



ASSOCIATION CATHOLIQUES  
CANADIENNE DE LA SANTÉ

CATHOLIC HEALTH  
ASSOCIATION OF CANADA

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## NEW BOOKLET REVEALS COMPELLING EVIDENCE OF IMPACT OF SPIRITUALITY ON HEALTH

Ottawa — The concepts of health and spirituality have long been viewed as two distinct realities but a new booklet by the Catholic Health Association of Canada (CHAC) presents overwhelming evidence that striking connections between the two are no longer a matter of conjecture but of fact.

*Spirituality and Health. What's Good for the Soul Can Be Good for the Body, Too* reviews scientific research on the relationship of spirituality to health and examines various elements of a spiritual life in light of their potential impact on health. It contends that what's good for the soul — prayer, forgiveness, reconciliation, etc. — can be good for the body too, and discusses ways of nurturing the soul. It presents compelling evidence that spirituality and care of the soul promote health, nurture healing and recovery from illness, and provide an important means for adjusting to chronic illnesses.

*Spirituality and Health* concludes with reflections on the implications of these findings for individuals, health care providers and organizations, and for the churches. Questions for reflection are included throughout the document to assist individuals and groups in deepening their awareness and understanding of these issues.

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