

The Best Free 'Anti-aging Vitamin' -- What Health Experts Don't Tell You 健康專家不會告訴你,什麼是最好的“抗衰老維他命”

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Above: Relationship Expert Hellen Chen prescribes love as the best 'anti-aging vitamin'

A study by the US Journal of Epidemiology and Community Health finds that people who have never married were 58 percent more likely to die than married people at a similar age with other conditions being equal. And in further comparison, people who are divorced or separated are 27 percent more likely to die than those who are stably married - again with other conditions like age, lifestyle etc being similar.

This phenomenon was also verified by numerous independent studies. single, divorced and widowed men or women somehow have a higher mortality rate than their married counterparts. "Being in love and being married can drive a person to perform better in all aspects of life" says marriage expert Hellen Chen, who has personally match-made for over 100

singles and further followed up with the couples' married lives afterwards.

Chen has frequently worked with men and women who have lost faith in relationships and given up on the aspect of marriage. Some have been divorced and some have had many bad relationship experiences.

"When I finally convinced them to step into marriage and really learn to create the loving relationship they want, you can see a changed person right in front of your eyes. They become more energetic in life and they just feel and look better!" smiled Chen.

Being happily married herself for over 20 years, Chen said that her relationship with her spouse has helped her stay youthful and energetic.

Chen works long hours as a business management consultant running companies in two different time zones: US and Taiwan.

She has also written 22 books as an author.

Her frequent travels mean a huge amount of time spent on airplanes and adjusting to the time zones frequently.

"Some of my close friends said I have never aged a day." Chen laughed. "That is of course not

true. But despite a busy schedule, my husband and I have never stopped taking time to create love in our relationship."

Chen said while traveling, she and her hus-

band would write "love texts" or emails to each other despite that they might be on different sides of the planet.

involved. "Men and women simply do better in careers and health when they are together. Love is the best anti-aging vitamin." Chen added.

Chen wrote about the real-life stories of the couples she match-made in her book, "The Matchmaker of the Century."

This book was launched on Barnes and Noble last year and while debunking many marriage myths such as "romance ends where marriage begins," it struck a chord with readers and subsequently achieved #1 best-selling status in 6 categories: marriage, self-help, relationships, love and romance, self-improvement and parenting and family.

Chen has also started a series of Love Seminars in America and Asia which aims at helping singles and couples to learn how to keep a healthy relationship.

She will be coming to Singapore on Feb 15th 2014 Saturday to hold a special relationship seminar from 2-5pm at the Rendezvous Grand Hotel.

More information can be found at: <http://HellenChen.com>

Chen's works in family, marriage and personal developments are featured in over 200 media publications in 18 countries. She has been a frequent guest on independent and network radio and TV shows on FOX, CBS, NBC and ABC etc.

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band would write "love texts" or emails to each other despite that they might be on different sides of the planet.

The benefits of love seem not limited to health and appearances.

According to the latest population report by US Census Bureau, married men and women were earning more wages than singles.

Chen's matchmaking and marriage theories were further proven by last year's Nobel Prize win of two American economists, Alvin Roth of Harvard University and Lloyd Shapley of the University of California Los Angeles, who applied the matchmaking process in scientific ways to medicine and to job seekers, and thus prove that correct matching improved the results for all



♥ 不結婚,美若天仙又如何?
♥ 如果你想要創造屬於自己的幸福,就應該老老實實地跟另一個願意結婚的人去經營,然後一起學習,認真體驗其中的過程。

但是,有些人就一直迷思於喜歡那種舒服的感覺,只想跟那種很厲害的男人在一起,期望他可以帶你去吃燭光晚餐,鮮花、珠寶送個不停,最好是騎著白馬又拿著寶劍,一出場時威風凜凜,讓你臉上很有光彩。

♥ 那些都只是幻想。真正的丈夫絕對不是這樣,是那種粗俗、憨厚、看起來呆呆的家居男人。所以,好男人的形象應該是怎樣?就看你自己怎麼去定義了。

♥ 妳要的對象是什麼樣子的人?要是妳期望的是那種情場摧花手,他知道該怎麼樣摸妳,怎樣讓妳舒服,怎樣讓妳情慾高漲,老實的男人哪會這招?

