Medicine,
Public Health and General Preventive Medicine
1998-2008

Certified Specialist in Clinical Hypertension
American Society on Hypertension
1999-present

Fellowships and Honors

Fellow of the American College of Cardiology (FACC), 2005 – present

Fellow of the Academy of Behavioral Medicine Research (FABMR), 1997 - present

Fellow, American Heart Association
Twenty-First U.S. Seminar on Epidemiology and Prevention of
Cardiovascular Diseases, Tahoe City, California, 199

Medical Licensure

State of Iowa: 1984 - present

Professional Experience

2010 – Present: Medical Director, Maharishi University of Management
Maharishi Ayurveda Health Center, Fairfield, Iowa

2008 – Present: Dean, Maharishi College of Perfect Health, Maharishi University of
Management, Fairfield, Iowa

2005 – Present: Director and Senior Investigator, Center for Natural Medicine and
Prevention, Maharishi University of Management Research Institute, Maharishi Vedic
City, Iowa

2004 – Present: Professor of Physiology and Health
Maharishi University of Management, Fairfield, Iowa

1999 – Present: Director, Institute for Natural Medicine and Prevention
Maharishi University of Management, Fairfield, Iowa

1996 - Present: Co-Director Doctoral Program in Physiology
Department of Physiological and Biological Sciences
Maharishi University of Management, Fairfield, Iowa

1995 - Present: Professor of Physiology and Health
Department of Physiological and Biological Sciences
Maharishi University of Management, Fairfield, Iowa

1996 - 2004: Dean, College of Maharishi Consciousness Based Health Care
Maharishi University of Management, Fairfield, Iowa

1996 - 1997: Medical Director, Maharishi Medical Center
The Mansion, Maharishi Vedic City, Iowa

1993 - 1995: Visiting Associate Professor of Medicine and Psychiatry
Departments of Internal Medicine and Psychiatry
Rush Medical College, Chicago, Ill.

1989 - 1995: Associate Professor of Physiology
Department of Physiological and Biological Sciences
Maharishi University of Management, Fairfield, Iowa

1986 - 1999: Director, Center for Health and Aging Studies
Maharishi University of Management, Fairfield, Iowa

1985 - 1995: Associate Director, Institute of Maharishi Ayur-Veda
Maharishi University of Management, Fairfield, Iowa

1985 - 2004: Medical Co-Director
College Medical Associates
Maharishi University of Management, Fairfield, Iowa

1984 - 1989: Assistant Professor of Physiology
Department of Physiological and Biological Sciences
Maharishi International University, Fairfield, Iowa

Grant Support

1. Co-Investigator: A Randomized Controlled Trial of Meditation Compared to Exposure Therapy and Education Control on PTSD in Veterans (in collaboration with VA Medical Center, San Diego, CA) Department of Defense - U.S. Army Medical Research and Materiel Command, \$2,434,501, 2012-2016
2. Principal Investigator: Randomized Controlled Trial of Stress Reduction in the Secondary Prevention of Coronary Heart Disease in African Americans, National Institutes of Health – National Heart, Lung and Blood Institutes, \$998,500, 2009-2013.
3. Principal Investigator: Mechanisms of Meditation in Hypertension in Blacks, National Institutes of Health – National Heart, Lung and Blood Institutes, \$2,428,674, 2007-2012.
4. Principal Investigator: Stress Reduction and Cardiovascular Morbidity and Mortality in Blacks – II (competitive renewal), National Institutes of Health – National Heart, Lung and Blood Institute, \$1,939,000, 2003-2009.
5. Principal Investigator: The Effects of Consciousness Based Education on Neurophysiology, Cognitive Development and Health in College Students, Abramson Family Foundation and private donors, \$950,000, 2005-2007.
6. Principal Investigator: Center for Natural Medicine and Prevention, National Institutes of Health – National Center for Complementary and Alternative Medicine, \$7,925,000, 1999-2005.
7. Principal Investigator: Stress Reduction and Atherosclerotic Heart Disease in Blacks, National Institutes of Health – National Heart, Lung and Blood Institutes, \$1,763,000, 1999-2006.
8. Principal Investigator: Stress Reduction in the Treatment of Advanced Breast Cancer in Elderly Women: Enhancing Survival and Quality of Life, Retirement Research Foundation, \$475,000, 1999-2002.

