

We Need to Feel Loved and Cared For

My research with cancer concluded that patients lived longer because they felt listened to, cared for, and supported. They felt loved and cared for. This was also Dr. Dean Ornish's conclusion with heart disease. His research has been published in the world's leading medical journals, where he concluded, after twenty years of research and practice as a cardiologist, that no other factor in medicine, "*not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery*", affects our health, quality and length of life more than feeling loved and cared for. He stated further that medical knowledge must be integrated with a deeper, ancient wisdom: that peace and well-being come from within, and that we need to open our heart to this truth of who we are. People need to be treated with altruism, compassion, and love.

Excerpted from *Why Love Heals* by Dean Shrock. Ph.D.