Questions 23-28 CH2_HP23-28.mp3

Complete the notes below.

Write ***NO MORE THAN THREE WORDS*** *for each answer.*

Meditation:
Studies on Beneficial Results

Measurement of meditation's effects on the brain

– Scientific studies focus on **23** ..... changes in brain activity or more permanent changes.

– EEG is good at measuring the **24** ..... of brain activity.

– Neuroimaging tracks blood flow around the brain.

Recent studies on benefits of meditation

- State changes
  - Meditators in Vipassana and Zen meditation experience greater control of their **25** .....
  - Antoine Lutz noticed **26** ..... activity in the parts of the brain connected to emotion.
- Longer-term trait changes
  - Meditation defends against the natural reduction of **27** ..... caused by the ageing process.
  - It has several clinical applications.
  - It has physiological applications when used in **28** ....., particularly yoga.

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