9. Co-Principal Investigator: Effects of Meditation on Mechanisms of CHD, National Institutes of Health – Office of Alternative Medicine, in collaboration with Cedars Sinai Medical Center, \$1,100,000, 1999-2002.
10. Principal Investigator: Stress Reduction and Prevention of Hypertension in Blacks, National Institutes of Health – National Heart, Lung and Blood Institute, \$2,260,000, 1998-2003.
11. Co-Investigator: Stress Reduction and Myocardial Ischemia in Blacks, Academic Research Enhancement Award – National Heart, Lung and Blood Institute, \$95,000, 1998-2001.
12. Principal Investigator: Stress Reduction and Cardiovascular Disease Mortality and Morbidity in African Americans, National Institutes of Health – National Heart, Lung and Blood Institute, \$1,600,000, 1997-2001.
13. Principal Investigator: Minority Researcher Supplement Award – Post Doctoral Fellowship, National Institutes of Health – National Heart, Lung and Blood Institute, \$128,000, 1996-1998.
14. Sponsor: National Research Service Award Senior Fellowship, National Institutes of Health – National Institute on Aging and Office of Alternative Medicine, \$110,000, 1995-1998.
15. Principal Investigator: Minority Researcher Supplement Award – Graduate Assistantship, National Institutes of Health – National Heart, Lung and Blood Institute, \$120,000, 1995-1998.
16. Principal Investigator: Minority Researcher Supplement Award – Post Doctoral Fellowship, National Institutes of Health – National Heart, Lung and Blood Institute, \$250,000, 1995-1998.
17. Principal Investigator: Antihypertensive and Lipid-Lowering Treatment to Prevent Heart Attack Trial (ALLHAT), Family Practice Center, Ottumwa, Iowa, 1994-2001.
18. Principal Investigator: Supplement to Health Promotion and Disease Prevention in the Elderly – A Randomized Controlled Trial of Modern and Traditional Approaches, Retirement Research Foundation, \$45,000, 1994-1997.
19. Principal Investigator: Health Promotion and Disease Prevention in the Elderly – A Randomized Controlled Trial of Modern and Traditional Approaches, Retirement Research Foundation, \$450,000, 1994-1997.

20. Principal Investigator: Stress Reduction and Hypertensive Heart Disease in Blacks, National Institutes of Health – National Heart, Lung and Blood Institute, \$920,000, 1994-1998.
21. Principal Investigator: Minority Researcher Supplement Award – Graduate Assistantship, National Institutes of Health – National Heart, Lung and Blood Institute, \$120,000, 1992-1996.
22. Principal Investigator: Minority Research Supplement Award – Post Doctoral Fellowship, National Institutes of Health, National Heart, Lung and Blood Institute, \$280,000, 1992-1996.
23. Principal Investigator: Stress Reduction in Elderly African Americans with Hypertension, National Institutes of Health – National Heart, Lung and Blood Institute, \$980,000, 1992-1996.
24. Principal Investigator: Modifying Cardiovascular Reactivity in the Laboratory and Field, National Institutes of Health – National Heart, Lung and Blood Institute, \$130,000, 1989-1992.
25. Consultant: Stress Reduction in African American College Students, National Institutes of Health – Minority Biomedical Research Support Program, Carolyn Gaylord, Ph.D., Principal Investigator, University of Arkansas, Pine Bluff, Ark., 1989-1992.
26. Principal Investigator: Stress Reduction for the Treatment of Hypertension, Promotion of Mental Health, and Prevention of Cardiovascular Disease in an Elderly Black Population, Retirement Research Foundation, \$235,000, 1989-1991.
27. Co-Principal Investigator: A Randomized, Double Blind, Placebo-Controlled Trial of Metoprolol for the Treatment of Type A Behavior, Stevo Julius, M.D., Principal Investigator, Ciba-Geigy Corporation, \$50,000, 1982-1984.
28. Consultant: Stress and Anger Management for Blacks with Hypertension, National Institutes of Health – National Heart, Lung and Blood Institute, 1998-1999.
29. Consultant: Managing Multiple Risk Factors for Cardiovascular Disease, U.S. Department of Defense, 1998-2000.

