

---

# LAUGH AND YOUR HEART LAUGHS WITH YOU

Contributed by Tony Robinson  
Monday, 10 July 2006

What is 15 minutes in a day? About the time it may take to fill your vehicle with gas? Call a friend or relative and say hi? Order a pizza from your favorite pizza joint (after the "please hold")? Did you know there is a way to improve your health in the same amount of time? Researchers have shown that 15 minutes of laughter a day can have about the same benefits as a typical workout. It helps your blood flow which helps your heart. It also helps your immune system function better.

All our lives we have heard "laughter is the best medicine." And while we have always known that applies, there is also medical proof to back it. Imagine receiving a prescription at your physician's that is a list of comedies from the video store, and joke books from the book store. They would seem funny pharmacists wouldn't you agree? Studies have shown that humor and laughter affect the body in many good ways that they didn't know at one time. Some of the benefits are lower blood pressure, reduced stress (that has many positive effects), and even helps your immune system fight off pain and infection more effectively. Maybe it's time for this free drug to hit the market on a larger scale. It could start an epidemic of happy people, and likely better health as a direct consequence. Great idea, wouldn't you agree?

Considering the boost to the immune system, as well a better state of mind, why aren't more people tuned towards more laughter? Quite possibly because they know a little about it, but assume it's too good to be true. How could something fun be good? Instead of questioning, maybe it's time just to try adding some laughter to our lives and see if we realize its great side-effects for ourselves? Maybe we need to go to these strange pharmacists too.

Some signs of it already applied are clown pictures at hospitals (if not the real clown). Have you noticed how well children react to this sort and remember many happy times as a result? It comforts them, and puts smiles on their face. Maybe that is part of the reason they often heal faster. They get this happiness at the circus, birthday parties, in their rooms, and beyond. It helps them to have less stress most of the time. There's always the doctor starting out with a little joke too that make them smile even harder.

Of course you can't replace eating and daily exercise completely with laughing, however 15 minutes of laughter a day can complement them nicely. It's wise to get some comedy in your video library, and in your TV watching, some comedy stations as well. Your heart will benefit greatly from it. Things that make you laugh can be a win-win situation in life. You can get additional boosts by giving some suggestions for gifts in the humor area. As in when someone asks what you want for your birthday, Christmas, mother's day, father's day, cousin's day, any other day. A good funny movie or book, or even something to put on your wall that is funny. Things that bring good laughs will also make your heart happier.

Laughter boosts your well being. While it isn't the end for great health single handedly, it will supplement it nicely. It is necessary along with good exercise in diet for well balanced health. Haven't you noticed that healthy people are pretty much happy people as well? Along with their humor and self-worth as they are happier, and usually have a great sense of humor to go with it all, they seem to have a natural knack for handling adversity and stress in general. That is at the roots of it all. Dealing with the stress effects everything else including the blood, blood pressure, and other benefits. So what do you say? Does "15 minutes of laughter a day keeps the doctor away", fit maybe? Have you already felt this in your own life? When you laugh, your heart laughs with you. Lighten up and enjoy this new information. Laugh, be happy, and same to your heart.