

NEWS RELEASE

For immediate release...

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When prescription drugs kill and natural products are unsafe, it's time for a real alternative!

- More than 196,000 people die and 2.2 million are injured each year by adverse reactions to prescription drugs. **The use of prescription drugs is the 3rd leading cause of death in the USA.** [Alternative Medicine – March 2000]
- 54% of adult Americans are overweight, according to the National Center for Health Statistics, and 18% are obese, despite endless miracle products and the established awareness of healthy lifestyles.
- Natural products that are potent enough to help people, are also potent enough to cause side effects, according to Stephen Barrett, M.D., a board member of the National Council Against Health Fraud.
- People continue to be sick despite over 2 billion dollars spent each year to promote health products.

Is our society becoming over-medicated? Are pharmaceutical drugs and natural remedies really the solution?

In **The Essence of Self-Healing: How to Bring Health and Happiness Into Your Life** (FleetStreet Publications, \$16.95, pb ISBN: 0-9700444-0-2, Spring 2001), Petrene Soames offers an important new element to a healthcare situation that is getting more out of control everyday. Unique in its simplicity and clarity, this book points out that each of us have our own self-healing skills.

"Everyone understands that applying a band-aid to a broken bone does not work," Petrene states. "To heal more of today's maladies, individuals need to pinpoint what makes them and keeps them ill. Understanding what needs an illness fulfills is the first step into a life free of disease and pain."

Written with warmth, charm and profound insights, **The Essence of Self-Healing** delivers a refreshing, invigorating, and empowering feeling. Petrene shows the reader the obvious links between our thoughts, our beliefs, and our health. She then gives step-by-step instructions, and easy-to use techniques and exercises, that can be easily adjusted to individual needs. Packed with practical information, tips, and true stories of people who have healed themselves, this book is an invaluable resource for everyone in the need of health and happiness.

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In a world of complex high-tech and biotech medicine, and a wide range of confusing alternative solutions to health problems, it is time to go back to simplicity. **The Essence of Self-Healing** shows everyone how to:

- Understand why we get ill, out of balance, and out of shape.
- Bring positive results even when everything else has failed.
- Lose weight, keep it off and feel great with your body.
- Stop being affected by others.
- Get unstuck in your health and your life.
- Heal anything from a headache to cancer.

In **The Essence of Self-Healing**, Petrene clearly shows why anyone who wants to get and stay well must first get to the root of their illness and understand the need it reveals, face the issues, and resolve them at the core. "The two main reasons that keep the individual from doing this," explains Petrene, "is a lack of know how and a lack of self-belief. My book supplies both in abundance."

About the Author

Petrene Soames has been working successfully for over 20 years in the fields of healing, wellness and the achievement of personal potential. Her unique practices and insights, which have helped hundred of clients worldwide, are drawn from every realm of human sciences and studies, but are not locked and blinded by any one doctrine. Her exceptional ability to see through to the very core of issues is legendary. She is a motivating and inspirational speaker, a veteran television and radio guest featured in national and international press. Originally from England, Petrene is now based in The Woodlands, Texas (near Houston).

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The Essence of Self-Healing **How to Bring Health and Happiness Into Your Life**

By Petrene Soames

260 pages - 5.5 x 8.5 - ISBN 0-9700444-0-2

\$16.95 trade paperback original

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10 things people want to know about Self-Healing

1. Health and healthcare have been in everyone's mind during the 2000 Presidential Campaign. How do you feel about the current healthcare situation and the programs proposed by the two main candidates?
2. You are a firm believer in self-healing and you wrote a book called The Essence of Self-Healing. What is self-healing really about?
3. You are a healer yourself. Don't you have to have special abilities or special powers? Can everyone do this?
4. Can you use self-healing to cure any disease? Including cancer?
5. Let's say I am suffering from a disease now, any disease. What do I have to do?
6. Do you see instant results or how long does it take?
7. Many out there are looking for alternative solutions for their health problem. Where does this fit with self-healing?
8. Should we stop going to a traditional or an alternative practitioner?
9. Lots of people are very skeptical about all of that. If self-healing works, why isn't it more used by everyone?
10. What practical tips would you give to the audience to be and stay healthy?

**To schedule an interview with Petrene Soames,
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A Press Portfolio is available on the Internet at <http://TimeisMine.com/press>, including a TV Demo, extract of the Debra Duncan Show on ABC Houston.