Editorial Positions

Editorial Board, *Clinical Trials and Meta-Analysis*, 1993-1995

Advisory Board, *Alternative Therapies in Health and Medicine*, 1994-1997

Associate Editor, *Controlled Clinical Trials*, 1994-1996

Editor, *Frontiers in Bioscience*, special issue on Frontiers in Natural Medicine Research, 2000-present

Co-editor, *Journal of Social Behavior and Personality*, special issue on Maharishi Vedic Psychology, dedicated to the work of Charles N. Alexander, Select Press, 2006
Editorial Board, *World Journal of Cardiology*, 2011

Review Committees

Retirement Research Foundation, Chicago, Ill. 1991
NIH — National Institute on Aging, 1992
NIH — Office of Alternative Medicine, 1993, 1995
NIH — National Institute on Child and Human Development, 1998
NIH — Office of Behavioral and Social Science Research, 1998
NIH — National Center for Complementary and Alternative Medicine, 2006

Expert Panels (invited)

1. Schneider R. H. Stress Prevention: Its Impact on Health and Medical Savings. Panel presentation to the U.S. Congress, Prevention Coalition, Washington, D.C., June 24, 1998.
2. Schneider R. H. Achieving Parity in Health Care for Minority Populations: Prevention of Hypertension and Heart Disease. Presentation with Surgeon General Satcher to the U.S. Congress, Prevention Coalition, Washington, D.C., June 3, 1999.
3. Schneider R. H. Stress Reduction in the Prevention and Treatment of Cardiovascular Disease in High-risk Minority Populations. Presentation to the Congressional Prevention Coalition: Achieving Parity in Health Care for Minority Populations: Prevention of Hypertension and Heart Disease, Washington, D.C., June 3, 1999.
4. Schneider R. H. Current Research on Stress Reduction and Cardiovascular Disease in Minorities. Presentation to the Expert Consultant's Workgroup on Stress and Preterm Delivery, Centers for Disease Control and Prevention, Atlanta, Ga., Sept. 23-24, 1999.
5. Schneider R. H. Research in Maharishi Vedic Medicine for Prevention and Treatment of Chronic Diseases. Invited presentation to the select members of the House of Lords, British Parliament, London, England, March 3, 2000.
6. Schneider R. H. The significance of the Maharishi Vedic Approach to Health for Modern Health Care and Medical Education. O. C. Tanner Symposium on Body, Mind, and Spirit: Culture and Health in America, Utah State University, Logan, Utah, April 14, 2000.
7. Schneider R. H. The role of Maharishi Vedic Medicine in the Prevention and Treatment of Cardiovascular and Other Chronic Diseases in Contemporary Society. Luce Faculty Seminar on Science, Alternative Medicine and the Law. Program in Brain, Mind and Medicine – Cross-Cultural Perspectives, Pitzer, Claremont McKenna and Harvey Mudd Colleges, Claremont, Calif., April 9, 2001.

8. Schneider R. H. The role of Vedic Medicine in Contemporary American Health Policy. Invited presentation to the White House Commission on Complementary and Alternative Medicine Policy, Washington, D.C., Dec. 4, 2000.

9. Schneider R. H. The Maharishi Vedic Approach to Health. Presentation, panel and workshop at Complementary Medicine and Spirituality: Belief Systems, Culture and Health, Institute of Spirituality and Medicine, The John Hopkins University School of Medicine, Towson, Md., May 13-15, 2002.

10. Schneider R.H. The Prevention and Treatment of Cardiovascular Disease in a Traditional System of Natural Medicine: Controlled Clinical Research on Maharishi Vedic Medicine. Presentation to the National Institutes of Health – National Center for Complementary and Alternative Medicine, Bethesda, Md., May 16, 2002.

11. Schneider R. H. A Review of Research on Maharishi Vedic Medicine: Diagnostic, Preventive, and Treatment Strategies. Presentation to the Indo-U.S. Science and Technology Forum, Delhi, India, October 21, 2003.

