



# JOY OF LAUGHTER YOGA

## **10 REASONS TO LAUGH FOR NO REASON**

1. Laughter is a stress buster.
  - ☺ It reduces the levels of stress hormones epinephrine and cortisol.
2. Laughter strengthens the immune system.
  - ☺ The immune system is important in maintaining good health by keeping infections, allergies and cancer at bay.
  - ☺ Recent research into the effects of laughter by Dr. Lee S. Berk, Professor at Loma Linda University, CA, USA, demonstrates that laughter will increase the count of natural killer cells that destroy tumours and viruses, and increases antibody levels.
  - ☺ Laughter therapy helps increase antibodies (immunoglobulin A) in the mucous of the nose and respiratory passages.
3. Laughter is anti-aging.
  - ☺ It tones facial muscles and expressions.
  - ☺ It causes an increase in blood supply to the face which is why some people look flushed. This nourishes the skin and makes it glow.
4. Laughter is aerobic exercise.
  - ☺ Laughter stimulates heart and blood circulation and is equivalent to any other standard aerobic exercise.
  - ☺ Dr. William Fry, Stanford University, claims that one minute of laughter equals 10 minutes on the rowing machine.
  - ☺ Oxygen is taken in during laughter. For this reason, almost everybody derives a sense of well being from laughter. As an exercise regime, it is suitable for all, including people confined to a bed or wheelchair.
5. Laughter is internal jogging.
  - ☺ Laughter massages internal organs by enhancing the blood supply and increasing their efficiency. This is especially good for proper bowel movement.
  - ☺ 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. Norman Cousins, an American journalist who was suffering from an incurable disease of the spine, benefited from laughter therapy in a situation when all painkillers were ineffective. After ten minutes of laughter, he was able to have two-hours of pain free sleep.
  - ☺ Endorphins released as a result of laughter may help in reducing the intensity of pain in those suffering from arthritis, spondylitis and muscular spasms of the body.
7. Laughter can help high blood pressure.
  - ☺ It does this by reducing the release of stress-related hormones.
  - ☺ Experiments demonstrate that a 10-minute laughter session leads to a reduction of 10-20 mm in blood pressure. (This does not mean that patients taking medication for blood pressure 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.
  - ☺ Better sleep.
  - ☺ Reduced depression. Some people claim they can manage without prescribed anti-depressant pills and tranquillizers. (Patients must consult their doctor before stopping any prescription medications.)
9. Laughter alleviates bronchitis and asthma
  - ☺ Laughter improves lung capacity and oxygen levels in the blood.
10. Laughter just makes you feel good.
  - ☺ Laugh and the world laughs with you. How you react to life is up to you.
  - ☺ Live life laughing!