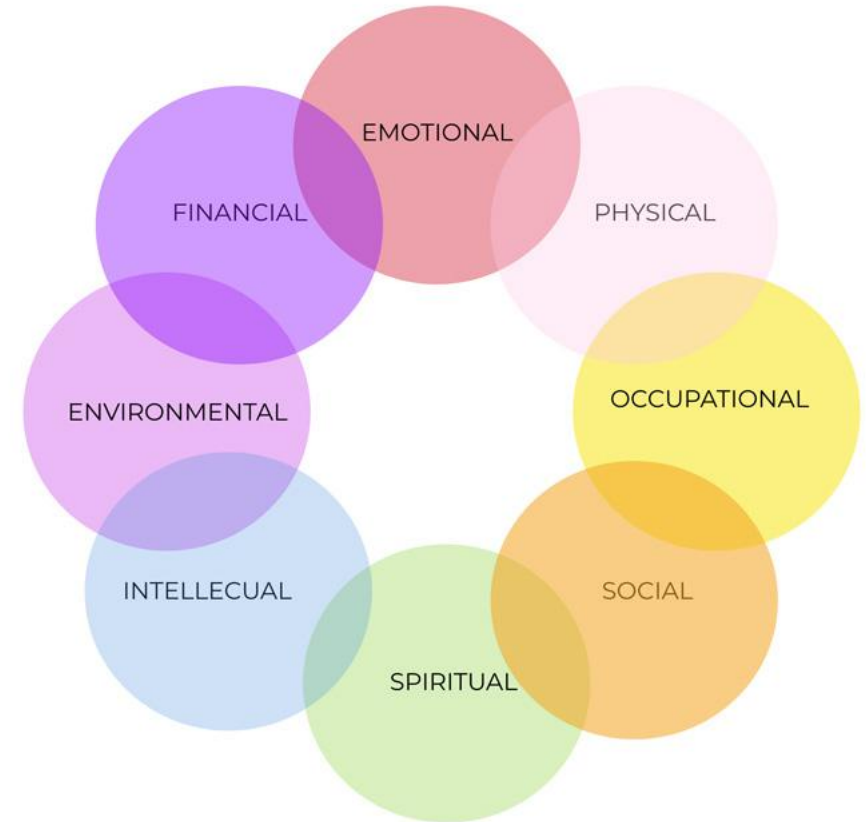


The Ultimate Secret to Health & Happiness

Daniel Binus, MD

Beautiful Minds Medical

BEAUTIFUL MINDS MEDICAL



Beautiful Minds Binus



Intensive Outpatient Program

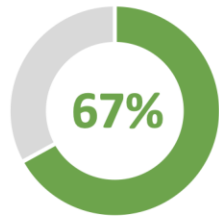
A holistic approach that works



More than **90%** of depressed patients have a positive treatment response.¹



92% of patients who begin with high levels of anxiety leave with low to normal levels.²



67% of patients suffering with depression go into remission before discharge.³

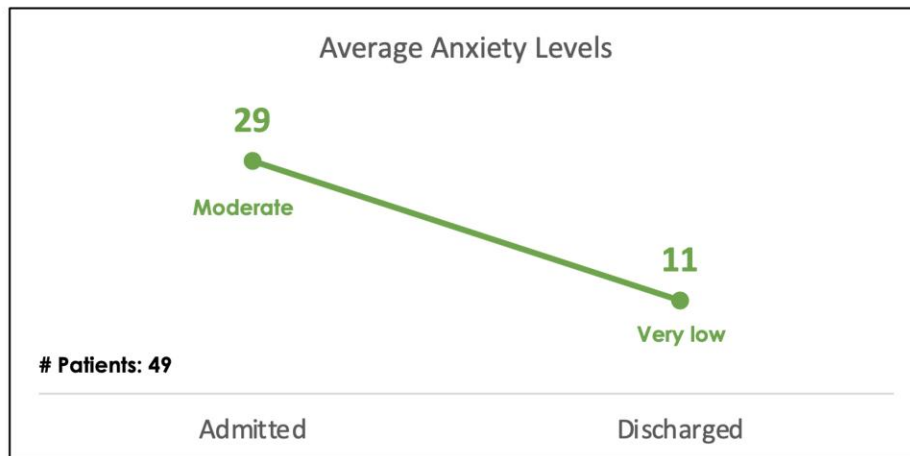
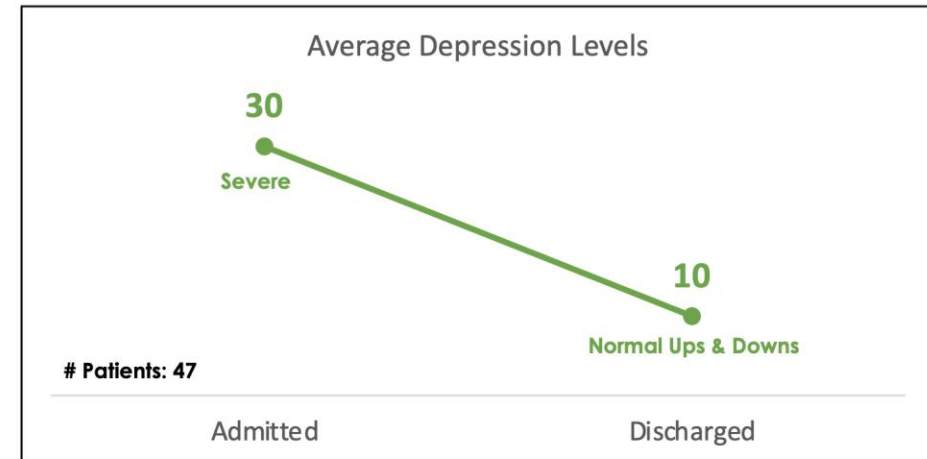
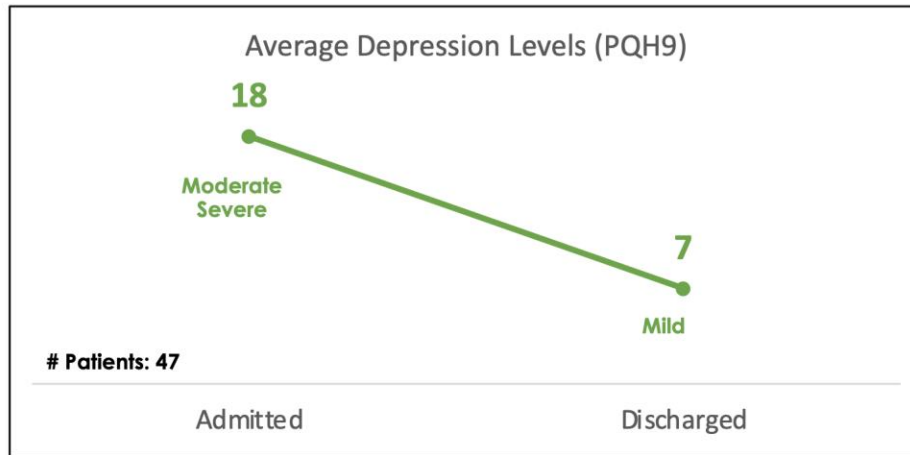
¹ Patients who completed at least 10 days. PHQ9.