Professional Memberships (past and present)

American Psychosomatic Society
Society for Behavioral Medicine
International Society on Hypertension in Blacks
American College of Cardiology
American Heart Association: Council on Epidemiology and Prevention
American College of Preventive Medicine
American Society of Hypertension
Academy of Behavioral Medicine Research

Media Coverage

Dr. Schneider and colleagues' research has been featured in more than 1,000 magazine and newspaper articles, including: *New Scientist, American Health, Self, Let's Live, Insight, Health, Longevity, American Medical News, Medical Tribune, The New York Times, Wall Street Journal, Washington Post, Los Angeles Times, Chicago Tribune, Boston Globe, San Francisco Chronicle, BBC News, London Daily Telegraph, Paris Match, Jerusalem Post, Indian Express, Times of India, Tehran Times, Ethiopian Review, Cambodian Times*, the Associated Press, Reuters, and French News Agency.

His work has also been featured on numerous television and radio news broadcasts, including ABC's *20/20*, NBC's *Dateline*, *CNN Headline News*, *CNN Health Special*, *ABC National Radio Network*, *UPI National Radio Voice of America*, and *Health Watch* (for all English-speaking nations).

Books

Schmidt-Wilk, J., Orme-Johnson, D. Alexander, V., Schneider, R.H. *Applications of Maharishi Vedic Science – Honoring the Lifework of Charles N. Alexander, Ph.D.* Select Press, 2005.

Schneider R.H., Fields J.Z. *Total Heart Health: How to Prevent and Reverse Heart Disease with the Maharishi Vedic Approach to Health.* Laguna Beach, CA, Basic Health Publications, 2006.

Dillbeck M.C., Barnes V., Schneider R.H., Travis F., and Walton, K. (eds.). *Scientific research on Maharishi's Transcendental Meditation and TM-Sidhi Programme: Collected papers, volume 7.* Vlodrop, The Netherlands: Maharishi Vedic University Press. (in press).

Publications – Peer Reviewed

1. Creese I., Schneider R.H., Snyder H. 3H-Spiroperidol Labels Dopamine Receptors in Pituitary and Brain. *European Journal of Pharmacology*, 46:377, 1977.
2. Julius S., Fitzpatrick M.A., Egan B., Schneider R.H. Neural Mechanisms in Clinical Hypertension. In Guthrie Jr. G.P., Kotche T.A. (Eds.): *Hypertension and the Brain.* New York: Futura Publications, Ch. 14, pp. 305-318, 1984.
3. Egan B., Fitzpatrick M.A., Schneider R.H., Julius S. Vascular Hypertrophy in Borderline Hypertension: Relationships to Blood Pressure and Sympathetic Drive. *Clinical and Experimental Hypertension*, 7:243-256, 1985.
4. Egan B., Neubig R., Schneider R.H., Julius S. Methods for Measuring Vascular and Nonvascular Alpha-Receptor Sensitivity in Man. *Journal of Cardiovascular Pharmacology*, 7(Suppl 6):S153-S158, 1985.
5. Julius S., Schneider R.H., Egan B. Suppressed Anger in Hypertension: Facts and Problems. In Chesney Mass., Goldstein S., Rosenman, R. (Eds.) *Prevention Research on the Assessment, Correlation and Treatment of Disabling Anger.* New York: McGraw Hill, 1985.
6. Schneider R.H., Julius S., Moss G.E. Physiological Correlates of the Type A Coronary Prone Behavior Pattern and the Influence of Metoprolol - a Preliminary Report, in *Proceedings of the IX European Congress of Cardiology*, Huber Publications, 1985.
7. Schneider R.H., Egan B., Johnson E., Drobny H., Julius S. Anger and Anxiety in Borderline Hypertension. *Psychosomatic Medicine*, 48: 242-248, 1986.
8. Schneider R.H., Cavanaugh W., Boncheff S. Cost Reductions Through Better Health: Transcendental Meditation Program Cuts Costs in Half. *Business and Health*, 4(1):39-42, 1986.

