

Mind and Body Practices

National Center for Complementary and Alternative Medicine

<http://nccam.nih.gov/health/mindbody>

Mind and body practices focus on the interactions among the brain, mind, body, and behavior, with the intent to use the mind to affect physical functioning and promote health. Many complementary health practices embody this concept, including massage, spinal manipulation, deep-breathing exercises, guided imagery, hypnotherapy, progressive relaxation, qi gong, and tai chi. Understanding the connections between the mind and the body and how they can affect health is a goal of biomedical research. Research that contributes to our understanding of complementary health practices in the mind and body arena, such as meditation, yoga, and acupuncture, and the brain's response to these approaches ultimately advance the science of medicine.