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**Giving: The Surprising Link To Increased Health**

Generosity-of-spirit is one of the most gracious gifts any of us can receive. It is the gift that keeps expanding, encircling us in its transformative power. A simple kindness can shift us in profound ways whether we are the giver or receiver.

And there are many ways to give every day, when you remember that gifts aren't limited to purchases. Anything that has value is worth sharing or giving, including your time, expertise, contacts or a smile. Even something simple like making direct eye contact can create a momentary, impactful connection that uplifts both parties.

We all know people for whom giving is the juice of life. They seem to bound through life, navigating challenges and changes with ease, and enjoying greater happiness and health along the way. Research shows a tangible link between acts of kindness and giving for:

- Increased immune system
- Improved cognitive performance
- Increased energy
- Lower heart rate
- Balanced cortisol levels, resulting in less internal stress

Give from your heart on a daily basis and open a pathway to greater health.