9. Schneider R.H., Julius S., Moss G.E., Zweifler A.J., Karunas R. New Markers for Type A Behavior: Pupil Size and Platelet Epinephrine. *Psychosomatic Medicine*, 49:579-590, 1987.
10. Schneider R.H., Cavanaugh W., Boncheff S. Cost Reductions Through Better Health, in *Work and Health Strategies for Maintaining a Vital Work Force*, Panel Publications, 1989.
11. Schneider R.H., Karunas R., Julius S. Ambulatory Blood Pressure Monitoring and Laboratory Reactivity in Type A Behavior and Components. *Psychosomatic Medicine*, 51:290-305, 1989.
12. Mills P.J., Schneider R.H., Dimsdale J. Anger Assessment and Reactivity to Stress. *Journal of Psychosomatic Research*, 33 (3): 379-382, 1989.
13. Mills P.M., Schneider R.H., Hill D., Walton K., Wallace R.K. Beta Adrenergic Receptor Sensitivity in Transcendental Meditation Practitioners and Controls. *Journal of Psychosomatic Research*, 34 (1):29-33, 1990.
14. Schneider R.H., Cavanaugh K., Rothenberg S., Averbach R., Robinson D., Wallace R.K. Health Promotion With a Traditional System of Natural Medicine: Maharishi Ayur-Veda. *Journal of Social Behavior and Personality*, 5 (3):1-27, 1990.
15. Schneider R.H., Alexander C.N., Wallace R.K. In Search of an Optimal Behavioral Treatment for Hypertension: A Review and Focus on Transcendental Meditation, in Johnson E.H., Gentry W.D., Julius S. (Eds.), *Personality, Elevated Blood Pressure, and Essential Hypertension*. Washington: Hemisphere Publishing Corporation, 291-318, 1992.
16. Alexander C.N., Robinson P., Orme-Johnson D., Schneider R.H., Walton K. Effects of Transcendental Meditation Compared to Other Methods of Relaxation and Meditation in Reducing Risk Factors, Morbidity, and Mortality. *Homeostasis*, 35 (4-5): 243-264, 1994.
17. Schneider R.H. Adrenergic Mechanisms in Type A Behavior., in Cameron, O.G. (Ed.), *Adrenergic Dysfunction in Psychobiology*. Washington, D.C., American Psychiatric Press; Ch. 11, pp. 275-297, 1994.
18. MacLean C., Walton K.G., Wenneberg S., Levitsky D., Mandarino J., Waziri R., Schneider R.H. Altered Responses of Cortisol, GH, TSH and Testosterone to Acute Stress after Four Months' Practice of Transcendental Meditation (TM). *Annals of the New York Academy of Sciences*, 746:381-384, 1994.
19. Schneider R.H., Staggers F., Alexander C.N., Sheppard W., Rainforth M., Kondwani K., Smith S., King C. A Randomized Controlled Trial of Stress Reduction for Hypertension in Older African Americans. *Hypertension*, 26:820-827, 1995.
20. Herron R.E., Schneider R.H., Mandarino J.V., Alexander C.N., Walton K.G. Cost-Effective Hypertension Management: Comparison of Drug Therapies With an Alternative Program. *Journal of Managed Care*, 2(4):427-437, 1996.
21. Zamarra J.W., Schneider R.H., Besseghini I., Robinson D., Salerno J. Usefulness of the Transcendental Meditation Program in the Treatment of Patients with Coronary Artery Disease. *American Journal of Cardiology*, 77:867-870, 1996.

