

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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**"How we spend our
days is, of course,
how we spend our
lives."**

Annie Dillard

[Yale University](#)

[Research on PMS - Dr.
Yonker.](#)

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Good day dear woman and man reader!

This month, I will share my findings of a very important author; this may become of great interest to you all: Dr. Dean Ornish.

He has been greatly honored throughout his career for his research on Heart disease reversal with the help of proper exercise, diet and meditation.

I am reading *Love & Survival or The scientific basis for the healing power of intimacy*. A great book.

I will be short this month which does not mean you cannot use this information to reflect deeply on the power of love.

Soon we will celebrate St.Valentine's day. What a good day and moment to take a step back, or a step forward, to look at our actions, our thoughts in order to better our health in all regards.

Lately, I heard the famous phrase: We harvest what we sow. What if I changed that phrase for: We harvest what we love!

I come back to Dr. Ornish. In his book on *Love and Survival*, he reports on a myriad of long term studies that are absolutely clear in their findings, namely that our survival greatly depends on the quality of our intimacy with our surrounding. Even above our diet, exercises or medication.

Some other studies have demonstrated how depression preceded the onset of cancer. Solitude and isolation also were factors contributing to all kinds of diseases.

Relations and social interactions also demonstrated an added longevity for thousands of persons within those study groups.

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Furthermore, our immune system is at its best when we are in harmony with our spouse or loved ones in our life.

Do you have unresolved conflicts? Then I suggest you get busy resolving them so you can optimize your health in all regards, emotional, physical or spiritual.

Heart diseases have even been reversed with an appropriate regimen and bettering human relationships of persons under study.

This should encourage us to acknowledge how important it is to give special attention to our friendly and loving relationships because of their inherent survival qualities.

Another very interesting fact that was found in a group to which a movie of Mother Teresa and her compassion in helping dying people had the effect of increasing the immune system antibodies on each viewer of that movie, compared to another group to which a more neutral movie was shown. So interesting!

It has been years I scream loud and clear to sensitize people to stop viewing horror movies or useless scary movies for it is my belief it turns against us to the detriment of our immune system. Finally, someone has proven it for me.

It has also been experimented with 2 groups of rabbits who were fed a very high cholesterol diet, where one group was touched every day compared to the other one who was simply fed without touching.

The group of rabbits that were touched ended up with hardly any incidence of blocked arteries, compared to the other one. I hope this will make you reflect greatly.

To end this month, it also has been demonstrated beyond the shadow of a doubt that support groups (cancer, etc.) has greatly contributed to longevity compared to other patients who refused to participate in such exchanges.

Dr. Ornish is convinced that sharing our intimate emotions, whatever they are, happy or painful, contributes to enhance our immune system.

That has been my belief for the longest time, namely that we are all ready to take our car for a 'tune up' but we rarely think of doing the same favor to our mind, body and soul.

I will leave you with these thoughts that I invite you to bring forth in your daily routine.

- What do you wish to do in order to be touched differently (emotionally or physically) each day?
- What do you wish to change in your ways to exchange with your surrounding?
- What do you wish to better so your health can become at its

[You can access a book
review for *My Beauty &
My Beast - Mind, Body
and PMS*](#)

best?

And if each thought was creating a better life, what would you have to change in order to get there?

Upon this, I leave you reflecting and meditating. I invite you to write to me and share your new decisions that will make a new difference in the long run.

With affection:

Pauline Houle - Therapist – author

pms@paulinehoule.com

NEXT MONTH: I await your comments!