

Laughter

Laughter can be the BEST Medicine

Improve your health with a good belly laugh...benefits include:

- Reduces stress
- Lowers blood pressure
- Elevates mood
- Boosts immune system
- Improves brain functioning
- Protects the heart
- Connects you to others
- Fosters instant relaxation
- Makes you feel good

Laughter can be a great workout for your diaphragm, abdominal, respiratory, facial, leg, and back muscles. It massages abdominal organs, tones intestinal functioning, and strengthens the muscles that hold the abdominal organs in place. Not only will your midsection get a workout, it can benefit digestion and absorption functioning, too. It is estimated that hearty laughter can burn calories equivalent to several minutes on a rowing machine or exercise bike.

HelpGuide.