

HEBREWS 3-13 MAKES it clear that discouraging words break down a person's spiritual immune system. But did you know they also weaken the physical immune system?

In 1996 Drs. Janice Kiecolt Glazer and Ronald Glazer reported a study on couples who had been married for an average of 42 years but were constantly arguing and saying words of discouragement to one another. They found that the more they argued and criticized, the weaker their immune systems were. You might think heated arguments would have less impact on older couples because after all their years together they would have gotten used to put downs, or would have learned to deal with them. Unfortunately, discouraging words always have a negative impact.

The Glazers also studied 90 newly-wed couples who agreed to spend their honeymoon in a hospital re-

search unit for 24 hours. They were asked to have a 30-minute discussion on their marital problems. It was found that those who exhibited more negative and hostile behavior; during That 30-minute discussion showed greater decreases over 24 hours on four functional immunological assays. In other words, they found that the immune system is less effective when there is conflict and discouraging words thrown at each other—even though the couple had just gotten married and they were otherwise happy. Words have the power to weaken or strengthen the immune system!

Without words of encouragement, life can be meaningless. I once read about a millionaire who prided himself for never offering a tip for any service. On New Year's Day he got word that his chief accountant had committed suicide. Immediately he rushed over to the man's place. All the books were in perfect order. He had done his job well. Why had he taken

his own life? After a thorough search this note was found: "In 30 years I have never had one word of encouragement. I am fed up."

Paul understood the power of speech when he advised, "Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers." (Eph. 4:29, NKJV). In other words, say only that which will be a blessing to others.

The next time you're tempted to tell someone off, remember to "let your speech always be with grace, seasoned with salt" (Col. 4:6, NIV). By doing so, you will be boosting their spiritual and physical immune systems—and yours!

Kathleen Liwidjaja-Kuntaraf

Victory in Christ is our goal -
Health of body, mind, and soul.

Come and travel with us.

Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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HEALTH TIPS!

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Seasoned Words

But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.
Hcb. 3:13, NIV.