

## Vacation effect? Relaxing getaways may alter behavior of stress and immune system genes

In a new study comparing a meditation retreat with just relaxing in the same locale, both options improved stress regulation, immune function and other cellular markers in the blood.

Researchers measured gene activity, blood markers and reported well-being during the vacation and months afterward, and found a large and immediate “vacation effect” in all participants. For those who continued meditating, benefits were seen even 10 months later.

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“On a relaxing vacation you allow your body to get out of...[a] defensive posture, reduce your levels of stress which in turn affects the states of cells that are involved in your immune system,” [Dr. Eric Schadt] said...“We don’t know what this means exactly, but given associations with biomarkers of aging, there is the potential that these changes could enhance overall well-being and longevity....”

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Gene expression changes and aging biomarkers in blood samples had improved significantly for all groups at the end of the retreat, indicating benefits from simply being on vacation. In addition, women who were already regular meditators had higher activity of telomerase....

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis. Read full, original post:** [Going On Vacation Can Actually Change Your Gene Activity](#)