



MICHELL TERRILL HEATH

writing with intuitive clarity

PRESS KIT



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MICHELLE IN THE NEWS

- **Yahoo**

<https://finance.yahoo.com/news/memoir-shares-story-free-spirited-131800926.html>

- **Taos News**

<https://pr.taosnews.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>

- **Natchez Democrat**

<https://smb.natchezdemocrat.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>

- **Salisbury Post**

<https://smb.salisburypost.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>

- **Port Arthur News**

<https://smb.panews.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>

- **Alabama Now**

<https://smb.alabamianow.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>

- **Omaha Magazine**

<https://pr.omahamagazine.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>

- **Magnolia State Live**

<https://smb.magnoliastatelive.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>

- **American Press**

<https://smb.americanpress.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>

- **Suffolk News-Herald**

<https://smb.suffolknewsherald.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>

- **Washington Daily News**

<https://smb.thewashingtondailynews.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>

- **Times of San Diego**

<https://pr.timesofsandiego.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>

- **Austin Daily Herald**

<https://smb.austindailyherald.com/article/Memoir-Shares-Story-of-Free-Spirited-Couple-Married-47-Years-and-How-Parkinsons-Disease-Has-Affected-the-Past-18?storyId=6671892f9cod17offc46e7f8>



Your Wildest Dreams: A Parkinson's Love Story

By Michelle Terrill Heath

**Memoir Shares Story of Free-Spirited Couple Married 47 Years
and How Parkinson's Disease Has Affected the Past 18**

True love story shares how couples' lifestyle defined their approach to dealing with the disease

ARROYO SECO, NM – Author Michelle Terrill Heath and her husband, Andy, earned their living as traveling artists, creating welded bronze jewelry and selling their art at juried shows in many states for over 30 years. They raised and home-schooled two children in the hand-built tiny home they crafted together in a mountain forest near Taos, NM, happily living the rustic adventure without running water, plumbing or electricity for over 24 years. However, in 2005, Andy was diagnosed with Parkinson's disease.

In “Your Wildest Dreams,” Terrill Heath explores their family’s journey with Parkinson’s, from diagnosis to present-day success living with the disease. She writes about risks they took and the failures encountered. Since they didn’t have any health insurance, the family attempted to successfully use both alternative and conventional medicine for disease treatment. Since it is also a love story, Terrill Heath documents her life with Andy from their first meeting through the present, and all the exploits they experienced together, such as living in a house truck while traveling around America, building a 125-foot suspension bridge at an orphanage in India and sailing a 37-foot trimaran sailboat across the Gulf of Mexico through a major storm.

“Parkinson’s became another part of our big, messy, wild, loving life,” said Terrill Heath. “I’m excited to share this intimate view into our unconventional choices and ways of living, which have included both the exotic and the mundane.”

Terrill Heath shares that, when faced with Parkinson’s, challenges from her family’s past experiences buoyed them up. When their art business began to fail or when the fidelity of their marriage was tested, more approaches emerged. The lessons they learned translated directly when faced with the reality of living with an incurable disease. She encourages the use of a combination of both alternative and conventional medicine and suggests that healing is achieved by living well in the present, not going back to living the same way as pre-diagnosis.

“Your Wildest Dreams” won the second runner up prize in a Hay House Publishers book proposal contest and received a publishing package with Balboa Press, which has made this book possible.

“We believe life gives each person the template they need to be well and live in health, no matter their medical diagnosis,” said Terrill Heath. “The prescription for wellness is inherent in your own life experience. I hope readers will discover tools for finding wellness in their own journey.”

THE AUTHOR



Michelle Terrill Heath and her husband, Andy, have earned their living as traveling artists from 1977-2000. They homeschooled their two children while traveling to French Polynesia, Guatemala, Europe, India, and crisscrossing the entire U.S. countless times, all with very little money. Later they adopted a young adult

whose entire family had died when he was a teenager. They currently reside near Taos, NM. To learn more and to read the author’s blog, please visit www.michelleterrillheath.com.

