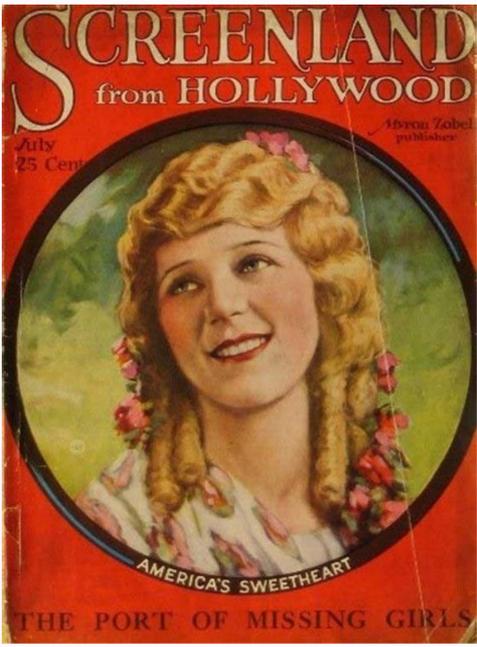


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# Research

MEDICINE TECHNOLOGY | FALL OF FITNESS / 2011

Five carbon-fiber artificial joints grown from stem cells bypass the pitfalls of artificial grafts.

Hip implants etched with nanotubes roll out a mechanism for healing bone cells.

Magnetic sensors beam good news—and bad—from deep inside an artificial knee.

A genetically edited stem cell is a natural bridge to an artificial limb.

