

Laughter is the best medicine

[Experience](#), [Laughter](#)



Laughter Is the best Medicine We all love to laugh. And that is the reason that we feel so happy for a long time after we have a hearty laugh. Sometimes we take life way too seriously. We have been taught to run through our lives with such a speed we have no time to laugh. I remember reading that children laugh over 300 times in a day when adults laugh less than 15 times. 15! What happens to us when we grow up! If you are down, laughing aloud may seem impossible. You may even look at laughing people and feel they are inconsiderate and loud. But if you are one of the laughing groups, you'd never think that. I hear the real saints of today are the ones who make you laugh. They give you the best gift - the gift of joy. They really show laughter is the best medicine. Laughter can be a very private thing - an inward smile you keep to yourself, a tender smile to a baby or an animal. Laughter can be polite too - to make someone feel better. Remember that awful joke your friend told? The one that made no one smile. Still you did not want her to feel bad and laughed nevertheless? Laughing in a group is usually loud - and fun. Ever heard of laughing yoga, people gathering together for the sole purpose of laughing out aloud. Laughter is one of the best natural pain-killers in this world. According to a recent study, laughter can lower risks of a heart attack by a LOT. Laughter also reduces stress, therefore lowering blood pressure. That's a whole lot of health benefits just from laughing! It produces happy chemicals in the body called endorphins which work in the brain to give an overall feeling of well-being. Laughing, however, does not have to be genuine. Fake laughter will also cause the body to respond positively. When I have a cranky day, I often go to the internet and read jokes there. The first ones probably feel very stupid - but if

I just keep at it, I almost always find myself at least smiling after a few minutes . You know what makes me always laugh? Child laughter. Child laughter comes straight from the heart. They have the best giggles. Do you still remember those wonderful days with your best friend when you could start laughing with no reason and laugh so long you could barely breathe? Oh - to have such laughter again! I wholeheartedly agree with the old saying. Laughter is the best medicine.