



American Meditation Society

August 9, 2016

Patrick Morrisey
West Virginia Attorney General
1900 Kanawha Blvd. E.
State Capitol Building 1, Room 26-E
Charleston, WV 25305

Dear Attorney General Morrisey,

I wanted to write this letter of support for your innovative and insightful initiatives to help reduce prescription opioid use and subsequently opioid addiction in your state of West Virginia.

The best practices that you are implementing are a well thought out first step. Working with the healthcare provider community, pharmacists and patients, as you propose, will be an effective way of improving the current model of thinking. Education, accountability, and community building will go a long way in the eradication efforts.

Even more exciting to me though, is your interest and willingness to work with alternative resources to reduce the number of opiate prescriptions from the front end. The fewer people prescribed prescription opiates from the start will have to have a positive impact on the number of people suffering from opiate addiction in the future.

The new research studies showing that meditation can actually be more effective than opioid pain killers is ground breaking. The meditation community has anecdotally believed this for decades but with Fadel Zeidan's work coming out of Wake Forrest Medical Center, among others, the science is now there to validate the theory.

Zeidan states - "We found a big effect – about a 40 percent reduction in pain intensity and a 57 percent reduction in pain unpleasantness. Meditation produced a greater reduction in pain than even morphine or other pain-relieving drugs, which typically reduce pain ratings by about 25 percent."

In these studies, he has shown that with proper meditation and mindfulness practice, taught by a trained meditation teacher, these techniques can have a profound effect on patient pain management.

We at the American Meditation Society are in full support of your initiatives and would be happy to aid you in any way we can.

Thank you for your efforts to help find a solution to this extremely complicated epidemic.

New ideas are needed to solve old ingrained problems.

Sincerely,

Kenton Yeager
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