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Laughing gas loss  
  
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LAUGHING gas can help you forget unfunny distressing **memories,** a study has shown.

Scientists found volunteers who watched violent film clips were less bothered by upsetting recollections after inhaling **nitrous oxide.**

For the research, 50 healthy adults watched violent scenes from a film. Lead scientist Dr Ravi Das, from University College London, said: "The number of intrusions experienced by those who received**nitrous oxide** were much lower in contrast to the group who received air."

"We think **nitrous oxide** disrupts a process that helps permanent **memories** to form."