² Becks Inventory

³ Becks Inventory

Intensive Outpatient Care

Overall improvement after 2-3 weeks





Get Your Life *Back*

We treat and prevent mental illness
through wholistic medical care &
wellness education

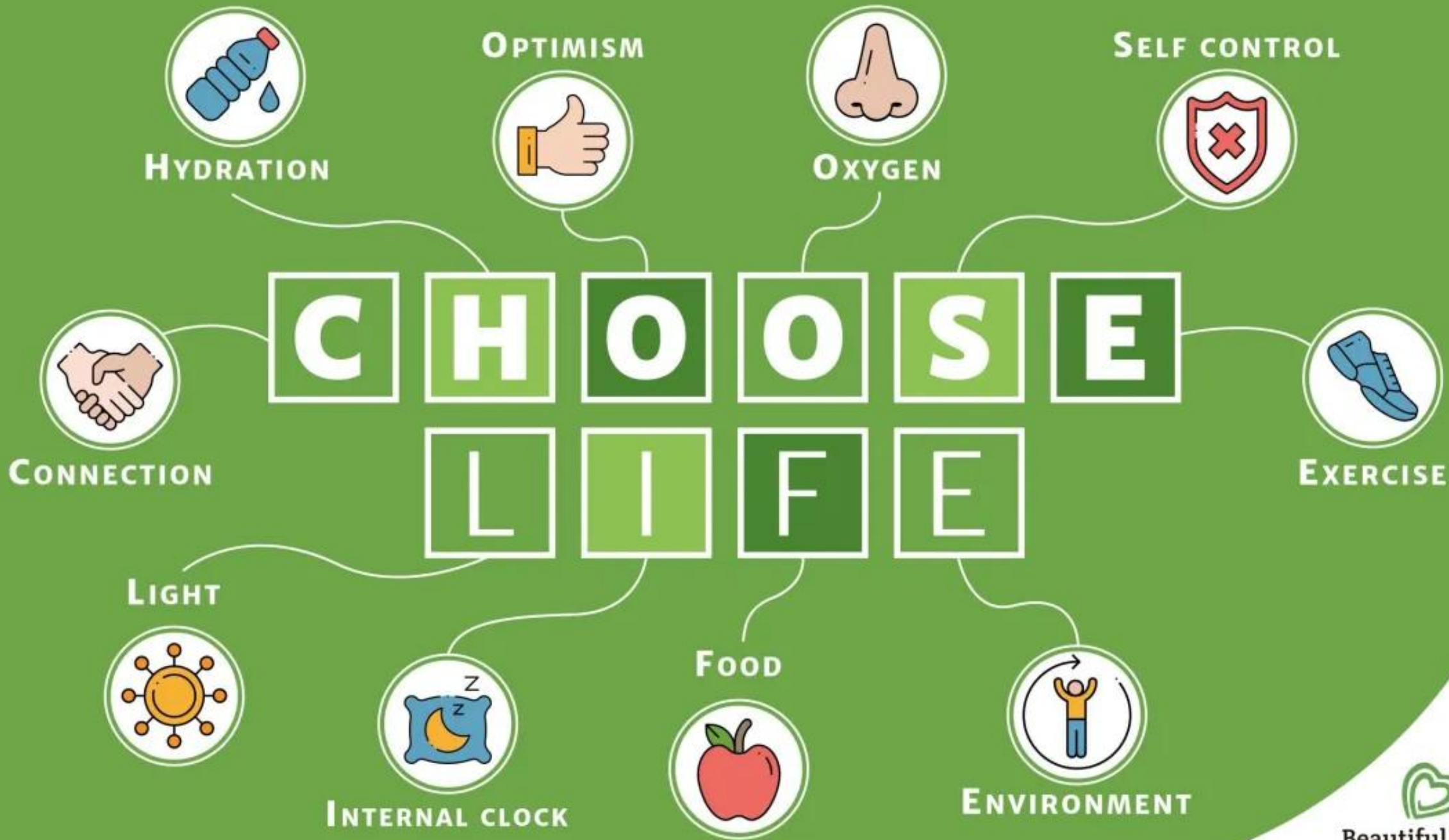
Let us help →

BeautifulMindsMedical.com



YOUR MIND IS
Beautiful





“It is not good that the man should be alone.”

Genesis 2:18

Before sin entered the world, God identified the very first thing that was “not good” — the absence of human connection.

Why This Topic Matters

- Mental and physical illness are rising — even as we have more “connection technology” than ever before
- In 2023, the U.S. Surgeon General declared loneliness a public health epidemic
- Scripture identified this need first: “It is not good that the man should be alone” (Gen 2:18)
- Today: what does the science actually show — and how does it converge with what God has been telling us all along?

A Word Before We Begin

This talk is about relationships and connection. **For some of you, that subject brings joy. For others, it brings grief.**

- You may be single and longing for marriage.
- You may be widowed and missing your spouse.
- You may have been wounded — sometimes deeply — by people in the church or in your family.
- You may feel like the loneliest people you know are sitting right next to you.

The science we will look at is not a verdict against you. It is a roadmap toward the connection your Father in heaven has always intended for you — in His timing, in His way.

Section I

The Evidence

What does the science of relationships actually show?