22. Alexander C.N., Schneider R.H., Claybourne M., Sheppard W., Staggers F., Rainforth M., Salerno J., Kondwani K., Smith S., Walton K.G., Egan B. A Trial of Stress Reduction for Hypertension in Older African Americans II. Sex and Risk Subgroup Analysis. *Hypertension*, 28(2): 228-237, 1996.
23. Wenneberg S.R., Schneider R.H., Walton K.G., MacLean C., Levitsky D., Mandarino J., Waziri R., Wallace R.K. Anger Expression Correlates with Platelet Aggregation. *Behavioral Medicine*, 22:174-177, 1997.
24. Wenneberg S.R., Schneider R.H., Walton K.G., MacLean C., Levitsky D., Mandarino J., Rainforth M., Salerno J., Waziri R., Wallace R.K. A Controlled Study of the Effects of the Transcendental Meditation Program on Ambulatory Blood Pressure and Cardiovascular Reactivity. *International Journal of Neuroscience*, 89:15-28, 1997.
25. Barnes V., Schneider R.H., Alexander C. Stress, Stress Reduction and Hypertension in African Americans: An Updated Review. *Journal of the National Medical Association*, 89(7):464-476, 1997.
26. MacLean C., Walton K., Wenneberg S., Levitsky D., Mandarino J., Waziri R., Hillis S., Schneider R.H. Effects of the Transcendental Meditation Program Adaptive Mechanisms: Altered Endocrine Responses to Stress After Four Months of Practice. *Psychoneuroendocrinology*, 22(4):277-295, 1997.
27. Schneider R.H., Charles B., Sands D., Grace D., Averbach R., Rothenberg S. The Significance of the Maharishi Vedic Approach to Health for Modern Health Care and Medical Education. *Modern Science and Vedic Science*, 7(1):299-315, 1997.
28. Schneider R.H., Nidich S., Salerno J., Sharma H., Robinson C., Nidich R., Alexander C. Lower Lipid Peroxide Levels in Practitioners of the Transcendental Meditation Program. *Psychosomatic Medicine*, 60:38-41, 1998.
29. Calderon R., Schneider R.H., Alexander C., Meyers H. Stress, Stress Reduction and Hypercholesterolemia in African Americans. *Ethnicity and Disease*, 9:451-462, 1999.
30. Castillo-Richmond A., Schneider R.H., Alexander C., Cook R., Meyers H., Haney C., Rainforth M., Salerno J. Effects of Stress Reduction and Carotid Atherosclerosis in Hypertensive African Americans. *Stroke*, 31:568-573, 2000.
31. Nader T., Rothenberg S., Averbach R., Charles B., Fields J., Schneider R.H. Improvements in Chronic Diseases With a Comprehensive Natural Medicine Approach: A Review and Case Series. *Behavioral Medicine*, 26(1):34-46, 2000.
32. Nader T., Smith D., Dillbeck M., Schanbacher V., Dillbeck S., Gallois P., Beall-Rougerie S., Schneider R.H., Nidich S., Kaplan G., Belok S. A Double Blind Randomized Controlled Trial of Maharishi Vedic Vibration Technology in Subjects With Arthritis. *Frontiers in Bioscience*, 6:h7-h17, 2001.
33. Nidich S., Schneider R.H., Nidich R., Rainforth M., Scharf D., Salerno J., Smith D., Dillbeck M., Nader T. Effect of Maharishi Vedic Vibration Technology on Chronic Disorders and Associated Quality of Life. *Frontiers in Bioscience*, 6:h1-h6, 2001.
34. Schneider R.H., Castillo-Richmond A., Alexander C., Meyers H., Kaushik V., Aranguri C., Norris K., Haney C., Rainforth M., Calderon R., Nidich S. Behavioral Treatment of Hypertensive Heart Disease in African Americans: Rationale and Design of a Randomized Controlled Trial. *Behavioral Medicine*, 27:83-95, 2001.