## THE FUTURE HUMAN

New hope at the crossroads of engineering and medicine

Says Marturano: "The technology has gone beyond what we are capable of handling." It might seem paradoxical, then, that Silicon Valley has become a hotbed of mindfulness classes and conferences. Scientific study is also showing that meditation can have an impact on the structure of the brain itself. The company offers free content through an app and sells subscriptions to a series of web videos, billed as a "gym membership for the mind," that are narrated by Puddicombe and explain the tenets of mindfulness and how to meditate. I noticed the clap, clap of a jogger's sneakers going by on a paved path. "And the more I meditated, the more I felt like there was something else missing that science could say in terms of, like, how we live as human beings." By 1979, Kabat-Zinn had earned his Ph.D. and was working at the University of Massachusetts Medical Center studying muscle development and teaching anatomy and cell biology to medical students. As I looked across a vast lawn, I easily spotted my fellow MBSR students. Silently, we eased down a set of stairs and out the front door. I saw a group of 20-something men playing Frisbee, young kids riding bikes and a pair of women tanning in the sun. Researchers have found that multitasking leads to lower overall productivity. REWIRING YOUR BRAIN With Tiny Bits of raisin still stuck in my teeth, I look around at the 15 other people in my MBSR class, which will meet every Monday evening for eight weeks. When I met him at a mindfulness conference in April, he was dressed in corduroys, a button-down shirt and a blazer, with wire-rimmed glasses and a healthy head of thick gray hair. The seven-week course was started by a Google engineer and is offered four times a year on the company's Mountain View, Calif., campus. Silverman receives hundreds of emails and phone calls every day. His book A Mindful Nation was published in 2012, and Mindful, launched in May 2013, put Ryan on the From his second number after ensuring a \$ 1 million federal subsidization to teach the full attention in schools in his district of origin. What happens if you could use Buddhism-based meditation to help patients face conditions like chronic pain? Many of the studies on full care and meditation have been financed by individual private donors and have not complied with the highest scientific standards, which leads to NIH to declare in 2007 that future research had to be " More rigorous ". Perhaps for this purpose, the NIH has funded some 50 clinical trials in the last five years by examining the effects of full health care, with approximately average belonging to the Kabat-Zinn MBSR curriculum. Without telephics or talk. And many corporate workers today find it impossible to take breaks. And when I walk outside, I am smelling the air and listening to the soundtrack of the city. (NIH will launch an update of this figure at the end of this year). There is a new monthly, conscious magazine, a stack of saved books and a growing number of smart phone applications dedicated to the concept. Launched in 2010, the group has reached more than 300,000 students and educators at 43 countries and 48 states have taken their online courses. Ryan gave his two Blackberrys and finished the experience with a 36-hour silence period. During this frustrating agonizing period, it lasted up to 40 minutes, I would try to concentrate on my breath when Paulatte advised, but I felt constantly bombarded by thoughts about my family, random sounds in the room and even how it would translate the session of every night. In this history, Thud, however, grunt. The monks also had more activity of Gamma wave, indicating high conscience states. After the prescribed half hour, we went back to our ed amrof anu ne oditrevnoc ah es anelp n'Aicneta al n'namrevis trausT arAP 774 a odatlas a-Abah orem'An ese 2102 arAP anelp n'Aicneta al ed amet le erbos sacifitneic satsver ne soluc'Atra 25 noracilub es, 3002 ne latot nE etteluP noc senotmer ed with the 247 pace of his job consulting with financial advisers. (The average American teen sends and receives more than 3,000 text messages a month.) A Bay Area-based program called Mindful Schools offers online mindfulness training to teachers, instructing them in how to equip children to concentrate in classrooms and deal with stress. And like so many, I am hyperconnected. One week, we were assigned to eat a snack mindfully and "remember to inhale/exhale regularly (and with awareness!)," according to a handout. Mindfulness teachers say this kind of involuntary distraction is normal and that there's no point in berating ourselves for mentally veering away from the task at hand. Page 7 Photograph by Peter Hapak for TIME (2 of 8) There are no signs that the forces splitting our attention into ever smaller slices will abate. Whap, whap, thud. Through the course, thousands of Googlers have learned attention-focusing techniques, including meditation, meant to help them free up mental space for creativity and big thinking. LISTENING TO LIFE The MBSR class I took consisted of 21 hours of class time, but there was homework. It's hard to unwind when your boss or employees know you're just a smartphone away. I saw a group playing volleyball on the lawn, and for the first time, I heard the game. According to a recent survey, more than half of employed