

IF YOUR HEALTH club membership and your latest diet haven't rewarded you with the vibrant life you're seeking, perhaps you need a spiritual checkup. Scientific data is rapidly confirming that Christians are healthier than the general population and that there is a definite relationship between spiritual faith and physical health. It's called "the faith factor!"

At Purdue University, medical sociologist Kenneth F. Ferraro gathered responses from 1,473 people nationwide on health-influencing factors such as age, income, and education. They were asked how often they prayed, whether they considered themselves strong in faith, how often they attended synagogue or church services, and whether they read religious literature.

Twice as many non-practicing subjects reported health problems. Nine percent of those in the non-practicing category reported poor health, compared to

only three percent in the practicing category. Also, while 26 percent of those who never attended worship reported excellent health, 36 percent of the weekly attendees reported excellent health. "Whether or not people are actively involved in their religion makes the biggest difference in health status," Ferraro says.

A 1995 study at Dartmouth-Hitchcock Medical Center found that one of the best predictors of survival among 232 heart surgery patients was the degree to which the patients drew comfort and strength from religious faith. Those who didn't, had a death rate three times higher.

A 1996 study of 4,000 elderly persons found that those who attend religious services are less depressed and are physically healthier than those who don't attend or who worship at home. Numerous studies have shown that non-churchgoers have a suicide rate four times higher than that of

those who attend church regularly.

So what makes "the faith factor" good medicine? First, people who nurture their faith by attending religious services tend to have strong networks of friends who make sure they get proper medical care. The Christian community is a caring, loving, ever-present family.

Second, Bible principles are healthy ones. Not only are we told what to eat (Lev. 11), but we are reminded of the benefits of such things as a positive attitude: A merry heart is good medicine. And finally, the best "medicine" of all: God answers prayer!

*By being involved with a spiritual growth group you can bolster your immune system!*

DEWITT S. WILLIAMS

Victory in Christ is our goal -  
Health of body, mind, and soul.

**Come and travel with us.**

## Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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# HEALTH TIPS!

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## The Faith Factor

*Be of good cheer, your  
faith has made you well.  
Matt. 9:22, NKJV.*