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Enjoy better health and a better life

Liz Copeland's newsletter March 2007



HUG THERAPY

Why hug? Well, why not? Good health is tied up so much with our emotional well-being that hugs must surely be an integral part of any health programme.

Hugs make you smile. Try thinking of a hug without smiling. Very difficult, only achievable if you are depressed or Mr Spock. Laughter boosts the immune system, reduces inflammation and reduces pain. So get smiling.

Hugs give you contact with others. Humans need touch. Not just talk or chat but touch. Anyone who has held a baby knows their huggable qualities and they need human touch to thrive.

Hugs help you share emotions. We hug when we are happy or sad – the important part of the hug is that we are with people we care about and who care about us. That matters.

Hugs are healing. This is something your Mum knows. At any family crisis the first thing to do is have a hug. (If you are English, the next thing to do is have a cup of tea). Children automatically go to their Mum when they are hurt and very often a hug will make it better. This also works on grown ups but we don't ask for hugs as often.

So go out now and hug a loved one. Print this newsletter, give a copy to a friend and give them a hug too.

With hugs from Liz Copeland at Tranzformations, truly wanting you to have better health and a better life.

P.S. Hugs work best with trusted loved ones ... so think very carefully before hugging random strangers or work colleagues!