



# Chiropractic Newsletter

## Your Amazing Body

### “He Who Laughs, Lasts!”

It has been said that laughter is the best medicine. That’s because it’s not just fun, it’s actually good for you! When you laugh, your whole body responds in a variety of positive ways that take no effort on your part. It really is an AMAZING thing and that’s no joke!

Laughter exercises your **lungs**. Laughing makes you breathe in more oxygen which in turn stimulates your lungs improving lung capacity and lung function. Ha ha ha!!

Laughter boosts your **immune system**. Studies show that laughing decreases stress hormones and increases immune cells and infection-fighting antibodies. This in turn improves your resistance to disease. Whoop whoop!!

Laughter relaxes your **muscles**. Laughing stimulates circulation which brings fresh oxygenated blood to all your muscles, helps relax your whole body, and can relieve some of the physical tension of stress. A really good laugh could leave your muscles relaxed for up to 45 minutes. Hardy har har!!

Laughter can protect your **heart**. Improved circulation can also benefit blood vessel function and increase blood flow which can help protect you against a heart attack and other heart problems. LOL!!!

Laughter just **feels good**. Laughing prompts the release of endorphins which are the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain. Giggle giggle giggle!!!

Laughter **burns calories**. Well, not a LOT of calories so you still need to fit in your exercise. However, studies have shown that laughing for 10 to 15 minutes can burn 50 or more calories which could be enough to lose three or four pounds a year. ROFLMBO!!!

Laughter may even **help you live longer**. Multiple studies have shown that laughing may lead to a longer life. The difference was noted especially in cancer patients. Although they do not fully understand why, researchers suspect that laughing reduces inflammatory compounds in the body which is especially beneficial with diseases like arthritis and cancer. AMAZING!!

Laughter triggers the production of several different chemicals in your body. Chemicals are made by glands and to function properly glands require clear communication with the brain via the nerve system. Sometimes, bones in your spine can misalign and distort the communication between the brain and the glands, then your body chemistry won’t be what it should be.

That’s why seeing your family chiropractor regularly is so important. He or she will check your spine to ensure that misalignments, called vertebral subluxations, are not interfering with the proper function of your nerve system. When

your spine is well aligned you will get all the AMAZING benefits of every hearty laugh.

So go ahead and yuk it up a little. Or better yet, yuk it up a LOT!! It's good for you!! And don't forget to count your AMAZING body as something to be thankful for this November.

—By Judy Nutz Campanale, DC, ACP



Answers — Top left: Pilgrims! Top right: The outside! Bottom left: Of course, buildings can't jump! Bottom right: Your teeth!