The Harvard Study of Adult Development

Started: 1938

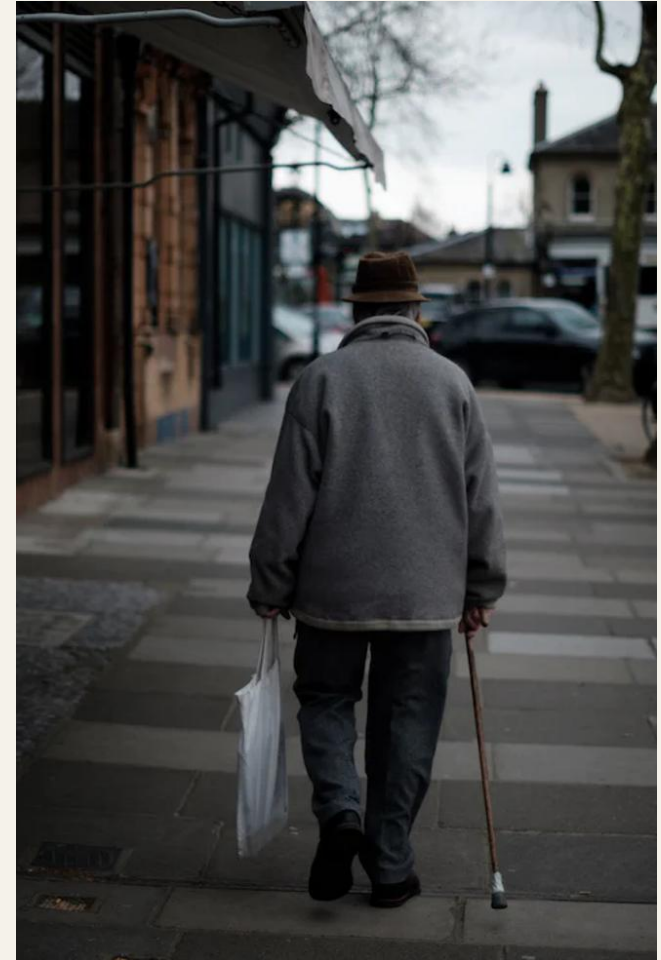
Followed: Harvard sophomores + boys from Boston's poorest neighborhoods

Duration: 85+ years — still ongoing across generations

Methods: Repeated interviews, medical exams, brain scans, family interviews

One of the longest in-depth studies of adult life ever conducted.

Question: What actually predicts a long, healthy, happy life?



The Answer Surprised Everyone

Not wealth. Not fame. Not cholesterol. Not exercise.

Relationships.

- Those most **satisfied with their relationships at age 50** were the healthiest at age 80 — and lived longer.
- Those who were **socially disconnected** had more depression, earlier cognitive decline, and died sooner.

The clearest finding in 85 years of data: the warmth of our relationships drives our health.

Eighty-five years of Harvard data confirm what God said in six words:

“It is not good that the man should be alone.”

Genesis 2:18

Modern medicine has spent a century building the case. Scripture made the point on page two.

How Bad Is Loneliness for the Body?

Comparable to smoking

up to 15

cigarettes per day

— Holt-Lunstad, Smith, & Layton (2010)

Meta-analysis of 148 studies, 308,849 participants

Also worse than:

- Obesity
- Physical inactivity
- Air pollution
- Excessive alcohol use

Social health impacts neuroplasticity and gene expression — it is biology, not just feelings.

Section II

Love & the Heart

When the body keeps score — literally.

“Does your wife show you her love?”

10,000 married men with no history of chest pain were followed for 5 years.

Men with high risk factors (high cholesterol, hypertension, diabetes, abnormal ECG) were **20× more likely** to develop chest pain.

BUT — among those high-risk men, the ones who answered “**yes**” to that one question had **significantly less** chest pain.

Men who said their wife did *not* show love had **nearly TWICE** the chest pain of those who did.

*It was not whether they were married — it was whether they **felt loved**.*

Enough to Give You an Ulcer?

8,500 men, no prior duodenal ulcer, followed 5 years.

254 developed ulcers.

Men reporting **low perceived love and support** from their wives had **over TWICE** as many ulcers.

Men who answered ***“My wife does not love me”*** had **nearly THREE times** as many ulcers.

Perceived love changes physiology — down to the lining of the gut.



Roseto, Bangor & Nazareth

Three towns in eastern Pennsylvania. Same hospital. Same water supply. Same physicians.

Roseto, PA — an Italian-American immigrant town.

- Risk factors for heart disease **as high or higher** than the neighboring towns: smoking, high-fat diet, obesity, diabetes.
- And yet — **heart attack rates were dramatically lower.**

Why?

Roseto: The Answer

*Cohesive community. Multi-generational households.
Shared meals. Faith. Civic life.*

Then, in the late 1960s–1970s, Roseto's distinctive community life began to dissolve. Younger generations moved away. Households shrank. Civic ties loosened.

Within a generation, Roseto's heart attack mortality had **risen to match its neighbors.**

*The community shielded the body.
When the community went, the protection went with it.*



Sound familiar?

“And all that believed were together, and had all things common... they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart, praising God, and having favour with all the people.”

Acts 2:44, 46–47

Roseto was a 20th-century Italian-Catholic echo of a first-century Christian pattern. The Bible was always describing a public health intervention.

It Is Not Just the Heart

Multiple large prospective community studies (Berkman & Syme 1979 onward) tracked social ties against mortality from *all causes*.

2–5x

higher risk of premature death from all causes — for the socially isolated.

Cancer. Stroke. Infections. Suicide. Accidents. Almost everything.

Breast Cancer & Support Groups

Spiegel et al. (1989), Stanford. Women with metastatic breast cancer randomized to either standard care or standard care + weekly 90-minute support group for one year.

Five years later, the support-group women had **lived roughly twice as long** as the control group.



Man's Best Medicine?

Patients hospitalized with heart attack or chest pain, followed one year:

- Pet owners: **6% died**
- Non-pet owners: **28% died**

*A separate study found a dog's presence **lowered blood pressure reactivity more than a good friend's presence** — because the friend was often perceived as evaluative, the dog never was.*



Giving or Receiving?

Brown, Nesse, Vinokur, & Smith (2003) followed 423 older married adults for five years.

What protected against mortality was not so much the help they *received* from family and friends — it was the help they ***gave***.

