

A Prayer a Day. People Who Pray Are Healthier!

Odleness - like cigarette smoking- may be harmful to your health. According to a study from Purdue University published in the *Journal for the Scientific Study of Religion*, people who worship regularly get sick much less often than those who don't.

After asking 1,473 Americans similar in age, income and education about their general health, frequency of hospitalisation, and religious affiliation and involvement, Keneth Ferraro, an associate professor of sociology, found that "non-practicers", or those who don't regularly participate in religious activities, were more than twice as likely to report health problems as "practicers". Somewhat to his surprise, says Ferraro, "we found that religion was almost as great an influence on health as age and social class."

Religiousness can benefit health in several ways. Some churches require healthful behaviour, from monogamy to avoiding cigarettes, drugs and alcohol. Even a mandated day of rest helps buffer the week's stress. Then too, sharing a religion fosters networks of social support, which are increasingly linked to good health. "If you're sick, fellow worshippers may bring you food or take you to the doctor," says Ferraro "You have a group of people you can turn to in times of crisis."

Next, the Purdue researchers will investigate another surprise in their data: people who belong to more liberal denominations were in general healthier than those from more conservative sects were. But for now, the message is simple: To keep your health, keep faith - Lisa Brown.

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3. Healing tapes, which speak to your sub-conscious mind during your Sleep, keeping you Fresh & Healthy and Free from Depressions, Insomnia, and Tumours & Tensions. For Computer Vision Syndrome, use eye wash cups as per (1) and clasp your hands and walk bare footed on the ground to earth your self and discharge the negative rays.

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