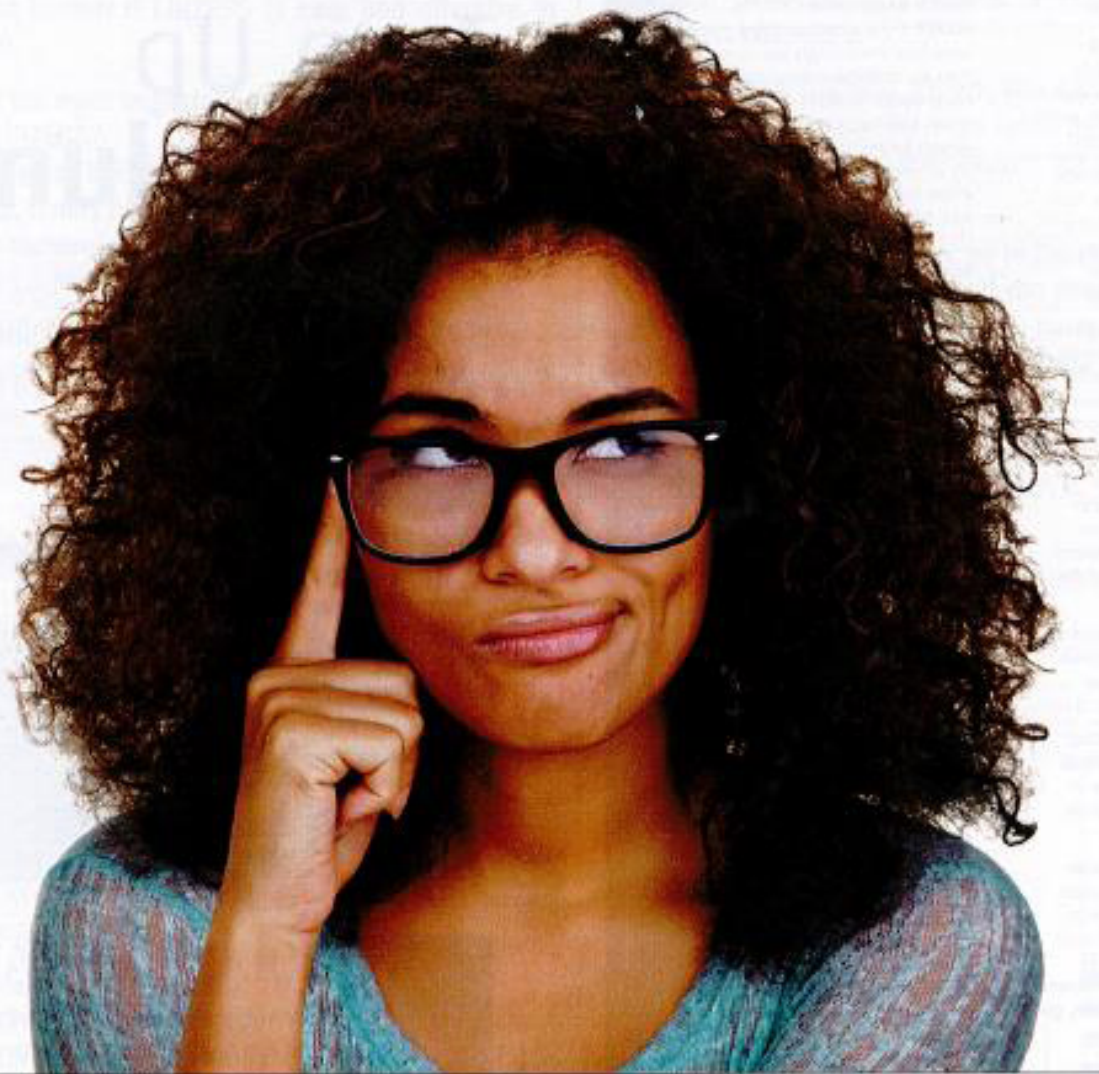


WHAT'S *the deal with...?*

Eat this, take that, don't forget to—yikes! Before you spend your time and money, here's the scoop on the buzziest health trends.

BY ALYSSA SHAFFER



MINDFULNESS

In a world of constant distractions (e-mails! texts!), it's no wonder we're searching for calm. Re-enter the centuries-old practice of mindfulness, which is simply focusing on the present moment as a way to process stress and other negative emotions. "Mindfulness is not about turning your brain off—it's a counter to overstimulation," says Jamie Zimmerman, M.D., a physician who teaches meditation and a contributor to [the wellness website sonima.com](http://the.wellness.website/sonima.com). And it's not just feel-good gobbledegook: Research

supports the positive effects of mindfulness: improving memory, reducing heart disease risk, and easing anxiety, to name a few.

BOTTOM LINE

Practicing a bit of mindfulness anytime, anywhere—even in line at the grocery store—can go a long way toward protecting your health. Take three minutes or so, close your eyes, rest one hand on your chest and the other on your stomach, and focus on the pattern of your breathing.