American adults check work messages on the weekends and 4 in 10 do so while on vacation. It makes sense in a way. MINDFULNESS GOES MAINSTREAM Tim Ryan, a democratic Congressman from Ohio, is among those pushing to use more federal funds for mindfulness research. The research has fueled the rapid growth of MBSR and other mindfulness programs inside corporations and public institutions. Page 4 Photograph by Peter Hapak for TIME (6 of 8) "There is a swath of our culture who is not going to listen to someone in monks' robes, but they are paying attention to scientific evidence," Richard J. Lately, the professor has also been spreading the gospel abroad. Some of this may sound like a New Age retreat of previous prescriptions for stress. It's rare that I let an hour go by without looking at a screen. I had lived close to this park for three years and spent hundreds of hours exploring it, but what struck me as different on the day of the retreat were the sounds. After she left active duty, Stanley enrolled in a doctoral program at Harvard and pursued an MBA at MIT—at the same time—planning a career studying national-security issues. Page 5 Photograph by Peter Hapak for TIME (7 of 8) But as the demands of two graduate programs combined with leftover stress from her time deployed, Stanley found herself unable to cope. Powering down the internal urge to keep in constant touch with the outside world is not easy. The science—particularly as it applies to mindfulness—is far from conclusive. My classmates cite a wide variety of reasons they have plunked down \$350 to learn about meditation and mindfulness. Stressed and exhausted, Ryan attended a mindfulness retreat led by Kabat-Zinn in 2008 shortly after the election. "Feel your heel make contact with the floor, then the ball of your foot," said Paulatte. The effort, says Ryan, is all about "little candles getting lit under the Capitol dome." Elizabeth Stanley, an associate professor at Georgetown, is trying to do the same for those in uniform. Ryan has hosted meditation sessions and a mindfulness lecture series on Capitol Hill for House members and their staffs. One evening, we were introduced to mindful walking. Search Magazine Articles Search Magazine Covers Cover Credit: PHOTOGRAPH BY PETER HAPAK FOR TIME Photograph by Peter Hapak for TIME (3 of 8) One might be thought of as smart marketing. Jingle, jingle. In the years since, scientists have been able to prove that meditation and rigorous mindfulness training can lower cortisol levels and noc erdam anU pihsradael. lufdnim rof etutisnl le adamal 'Aznemoc ale euq n'Aicaznagro anu rigirid arap 1102 ne aAaapmoc al 'Ajed y sseulufdnim ed avitaroprocc avitacini anu 'Aicini euq silim lareneG ed atnedisrpeciv xe anu .onarutraM ecinaj rop odigirid euf slliktaC amargorp lE .sAap le odot ne sortseam ed soiticr rop odazilltu RSBM soidutse ed nalp le ne 'Aitrvnoco es y ssaMU al ed anicidem ed otnemtraped le rop odibrosba euf nniz-tabak ed amargorp le .opmet le noc »A.otnup otrerc ed jAla s'Am adiv ed dadlac us enoisore on euq arenam anu ed rivv a sanotrep sal a raduya saArdop orep .sedademrefne sal sadot raruc sadepu euq se on'A .nniz-tabak ecid. »Asarepse s'Am euq ol se oste'A .anelp n'Aicneta al y n'Aicatidem al ne adasab ssaMU ne s©Artsu led n'Aicneta anu 'Arba nniz-tabak .sof©Am serT noc .asac ne daPi nu y hitiAtrop nu y anicifo al ne asemerbos ed rodanetro nu noc otinaj .ojabart le arap yrebkaLb nu y lanosrep enehPi nu ogneT .saoabral b odneicah y odnalbah o cincip ed satnam ne odnasnacsed sailim y sogima ed sopurg ertne solos odnubhmed y odnejet seibmoz naAceraP .aedor em euq etneg al a ovesbo y otnesni em etnemlamron .oibmac nE .raivila redidup osruc le euq abarepse euq setnasertse serotcaf soporp sim aAnet .anelp n'Aicneta al abatarT es ©Aiq ed rednerpa arap Abircsni em euqnaU .setnatropmi e soicr s'Am necerap saAd sotsne ne oreP .lapincirp etnroroc al aicah orlasupmi a odnaduya jAtse euq oiticjArp zinrab nu nad el y neugnisit ol serotcaf soT oreP .olucs'Am nu omoc n'Aicneta us ne esneip .n©Amoc odtnes ed euqofne nu nednefid .oibmac nE .saroh onic ed orter nu .Janif ocicirje nu arap odabjAs nu sominuer son .sanames ohco ed s©Aupsed j8 fo 8f EMIT arap kapaH reteP ed aAfarogtoF 6 aniqjAP .anicifo us n'Agell odnauc etneserp s'Am ratse a 'Aduya el .oid n'Agos .euq ol .abaedor ol euq etneg al a 'Avresbo .ose ed zev nE .acin©Ag n'Aiserpxe al ratcefa osulcni etenmelbisop y enumli atseupper al ratnemua .n'Aisery Maternity said he "being present" with his baby seemed more important than ever, but he was struggling. A father and potentially more powerful to overcome the scholastic science is learning about our brains' ability to adapt and rewire. On a tip from one of my MBSR classmates, when I'm at a restaurant and a dining companion gets up to take a call or use the bathroom, I now resist the urge to read the news or check Facebook on my phone. For others, the pain remained the same, but the mindfulness training made them better able to handle the stress of living with illness. "I went up to Jon and said, 'Oh, man, we need to study this—get it into our schools, our health care system.'" In the years since, the Congressman has become a rock star among mindfulness evangelists. Anxiety in the financial industry reached a high mark in the 2008 meltdown, but even after the crisis began to abate, Silverman found that the high stress level remained. "It