

# HOW IMPORTANT IS SPIRITUALITY TO GOOD HEALTH?

The Bible talks about the body as a temple and you're supposed to take care of the temple so it can serve you, Dr. Kimberly Hicks, an Oakland, Ca. based physician tells Jet Magazine. When you have good spiritual well-being, your mind is quiet and at peace. When your mind is quiet, your body is able to fight off disease and take care of you. When the mind is disturbed, it takes away from the body's ability to do what it does best.

Our mental state certainly has a huge impact on our physical health. If we constantly stay angry, stressed, sad, or depressed, medical experts say we open ourselves to a host of health problems (high blood pressure, heart disease, diabetes, digestive disorders, ulcers, migraines, insomnia, even cancers) or make those conditions worse.

The mind-body connection is extremely strong and very powerful, Dr. Carole D. Stovall, a Washington, D. C. based licensed psychologist and executive

coach who worked with individuals and corporations, tells Jet Magazine. Our thoughts and our beliefs affect our entire immune system—our blood pressure, our fertility; everything that it means to be biological human being is affected.

Whether you believe in the power of prayer or positive thoughts, health experts say a change occurs in our bodies when we share our innermost thoughts with God or allow our minds to reach that state of ultimate bliss. Our immune systems get a boost. Our brains release chemicals that serve as natural pain killers and mood enhancers. Our blood pressure decreases; stress and anxiety are reduced.

Stovall asserts, citing studies which show even how intercessory prayer—praying for someone other than yourself—sped recovery time and reduced complication in people who were ill. **Feb. 2002**