



Ten Good Reasons To Laugh For No Reason



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1. Laughter is a Stress-Buster!
 - It reduces the levels of epinephrine and cortisol, both well known as stress hormones.
2. Laughter strengthens the immune system.
 - The immune system is important in maintaining good health by keeping infections, allergies and cancers at bay.
 - Recent research into the effects of laughter by Dr. Lee S. Berk, at Loma Linda University in California, demonstrates that laughter increases antibodies as well as the number of natural "killer" blood cells.
 - Laughter therapy helps to increase antibodies of Immunoglobulin-A in nasal and respiratory passages.
3. Laughter is anti-aging!
 - It tones facial muscles and expressions.
 - Laughter causes an increase in blood supply to the face, which is why some people look flushed. It nourishes the skin and makes it glow.
 - People look younger, friendlier, happier and more approachable when they laugh!
4. Laughter is aerobic exercise.
 - Laughter stimulates heart and blood circulation.
 - Research by Dr. William Fry of Stanford University shows that one minute of hearty laughter is aerobically equivalent to ten minutes on a rowing machine.
 - The singular benefit almost everybody derives is a sense of well-being because more oxygen is taken in during laughter.
 - It is an exercise regime suitable for all, including people confined to a bed or a wheelchair.
5. Laughter is internal jogging.
 - Laughter massages internal organs by enhancing blood supply and increasing their efficiency.
 - Laughter exercises the abdominal muscles and helps to improve muscle tone.
6. Laughter is a natural pain killer.
 - Laughter increases the levels of endorphins - the body's natural pain killers. Endorphins released as a result of laughter may help in reducing pain.
7. Laughter can control high blood pressure.
 - Laughter helps to control blood pressure by reducing the release of stress-related hormones.
 - Experiments have demonstrated that a 10-minute laughter session leads to a reduction of 10-20 mm in blood pressure. This however, does not mean that patients taking 2-3 tablets for blood pressure every day will be completely cured.
8. Laughter can help depression and anxiety.
 - The stress and strain of modern life takes a heavy toll on the human mind and body.
 - Sleep improves and depression improves.
9. Laughter alleviates bronchitis and asthma.
 - Laughter improves lung capacity.
 - Laughter club members report a marked reduction in the frequency of asthma attacks.
10. Laugh and the world laughs with you. How you react to life is up to you. Live life laughing!

This information is adapted from Dr. Madan Kataria's book, "Laugh for No Reason".