

A Major Shift in Cardiovascular Prevention: AHA/ACC 2025 High Blood Pressure Guideline

Overview

For the first time, the American Heart Association (AHA) and American College of Cardiology (ACC) have recognised **psychosocial stress** as a key contributor to high blood pressure and cardiometabolic risk in their 2025 guideline. This represents a major shift in medical practice. The guideline now places psychological stress alongside traditional biomedical and lifestyle factors as a causal driver of hypertension.

Within this new framework, the guideline identifies **Transcendental Meditation (TM)** as a validated, standardised method to address psychosocial stress and lower high blood pressure for prevention of cardiovascular disease. TM is the **only meditation technique** included, reflecting extensive evidence for its physiological and clinical benefits.

The guideline states:

“In adults with or without hypertension, stress reduction through Transcendental Meditation may be reasonable to prevent or treat elevated blood pressure and hypertension, as an adjunct to lifestyle or medication interventions.”

Key Lifestyle Modifications to Reduce High Blood Pressure

(AHA/ACC 2025 and Nature Reviews Cardiology 2025)

1. Weight management
2. Heart-healthy diet (DASH)
3. Regular physical activity
4. Stress reduction: **Transcendental Meditation**

This recognition reflects decades of research showing that TM creates a state of restful alertness in mind and body, lowers stress hormones, and strengthens the nervous system in ways that support healthier blood pressure and better cardiovascular function.

In addition to the guideline, a new commentary in *Nature Reviews Cardiology*—the world’s top impact cardiology journal—explains the science behind these benefits. The authors describe how TM reduces sympathetic nervous system activation, increases parasympathetic balance, and improves coherence in brain networks involved in calmness, resilience, and recovery. These effects help the body heal from the impact of daily stress and support long-term heart health.

More than thirty years of published clinical studies show that regular TM practice can reduce high blood pressure, lower the risk of heart attack and stroke, improve insulin sensitivity and metabolic health, and support healthier arteries. These findings reinforce what many TM meditators have long experienced—that the restful alertness state gained during TM practice creates measurable, lasting improvements in their health and well-being.

The *Nature Reviews Cardiology* authors capture the significance of this moment:

Integrating Transcendental Meditation into the prevention of hypertension and CVD could herald a new era in precision public health, in which inner coherence yields measurable reductions in hypertension, cardiometabolic risk and cardiovascular mortality.

Read the Original Research

- Commentary: Schneider RH, Norris KC, Brook RD. Transcendental Meditation to combat psychosocial stress, hypertension and cardiovascular disease. *Nature Reviews Cardiology*. Nov **20:1-2, (2025)**

Read the full article: <https://rdcu.be/eQX7O>

- Guideline: Jones, D. W. et al., 2025AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults. *Hypertension* **82, e212–e316 (2025)**.

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