

# RELIGION

## A Biblical Perspective on Health, Hope and Healing

Let spirituality be the guiding light through times of stress

BY DR. RICK LEE

The therapeutic value and application of 'God's Plan' is scientifically based in medical fact. Let us get to know these eight doctors of prevention intimately; they will prevent much of the needless sickness and even death I mentioned earlier.

Godly trust is very crucial to health restoration. The pressures of society, an economy in recession and international events have many individual and families stressed to the point of it becoming distress. Distress is the body's inability to manage stress any longer, causing the body chemis-

Americans who reached the golden age of 100. Among the centenarians, researchers found that religiosity significantly enhanced physical health. Although there are still many unanswered questions, the benefits of trust in God are due to more than simply attending religious services.

Furthermore, the far-reaching benefits of faith seem to transcend age and racial boundaries. A recent study of African Americans found that those who engaged in organized religious activities had improved health and life satisfaction.

Even those who engaged in religious pursuits outside of an organizational structure experienced this boost of satisfaction. Indeed, one of the most consistent findings across all racial groups is that spirituality pro-

*When we allow stress to overpower our trust and faith in God, it has a damaging affect on our health.*

—Dr. Rick Lee

try to change by creating an unhealthy internal environment, so depression and disease can be established.

There is a delicate balance and relationship between the brain and the body because they sympathize with each other. When we allow stress to overpower our trust and faith in God, it has a damaging affect on our health. Stress shuts down the digestive system and it lowers potassium and calcium levels in the body. Stressed out adrenal glands produce toxic hormones, thus suppressing the immune system.

Emotional stress, or anger, hate and bitterness, are what I call emotional toxins. They cause or contribute too practically any disease including arthritis, ulcers, cancer, high and low blood pressure, constipation, asthma, diabetes, angina, glandular disturbances and stroke.

One fascinating study looked at the religious experience of those

foundly improves quality of life.

Those findings show that religious attendance and private devotion strengthen a person's religious belief system and strong religious belief systems, when accompanied by a high level of religious certainty, have a substantial positive influence on well-being.

Individuals with strong religious faith report higher levels of life satisfaction, greater personal happiness and fewer negative psychosocial consequences of traumatic life events.

As I discuss the other seven health laws in coming articles, please remember, it is faith and trust in God, which undergirds all the other health laws. It is the most essential law to put into the daily practice.

*Dr. Lee is a Portland area traditional naturopath. He can be contacted by e-mail at rleeohwc@juno.com*

### 'Come Together and Worship Tour'

Gospel Music Association Artist of the Year Michael W. Smith will perform with Third Day and special guest speaker Max Lucado when the 'Come Together and Worship Tour' makes a stop in Portland at the Rose Garden Arena on Thursday, May 22 at 7 p.m. Tickets are on sale at all Ticket Master for \$25 and \$30. To charge by telephone, call 503-224-4400.

## Health Officials Prepare for SARS



An airport currency exchange clerk in Bangkok, Thailand wears a protective mask to guard against the deadly flu-like outbreak of severe acute respiratory syndrome or SARS. In Oregon, health officials say they are ready in case of a local outbreak. (AP photo)

### No known cases in Oregon, but state is ready for a possible outbreak

Public health officials at the state Department of Human Services have not identified any cases of severe acute respiratory syndrome in Oregon to date, but the medical community is on the outlook and health officials say they are ready in case of an outbreak.

"We may very well see a SARS case in Oregon," said Paul Cieslak, M.D., manager of communicable disease programs in DHS.

"People are worried about the infection, and that's understandable."

Because SARS is a very new illness, Cieslak said public health efforts are currently focused on working with health providers to detect any suspect case.

"If we did find a case, we would immediately isolate and provide care to the individual, preferably at home but, if necessary, in a hospital," he said. "And, we would begin a complete public health investigation to try to find the cause and track down anyone else who could have been exposed."

Cieslak said the public would be alerted right away in the case of an outbreak and his staff has plans to work closely with the county health department and

the federal Centers for Disease Control and Prevention.

Symptoms of SARS include a cough illness since Feb. 1, and a temperature of at least 100.4° F. Anyone who has traveled to mainland China, Hong Kong, Singapore, or to Hanoi, Vietnam and has come down with a fever and respiratory symptoms should contact their health care provider, Cieslak said.

"We strongly emphasize that anyone who thinks they may have SARS should not just drop in to their doctor," Cieslak said. "They need to call ahead and arrange a time to be examined, in a place and manner where medical staff can protect themselves and other patients."

Cieslak advises the best protection against SARS is to postpone travel to mainland China, Hong Kong, Singapore, Hanoi, Vietnam until further

notice. "Right now health authorities are working on finding the cause and means of transmission of SARS," Cieslak said. "While SARS is certainly a high concern, another perspective is that every year more than 20,000 people die of influenza, which is a preventable illness."

Worldwide, SARS has afflicted 2,223 persons and of those, 78 or about three percent, have died. There have been 85 suspect cases in the United States but no deaths.

More SARS info is available at [www.cdc.gov/ncidod/sars/](http://www.cdc.gov/ncidod/sars/)

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