35. Schneider R.H., Alexander C., Salerno J., Robinson D., Fields J., Nidich S. Disease Prevention and Health Promotion in the Aging with a Traditional System of Natural Medicine: Maharishi Vedic Medicine (MVM). *Journal of Aging and Health*, 14(1):57-78, 2002.
36. Fields J., Walton K., Schneider R.H., Nidich S., Pomerantz R., Suchdev P., Castillo-Richmond A., Payne K., Clark E., Rainforth M. Effect of a Multimodality Natural Medicine Program on Carotid Atherosclerosis in Older Subjects: A Pilot Trial of Maharishi Vedic Medicine. *American Journal of Cardiology*, 89:952-958, 2002.
37. Bairey Merz C., Dwyer J., Nordstrom C., Walton K., Salerno J., Schneider R.H. Psychosocial Stress and Cardiovascular Disease, Part I: Pathophysiological Links. *Behavioral Medicine*, 27:141-146, 2002.
38. Walton K., Schneider R.H., Nidich S., Salerno J., Nordstrom C., Bairey Merz C. Psychosocial Stress and Cardiovascular Disease 2: Effectiveness of the Transcendental Meditation Program in Treatment and Prevention. *Behavioral Medicine*, 28:106-123, 2002.
39. Schneider R.H., Salerno J., Nidich S. Future Trends in Use — Focus in a Traditional System of Natural Medicine. In Cherniak N., Cherniak P. (Eds.) *Alternative Medicine and the Elderly*, New York: Springer-Verlag, 73-87, 2003.
40. Nidich R., Nidich S., Schneider R.H. The Transcendental Meditation Program and Quality of Life in Breast Cancer Patients: A Feasibility Study. *Journal of Psychosomatic Research*, 55:153, 2003.
41. Nidich S., Schneider R.H., Fields J., Rainforth M. Effects of the Transcendental Meditation Program on Emotional Well-being in Elderly Breast Cancer Patients: Preliminary Results from a Randomized Controlled Study. *Journal of Psychosomatic Research*, 55:153-154, 2003.
42. Nidich S., Grandinetti A., Schneider R.H., Chang H., Ricketts L., Toomey M. The Transcendental Meditation Program and Cardiovascular Disease in Native Hawaiians. *Journal of Psychosomatic Research*, 55:144-145, 2003.
43. Walton K., Fields J., Levitsky D., Harris D., Pugh N., Schneider R.H. Lowering Cortisol and CVD Risk in Postmenopausal Women: A Pilot Study Using the Transcendental Meditation Program. *Annals of the New York Academy of Sciences*, 1032:211-5, 2004.
44. Walton K., Schneider R. H., Nidich S. Review of Controlled Clinical Research on the Transcendental Meditation Program and Cardiovascular Disease: Risk Factors, Morbidity, and Mortality. *Cardiology in Review*, 12(5):262-266, 2004.
45. Barnes V., Schneider R.H., Alexander C., Rainforth M., Salerno J., Kondwani K., Staggars F. Impact of the Transcendental Meditation Program on Mortality in Older African Americans with Hypertension — Eight-year Follow Up. *Journal of Social Behavior and Personality*, 17:201-216, 2005.
46. Schneider R.H., Alexander C., Salerno J., Rainforth M., Nidich S. Stress Reduction in the Prevention and Treatment of Cardiovascular Disease in High Risk Underserved Populations: A Review of Controlled Research on the Transcendental Meditation Program. *Journal of Social Behavior and Personality*, 17:159-180, 2005.

