



# NEWS UPDATE

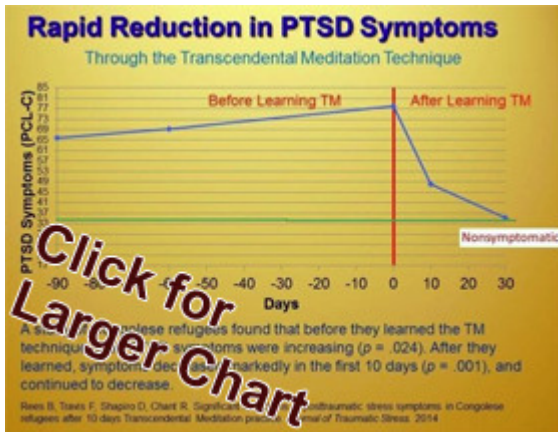
## In This Issue

- [Results in 10 Days](#)
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African PTSD Relief aims to reduce and prevent PTSD across Africa. We offer proven, affordable, and easily sustainable relief.

## Results in 10 Days Significant Reductions in Posttraumatic Stress Symptoms in Congolese Refugees Within 10 days of Transcendental Meditation

**New Study Published February 10:** War refugees exhibited clinically significant reductions of PTSD symptoms even within 10 days of learning the TM technique. Over the subsequent 30 days, practitioners continued to experience reductions in PTSD symptoms.



## Updated African Page On David Lynch Foundation Site



Our page on [davidlynchfoundation.org](http://davidlynchfoundation.org) has been freshened and updated:

- new research
- expanded vision of the range of the cause and extent of PTSD across Africa
- providing PTSD Relief to all those in need across the African

Reference: [\*Journal of Traumatic Stress\*27: 112-115, 2014.](#)

For more information  
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Please share this new research with your friends. [Like and share us on Facebook](#) and follow us on [Twitter](#).

For a copy of the article, please email [contact@africanptsdrelief.org](mailto:contact@africanptsdrelief.org)

continent.

Please visit the updated page:  
[www.davidlynchfoundation.org/africa](http://www.davidlynchfoundation.org/africa)

Connect with Us!



[Join Our Mailing List!](#)

## How You Can Help

Everyone can help reduce the debilitating pandemic of PTSD:

1. **Donate** - go to [www.DavidLynchFoundation.org/Africa](http://www.DavidLynchFoundation.org/Africa) and watch one or more of the 3 minute videos, then click the red "Donate" button at the top of the page and give generously. Your donations will support:
  - o project development
  - o project implementation
  - o research
  - o international support
2. **Donate expertise** - email [info@AfricanPTSDRelief.org](mailto:info@AfricanPTSDRelief.org) to discuss how you can volunteer your skills. Help is needed with fundraising, writing, bookkeeping, business plan design, setting up projects in Africa from the US, TM teachers to teach in Africa, etc. Your skills can help us do more for Africa.
3. **If you or your friends have had PTSD** and found TM helpful, email your experiences to [info@AfricanPTSDRelief.org](mailto:info@AfricanPTSDRelief.org) which we may post on Facebook or put in our next newsletter.
4. [Send this newsletter to friends](#) so they can learn about and support the project.
5. **Donate your attention**: simply have your attention on the rapid and smooth success of all our projects.



## About Us

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Relief for Africans suffering Post Traumatic Stress Disorder.

[www.DavidLynchFoundation.org/Africa](http://www.DavidLynchFoundation.org/Africa)