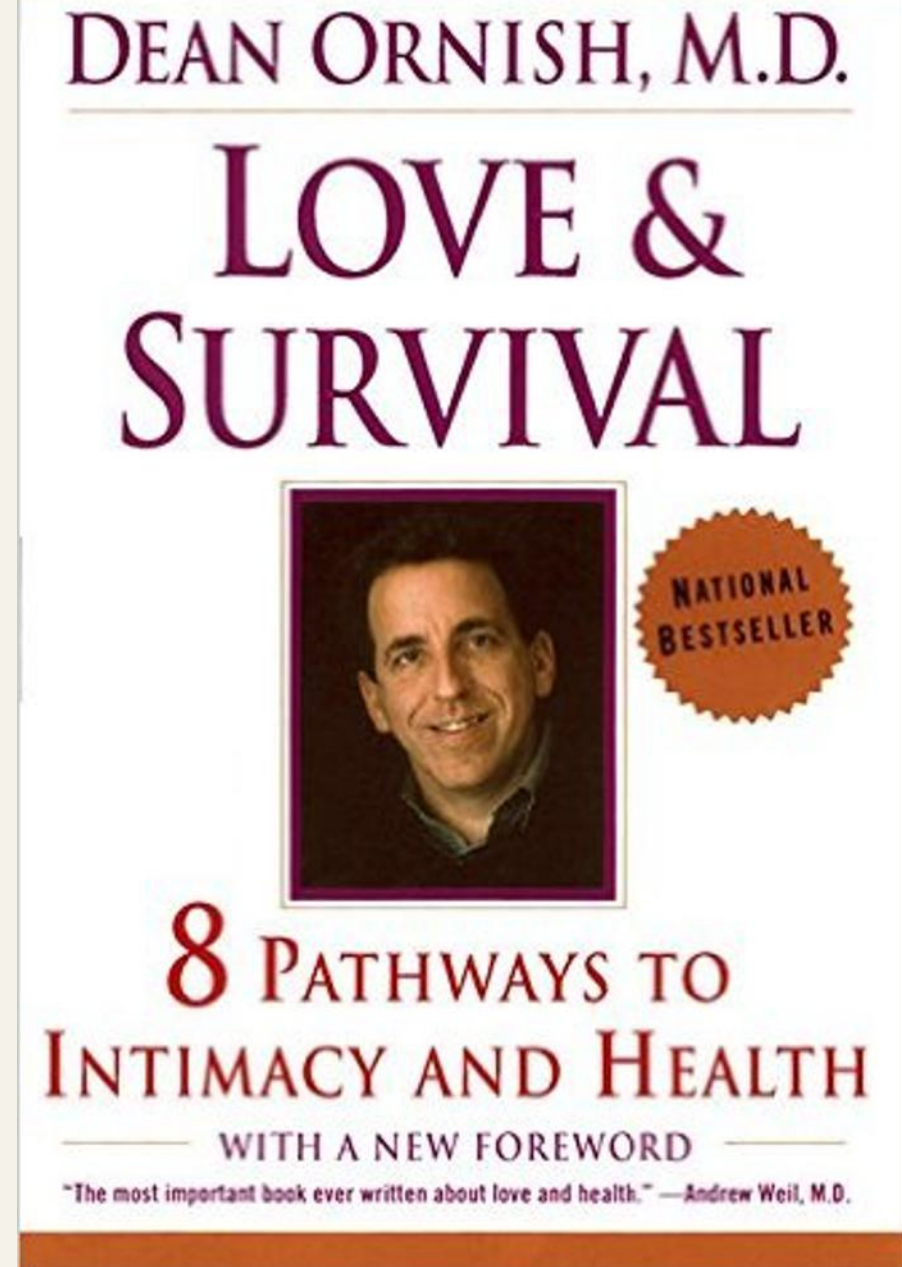
“It is more blessed to give than to receive.”

Acts 20:35 — quoted by Paul, twenty centuries before the data.

“I’m not aware of any other factor in medicine — not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery — that has a greater impact on our quality of life, incidence of illness, and premature death from all causes than does love and intimacy.”

Dean Ornish, MD

Love & Survival (HarperCollins, 1998), p. 3



Section III

The Blue Zones

Where people reach 100 at ten times the U.S. rate.

The 5 Blue Zones

The places on Earth where people reliably live past 100 — and live well.



The Power 9 — and What Stands Out

Of nine common longevity factors across the Blue Zones,

FIVE are about connection.

Lifestyle (4)

- Move naturally
- 80% Rule
- Plant slant
- Take time to wind down

Connection (5)

- Purpose
- Downshift
- Belong (faith community)
- Loved Ones First
- Right Tribe

More than half of what makes a centenarian — is who they are with.

Section IV

The Biology of Love

Why does connection do so much?

Oxytocin: The “Love Hormone”

Originally known to medicine for stimulating labor and milk ejection.

More recently recognized as a mediator of:

- Reduced blood pressure and cortisol
- Higher pain thresholds and anxiolytic effects
- Stimulation of positive social interaction
- Promotion of growth and healing

Released by warm touch, eye contact, breastfeeding, sex, prayerful contemplation, and acts of kindness.