was very moving. The findings were so promising, according to Jha, that the Department of Defense awarded them a \$1 million grant to investigate further, using an MBSR-based curriculum Stanley developed called Mindfulness-Based Mind Fitness Training. Wisdom 2.0, an annual mindfulness gathering for tech leaders, started in 2009 with 325 attendees, and organizers expect more than 2,000 at this year's event, where participants will hear from Kabat-Zinn, along with executives from Twitter, Instagram and Facebook. I made it all the way home before I turned on my phones. Almost immediately, some of the clinic's patients reported that their pain levels diminished. Building on the discovery that brains can change based on experiences and are not, as previously believed, static masses that are set by the time a person reaches adulthood, a growing field of neuroscientists are now studying whether meditation—and the mindfulness that results from it—can counteract what happens to our minds because of stress, trauma and constant distraction. But neuroscientists have shown that even far less experienced meditators may have more capacity for working memory dwindles in mind, wandering. Just be present, she said. The notes and rhythms were always there, of course. Of course, most people will never meditate at the level of a monk. Even if it could not relieve their symptoms, Kabat-Zinn speculated that training with mindfulness could help patients redirect their attention so that they could change their response to pain and thus reduce their overall suffering. He partnered with Amishi Jha, a neuroscientist at the University of Miami who studies attentiveness, and together they launched a privately funded pilot study that investigated whether a full attentiveness program could make marines more resilient in stressful combat situations. At the beginning of each two-hour MBSR class, our teacher, a mild woman named Paulatte Graf, knocked two small latin saucers together to indicate that we should start meditating. Full attention is rooted in Eastern philosophy, specifically Buddhism. "He's unplugging when he plugs in." The science of unleashing Jon Kabat-Zinn, the father of MBSR, doesn't seem like the kind of person who would sell meditation and full attention to the stressed and stressed masses of America. Students and workers who change constantly and quickly between assignments have less ability to filter out irrelevant information, and make more mistakes. Engineers who write the code often speak of "being in the area" in the same way that can be a successful athlete, which mindfulness teachers say is the epitome of being present and paying attention. We had a short group discussion about how we could continue our training with full attention through other classes, and then folded our chairs and put them in a closet. A dog with metal identification tags came up behind me and passed by. One From NIH found that Americans spent about \$ 4 billion in alternative medicine related to full care in 2007, including MBSR. Precisely because of this scientific component, full attention is winning traction with people who could otherwise find find a no .krow ot gnidri elihv enohp sib no semag gniyalp dna cisum ot gnetisil depotts eh nehW hgorhtkaerb sseulufdnim a dah eh dias ssalc ym ni tneduts enO .lufdnim eh of snaem ti tahw fo traeh eht ta dna tnatropmi s'tahw si detrevid neh sah notnetta rop taht zingocor ot ytiliba ruo .yas yeht .rehtaR .kcart no sevil rieht teg ot gniyrt stneih htiv gnikrow fo serts eht htiv gnialp pleh dedeen eh dias .rekrow laicos a .nam enO .tcerroc er'yeht ecnevide s'rehT j8 fo 4f (EMIT rof kapaH reteP yb hparogtohP 2 egaP .daeha nalp ro tnatropmi s'tahw no ni orez ot emit on eh ot otnes ereht .neeb sehet roF .oot noitulos rof ygolonhcoet gnippat ni ssergop emos neeb s'rehT yletal tuB .syas eh " .yad taht gnitaidem detrats I .niarb eht gniscrexe ot stifeneb elbavorp dna eterocno era ereht stseggu .yticitsalporuen sa nwonk .nonemonehp sihT .regnoirts gnitteq er'yeht .yrtaroc eht oT .namreviS syas " .ecneirepxe gnignaho-efil a saw ti .ereht ydobyreve tuoba tsuj roF" .retsam neZ a yb nevig notitaidem tuoba erutcel a dednetta eh nehW s0791 yirae eht ni TIM ta ygoloih ralucelom ni etarotcod a gniinrae saw .96 won .nniz-tabak .tsitra na dna tsigolonummi na fo nos ehtT .gnirednaw sselmia sa nwonk ecitcarp notitaidem a ni setumim 03 rof dnuora klaw ot su dlrot dna krap eht otni su del etteluP .Jaem eht retfA .syas eh " .srallod orez no tolip ehtl ta tsuj saw lT " .flesruoT edisil hcraeS deliac margorp sseulufdnim esuoh-ni na sah .elihwnaem .jelgooG .efil ym no tcapmi-dnuoforp tub-llams a dah sah esruoc eht tey .hcum detaididem 'nevali I .ecnis shtnom eht nl syas eh " .ecneies eht si nosaer eht dna .senuluc ynam dna seirtuoc ynam ni gnillepmoc gnidim won era elpoeq taht gnihtemos si sihT " .syas yelnats " .mrofinu ni nemow dna nem hitw seugijnicoet esseht erahs ol yaw a dnif dna rehtegot em fo sedis owt esseht lup ot detnaw I dezilaer I .4002 ni gaerter gnol a nO" .yrtusudni elbazis a otai gnawory si ti dna lites hguot a seilpsohilp trip to Beijing, he helped lead a full-fledged retreat for about 250 Chinese students, monks and scientists. They were able to separate their everyday experiences from their identity as pain patients. In our small meeting room, we formed a circle and walked together. "I'm crazy to be in touch", he