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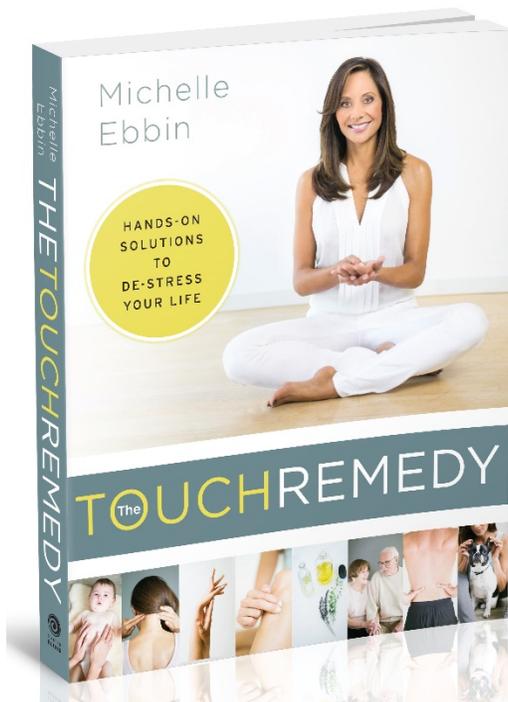
Improve Your Well-Being One Touch at a Time

The Ancient Art of Touch Therapy United with Modern Science Shows Us How to Relieve Stress, Soothe Anxiety, Boost Immunity, and Alleviate Pain

THE TOUCH REMEDY

Hands-On Solutions to De-Stress Your Life

by Michelle Ebbin



Human beings are wired for touch. Touch is critical to our physical and mental health. And yet America is an increasingly touch-deprived, high-stress culture, and we are paying for it with our well-being.

Now, in **THE TOUCH REMEDY: Hands-On Solutions to De-Stress Your Life** (HarperElixir; April 19, 2016), leading touch-therapy and wellness expert Michelle Ebbin demonstrates how simple touch can truly change our life — and that we all have the power to do it *ourselves*.

A fresh, contemporary approach to natural health, **THE TOUCH REMEDY** unites touch therapy, one of the oldest healing modalities in the world, with cutting-edge research. It demystifies the time-tested techniques and provides healing solutions for every member of the family, from busy moms to babies, partners, and pets.

In each chapter, Michelle Ebbin provides clear instructions, coupled with beautiful photography, and invaluable insights. The quick, clear, useful solutions, which take only two to three minutes each, can be done anytime, anywhere to:

— more —

- Relieve a range of physical and emotional stressors, including stress, anxiety, depression, PMS, headaches, back and neck pain, and digestion issues.
- Strengthen the immune system, balance hormones, optimize weight, detoxify the body, increase energy, rejuvenate skin, and prevent chronic disease.
- Improve intimacy in relationships, bond with your children, and communicate through touch.

With candor, wisdom and charisma, Michelle shares how taking charge of your own health, by literally taking it into your own hands, can improve your body, mind, and spirit, and enhance every part of your life.

About the Author



Michelle Ebbin is a leading touch therapy and wellness expert, author, and entrepreneur. A graduate of Columbia University, Phillips Academy Andover, and the Institute of Psycho-Structural Balancing, Michelle is a Certified Infant Massage Instructor, a member of the American Massage Therapy Association, International Association of Infant Massage, and Reflexology Association of America. She's currently working with City of Hope, a leading cancer research and treatment center, in a new touch therapy program for cancer patients and caregivers. A portion of the proceeds of this book will go to City of Hope. Michelle lives in Southern California with her husband and three sons.

More at www.thetouchremedy.com.

THE TOUCH REMEDY
Hands-On Solutions to De-Stress Your Life
by Michelle Ebbin
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Health Benefits of Touch Therapy

- Touch therapy **can help pregnant women** reduce anxiety, improve mood, and lead to better sleep and less back pain.
- Massage can help **reduce PMS-like symptoms** such as pain, water retention, and mood swings.
- Today, many men suffer from physical and emotional touch isolation, meaning they're cut off from platonic human physical contact. Massage therapy **helps men** reduce stress, encourage self-esteem, enhance personal connections, and build a sense community.
- Reflexology can **help prostate, urinary, and male sex-related** problems.
- Massage can **stimulate the body's erogenous zones**, boost libido & improve intimacy in relationships.
- Massage **encourages the release of oxytocin**, a.k.a. 'nature's love glue,' which makes us more sympathetic, supportive and open with our feelings. It's also **linked to the longevity of a relationship**, as couples with higher levels of oxytocin remained together longer than those with lower levels, and were more attuned to each other than couples with low-oxytocin levels.
- Touch is truly fundamental to human communication and bonding, and it's **essential to a child's development**, sense of well-being and good health.
- Regular massage **gives babies a physical, emotional and intellectual advantage** for a healthy childhood.
- Massage **helps children with a number of special conditions**, including anxiety, autism, asthma, ADHD, cerebral palsy, and down syndrome.
- Massage **can help reduce chronic pain**, particularly in joints, such as the shoulder or knee, while also improving stability and posture. Massage can **help high-blood pressure and osteoarthritis**.
- Massage can reduce stress levels and agitation behavior in older adults living with **dementia or Alzheimer's**.
- Massage **can decrease many cancer-related symptoms** and the side effects of treatment, such as stress, nausea, fatigue, muscle tension, depression, anxiety, insomnia and pain.
- Post-surgery patients who used pet therapy requested pain medication 28% less than those who did not have access to pets. Patients who use **pet therapy seem to breathe more slowly and feel less tense**, which reduces their perception of pain.