

VITAMIN F

Why do I have a variety of friends who are all so different in character? How can I get along with them all? I think that each one helps to bring out a “different” part of me. With one of them I am polite. I joke with another friend. I sit down and talk about serious matters with one. With another, I laugh a lot. I may have a drink with one. I listen to one friend’s problems. Then I listen to another one’s advice for me.

My friends are like pieces of a jigsaw puzzle. When completed, they form a treasure box. A treasure of friends! They are my friends who understand me better than myself, who support me through good days and bad. We all pray together for each other.

Real Age doctors tell us that friends are good for our health. Dr. Oz calls them Vitamin F (for friends) and counts the benefits of friends as essential to our well being. Research shows that people in strong social circles have less risk of depression and terminal strokes. If you enjoy Vitamin F constantly, you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your most intense moments, decreases the chance of cardiac arrest or stroke by 50%.

I am so happy that I have a stock of Vitamin F. In summary, we should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together and pray for each other in the tough moments. Thank you for being on of my Vitamins!