

HEALTHY OPTIMISM

As scientists have continued to delve deeper into humans' mind/body connection over the past few decades, they have found scientific evidence that confirms the age-old notion that optimism is healthy. That is to say, not only does a positive attitude lead to a healthier life, it also leads to a longer life. In fact, an analysis of over 100,000 American women over the age of 50 shows that the optimistic ones (those who expect good things to happen rather than bad things) were 14 percent less likely than their pessimistic peers to die of any cause. Moreover, the optimists were 30 percent less likely to die from heart disease than pessimists during eight years of follow-up in the study.

People who see the brighter side of life often feel they experience positive events, have little stress, and enjoy good health. Barclay Friends is a Quaker-related community that responds faithfully to the medical, spiritual, and emotional needs of older people. As rehabilitation specialists, we help seniors regain independence and return home after injury or illness. Kanchan Jindal, RN, has successfully completed all requirements for certification by the National Alliance of Wound Care (NAWC). Please call us at 610-696-5211 if you would like to schedule a visit. We are located at 700 N. Franklin Street in West Chester.

P.S. Not only are you what you eat, the study mentioned above seems to suggest that you are what you think.