

For your Health and Wellness!

How often do you do it?

Most adults do at about 17 times a day, while children can do in up to 400 times a day! It can be contagious, or you can do it alone. It provides a workout in terms of muscles used and it often has very little to do with telling a joke. And we were doing it long before we could even talk! What is it? It's laughing and it is definitely something we need to do as often as possible!

Here are few health benefits of laughing:

- it reduces stress hormones like cortisol levels
- it increases T cells to fight infection
- it lowers blood pressure
- it releases negative emotion
- it has been found to fight off cancer

Sooooo watch a funny movie. Tickle someone. Read the comics. Think about a funny event that happened to you in the past. Just start off with a smile, it makes you look better. Don't take yourself so seriously!

Laughter is a complex process that actually involves many of the skills response needed for problem solving, therefore Laughter actually make you smarter!



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