

Laughter cures

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Do you know who came up with the old proverb: Laughter is the best medicine? Ok, I will give you some time to think about it without laughing. Yes, you got it right. Nobody knows.

Here is some information that I would like to share:

Laughter Yoga Clubs

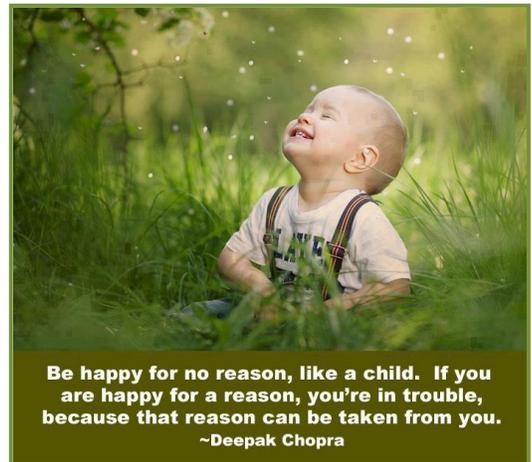
Laughter Yoga Clubs were started by Indian physician, Dr. Madan Kataria in 1995 with just five people. Today, the Laughter Movement is widely accepted and has become a global phenomenon with over 6000 clubs in 60 countries. Realizing the tremendous power of laughter and its efficacy as the best prescription for wellness, Laughter Clubs have brought smiles and laughter in the lives of many people suffering from physical, mental & emotional upsets. This practice stimulates laughter just by moving your body and acting playful like a child; you cannot remain sad because your body and mind do not make a connection. Thus, laughter yoga is a way we bring laughter within the body.

Some Supporting Evidence

Research shows laughter can improve your health: It helps reduce stress hormones, like cortisol and adrenalin, and pumps up immune system activity by increasing interferon, T cells and white blood cells. A hearty guffaw or belly laugh can also boost heart rate, improves blood flow, and stabilizes blood pressure.

In study after study, findings on this most cherished of human traits are giving us all something to smile about: Diabetic patients saw their blood sugar levels rise less after eating a meal at a comedy show; laughing improves digestion and speeds up respiration and blood circulation; in fact, laughing 100 or more times a day may have the same health benefits as 10 minutes of aerobic exercise! Not feeling funny? Well, don't get uptight; it may be that laughter doesn't have to be genuine to be effective: Zoë Haugo is a Laugh Group leader who routinely uses fake laughter to bring on the real thing...

Data on the medical benefits of humor continues to mount. But while it does, why not laugh it up?



How to bring humor and laughter into your life

1. **Smile.** Smiling is the beginning of laughter. Like laughter, it's contagious. Pioneers in "laugh therapy," find it's possible to laugh without even experiencing a funny event. The same holds for smiling. When you look at someone or see something even mildly pleasing, practice smiling.
2. **Count your blessings.** Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter. When you're in a state of sadness, you have further to travel to get to humor and laughter.
3. **When you hear laughter, move toward it.** Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, "What's funny?"
4. **Spend time with fun, playful people.** These are people who laugh easily—both at themselves and at life's absurdities—and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious.
5. **Bring humor into conversations.** Ask people, "What's the funniest thing that happened to you today? This week? In your life?"

The Bottom Line

As laughter, humor, and play become an integrated part of your life, your creativity will flourish and new discoveries for playing with friends, coworkers, acquaintances, and loved ones will occur to you daily. Humor takes you to a higher place where you can view the world from a more relaxed, positive, creative, joyful, and balanced perspective.

[Click here](#) or follow the link below for a perfect example of how babies have this concept down whereby the source of laughter comes from within the body.

(Video can also be found by following this link: <http://www.youtube.com/watch?v=P0pRYYwdSCw>)



Sources

Laughter Clubs. Laughter Yoga International.
http://laughteryoga.org/index.php?option=com_content&view=section&layout=blog&id=16&Itemid=266

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