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Launching PR
LAVIDGE – Phoenix

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AUTHOR BIOGRAPHY

Michelle Terrill Heath has lived an unconventional life, partly by choice and partly by circumstance. As a teenager, she met the love of her life, Andy, and they have been married for 47 years.

They have earned their living as traveling artists, creating welded bronze jewelry and selling their art at juried shows in many states for over 30 years. They raised two children in the hand-built tiny home they crafted together in a mountain forest near Taos, New Mexico, happily living the rustic adventure without running water, plumbing or electricity for over 24 years.

They homeschooled their children until they went to university, both achieving master's degrees. Michelle received the second runner up prize in a Hay House Publishers book proposal contest and this book is the result.

She continues to be Andy's caregiver and to embrace the best life they can design while living with Parkinson's disease for 18 years.



BOOK SUMMARY

Michelle says, “We believe life gives each person the template they need to be well and live in health, no matter their medical diagnosis. The prescription for wellness is inherent in your own life experience. I hope readers will discover tools for finding wellness in their own journey.”

Michelle and Andy are a happy, healthy, and adventurous couple who have discovered how to continue this lifestyle, even through the onslaught of his Parkinson’s. The reader is allowed a unique and intimate view into their unconventional choices and ways of living. Through examining their own life experiences, which have included both the exotic and the mundane, strategies emerge for living well in all circumstances.

They traveled to India, for example, to work at an orphanage where they built a 125-foot suspension bridge. At another time in their life, they sailed a 37-foot trimaran sailboat across the Gulf of Mexico through a major storm. When faced with Parkinson’s, lessons from these experiences buoyed them up. When their art business began to fail or when the fidelity of their marriage was tested, more approaches emerged. Lessons are learned that translate directly when faced with the reality of living with an incurable disease.



SAMPLE CHAPTER

Listen to Chapter 1 Audio

<https://www.youtube.com/watch?v=Q2zti7LJtPA>

Natural Remedies for Parkinson's Disease 2005

Because there is no cure for Parkinson's and because the conventional treatments leave a lot to be desired, like side effects that include death, many of us who have been touched by the disease end up seeking alternative treatments. Though none of us are naive or stupid, we are ALL acutely vulnerable to false claims for remedy and cure. In this quest, as Andy and I chose the alternative treatments that made sense to us, we played the role of fool many times, as we spent our money and energy searching for treatment that claimed it would lessen Andy's symptoms.

Before delving into all the options we pursued, I'm going to tell the end of the story.

Nothing helped lessen his symptoms except drugs and brain surgery, but without all our attempts with alternative treatments, the drugs and brain surgery would not have worked so well either.

We discovered one of the many positive outcomes of alternative treatment was to slow us down. Alternative treatment kept Andy off drugs for six years, and that bought him time for the risks associated with conventional treatment to ease. We began to understand that many alternative treatments helped to strengthen Andy, the man, but never touched his disease. Also, the drugs helped to suppress and control certain symptoms of the disease but often weakened the man who was taking them. Weakening the man is called having "side effects" and they can multiply and be serious. Andy never claimed Parkinson's disease as part of his true self. He thought of it more as a circumstance that he had to live with and deal with. Keeping his true self intact was always important in our approach to living with this disease. Yes, alternative treatment slowed him down and also relieved aspects of Andy, the man, that were unwell. They helped him relax and be at peace and to face failures and past trauma that had not been resolved. Alternative treatment reminded him of his true identity as pieces of his true self were healed or strengthened even as Parkinson's continued to march on. In the later stages of Parkinson's disability, when Andy's constant violent shaking made his true self, visually unrecognizable, the alternative treatments touched the man inside and helped him recognize himself which then helped me find him in the Parkinson's hell. What we learned is that it is ALL needed. There was sham and scam and miraculous healing along both routes.

