

Attention: important information
on love and its impact on health

According to the *Institute of HeartMath (IHM) Newsletter*, Vol. 4 Number 2, love is an important and healthful feeling that is good for your body. Now don't take this the wrong way, but love is good for you.

Love is good for your heart according to Michael Maccoby, Ph. D., director of the Harvard Project on Technology.

"The heart is a symbol of knowledge, purpose and courage. It is a muscle, just like any other muscle, and it has to be exercised to become strong. A lot of people are so afraid of feeling anything, so afraid of feeling bad, that they put a protective shell around their heart. Others live in a cocoon of self-protection as they have pursued the idols of career, comfort and safety. One has to dedicate oneself to develop the heart, just as one develops the head," says Maccoby.

Okay, that is a neat quote and all. But what does he mean by working your heart out? Well, IHM says the heart produces an electrical signal, 2.5 watts of continuous electrical power. That's 40 to 60 times stronger than the electrical energy of the brain. The heart's electrical signal reaches every cell in your body. The quality of the electrical signal is influenced by your thoughts and emotions. Sincere love, appreciation and care cause the heart rhythms to have a smooth, regular, coherent pattern which results from a nervous system in balance. Studies have shown that:

- Heart attack survivors who remain calm during emotional conflicts have a lower risk of heart attacks compared to those who tend to get angry.
- Loving and caring people have decreased levels of stress hormones and greater immune strength during times of stress than people who are less loving and caring.
- People who are overly anxious about relationships, health and work are three times more prone to sudden cardiac death than smokers.
- Increased immune system strength results from feeling warmth and care toward others.



Strange but True Stories about Love

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Man's best Man

Sept. 3, 1995-Can man's best friend be a man's best man? Dan Anderson thought so. The Illinois groom chose his dog, Samson, to be the best man at his wedding and his bride had no objections since she bought the pooch six years ago. Anderson's mother even made a tuxedo for the dog.

200,000 attend \$25 million wedding in India

Sept. 7, 1995-in Madras, India an extravagant two-day wedding ceremony was held for more than 200,000 guests. The wedding was for the foster son of the state's chief minister. Five-thousand goats and 25,000 chickens were prepared for the wedding feast.

Man seeks love through cookies

Oct. 12, 1995-in Oakland, California a man who said "true love is worth a fortune" backed up that statement, 10,000 times over. Merwin Snyder says he has distributed 10,000 fortune cookies nationwide, in hopes of finding a wife. The fortune reads: "Attractive woman, quick with smile, will meet sincere man who seeks committed relationship," followed by his address. No word on him finding a wife.

THE MIND BENDER

By Jonathan Roberts

This week's Mindbender is an amalgam of weird stuff to get ya thinkin' about Valentine's Day. Hope ya like it....

Ways to get through Valentine's Day and ways to exact revenge on the ex:

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- ◆ Leave your dirty socks in your ex's mailbox.
- ◆ Get together with your friends and have an ex-boyfriend/ex-girlfriend bash, complete with pictures for the dart board.
- ◆ Make a prune bouquet and leave it on his/her doorstep.
- ◆ Return your engagement ring in a bucket of lard.
- ◆ Make his favorite cake with your toenail clippings as garnishes that make a smiley face design in the icing.
- ◆ Mail her week-old fish.
- ◆ Return his favorite jacket with oatmeal in the pockets.
- ◆ Speak high school French on her answering machine until it fills up.
- ◆ Tell her it's over by writing messages on her eggs with a grease pencil.
- ◆ Videotape yourself giving him a kiss-off message and leave it in his VCR.

Totally random yet interesting statistics for you on Valentine's Day:

Almost half of American women, 46 percent, agree that a good night's sleep is better than sex. Sixty-eight percent of men disagree with that notion.

The perfect man knows that his very best options for gifts to his beloved are jewelry (26 percent), flowers (25 percent) and a book (11 percent). In Poland, books are tied with flowers as the most desired gifts.

The rumble in the jungle is that 40 percent of Americans say they have been caught snoring. Thirty percent hog the covers and 22 percent talk in their sleep.

Fifty-five percent of Americans say they watch TV in bed.

---All stats from Harlequin Romance Report 1996---