

Epigenetics - Why Faith Matters!

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As we have learned in the last chapter, Vitality is a subjective perception of mental and physical energy, vigor and positive affect and is associated with Happiness. This observation alone explains that Vitality cannot be acquired and there are no capsules or pills that induce contentment. Obviously, Vitality is the state of personal well-being – the human equilibrium when all systems are up and running and function properly.

There is obviously a causal connection between health and happiness: Your prospects for good health and long life are also remarkably dependent upon mental habits learned in childhood. These attitudes cause emotional reactions which strongly affect your immune system, circulatory system and even your risk of accidents. The strength of this correlation between attitudes and health has been grossly underestimated by the medical profession, which is focused on removing symptoms rather than finding a cause. Vitality and Happiness are interrelated in that in a state of acute disease and pain you will not be happy and in a state of discontentment you will likely not take care of your health properly. Poverty, hunger, fears, insecurity are all impediments to happiness and have a profound impact on health and vitality. A study found that circumstantial factors like income, marital status, religion and education contribute only about 8% to one's overall well-being. For all that, there are ways to work on happiness, Robert Emmons, Professor of Psychology at UC Davis claims that you can Enhance Happiness and Health by Cultivating Gratitude. Watch here - how you can entice your Neighborhood to stay Healthy Create and nurture Friendships Scientific studies have shown that People who have one or more close friendships appear to be happier. It doesn't seem to matter if we have a large network of close relationships or not. What seems to make a difference is if and how often we cooperate in activities and share our personal feelings with a friend or relative. Simply put, it's not the quantity of our relationships, but the quality that matters.

Prayer proven to improve health of test subjects

(Natural News, November 20, 2010)

Scientific studies were presented at the American Academy of Neurology meeting, citing that Spirituality and religion, too, seem to be somehow beneficial to health. "Spirituality and the practice of religion may help slow the progression of Alzheimer's disease." (Kaufman), "There is some evidence that religious beliefs help people cope with the stresses and strains of life," (Steptoe), "Our research shows that psychological processes have profound biological effects. Spirituality can be one example of how the brain, acting through its connections with the neuro-endocrine system, can have important effects." (Marmot).

It is interesting to note that in every great culture on Earth there is a tradition to concentrate positive feelings on food before commencing a meal. This usually takes a form of being grateful to Nature, God or the Universe. In view of the recent Russian Aura research (Prof. K.G. Korotkov) such concentration may have a very profound reason. Charging the food with a positive conscious energy before consumption possibly makes it more harmonious with the body and also more nutritious to consume.

Basic Health Maintenance

Lifestyles are individual and you probably know some of your health risk factors accordingly. Obviously if you are a smoker, you know about the increased risks and accelerated aging. If you are obese and enjoy a diet of Fast Foods, you may not like your mirrored image. Unfortunately, you are in harm's way even if you are not aware of it: the water you drink and the air you breathe is saturated with toxic chemicals, so are the fruits and vegetables, the processed foods, the dairy and meat products and yes your personal care products and household cleaners and detergents. If you microwave your food you kill the remaining enzymes should there be any to start with. This means that if you are in your forties or higher you will not digest your food properly. This may go on for a long time unnoticed but when symptoms of ill-health show up remedy will come at a high price. If digestion doesn't work, you can't absorb the nutrients from foods or dietary supplements. Have you heard people saying that dietary supplements don't work? Now you know why, but there is more to it: what happens with undigested food in your body? It putrefies and the liver and kidneys have to cope with the burden. There is one simple daily test of your basic health condition that you should get used to like brushing your teeth. Get a roll of pH paper and check your 1st morning urine – if your pH is between 6.4 and 7.0 you are balanced and most likely healthy. Chances are, however, that you are acidic, because most foods are acidic and if you are on any prescription drugs, it may be worse. If you have no Vitality you will not have a balanced pH, if you are not healthy you will not show a balanced pH, it's really that simple you can read about this and how to do the test right here. Balancing your pH means Vitality will either follow or return! Then, of course you try to avoid toxic chemicals inundation and exposure, but that is almost impossible and requires substantial research and discipline. First, let's pick the low hanging fruits: read the labels on any food you buy. That's easy, right? Not at all, because chances are the food and drug industry is always ahead of you when it comes to deceiving you on ingredients labels. Unfortunately, the USDA and the FDA are allies of the industry – not the consumer and they sanction fraudulent labeling. Case in point, Almonds in California are force-pasteurized and allowed to appear as Raw Almonds on Product labels. GMO Food does not have to be declared or disclosed, MSG (Monosodium Glutamate) is legally disguised as Natural Flavor and 1% TransFat becomes Zero

TransFat. Aspartame is a "non-issue" for the FDA, while natural supplements manufacturers are being persecuted. Things are getting murkier when it comes to personal care products: thousands of new industrial chemicals are entering commerce every year, in products such as toothpaste, fragrances, detergents, etc. and no one knows the health consequences of these products, let alone the ramifications of interaction with other substances. Vitality is obviously a very personal treasure and every "owner" is responsible for its preservation. There is no government and no insurance company looking out for you and no one has a vested interest in keeping you healthy. Do your own homework and follow through with your convictions or you'll fall prey to a drug industry in waiting to keep you sick for a very long time.

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