

While the placebo effect and positive thinking are known to produce beneficial results for patients in research, it can't be relied upon as a cure according to Harvard Medical School professor Dr. Ted Kaptchuk. Dr. Kaptchuk claims that the results from the placebo effect are not meant to cure and are actually not guaranteed to provide relief to all patients, as it depends on the patient's mindset. Thus, being optimistic does not give you a reason to start throwing out all of the medication in your medicine cabinet. Instead, individuals may want to become more conscious of their outlook on their treatments whenever they are prescribed a medication or treatment to ensure that they experience optimal results.

As Muslims, optimism is considered to be an act of worship embedded in our prayers or while our hands meet during supplication. It may be apparent in our spirituality, but optimism and positivity can be overlooked when it comes to its influence on our physical health. Looking at the glass half full carries a lot of power indeed, and due to this power we should strive towards preserving our positive thinking. Nonetheless, even if you do not need to reach for medication, maintaining a positive outlook on life can help preserve your health.

