Bibliography

National Center for Complementary and Integrative Health (NCCIH)
https://nccih.nih.gov/


Bibliography


Heleen A. Slagter, Antoine Lutz, Lawrence L. Greischar, Andrew D. Francis, Sander Nieuwenhuis, James M. Davis, and Richard J. Davidson. Mental training affects distribution of limited brain resources. PLOS Biology. 2007


Bibliography


Shen C-L, Chyu M-C, Pence BC, et al... Green tea polyphenols supplementation and tai chi exercise for postmenopausal osteopenic women: safety and quality of life report... BMC Complementary and Alternative Medicine... 2010; 10(1):76.

