

COMEDIES AND COPING: LAUGHTER WORKS

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Remember the old saying, "laughter is the best medicine"; I am sure everyone has heard this as have I. Research shows that there is more truth to this than the usual evidence we all see in everyday life as well. They've proven it helps our hearts, blood flow, and in many other ways we never imagined. What, if someday you go to your physician and after your physical, they prescribe you a list of mash reruns and a few funny books? You might be surprised, though the prescription in some cases might be better than any pill on the market.

Did you realize that laughter can lower your blood pressure, reduce stress, and even helps you fight infection? Everyone should use this pain free, affordable, and priceless drug. We all should make this our drug of choice. If everyone were there, the world may be a better place in general.

While good diet and physical exercise are very important, it would also be wise to try and add 15 minutes a day of laughter, at times more. You can rent many great comedies that tend to keep you laughing. When they don't, there are many more where those ones came from. There are many other choices on television as well. And find today's great laugh that has you on your knees. Or do your best to instill this in everyone around you and you can all share the laughter.

The endothelium, which is the inner lining of blood vessels, greatly effect blood flow. It generally controls thickening of the blood and causes various chemicals to flow that are necessary to heal wounds, infections, cuts, and other bodily irritants.

The first place doctors looked when studying hardening of the arteries is the endothelium. Can the results of this study be true though? Is it really possible that laughter and the endothelium are tied together in a good way that leads to better blood vessels? Many medical professionals are admitting that it has a serious possibility. Laughter offsets mental stress which is known to be harmful to the endothelium.

An equal group of non-smoking men and women averaging 33 years old were included in a study to prove or disprove the theory. They had good health in most ways such as blood pressure, cholesterol levels, glucose, and other chemical balances. They were asked to watch 2 movies. The first was funny and brought about a lot of laughter, and the other was mentally stressful. 48 hours were allowed to pass between the movies. Their blood flow was monitored along the way. Some of the changes noted were blood pressure, blood flow level, and blood vessel relaxation. Their bodies behaved in these ways as if they had really experienced what they saw in the movies. There is a lot of research as a result going on as well.

The studies results indicate there is a connection between laughter and health. There's proof for you of how important laughter is in your health, happiness, and everyday life. While it can't replace exercise, it can definitely give you a workout too. Especially useful when the weather keeps you in away from the exercise you practice every day. Turn on comedy central! Or better yet, be prepared in advance for these occasions. Have a funny book, or movies handy, get the family together on the sofa laughing. Maybe y'all will feel even better though the weather may have you down. What better laughter can you find than laughter that all can share?

Even after your everyday exercise, a good laugh on return from your jog can't be that bad. The more family and friends involved the better too. It definitely won't hurt anyone, and might just get everyone feeling better around you. It might even grow to a regular larger habit and spread wildly. Unlike medicines, one doesn't need a degree to prescribe laughter. There are no laws that directly deal with it's dealing either. These along with regular exercise are habits that are real good for you. Add good diet and you have it made.

On another front, some find exercise boring. Mix it with laughter and you might find it's a lot more fun after all. Exercise with laughter can be among a group walking, jogging, swimming, bicycling, or weight lifting and the time might go by much better with happy memories to boot. It will help you feel even better! And remember to SMILE!

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