

# Gratitude is the best medicine

Did you know that a dose of gratitude is one good antibiotic? The mere act of saying thank you or simply letting someone know they are appreciated can do more for the immune system than you think.

That's right! Gratitude can be beneficial to your health. According to published research findings by Dr. Robert Emmons (University of California in Davis) and Dr. Michael McCullough (University of Miami), gratitude is a virtue conducive to good health, well-being, happiness, and psychological stability.

The research revealed that practicing gratitude, whether verbally or through action, resulted in heightened liveliness, optimism, and enthusiasm. Furthermore, the research subjects were far less prone to depression and tension.

The positive effects of being grateful are endless. An immune system supported by a sunny disposition is one more resistant to diseases and disorders that plague the body and the spirit. Psychological well-being is maintained, your social life is active, people's perception of you improves, and your outlook in life is more optimistic and positive.

That is primarily why people who are more polite and courteous will likely end up being more socially accepted and, therefore, be more persuasive and trustworthy of other people. These revelations are not only based on decades of scientific research but on years of common



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Rina Albert, the artist behind the Thank You Day campaign designs, shares her gratitude.

social sense as well.

Oct. 20 offers a wonderful opportunity to take a step in this healthy direction. Backed by the global icon for graciousness and gifting, Toblerone invites everyone to say "Thank you" at the SM Mall of Asia as a grateful nation celebrates the first annual Thank You Day with a concert topbilled by the country's hottest bands to show everyone that they are appreciated and cared for.



Aplaya's beef *tapa* is part of its buffet and a la carte menu.

## Breakfast buffet at Aplaya, Festival Supermall

Aplaya Restaurant at Greens & Grills has launched the perfect starter for all early go-getters. Start your day right with its breakfast buffet, priced at P99. Feast on your all-time favorites and make your own special breakfast combinations with Aplaya's popular homemade corned beef and *tocino*. Combine your *carne fritas*, *adobo* or *daing na bangus* with garlic rice, vegetable soup, and scrambled eggs for the perfect breakfast treat this side of the metro.

Aplaya also serves breakfast a la carte. Sample its homemade crispy bacon, *longganisa*, pork *tapa*, and beef *tapa*, all served with garlic rice and egg, and your choice of coffee or iced tea.

Aplaya is located at the Greens and Grills compound, at Festival Supermall, Filicity, Alabang, Muntinlupa City. It is open Mondays to Sundays from 4 p.m. to 10 a.m. For inquiries, call 842-8985.



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