

# The Health Benefits of Finding Your Tribe Community – Lissa Rankin, MD Pathways #47, page 54



## Talking Points

We all want to be a part of something bigger than ourselves. Humans are tribal by nature, it used to be necessary to survive. Today we are lacking this in our society. It’s hard to find a community where we feel like we truly belong.

Roseto, Pennsylvania in the 1960s knew about the power of a tribe. This Italian community had dinner, celebrated, went to church smoked, drank booze and ate plentiful amounts of bread and pasta together. They were there for each other and supported each other. With all of “unhealthy” habits of the community, “the people of Roseto had half the risk of heart attack deaths as the rest of the country. Not because of genetics, better doctors, or something in their water supply. Researchers ultimately concluded that love, intimacy and being part of a tribe protected their health.” (p. 54)

As time went on and the younger generation moved up the tight-knit community that once was slowly faded away. Gears in Roseto shifted towards the typical “every man for himself” mentality and with that the health benefits of the community dwindled away. “Sadly, by the end of the 1970s, the number of fatal heart attacks in Roseto had increased to the national average.” (p. 55)

Rankin writes, “Not only is it human nature to crave intimacy and belonging; it’s also essential preventative medicine.” Loneliness is worse for our health than smoking or lack of exercise. (Check out Touch as Nutrition by John Tuite on page 44) Finding our tribe isn’t just for fun; it’s more important than we realize. This is why we gather here. This is why we hold Pathways Connect meetings.

## Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Pathways Connect: <http://pathwaystofamilywellness.org/item/pathways-connect.html>

“How To Stay Healthy Even If You Eat Junk, Smoke Ciggies, Skip Exercise & Booze It Up” by Lissa Rankin, MD <http://lissarankin.com/how-to-stay-healthy-even-if-you-eat-junk-smoke-ciggies-skip-exercise-booze-it-up>

“7 Tips for Finding Your Tribe” by Lissa Rankin, MD <http://wakeup-world.com/2013/08/06/7-tips-for-finding-your-tribe/>

Roseto Effect [https://en.wikipedia.org/wiki/Roseto\\_effect](https://en.wikipedia.org/wiki/Roseto_effect)

“The Mystery of the Rosetan People” by Dr. Rock Positano [http://www.huffingtonpost.com/dr-rock-positano/the-mystery-of-the-roseta\\_b\\_73260.html](http://www.huffingtonpost.com/dr-rock-positano/the-mystery-of-the-roseta_b_73260.html)