

> People who laugh tend to have better relationships, a reduced risk of illness and more success in the workplace. And if that wasn't enough great news, laughter is also a natural form of anti-ageing.

01

Laughter is Preventative

Laughter reduces stress hormones and neutralises the effects of 'fight or flight' response on the body. When we laugh, natural killer cells, disease-fighting proteins, T-cells and B-cells all increase, and this helps to protect us against infections, viruses and tumours.

02

Laughter as Pain Relief

In 1979 Norman Cousins published *Anatomy of an Illness*, which explored his findings that ten minutes of laughter gave him two hours of pain-free sleep and relief from a debilitating and rare spinal disease.

03

Laughter is Attractive

Women are more attracted to men who make them laugh, and men are more attracted to women whom they can make laugh. People are 30 times more likely to laugh in a group environment than on their own.

LAUGH
YOUR
WAY WELL

A LAUGH A DAY KEEPS THE DOCTOR AWAY

04

Laughter is a Workout

Laughter can be a full body workout because when you laugh your diaphragm, abdominal, respiratory, facial, leg and back muscles all contract; blood pressure is lowered and oxygenation of the blood increases. 100 laughs (or one minute of laughter) is equal to ten minutes on the rowing machine or 15 minutes on a bike.

05

Laughter defies Depression

An American study took a group of clinically depressed participants and had them all stand tall, breathe fully and grin from ear-to-ear in front of a mirror for 20 minutes a day for 20 days. At the end of the study, none of the participants felt depressed, confirming that when you change your physiology, you can change how you feel.

06

Laugh like a Child

Children can laugh 300 to 400 times a day, primarily because they don't need a sense of humour or jokes to do so. However, adults only laugh, on average, 17 times a day. Learning to laugh like a child again will, therefore, not only make life more fun, but it will also provide you with all those health benefits as well.

07

Laughter aids Wellbeing

The brain cannot tell the difference between real laughter and pretend laughter. Upon this discovery 'Laughter Yoga', a combination of yogic breathing, childlike playfulness and simulated laughing exercises was developed. There are now over 5,000 Laughter Yoga clubs worldwide, all sharing the mental and physical benefits of laughter.

Laughter is a natural and non-invasive form of self-healing, preventive medicine, stress management and anti-ageing. Your mind and body will thank you for doing things that tickle your funny bone, so start laughing for no reason and laugh at things that would normally stress you out. You'll be amazed at how healthy you feel as a result.

**KATHY POPPLEWELL**

Kathy is an experienced mind body and stress management specialist, qualified in yoga, laughter and fitness. She is the owner of Vibrance, which helps people to transform stress into wellbeing naturally. She also facilitates laughter workshops and teaches yoga at Fitness First in Sydney. For more information visit www.vibrance.com.au or phone 0405 147 154.

Experience the physiological benefits of laughter first hand, by signing up for your **FREE 5-day laughter course** at www.vibrance.com.au/homesguide

Sanitarium believe in the health benefits of laughter, having launched their 'Lighten Up! Australia' campaign, encouraging Australians **>** lighten up their workplace and improve their sense of wellbeing, by bringing more laughter into their home and work life. For more information and strategies to 'lighten up' visit www.lightntasty.com.au

**GREAT REASONS TO GET GIGGLING**

- + Laughter transforms negative stress into wellbeing
- + Laughter strengthens the immune system
- + Laughter is anti-ageing
- + Laughter reduces depression and anxiety
- + Laughter develops confidence
- + Laughter improves our sense of humour
- + Laughter encourages creativity, imagination and problem-solving
- + Laughter is an aerobic exercise, equivalent to cardiovascular exercise
- + Laughter increases the body's natural painkillers
- + Laughter reduces stress-related hormones.