Wider Effects Across the Body

Cardiovascular

Lowers BP; cardio-protective; aids healing post-MI

Bone & muscle

Promotes bone growth; supports lean mass

Metabolism

Suppresses fat production from mesenchymal stem cells

Pain

Analgesic effects, including in cancer pain models

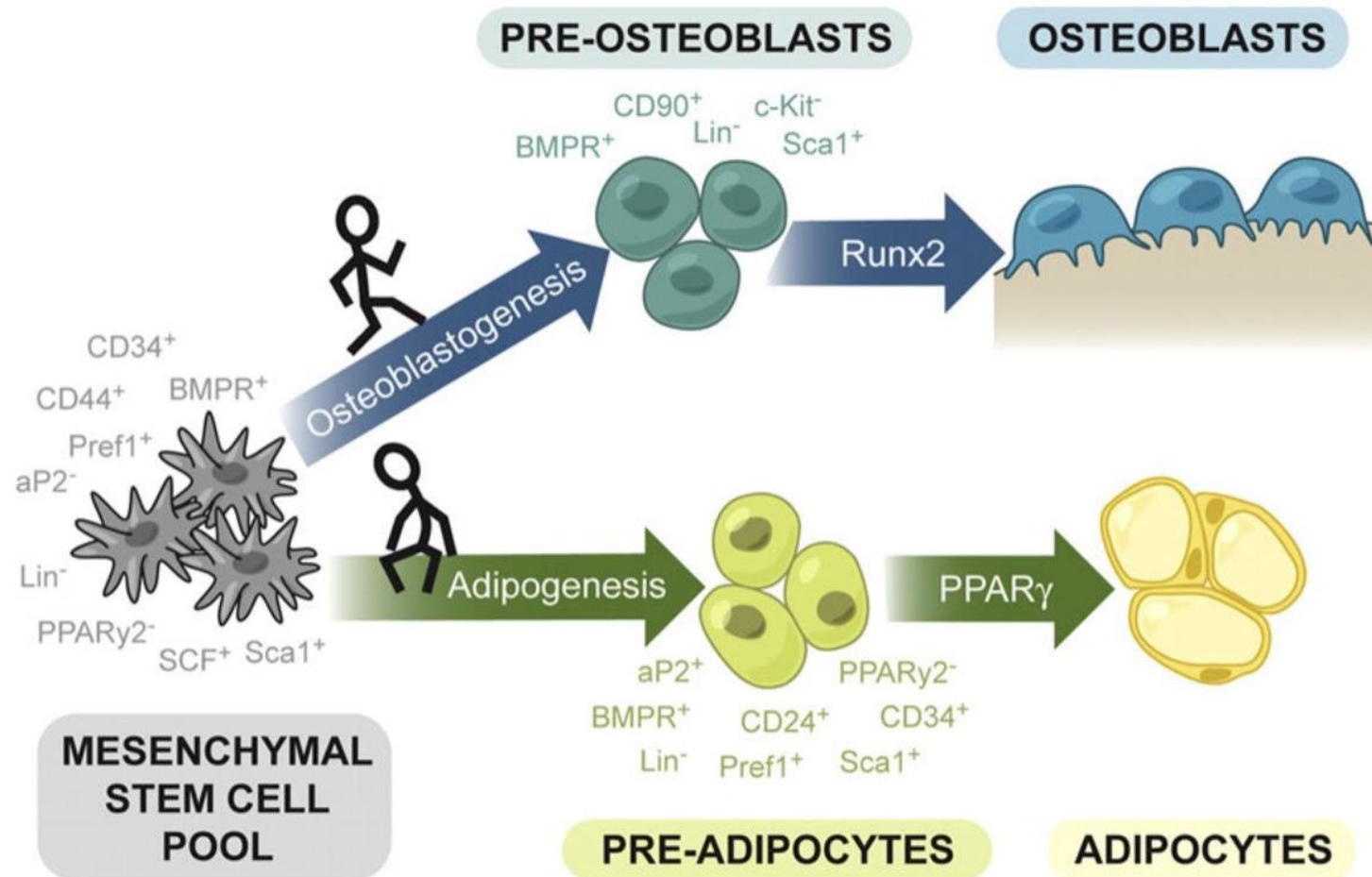
Gut

Improves “leaky gut” in animal models

Immune / inflammation

Anti-inflammatory, anti-oxidant

These are biological mechanisms by which love reshapes the body.



“Oxytocin (OT) negatively modulates adipogenesis [fat production] while promoting osteogenesis in human bone marrow mesenchymal cells.” (Stem Cells. 2008 Sep;26(9):2399-407.)

So when Paul wrote...

“For the love of Christ constraineth us...”

2 Corinthians 5:14

...he may not have known the word “oxytocin,” but he was describing its effect: love that motivates growth, healing, and movement toward others. Absence of love produces what stem-cell biologists call the default state: stagnation. Love is the signal that says, “grow.”

Should We All Supplement with Oxytocin?

Short answer: no.

“The effects of oxytocin... are context-dependent and altered by experience.” — Carter et al. (2020)

What can disrupt the system:

- Early-life adversity
- Chronic high stress
- Chronic overstimulation (e.g., hypersexual lifestyle) — downregulates oxytocin receptors

The biology was designed for relationships, not for shortcuts.

Section V

A Pandemic of Loneliness

An epidemic spans a community. A pandemic spans the world.

2023: A Surgeon General's Advisory

“Our Epidemic of Loneliness and Isolation”

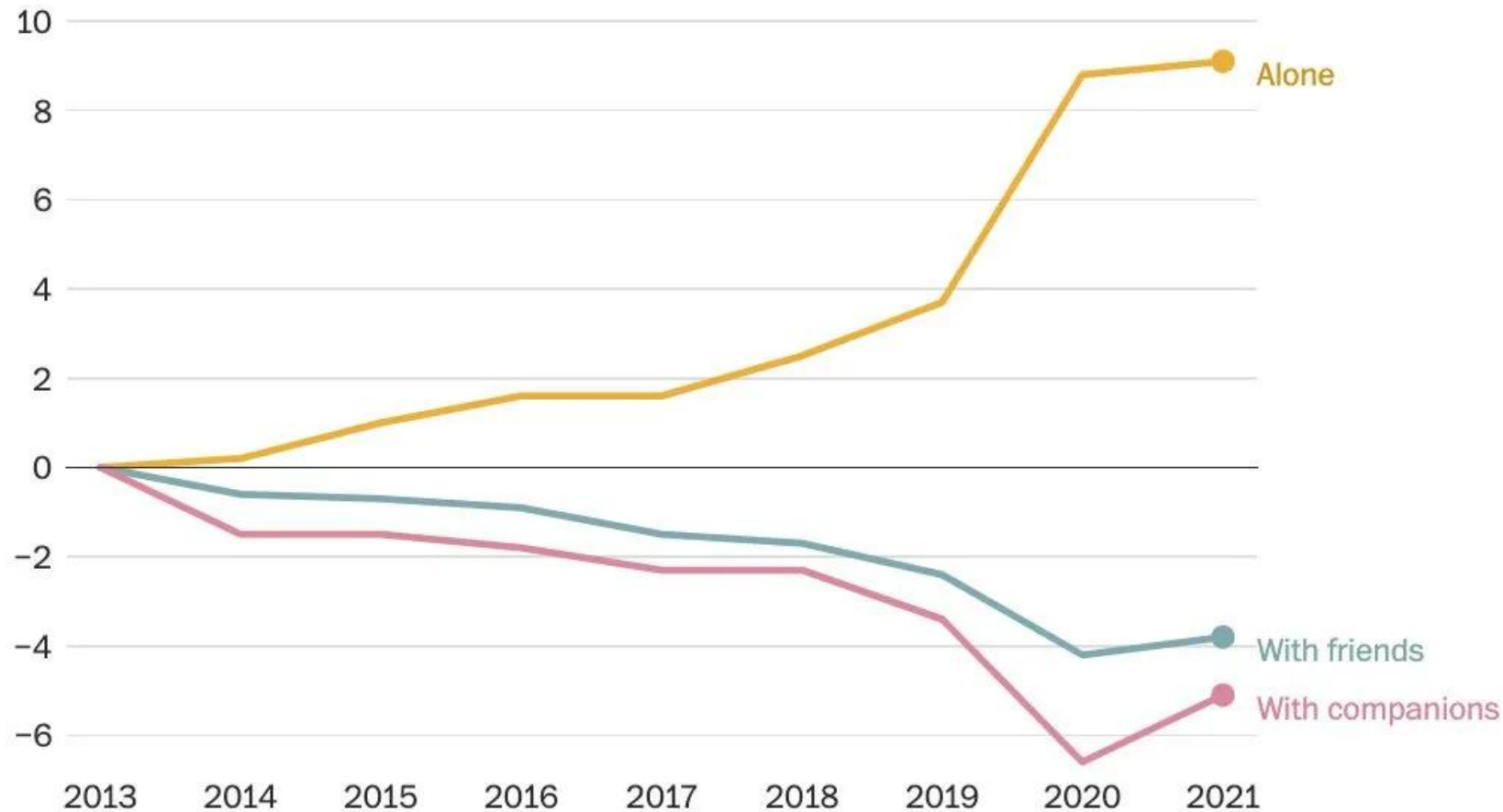
Issued May 2023 by U.S. Surgeon General Vivek Murthy