47. Kondwani K., Schneider R.H., Alexander C., Sledge C., Staggers F., Clayborne B., Sheppard W., Rainforth M., Krouse L., Orme-Johnson D. Left Ventricular Mass Regression with the Transcendental Meditation Technique and a Health Education Program in Hypertensive African Americans. *Journal of Social Behavior and Personality*, 17:181-200, 2005.
48. Nidich S., Nidich R., Sands D., Schneider R.H., Sharma H., Barnes V., Jossang S., Smith D. Maharishi Rejuvenation Program and Speed of Processing Ability. *Journal of Social Behavior and Personality*, 17:565-570, 2005.
49. Nidich S., Schneider R.H., Nidich R., Foster G., Sharma H., Salerno J., Goodman R., Alexander C. Effect of the Transcendental Meditation Program on Intellectual Development in Community-dwelling Older Adults. *Journal of Social Behavior and Personality*, 17:217-226, 2005.
50. Schneider R.H., Alexander C., Staggers F., Orme-Johnson D., Rainforth M., Salerno J., Sheppard W., Castillo-Richmond A., Barnes V., Nidich S. A Randomized Controlled Trial of Stress Reduction in African Americans Treated for Hypertension Over One Year. *American Journal of Hypertension*, 18:88-98, 2005.
51. Schneider R.H., Alexander C., Staggers F., Rainforth M., Salerno J., Hartz A., Arndt S., Barnes V., Nidich S. Long-term Effects of Stress Reduction on Mortality in Persons ≥ 55 Years of Age with Systemic Hypertension. *American Journal of Cardiology*, 95:1060-1064, 2005.
52. Walton K., Schneider R.H., Salerno J., Nidich S. Psychosocial Stress and Cardiovascular Disease 3: Clinical and Policy Implications of Research on the Transcendental Meditation Program. *Behavioral Medicine*, 30(4):173-83, 2005.
53. Schneider R.H., Walton K., Salerno J., Nidich S. Cardiovascular Disease Prevention and Health Promotion with the Transcendental Meditation Program and Maharishi Consciousness-Based Health Care. *Ethnicity & Disease* 16(3 Suppl 4):S4-15-26, 2006.
54. Paul-Labrador M., Polk D., Dwyer J., Velasquez I., Nidich S., Rainforth M., Schneider R.H., Bairey Merz C. Effects of Randomized Controlled Trial of Transcendental Meditation on Components of the Metabolic Syndrome in Subjects with Coronary Heart Disease. *Archives of Internal Medicine*, 166:1218-1224, 2006.
55. Orme-Johnson D., Schneider R.H., Son Y., Nidich S., Cho Z. Neuroimaging of Meditation's Effect on Brain Reactivity to Pain. *NeuroReport*, 17(12):1359-63, 2006.
56. Jayadevappa R., Johnson J., Bloom B., Nidich S., Desa S., Chhatre S., Razian D., Schneider R.H. Effectiveness of Transcendental Meditation on Functional Capacity and Quality of Life of African Americans with Congestive Heart Failure: A Randomized Control Study. *Ethnicity and Disease*, 17:72-77, 2007. [3](#)
57. Rainforth M., Schneider R.H., Nidich S., King C., Salerno J., Anderson J. Stress Reduction Programs in Patients with Elevated Blood Pressure: A Systematic Review and Meta-analysis. *Current Hypertension Reports*, 9(6):520-8, 2007.
58. Travis F., Haaga D., Hagelin J., Tanner M., Nidich S., Gaylord-King C., Grosswald S., Rainforth M., Schneider R.H. Effects of Transcendental Meditation Practice on Brain Functioning and Stress Reactivity in College Students. *International Journal of Psychophysiology*, 71(2):170-6, 2009.

59. Tanner M., Travis F., Gaylord-King C., Haaga D., Grosswald S., Schneider R.H. The Effects of the Transcendental Meditation Program on Mindfulness. *Journal of Clinical Psychology*, 65(6):574-89, 2009.
60. Nidich S., Fields J., Rainforth M., Pomerantz R., Cella D., Kristeller J., Salerno J., Schneider R.H. A Randomized Controlled Trial of the Effects of Transcendental Meditation on Quality of Life in Older Breast Cancer Patients. *Integrative Cancer Therapies*, 8(3):228-234, 2009.
61. Nidich S., Rainforth M., Haaga D., Hagelin J., Salerno J., Travis F., Tanner M., Gaylord-King C., Grosswald S., Schneider R. H. A Randomized Controlled Trial on Effects of the Transcendental Meditation Program on Blood Pressure, Psychological Distress, and Coping in Young Adults. *American Journal of Hypertension*, 22(12):1326-31, 2009
62. Travis F., Haaga A., Hagelin J., Tanner M., Arenander A., Nidich S., Gaylord-King C., Grosswald S., Rainforth M., Schneider R.H. A Self-referential Default Brain State: Patterns of Coherence, Power, and eLORETA Sources During Eyes-closed Rest and Transcendental Meditation Practice. *Cognitive Processing*, 11:21–30, 2010.
63. Haaga D., Grosswald S., Gaylord-King C., Rainforth M., Tanner M., Travis F., Nidich S., Schneider R.H. Effects of the Transcendental Meditation Program on Substance Use Among University Students. *Cardiology Research and Practice*, 2011: 537101, 2011
64. Orme-Johnson D., Barnes V., Schneider R.H. Effects of the Transcendental Meditation Program on Cardiovascular Risk Factors and Clinical Events, in *Heart & Mind: the Practice of Cardiac Psychology, second edition*, R. Allan & J. Fisher, Eds. American Psychological Association: Washington, DC, 2012.
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