



February 2024

Wellness

"If you want to turn your life around, be thankful, even for the day-to-day things. It will change your life forever."

What impact does being grateful have on your health?

You'll have a healthier heart: The University of California conducted a study of 186 men and women with heart damage, researchers rated the people's levels of gratitude and spiritual well-being. They found that higher gratitude scores were linked to having a better mood, higher quality sleep and less inflammation—which can worsen the symptoms of heart failure. They also found that having high levels of gratitude explained a lot of the benefits of spiritual well-being. In addition, some of the men and women were also asked to write down things they were grateful for over an eight-week period. "We found that those patients who kept gratitude journals for those eight weeks showed reductions in circulating levels of several important inflammatory biomarkers, as well as an increase in heart rate variability while they wrote. Improved heart rate variability is considered a measure of reduced cardiac risk," said study author Paul J. Mills, a professor of family medicine and public health at the University of California, San Diego in a statement about his research.

More shuteye: If you're having difficulty sleeping, writing down a few things you are thankful for before bed can help. A 2011 study of college students who struggled to fall asleep due to racing minds and worries found that those who underwent a gratitude intervention (they were asked to spend 15 minutes in the early evening writing about a positive event that occurred recently or one they anticipated in the future) were able to "quiet their minds and sleep better."

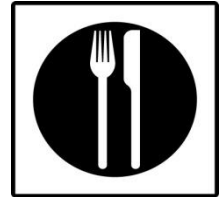
It makes you more optimistic: Being gracious can contribute to a healthier outlook. [In a 2003 study](#), researchers split up a group of people and had some of them write about what they were grateful for during the week, some write about hassles, and a third group write about neutral things that happened to them. After a few weeks, the researchers found that the people who wrote about things they were grateful for were more optimistic and reported feeling better about themselves. They even exercised more than the group that wrote about things that irritated them. "Results suggest that a conscious focus on blessings may have emotional and interpersonal benefits," the study authors write.

Being thankful improves physical health: An [analysis](#) of nearly 1,000 Swiss adults published in the journal *Personality and Individual Differences* found that higher levels of dispositional gratitude were correlated with better self-reported physical health. The people who

felt more gracious had a notable willingness to partake in healthy behaviors and seek help for their health-related concerns. [Other research](#) has suggested that people who are grateful are more likely to do physical activity.

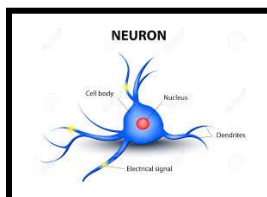
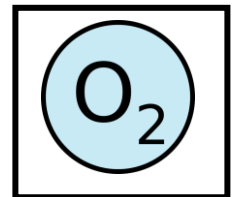
The Four Essentials of Health - Food, Water, Oxygen, Nerve Impulse

Food- Food is the fuel and building block necessary for growth and reproduction of cells and tissues. It consists of proteins, fats and carbohydrates. If any of these were permanently withheld, you would die. If their balance were interfered with, your health potential would not be at it's optimum. For example, if you ate large amounts of high-fat or high-sugar foods (French fries, doughnuts, etc.), the condition of your arteries would eventually be affected. They would slowly be closed off with fat, resulting in lowered health potential.



Water- 75% of your body is water. It is used in almost every body reaction. If you stop all intake of fluids, you will die. If you drink unhealthy fluids (caffeine, sodas, alcohol, additives, preservatives, dyes, etc.) or insufficient amounts of water, your body's health potential is decreased.

Oxygen- Oxygen is also used in almost every reaction of the body and is carried by the pulmonary (lungs) and circulatory (blood) systems. Interference to these systems will restrict oxygen and can result in death. Exercise and deep breathing help promote oxygenation of our cells. Researchers say that oxygen deprivation can cause a multitude of problems, ranging from fatigue to cancer. If a person's oxygenation is not at it's optimum, neither is their health potential.



Nerve Impulse- Nerve impulse is the most overlooked of the four essentials for life and health. Nerve impulse is an electro-chemical charge transmitted by the brain, through the nervous system, to the body. It is the life force that keeps us alive and 'charged.' All body function is dependent on this life force or brain impulse. Cells must be electrically charged in order to vibrate and function. If your brain stopped generating these electrical impulses, you would die. In fact, a lack of brain impulse is the requirement for a person to be declared legally dead. If you severed the nerve to your heart, would it stop? How about to your stomach, lungs or hands? What if you interfere with the normal nerve transmission? Would these organs and tissues function at their optimum potential?