- About 1 in 2 American adults report measurable loneliness
- Loneliness increases risk of heart disease, stroke, dementia, premature death
- It is a public-health emergency on par with tobacco and obesity
- And it has been getting worse since well before the pandemic

Who Americans spend their time with

Americans 15 and older are spending a lot more time alone than they did in 2013. The trend started before the pandemic.

Hours per week



Note: 2020 numbers are not fully comparable to other years because the pandemic impacted data collection.

Source: American Time Use Survey

THE WASHINGTON POST

Governments Have Started to Notice

2018 — The United Kingdom appoints the world's first **Minister of Loneliness**.

2021 — Japan follows suit, appointing its own.

2023 — The U.S. Surgeon General issues a national advisory.

When developed countries start naming cabinet ministers for a feeling, something has shifted.

Lonely — Inside the Church, Too

2021 Harvard report (Weissbourd et al., *Loneliness in America*):

- 36% of all Americans reported “serious loneliness”
- **61% of young adults (18–25)** reported the same
- 51% of mothers with young children reported the same

Some of the loneliest people we know are sitting in our churches. Sometimes they are us.

Section VI

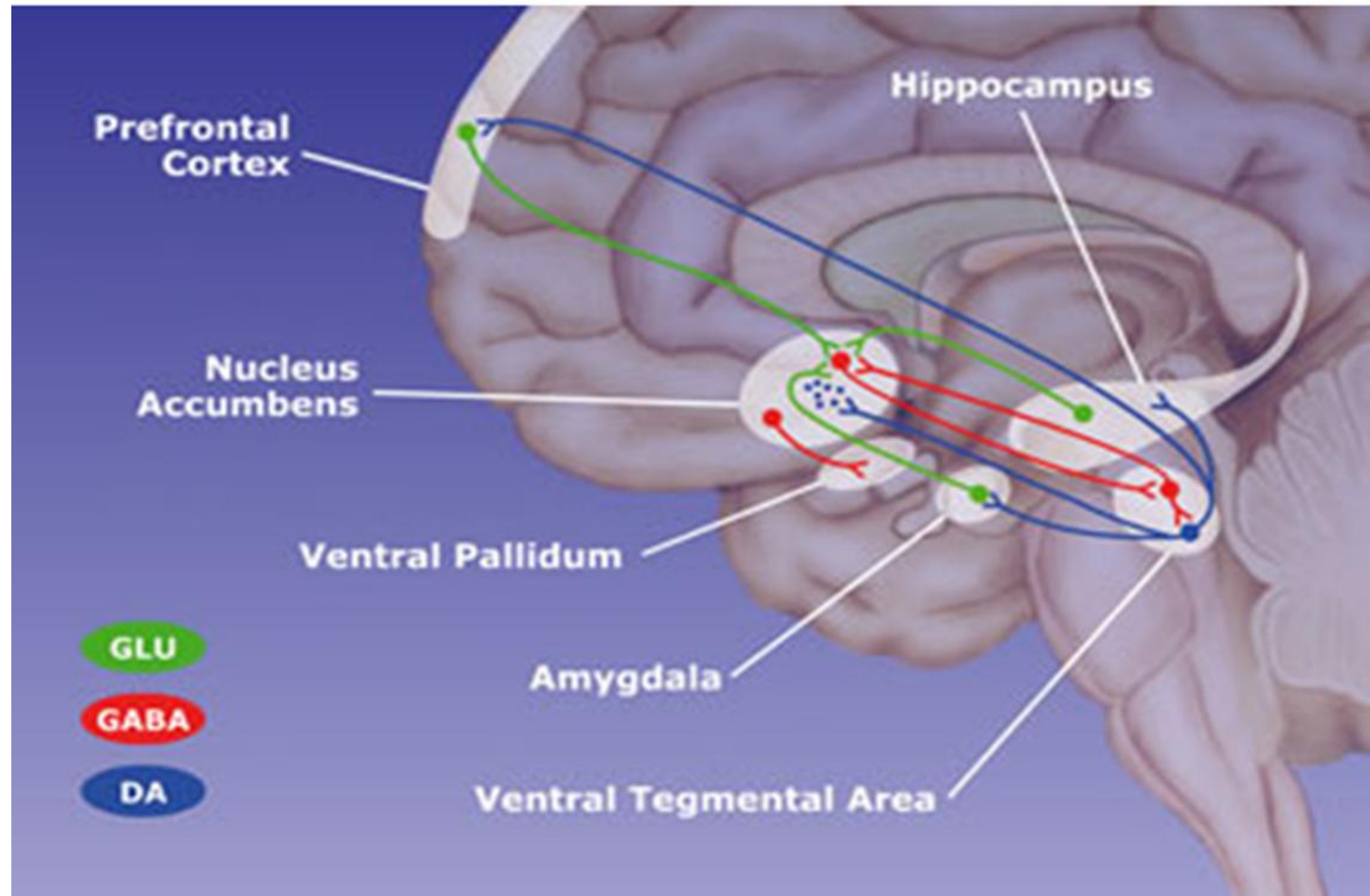
Connection Killers

What is stealing it from us — and how do we tell?

