



LAUGHTER BENEFITS & FACTS

www.wildlyhappy.com

1. Laughter provides an increased sense of well-being
2. It's a Dynamic Meditation (You can't hold a conscious thought while laughing)
3. It's a natural pain killer
4. It helps decrease Anxiety, depression & stress
5. It's an aerobic workout (1 min belly laughter = lots of time on rowing machine)
6. Laughter provides an increase in oxygen intake
7. It stimulates heart rate & improves blood circulation
8. It's a great muscle relaxant & strengthens the immune system
9. 15 mins laughter a day = less colds, sore throats & infections
10. Laughter increases endorphins in the body (natural pain killers)
11. It helps reduce migraines
12. Laughter has benefits for pain relief in arthritis & muscular spasms
13. It makes you look younger because it tightens the facial muscles, tones face & improves expression)
14. Laughter nourishes facial skin (Increase in blood flow to the face)
15. Laughter helps control blood pressure
16. It helps alleviate bronchitis & asthma
17. It improves stamina
18. Laughter is an internal jogging or massage for the organs
19. It helps build increased lung capacity (great for athletes, actors & singers)
20. Laughter brings people together & assists with self-confidence

Kids laugh up to 300 times a day - Adults only laugh about 15 times a day.
In the 1950s we laughed on average for 18 minutes a day !
Today it's not more than 6 minutes a day!

SO LEARN TO LAUGH A LITTLE MORE EACH DAY!
GO ON — BE WILDLY HAPPY®

CHECK OUT THE LAUGHTER TRACK ON THE D.I.Y. HAPPINESS CD

All laughter research collated by Dr. Madan Kataria (The founder of Laughter Clubs Movement) 1999.
For further details go to www.laughteryoga.org