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***EXPECT A MIRACLE: You Won't Be Disappointed***  
***A Workbook for your Healing Journey Using Appreciative Medicine***

By Tel Franklin, M.D.

Founder, Center for Appreciative Medicine in Monterey  
Named One of the 50 Outstanding Family Physicians in California

*At the University Medical Centers of North Carolina, Dr. Franklin authored and was the primary investigator for studies on treating coronary heart disease through lifestyle modifications. In an effort to battle coronary heart disease, the single leading cause of death in the U.S. and to promote heart healthiness which leads to overall better health, he has compiled the following in honor of American Heart Month.*

**♥ HOW TO BECOME HEART HEALTHY ♥**

**1. Healthier relationships are essential.**

*Whether with your mate, family, friends or colleagues, sound relationships are necessary for a healthy you.*

**2. Love is a prerequisite to complete wellness.**

*The ability to share and be open and honest leads to increased health.*

**3. Emotional and physiological reactions inherent in a loving relationship are key.**

*As a result of a loving relationship, the reactions that occur in the human body are a key factor to optimal health.*

**4. Bring good wishes, actions and thoughts towards others.**

*Opening your heart and feelings will heal you from within.*

**5. Be open to apologizing or offering forgiveness after a dispute.**

*Nothing plagues well-being more than harboring ill feelings*

**6. Show your gratitude for someone special in your past or present.**

*It is healthy to remember the good times and reach out to someone who has made a difference in our life.*

**7. To maintain the best of health be sure to take care of your mind, body & spirit.**

*Increase longevity through a good diet, plenty of exercise, stress reduction or relaxation techniques. Also, consider prayer which studies have linked to healing.*

**8. Celebrate love & life everyday!**

*Make a conscious choice to always appreciate the miracle of life and embrace it with all those around you.*