



Truth for Health Foundation: Catholics for Preservation of Life

Catholics for Preservation of Life is a core program of the Truth for Health Foundation, a physician-founded 501(c)(3) public charity incorporated in Arizona, USA.

Our Mission

Catholics for Preservation of Life serves the mission of the *Truth for Health Foundation* by promoting the sanctity of life and our spiritual and physical health from conception to natural death. CPL has a particular focus on emerging health issues and dispelling misinformation and fear that cost lives and undermine our spiritual and physical health.

What We Value

Life: Physical life is a gift from God. Spiritual life is an even greater gift from God. CPL helps you care for both.

Dispelling Fear: Fear is the great enemy of both our faith in God and our ability for rational thought. The solution is simple, though not always easy – we dispel fear by deepening our faith in God, informing our mind with truth, and maintaining a healthier body.

What We Do: Our programs and services are designed to foster all aspects of health:

Healthy Mind: *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."* (Romans: 12:2)

- We have entered an age when “health” care focuses entirely on illness care for the body, without attention to emotional, social and spiritual dimensions of health.
- Many treatment options have become politicized and weaponized, and balanced information often suppressed.
- We can no longer assume that traditional health systems, government institutions and public health agencies/officials have our best interests in mind.
- Catholics for Preservation of Life (CPL) provides timely and objective information on current physical, emotional, social, and spiritual health issues so you can be well-informed and make the best health care decisions for yourself and loved ones.

Spiritual Growth: *"For God did not give us a spirit of fear but rather of power and love and self-control."* (2 Tim 1:7)

- The closer we are to God the better we are able to follow His promptings and use our God-given intellect to make sound decisions and take action to improve our total health.
- CPL provides a variety of resources to help you grow in your relationship with God, including on-site and virtual retreats on Christian meditation, all based on the rich spiritual tradition of the Church.

Physical Health: *"Your body is a temple of the Holy Spirit within you, whom you have from God... therefore, glorify God in your body."* (1 Cor 6:19-20) Through our parent organization, Truth for Health, CPL provides:

- TeleMedicine services for early treatment of COVID and other common medical conditions.
- TeleHealth Wellness services, educational and training resources, and support groups for Pastors, lay leaders, and parishioners.

What can you do? JOIN US!

Schedule a time with our team, including our Foundation President and CEO Elizabeth Lee Vliet MD, to discuss how we can help build a healthier future for you, your congregation and your community. Sign up at www.truthforhealth.org.

Truth for Health Foundation is a physician-founded 501(c)(3) public charity incorporated in the State of Arizona. Email: Info@TruthForHealth.org The Foundation provides truthful, balanced, medically sound, research-based information and cutting-edge updates on prevention and treatment of common medical conditions that affect health, quality of life and longevity. Visit us on the web at www.TruthForHealth.org