Relational Imposters

Anything addicting...

The Reward Circuit



Relational Imposters

Things that hit the same brain reward circuits as connection — but never deliver it.

Alcohol, drugs, gambling

Food (especially highly-processed)

Pornography

Social-media scrolling

Compulsive shopping

Workaholism / performance

They imitate the chemistry of connection without producing connection. The crash always follows.

So... Does Social Media Help?

Sometimes — yes

Burke & Kraut (2016)

1,910 Facebook users. Direct messages from close friends correlated with better well-being.

Deters & Mehl (2013)

Posting more often than usual for one week reduced reported loneliness.

More often — no

Primack et al. (2017)

More time on social media, more perceived social isolation in young adults.

Shakya & Christakis (2017)

5,200 subjects: Facebook use negatively associated with physical health, mental health, and life satisfaction.

Resolving the Paradox

The positive studies measured **specific behaviors** — messaging a close friend, sharing a photo with grandma.

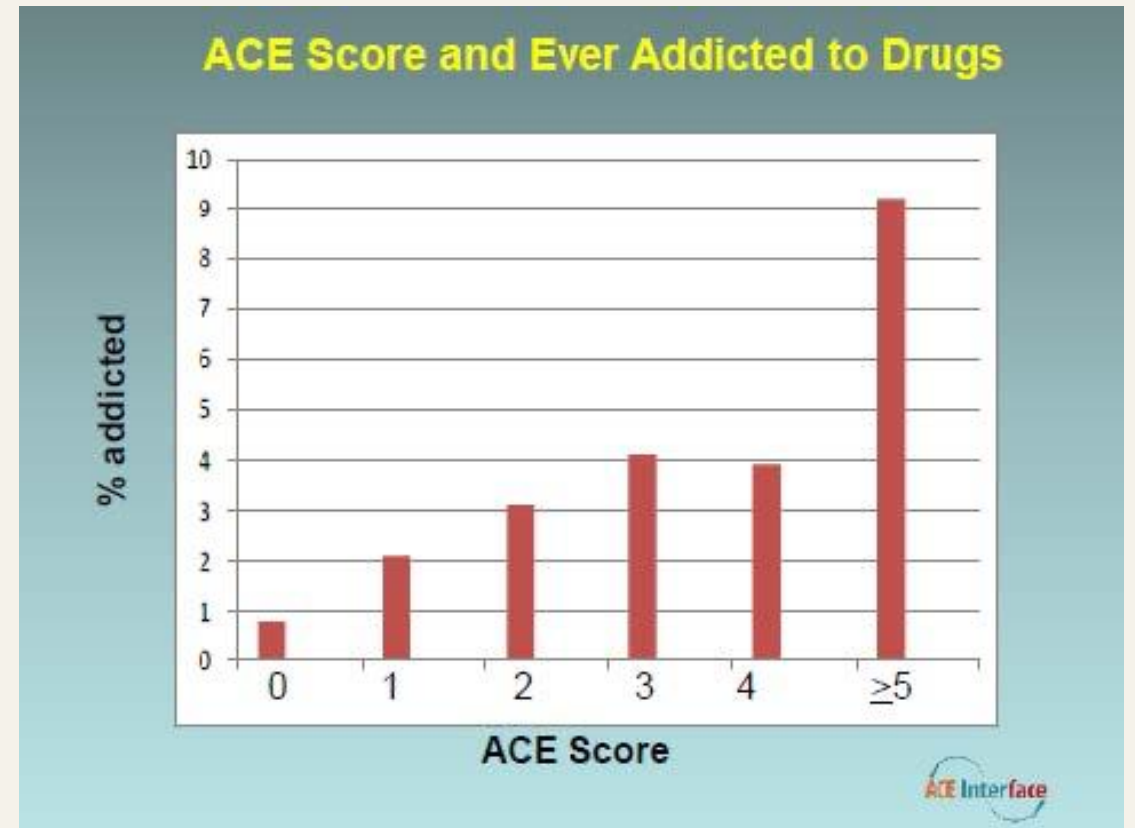
The negative studies measured **overall time spent** on the platforms.

“We have evidence that replacing your real-world relationships with social media use is detrimental to your well-being.”

— Holly Shakyra, UC San Diego

Adversity in Childhood

The **ACE Study** — Felitti et al. (1998), Kaiser Permanente / CDC. 17,000+ adults.



Communication Deficits

Three channels through which we feel known — or do not.

Verbal

The words. Easiest to fake. Most people lean on this alone.

Non-verbal

Eyes, face, posture, tone. 60–70% of emotional signal.

Touch

Skin contact. The body's oldest language. Mostly gone.

The Cult of Busyness

Modern badge of honor: “I’m so busy.”

Busyness has become identity. Status. Numbness. Avoidance.

**The first casualty is unhurried presence —
the single thing relationships require most.**

Attribution: Often attributed to a parable popularized by [H. Liesner \(Adventist Pioneer Library\)](#) — origin uncertain.



Section VII

Pathways to Connection

From diagnosis to prescription.

Sin fractured connection.

*The gospel reweaves it — with God, with self, with
one another.*



Restoration is not optional theology. It is public health.

Three Pathways (Harvard 2021)

1.

Information & Strategies

Re-learn how to communicate, touch, and resist the imposters.

2.

Social Infrastructure

Rebuild the “third places” — church, club, gym, library, table.

3.

Restore Our Commitments

Re-make promises to one another, especially the vulnerable.

Information & Strategies: Remember to Touch

A classic observational study counted how often couples in cafes touched in one hour.

Puerto Rico	180/hour
Paris	110/hour
United States	2/hour
London	0/hour

(Classic methodology — but the order-of-magnitude difference holds up in modern work.)

Healing Past Hurt First

Before we can let safe people in, we may need to do some interior work.

1. Boundaries.

Learn to say a quiet no. Recognize patterns that have wounded you. You are allowed to step back from what is harming you.

