Why is Spirituality Well-Being–Friendly?

- What you believe in can have a big impact on health and longevity. People with high levels of religious beliefs or spirituality have lower cortisol responses. Cortisol is a hormone the body releases in response to stress.
- Positive thinking produces nearly a 30% drop in perception of pain.
- Spirituality and the practice of religion are associated with a slower progression of Alzheimer's disease.
- Those who regularly attend organized religious activities may live longer than those who don't. Regular participation lowers mortality rate by about 12% a year.
- People who undergo cardiac rehabilitation feel more confident and perceive greater improvements in their physical abilities if they have a strong faith.
- Increased levels of spirituality and religious faith may help substance abusers kick their habit.
- Spirituality stimulates the relaxation response. When the body is relaxed, your heart rate, blood pressure, and breathing rate all go down, which decreases the body's stress response.
- Spirituality can affect immune-system function. Spirituality, faith, church attendance improves immune function in ways that can be measured, like an increase in white blood cells.
- Prayer heals the heart. Positive talking and thinking in the ICU produces better results.
- Spirituality is what brings you peace and safety. It can be achieved through God or Goddess, nature, a beautiful sunset, a meditation, Pranayama, religious meeting, chanting, mind body relaxation, etc. Spirituality is something that can help all the way from promoting wellness to helping with recovery.

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Azithromycin Found Ineffective in Preventing Chronic Lung Disease in Premature Babies

A study published in *The Lancet Respiratory Medicine* delivered definitive findings regarding the efficacy of azithromycin in preventing chronic lung disease in premature infants, dispelling previous uncertainties surrounding its use.

The AZTEC trial, conducted collaboratively by leading institutions across the UK, was the largest clinical study to investigate the potential of azithromycin in this context.

The trial, which included 796 premature babies from 28 neonatal intensive care units, was spearheaded by a partnership between the Cardiff University School of Medicine and the Cardiff University Clinical Trials Research Unit. Additional contributions came from esteemed institutions, including the University of Leicester, Imperial College London, University College London, University of Liverpool, and Newcastle University.

Contrary to prior speculation, the findings demonstrated that early administration of azithromycin does not confer protection against the development of chronic lung disease in prematurely born infants.

This finding emphasized the need for robust clinical trials to ascertain therapeutic interventions' true efficacy and safety profile, particularly in vulnerable populations such as premature babies.

(*Source*: *https://medicalxpress.com/news/2024-04-clinical-trial-azithromycin-chronic-lung.html*)