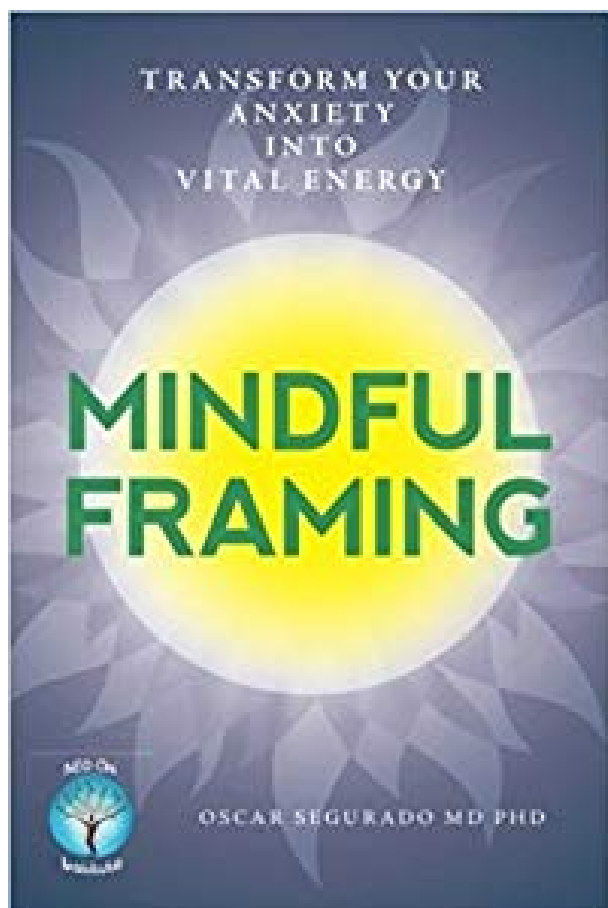


Mindful framing



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The ancient practices of meditation have much to teach us, but they're not well suited for our anxiety-driven modern life. Techniques such as mindfulness meditation once worked well, but today, only experienced meditators achieve calm, relaxed minds by focusing on mantras, breathing, or objects. We need a different approach to deal with anxiety. Beyond engaging daily our mind on self-reflection, we need to frame each of the 1,440 minutes in a day around a natural, empathetic, and healthy lifestyle. Oscar Segurado, MD, PhD, has developed the practice of mindful framing and the associated NEO Chi lifestyle to address this unmet need. A physician-scientist passionate for integrative medicine, he experienced firsthand the emotional effects of anxiety even as he witnessed its impact on family, friends, and colleagues. As an immunologist, he knows too well how stress and anxiety trigger serious immune-mediated diseases, including cancer, chronic infections, and autoimmunity. Combining his medical knowledge with a lifelong interest in Ayurveda and Chinese medicine, Segurado developed and practices daily mindful framing and the NEO Chi lifestyle, designed with the modern world in mind. Supported with audiovisual materials, mindful framing defines a novel nature-minds-body connection for the twenty-first century. With just fifteen minutes of daily practice, you'll experience a more intimate connection with the natural world, emotional harmony with the minds around you, and a feeling of overall invigoration.