



"Grace & Gratitude" CD Fact Sheet

Olivia Newton-John's new album *Grace & Gratitude* is inspired by her belief that music has the power to heal by calming our minds, lifting our spirits and connecting to our hearts. Named for Olivia's appreciation of the gift of life, *Grace & Gratitude* contains twenty tracks intended for relaxation and healing. The CD is part of the new Olivia product line to help women care for themselves in body, heart and spirit.

Set for release on September 29, 2006, the album will be available exclusively at Walgreens stores along with The Olivia Breast Self-Exam Kit and The Olivia Breast Health Dietary Supplement.

"Music connects with a woman's spirit and heart and it was my realization of this that inspired me to create this CD, said Olivia Newton John." It is important to calm your mind and connect with your heart to find harmony and balance. Music always helped me in my healing and now it is my hope that it inspires healing in others."

Grace and Gratitude

As a long-term breast cancer survivor, Olivia has learned the importance of physical and emotional health, and especially the power of music. Research has shown that music can lower stress hormones, slow down brain waves, and actually boost the body's own healing process.

Co-written by the album's producer Amy Sky, the lyrics acknowledge a variety of belief systems, including Tibetan chants, prayers from Judaism and Islam, and a poem from St. Francis of Assisi.

The album was designed using artwork created by Olivia and will be displayed at Walgreens along with *The Breast Self-Exam Aid*, a safe, simple FDA-cleared device designed to increase sensitivity while performing monthly breast self-examinations, and The Olivia Breast Health Dietary Supplement, which contains key ingredients and nutrients needed to help women promote breast health.

Availability: Walgreens for \$9.99

Beginning September 29 2006, Walgreens in partnership with Olivia, will donate 10% of the proceeds from Grace & Gratitude CD's purchased to the **Y-Me National Breast Cancer Organization*

Liv International USA, 2335 West Foothill Blvd., Suite #15, Upland, California 91786

• Phone: (909) 931-1719 • Fax: (909) 931-1947