2. Identifying Safe People.

Open rather than defensive. Humble rather than proud. Self-aware. Honors your no. Bears fruit consistent with love.

3. Slowly Opening.

Trust is rebuilt in small, repeated acts of safety — not in one heroic disclosure.

Pain & Grace

Oxytocin is released in response to pain — *as a healing signal.*

Pain is a doorway, not a verdict.

*The very biology of suffering is wired to call us toward bonding — with God first, and then with His people.
When we stop running from pain and let it press us toward connection, the chemistry of healing begins.*

“Help me. Hold me. Heal me. Let me bask in Your presence.”

Social Infrastructure: Rebuild the “Third Place”

Sociologist Ray Oldenburg: every life needs three places.

First place: Home.

Second place: Work.

Third place: Where we are known and not transacting — the cafe, the barbershop, the library, the park, the gym... and the church.

The local church — if we let it — is the most accessible third place left in many American communities. It is a public-health asset before it is anything else.

Restore Our Commitments

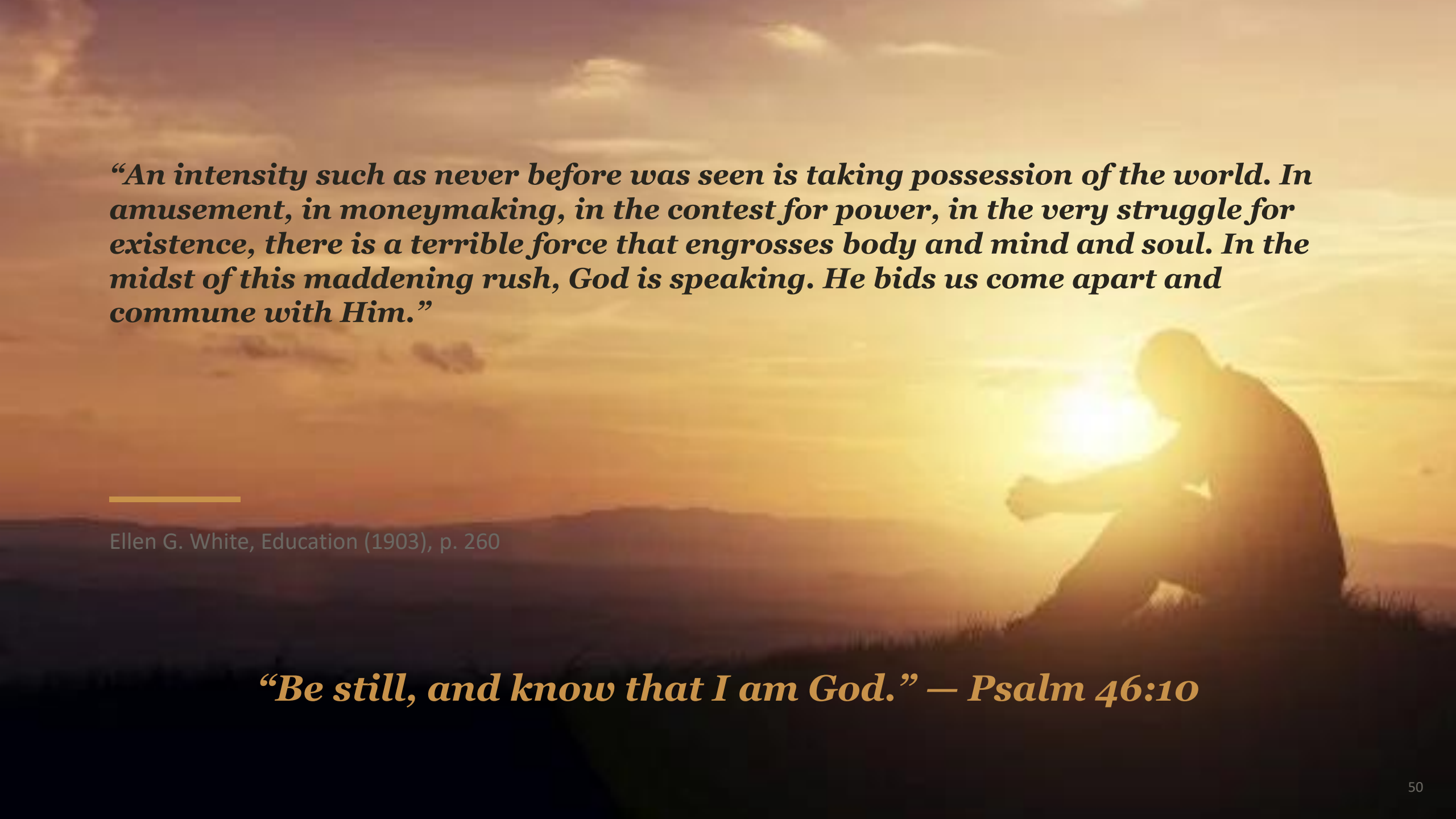
“To renew a founding promise of this country: that we have commitments to ourselves, but we also have vital commitments to each other, including to those who are vulnerable.”

— Harvard Loneliness Report (2021)

This is exactly what the gospel asks. Bear one another's burdens. Visit the widow and the orphan. Do not forsake the assembling of yourselves together. The church was the world's first social infrastructure — and it may still be its best.

Closing...Be Still

And know that I am God.

A person is sitting on a grassy hill, looking out over a vast landscape at sunset. The sun is low on the horizon, creating a warm, golden glow. The person is silhouetted against the bright light of the setting sun. The sky is filled with soft, wispy clouds. The overall mood is peaceful and contemplative.

“An intensity such as never before was seen is taking possession of the world. In amusement, in moneymaking, in the contest for power, in the very struggle for existence, there is a terrible force that engrosses body and mind and soul. In the midst of this maddening rush, God is speaking. He bids us come apart and commune with Him.”

Ellen G. White, Education (1903), p. 260

“Be still, and know that I am God.” — Psalm 46:10

Tonight & Tomorrow

One question for each of us:

Who am I going to reach out to this week?

- Someone you have lost touch with.
- Someone you owe an apology.
- Someone in this room you have noticed sitting alone.
- Someone whose name God just put on your heart.

The ultimate secret of health and happiness was never a secret. It is the oldest commandment, the most consistent finding in medicine, and the simplest invitation God ever made.

Thank you.

Daniel Binus, MD

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