

OxyGenesis Institute presents...

Laughter Club Programs

Seven days without laughter makes one weak!

10 Good Reasons to LAUGH for No Reason...



Lois Grasso

1) **Stress Buster** -- Laughter reduces the levels of “stress-out” hormones epinephrine and cortisol.

2) **Immune System Booster**

~ Laughter increases the amount of natural killer cells and antibody levels. (NK cells are a type of white cell). Research done by Dr. Lee S. Berk, professor at Loma Linda University in California.
~ Laughter Therapy helps to increase antibodies in the mucous of the nose and respiratory passages (immunoglobulin A).

3) **Laughter is Anti-aging!**

~ Tones facial muscles and expressions
~ Increases blood supply to the face, which nourishes the skin and gives it a healthy “glow”.
~ Look younger and more fun when you laugh!

4) **Fun & Easy Aerobic Exercise**

It stimulates the heart and blood circulation and is equivalent to any other standard aerobic exercise.
~ “One minute of joyful laughter is equal to 10 minutes on the rowing machine.” Research done by Dr. William Fry, Stanford University.
~ It is an exercise plan suitable for all, including people confined to bed or a wheelchair.
~ The single benefit almost everyone gets is the sense of well-being that comes from more oxygen being taken in during laughter.

5) **An Internal Massage**

Internal organs are stimulated, which, in turn...
~ Increases blood & oxygen supply to organs
~ Enhances efficiency of vital organs
~ Improves digestion and bowel movement
~ Exercises & tones abdominal muscles

6) **Natural Pain Killer**

~ Laughter increases the levels of endorphins - the body’s natural pain killers - released into the body.
~ Norman Cousins, an American journalist who was suffering from an incurable disease of the spine, found relief from laughter when painkillers were ineffective.
~ Laughter can help reduce the intensity of pain from arthritis, spondylitis, and muscular spasms.

7) **Helps Control High Blood Pressure**

~ Laughter helps to control blood pressure by reducing the release of stress-related hormones.
~ Experiments demonstrate that a 10-minute laughter session leads to a reduction of 10-20 mm in blood pressure. (This does not mean, however, that patients taking 2-3 tablets for hbp every day will be completely cured.) Note: Blood pressure will increase slightly during laughter, but this is temporary. BP is reduced shortly thereafter.

8) **Reduces Depression and Anxiety**

The stress and strain of modern life takes a heavy toll on the human mind and body. Laughter can:
~ Improve sleep
~ Reduce stress
~ Enhance your ability to relax the body and mind
~ Improve your sense of humor
~ Reduce depression. Some people claim they can manage without prescribed anti-depressants and tranquilizers when getting a hearty dose of laughter on a regular basis.

9) **Helps with Weight Loss**

~ Increased secretion of endorphins can reduce cravings for chocolate and other comfort foods
~ Improves digestion and elimination too!

10) **Alleviates Bronchitis and Asthma**

~ Laughter improves lung capacity, oxygen levels.
~ Laughter Club members report a reduction in the frequency of asthma and bronchitis attacks.



Laughter is the best medicine! Are you getting the right dose? Call 860-796-1480 for more!