It took much perseverance and time to pursue alternative therapies. As Andy's wife, most of that fell to me. Over the years, I was immersed in, among other things, giving treatments, driving Andy to appointments, filling up to 130 capsules a day with herbal powders, reading books, monitoring



SAMPLE CHAPTER (Continued)

Andy's progress, and constantly searching for new ways that might work: while also being the breadwinner and keeping up with life's daily chores. I realized what I was doing, at the time, but now cannot fathom it at all. It was way too much for one person.

Our alternative journey began with Noel Batten and Janice Walton-Hadlock. They were the first people we learned about who had cured Parkinson's Disease with natural treatments. Noel was from Australia and had written a book, a long book, published online and free to be downloaded by anyone interested. We read it.

Andy was not very disabled at this point. We were just getting ready to move back home to New Mexico after living most of five years in Chicago for our daughter's classical ballet training. Noel's book was all about nutrition, exercise, chiropractic alignment, proper rest, and all kinds of lifestyle suggestions.

Andy said, "I feel so relieved that this is going to pass."

We couldn't completely ignore the fact that we already followed almost every suggestion in Noel's book and had made these positive lifestyle choices for most of our lives. It made me wonder to myself, "If doing what we've always done is the cure, then what was the cause?" I pushed these thoughts down into the underground of my consciousness and felt hopeful.



LINKS TO HIGH RESOLUTION MEDIA

Michelle's Headshot JPEG

<https://michelleterrillheath.com/2024/08/07/press-kit/#:~:text=Resolution%20Images%20%26%20Video%3A-,Michelle%E2%80%99s%20Headshot,-Michelle%E2%80%99s%20Logo%0AYour>

Michelle's Logo JPEG

<https://michelleterrillheath.com/wp-content/uploads/2024/08/MTH-logo-500.png>

Your Wildest Dreams QR Code Amazon JPEG

<https://michelleterrillheath.com/wp-content/uploads/2024/08/MTH-QR-code-YWD-Black-Minimal.png>

Your Wildest Dreams Book Cover JPEG

<https://michelleterrillheath.com/wp-content/uploads/2024/08/Your-Wildest-Dreams-Book-Cover.jpg>

Your Wildest Dreams Press Release PDF

<https://michelleterrillheath.com/wp-content/uploads/2024/09/MTH-YWD-Book-Release-9-11-24.pdf>

Your Wildest Dreams Book Trailer YouTube

<https://www.youtube.com/watch?v=JIrn1MBkOo>

Under One Sky Podcast:

Season 1, Episode 8 – Matriarchal Blessings

<https://open.spotify.com/episode/iGIKwulaiV6B6eUtPpu7Oo?si=b6f7fd7b12444de2>



KEY TALKING POINTS

Conventional and Alternative Healing- Taking A Holistic Approach: In *Your Wildest Dreams*, the Heaths attempted to successfully use both alternative and conventional medicine for Andy's Parkinson's disease treatment.

Health Care Coverage: not having health insurance impacts Andy's and Michelle's choice to try alternative treatments to Health Care and creates challenges.

Time: Andy was not able to find his way back to exactly how he lived in the past, before Parkinson's, but healing is not moving forward or backward in linear time, it is also about the infinite present.

Technology: Cutting-edge neurological technology developed within the Veteran's Association provides Andy the opportunity to get brain surgery with chips wired to his brain that allow him to stop shaking.

Magic, Wonder & Awe: By the end of the book Michelle states, "The Palm reader was right, my fifties were magic- and wonder filled." And the decade of dealing with an incurable disease was part of that.



CONTACT INFORMATION

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YouTube: <https://www.youtube.com/channel/UCTijFAAYNIUAQMfVNC-buDg>

LinkedIn: <https://www.linkedin.com/in/michelle-heath-18613718/>

Website: <https://michelleterrillheath.com/>

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