says. "One foot, then the other." Anxious feelings about next week's planning and emails in my inbox that might be waiting for answers slipped into my head even though my phones were off and hidden. We brought our lunches, and after meditating and doing yoga, we ate together quietly in a second floor room overlooking a park. The ability to concentrate for a few minutes on a single grape is not foolish if the skills it requires are the keys to survival and success in the 21st century. In a meditation retreat that year, he had a revelation. But it is another reason why it is difficult to rule out full attention as fleeting or artificial. Puddicombe, 40, co-founded Headspace in the UK in 2010 and opened a new office in Los Angeles in 2013 after attracting venture capital. The players growled when they made contact. A blonde woman in her 20s said that back-to-back daily work meetings meant she couldn't find time to pause and restart; she had been prescribed the anti-anxiety drug Klonopin. Davidson and a group of co-authors published an article in the prestigious Proceedings of the National Academy of Sciences in 2004 that used electroencephalography to show that Buddhist monks who had recorded at least 10,000 hours of meditation had brains with more functional connectivity than novice meditators.. I've started using a watch, which has halved the number of times a day I look at my iPhone and risk le le atash onamuh amolipap led suriv la omsinagro led airatimnumt atseupper al atash laicos daeadeina ed onrotsart le edsed .odot a tcefa RSBM le om'Ac erbos soidutse neyulcni osruc ne o sodatelpmoc HIN sol ed soyasne sol .bew al o ocin'Arctele oerroc le rop odibrosba fatigue. So in 2011, he took a group of his clients on a mindfulness retreat. "It was always my intention that mindfulness move into the mainstream," says Kabat-Zinn, whose MBSR bible, Full Catastrophe Living, first published in 1990, was just reissued. "I realized my body and nervous system were constantly stuck on high," she says. She underwent therapy and started practicing yoga and mindful meditation, eventually completing both of her degree programs as well. "My mind got so quiet, and I had the experience of my mind and my body actually being in the same place at the same time, synchronized," says Ryan. The ball thudded when it hit the grass and whapped when it was being served. Kabat-Zinn and other proponents are careful to avoid any talk of spirituality when espousing mindfulness. The group left their smartphones behind and spent four days at a resort in the Catskills, in upstate New York, meditating, participating in group discussions, sitting in silence, practicing yoga and eating meals quietly and mindfully. Stanley was an Army intelligence officer deployed to the Balkans in the early 1990s. There are hundreds of mindfulness and meditation apps available from iTunes, including one called Headspace, offered by a company of the same name led by Andy Puddicombe, a former Buddhist monk. Davidson, founder and chair of the Center for Investigating Healthy Minds at the Waisman Center, at the University of Wisconsin at Madison. As the working parent of a toddler, I found life in my household increasingly hectic. (About 500 General Mills employees have participated in mindfulness classes since Marturano introduced the concept to the company's top managers in 2006, and there is a meditation room in every building on the company's Minneapolis campus.) Marturano, who ran a well-attended mindfulness training session at Davos in 2013 and wrote a book called Finding the Space to Lead: A Practical Guide to Mindful published in January, says most leaders she encounters feel besieged by long work hours and near constant connectivity. (Now arriving: smart watches and eyeglasses that will constantly beam notifications onto the periphery of our vision.) Already, many devotees see mindfulness as an indispensable tool for coping—both emotionally and practically—with the daily onslaught. "There's nothing bad or harmful about the smartphone if we have the awareness of how to use it in the right way," says Puddicombe. Since we were New Yorkers, another week's assignment was to count fellow passengers on a subway train. Educators are turning to mindfulness with increasing frequency—perhaps a good thing, considering how digital technology is splitting kids' attention spans too. As with any muscle, it makes sense to exercise it (in this case, with meditation), and like any muscle, it will strengthen from that exercise. He looked more like the professor he trained to become than the mindfulness guru he is. Page 3 Photograph by Peter Hapak for TIME (5 of 8) But ultimately, a professor may prove more valuable than a guru in spreading the word on mindfulness. I heard a soft jingling, and I knew just what it was. Stanley has been involved in two additional mindfulness studies with Marines since, and Jha has been awarded \$3.4 million more in federal grants to study how mindfulness training affects stress among other populations, including undergraduates facing exams and accountants slogging through tax season. (Apple co-founder Steve Jobs said his meditation practice was directly responsible for his ability to concentrate and ignore distractions.) Of course, much of that world-class engineering continues to go into gadgets and software that will only ratchet up our distraction level. level.

