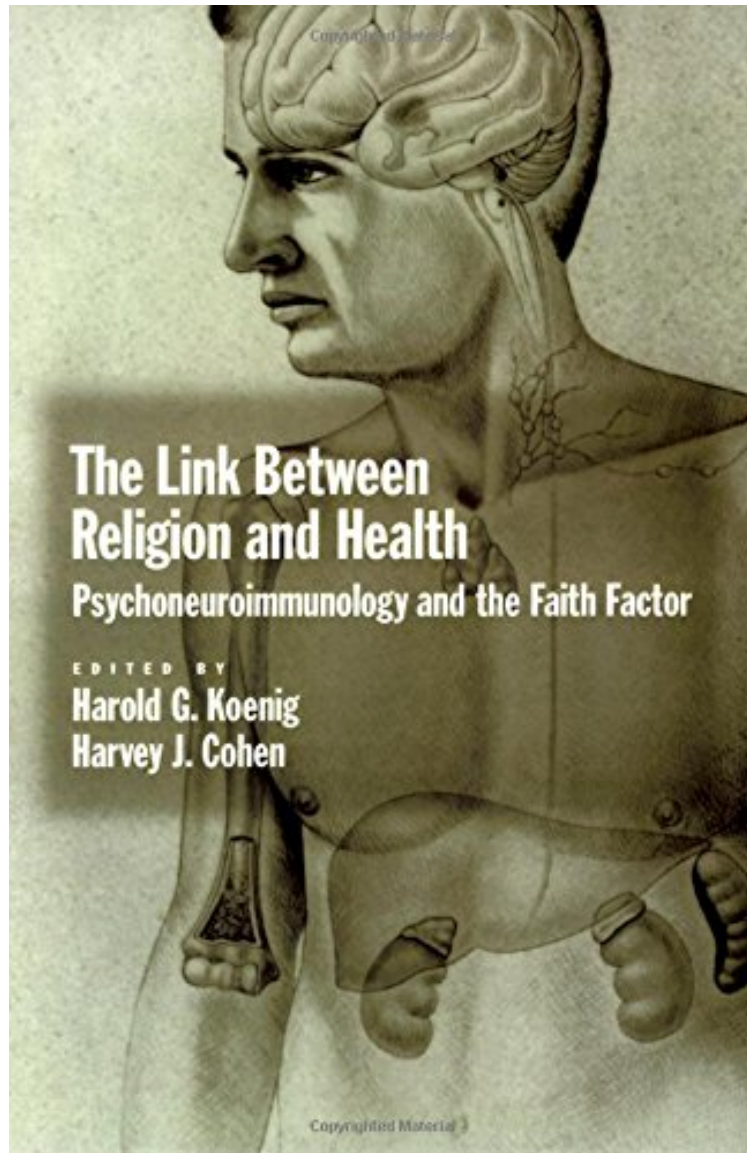


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# The Link between Religion and Health: Psychoneuroimmunology and the Faith Factor

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religions offer different options for supernatural experience, but they all have similar health benefits. Thus, the authors looked for natural mechanisms. Social support, optimism, and healthy behavior patterns are the primary ideas. All these are available to everyone, regardless of their religious beliefs. The immune system is the mediator for most of the health benefits associated with religious practice. The chemical messengers called cytokines offer measurement opportunities for quantitative research. This is an excellent guide for all of us who want to take care of our own health. 1 of 3 people found the following review helpful. good read and good for my class...By Meaghan in DCI needed this book for school and I am pleased I bought it. It was worth buying and I plan on using it later.

This book is the first to present new medical research establishing a connection between religion and health and to examine the implications for Eastern and Western religious traditions and for society and culture. The distinguished list of contributors examine a series of psychoneuroimmunology (PNI) topics that relate to religious faith and behavior. PNI studies the relationships between mental states and the nervous, endocrine, and immune systems. Among the issues it focuses upon are how mental states, in general, and belief states, in particular, affect physical health. The contributors argue that religious involvement and belief can affect certain neuroendocrine and immune mechanisms, and that these mechanisms, in turn, susceptibility to cancer and recovery following surgery. This volume is essential reading for those interested in the relationship between religion and health.

About the Author Harvey J. Cohen and Harold Koenig are both at Duke University.