

## ONE DAY AT A TIME

### RX: LAUGHTER

HAVE YOU HAD A GOOD LAUGH TODAY??? IT TURNS OUT THAT LAUGHING HEARTILY COMPARES TO EXERCISE AND GOOD NUTRITION IN KEEPING PEOPLE FIT AND READY TO MEET LIFE'S CHALLENGES. IN FACT, LAUGHING GIVES THE HEART AND LUNGS A GOOD AEROBIC WORKOUT, INCREASING THE BODY'S OXYGEN USE AND HEART RATE. THIS IN TURN IMPROVES MUSCLE TONE AND CIRCULATION. LAUGHING ALSO INTERFERES WITH THE PRODUCTION OF CORTISOL AND ADRENALINE, KEY HORMONES IN PRODUCING STRESS REACTIONS. PERHAPS FOR THESE REASONS, AND SOME NOT YET DISCOVERED, LAUGHTER ALSO SEEMS TO STIMULATE THE IMMUNE SYSTEM TO GREATER ACTIVITY IN COPING WITH SERIOUS ILLNESS, AND THAT I KNOW ALL ABOUT. SO EXERCISE YOUR FUNNY BONE. SEE A FUNNY MOVIE OR READ SOME AMUSING CARTOONS. SPEND MORE TIME WITH PEOPLE WHO HAVE A GOOD SENSE OF HUMOR. LAUGH, CHUCKLE, GIGGLE, AND MAKE MERRY.

IT'S GOOD FOR YOU.

*JACK*