婚戀情感專家陳海倫顧問金句

他現在就是不會啊。但這並不代表他永遠都學不會,就只能一步一步來。

♥ 我幫人作媒很簡單。我跟你講你跟誰配,只要你願意,我告訴你怎麼做可以馬上結婚,然後我可以幫你辦婚禮,只要你能百分之百跟我合作,幸福就像吃蛋糕那麼容易。

♥ 只要一個女人來到我這邊,不管原來有多醜,我都可以讓她變漂亮,而且我從來沒有失敗過。

不管是男人婆,還是雙性戀、同性戀,什麼狗屁問題通通都有辦法解決。

到目前為止,我還沒有碰過一個女人沒辦法改進的。

但能夠持續多久、改變多少,就要看個人的努力了。

而且他們的老公都很滿意,這就是別人沒有辦法否定的地方。

♥ 只要女人嫁得出去,就是她能夠美麗的最大價值。

你說有某個人長得很美麗,美若天仙,沉魚落雁,但都嫁不掉,最後就只好任人摧殘,哪有可能會有多美?被摧殘過的哪會漂亮?不健康就不會美麗嘛。

♥ 女人要的是個好老公,男人也一樣,要的是一個好老婆,有幫夫運,相夫教子,一起攜手建立一個幸福的家庭。

♥ 不管男人或女人,對於婚姻的要求都一模一樣。但是,妳選到對的男人,兩個人的目標才會一樣,選錯的男人就不是這樣。

♥ 當妳說:「我要的是結婚。」妳就會找到一個人,他要的也是這個,這樣就可以結婚。

可是,當妳並不是很誠實地想要結婚,就算嘴上講結婚也是假的,就一定嫁不出去。一切都以結果來看,這就是事實。

♥ 當一個人真的決定要結婚的時候,一定就可以嫁出去了。

可是,有很多人只是知道應該要結婚,心裡卻還沒有想要結婚。

比方說,女孩子講出來的話是想結婚,但心裡頭還想要再玩幾年。

男人從她說出來的話,以為她想要結婚了,當他求婚的時候,女孩偏偏就不願意嫁。

♥ 為什麼會嫁不出去?因為她並不是真的想要結婚。

想結婚的男人,和這樣的女孩子在一起是

不會有結果的。並不是因為她不愛你,而是她沒有往結婚的目標前進的意思,她沒有這個夢想。

不想結婚的女孩子不必追,就算她長得再漂亮,身家條件有多好,你想追?

不可能有好結果的。她可能跟你上床,可能跟你看电影,可能跟你吃飯,她可能很愛你,也很喜歡當你的女朋友,但絕對不會點頭嫁給你。

她絕對不會跟你說:「好,我們結婚吧。」

♥ 為什麼會有那種愛情長跑好幾年,最後卻不了了之的例子?

因為一定有人是不想結婚的。你去摘那個還沒成熟的橘子,外型看起來或許很漂亮,但可以吃嗎?保證酸到讓你頭皮發麻。

大部分的男人在挑女人時,就是沒辦法看穿這一點。他不會看哪個成熟了,那個沒熟;那個可以吃,那個不能吃,就亂吃一通,最後當然就會拉肚子。

♥ 像我作媒很有經驗的一看就知道,挑對象就像挑果子一樣,要挑就要挑成熟的才能吃,你沒事去摘一個外型漂亮的水果要幹嘛?

擺在桌上當紀念嗎?如果成熟了,隨便摘是不是都一樣?也許有些比較酸一點,有一些比較甜,那又怎樣?

一樣都能吃。要是摘到沒熟的水果,連切都切不下去,是要怎麼吃?再好看都沒有用。

♥ 厲害的男人都找賢內助,因為他的生活不是要競選,不是要帶老婆到處招搖,好看要幹嘛?他的老婆一定是很能幹的。

所以,很多成功的男人,老婆並不是很漂亮,但是男人卻很愛她,因為老婆把家裡打理的很好,讓他在事業上沒有後顧之憂。



經歷:創業20年。經驗於日本、印度、新加坡、美國等國家。推廣品格教育、生活成功管理學、暢銷書作者。幫助與服務的對象,普及個人到企業,致力於助人達到設立的目標而成功,並且擁有快樂自由的人生。專長:品格教育、情緒管理、生活管理、企業管理、演講、顧問、經營擴展、溝通、行銷銷售

"When you marry, it is because you wish to improve as a person, you wish to grow, you wish to become a better man or woman. Thus, you marry."

