

## Laughter: The Best Medicine?

In order to be as healthy as possible, you know you should eat right, exercise and get plenty of sleep. What about getting your daily dose of laughter?

Recent studies suggest that laughter can do a lot of good things for our bodies.



Laughter:

- Increases blood flow.
- Reduces pain and allows us to tolerate discomfort.
- Reduces blood sugar levels, increasing glucose tolerance in diabetics and non-diabetics alike.
- Can improve your job performance, especially if your work depends on creativity and solving complex problems.

Researchers can't say for sure how laughter delivers its benefits. And some disagree on the extent to which laughter can improve health. But it certainly can't hurt. People who laugh a lot may just have a strong connection to the people around them. That alone could have substantial health benefits.

*Source:* Marano, Hara Estroff. (April 2005). "Laughter: The Best Medicine." *Psychology Today*. Retrieved August 11, 2006, from: <<http://www.psychologytoday.com/articles/pto-20050406-000001.html>>.



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