Adverse factors
- Stress
- Depression
- Metabolic syndrome
- Telomere dysfunction

Threshold

Aβ deposition
Oxidative changes
Tau phosphorylation
Neuroinflammation

ApoE-e4

Adversity

Stress
Depression
Metabolic syndrome
Telomere dysfunction

Adverse factors

Aβ deposition
Oxidative changes
Tau phosphorylation
Neuroinflammation

ApoE-e4

Non-meditators

T1

Adversity

T2

Adversity

T3

Adversity

Excessive Aβ
Deregulated oxidation
Tau Hyperphosphorylation
Excessive neuroinflammation

Meditators

T1

↓ Adversity

T2

↓ Adversity

T3

↓ Adversity

T4

↓ Adversity

MBI

Promotion of normal interactions