**Laughing for no reason!**

The world is very depressing, and you think nothing is interesting anymore!

You feel tired very often, and fatigue is becoming a life-time companion!

You suffer from certain illnesses and you don’t wanna take medication?

Here are some VERY GOOD REASONS to laugh…and cure yourself!

1. **Laughter is a stress buster:**

It reduces the levels of stress hormones – you will naturally feel happier, less stressed after you laugh!

2. **Laughter** **strengthens the immune system:**

The immune system is important in maintaining good health by keeping infections, allergies and cancers at bay, and laughter empowers the immune system.. *In short, if you fall sick a lot, it is probably because you don’t laugh much☺*

3. **Laughter is anti-ageing:**

It tones facial muscles and expressions. Laughter causes an increase in blood supply to the face, which is why some people look flushed. This nourishes the skin and makes it glow. People look younger and more fun when they laugh!

4. **Laughter is aerobic exercise:**

*You feel too tired and bored to go and workout?*

Laughter stimulates heart and blood circulation and is equivalent to any other standard aerobic exercise. Dr. William Fry, Stanford University, USA claims one minute of laughter is equal to 10 minutes on the rowing machine.  
It is also an exercise regime suitable for all, including people confined to a bed or a wheelchair.

5. **Laughter is internal jogging:**

Laughter massages internal organs by enhancing the blood supply and increasing their efficiency. This is especially good for proper bowel movement. Laughter exercises the abdominal muscles and helps to improve muscle tone.

6. **Laughter is a Natural Pain Killer**:

*You get a lot of headache, and sometimes you wanna bang your head to the wall*?

Try laughter, as it increases the levels of endorphins – the body’s natural pain killers..

7. **Laughter can control high blood pressure:**

*Your life/job is VERY DEMANDING and you are already suffering from high blood-pressure?*

Laughter helps to control blood pressure by reducing the release of stress-related hormones. Experiments have demonstrated that a 10 minute laughter per day leads to a reduction in blood pressure.

8**. Laughter can help dump depression and Anxiety:**

*Do you get a lot of insomnia, always find it very hard to sleep (or rest while sleeping)?*

The stress and strain of modern life takes a heavy toll on the human mind and body.  
Better sleep reduced depression. By laughing more often, some people have managed to let go of prescribed anti-depressant pills and tranquillizers.

**9. Laughter just makes you feel good:**

Laugh and the world laughs with you. How you react to life is up to you.

**10- Out-loud laughter is a natural healing sound:**

As we all know, the beginning of the whole universe is through a sound/a word (mentioned in the Quraan, the new testament, and the old testament)…

that's why, the sound is the strongest vibration of creation/healing.

Accordingly, one of the strongest techniques of alternative medicine; Ayurveda, strongly recommends not only to keep your spirit high by laughing and being cheerful all the time, but actually to LAUGH OUT LOUD (HA HA HA HA)... Simply because the vibration of that sound is a healing vibration...and they use it to cure lots of illnesses.

Enjoy life...and laugh out loud...

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**References**

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