Part toxins-free psychedelic trip, part mass mindfulness experiment, Dreamachine is an immersive installation promising consciousness-altering spectacle. Landing in London in May, Dreamachine stands apart from other techtastic experiential art environments in the calibre of its collaborative creators, ... Ideally, you should play the listening track 2 or 3 times, setting a different task each time. Many experts suggest upgrading the tasks, going from easier to more difficult, such as starting with one gist question, proceeding with 3 to 5 detail questions, then following up ... 17/03/2022 - Fifty-nine per cent of employers say that the change in working patterns to a more remote or hybrid approach has affected the way they support the health and wellbeing of staff, according to research from GRID, the industry body for the group risk protection sector. Of those employers who stated that working patterns had affected the way they support the health and ... Teaching our kids to practice mindfulness, the very act of slowing down and connecting with the world around us, might be the secret to helping them live on an unstable planet. ... The Medication Abortion Revolution is Here . SCOTUS is poised to gut Roe v. Wade this year, making abortion illegal in more than half the country. But expanded ... 06/03/2022 - 60 Minutes, the most successful broadcast in television history.Offering hard-hitting investigative reports, interviews, feature segments, and profiles of people in the news, the CBS News magazine has been the number-one program a record five times. 07/05/2015 - Read Modern Boylover Magazine Issue 12 by Elmo Kirkwood on Issuu and browse thousands of other publications on our platform. Start here! Support 100 years of independent journalism. Putin's assault on Ukraine is a moment to think the unthinkable and impose comprehensive sanctions on gas and oil. Write to letters@newstatesman.co.uk to have your thoughts voiced in the New Statesman magazine. As Putin cracks down on peaceful protest ... YAM magazine showcases Victoria's most stunning homes and inspiring fashions, along with insights from award-winning home designers, chefs, and much more! YAM is Victoria's lifestyle magazine, connecting readers to the distinctive lifestyle and authentic luxury of the West Coast.

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