

Love Heals

By Renee Lea-Currie, Ph.D.
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*Proverbs 16:22 Pleasant words are as an honeycomb,
sweet to the soul, and health to the bones.*

***Researchers at Vanderbilt University found adults burn an average of
1.3 calories per minute while laughing!***

Our summary last month for what Adventist teach about healthy living and embracing wholistic living included engaging in healthy relationships, having a hopeful outlook on life, balance stress with relaxing, being grateful and optimistic, practicing prayer and meditation, giving time in unselfish service and showing love and forgiveness in daily life.

These are all actions that improve our mental, physical and spiritual health. Stress reduces the effectiveness of the immune system which makes you more susceptible to sickness.

Philippians 4:6 New International Version (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

A recent article by Dr Joseph Mercola of Mercola.com extolled the topic The Science of Healing Thoughts. In the article he touches on several key factors we already know from God's Word.

- Stress destroys your immune system by releasing excess cortisol hormone which causes inflammation. Remember chronic inflammation leads to a host of ailments such as diabetes, heart disease, allergies, asthma, skin conditions, etc. This physical reaction to emotional stress also makes you susceptible to diseases your body would normally destroy so quickly you don't even notice it.

Proverbs 23:KJV 7 23:7 For as he thinketh in his heart, so is he:

- The Placebo Effect is when a patient takes a placebo (harmless agent) instead of a drug but feels better and recovers. If a person believes they will feel better, then they will feel better. The release of stress spurs pain relieving and immune boosting effects and actually changes the chemistry of the patient's brain. (Benedetti F et al. Neuropharmacology 36:339-354).
- Scientific studies cannot explain the healing effects of prayer and belief, but these studies do note that when people do or do not know people are praying for them, the belief in a higher power sustains them to feel less stress and be encouraged. Likewise the Bible acknowledges us to encourage one another. Faith and belief in the healing power of God reduces pain, stress and inflammation effects. Prayer is power

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7th Day Adventist Church in Burlington, NC. Visit us at www.thetakebacktour.com

1 Thessalonians 5:11(NIV)
 Therefore encourage one another
 in fact you are doing.

- Laughter reduces stress and pain perception.
- Helping or encouraging others makes us feel better
- Eating more natural foods instead of junk food laden with artificial sweeteners and preservatives and trans fat) gives us the nutrients needed to combat Satan's powerful tool- depression and anger.
 - Foods high in omega-3 fatty acids (flax seed) and the mineral magnesium (almonds, spinach, cashews, black beans, oatmeal) are important to healing and maintaining mental and heart health.

E N S T P S U S E J T G E N N
 V C O U E O Y R R U C N C R O
 C P S I V N G S R I C I X M I
 E D R A T S U M W O L L E Y S
 P V R O M A E M U T A A C G S
 R J E I V R M R M R D E I L E
 A O L I I E A M S I W H O A R
 Y E A C L G R S A L I B H U P
 E V X C E E E B P L E I C G E
 R O T M H N B T S L F E M H D
 D L E T I H A P P Y A N P T U
 K N I P L O S I T R O C I E P
 T A P M U S T A R D T G E R H
 F A F M M S S E R T S F O B D
 H U M A G N E S I U M O O D O

LOVE
 BELIEVE
 PROVERBS
 HAPPY
 MOOD
 DEPRESSION
 MAGNESIUM
 MUSTARD
 ENCOURAGEMENT
 CORTISOL
 SLEEP
 SMILE
 GOD
 CURRY
 PRAYER
 FAITH
 HEALING
 LAUGHTER
 INFLAMMATION
 HAPPINESS
 TURMERIC
 PLACEBO
 STRESS
 IMMUNE
 RELAX
 CHOICE
 JESUS
 YELLOW MUSTARD

Recent studies show that a curcumin formula (turmeric) can improve clinically depressed individuals. Eat according to God's plan and feel better. Do you know what 2 spices is the 1st and 2nd largest source of curcumonoid compounds (potent anti-inflammatory)? *HINT: They are in the word search*

Curcum Lopresti AL et al., "Curcumin and major depression:...European Neuropsychopharmacology, vol. 25, no. 1 (January 2015): 38-50

Laughter is the best medicine-unless you have diarrhea. ☺

NC Black History Fact.

Dr Charles R. Drew was a black physician and inventor of the procedure to preserve blood plasma for transplant. He directed the first American Red Cross blood bank with his discovery. His invention saves millions of lives during WW2 and is still in use today.

His memorial is nearby in Haw River, NC on Highway 49.

