



## The Benefits of Laughter

Increases antibodies in saliva that combats upper respiratory infections

Has a positive benefit on mental functions

Decreases serum cortisol, thus providing an antidote for harmful effects of stress

Improves ventilation, thus helping reduce chronic respiratory conditions

Secretes an enzyme that protects the stomach from forming ulcers

Conditions the abdominal muscles

Reduces blood pressure and heart rate

Relaxes muscles throughout the body

Liberates interleukin-2 and other immune-boosters

Aids in reducing symptoms of neuralgia and rheumatism

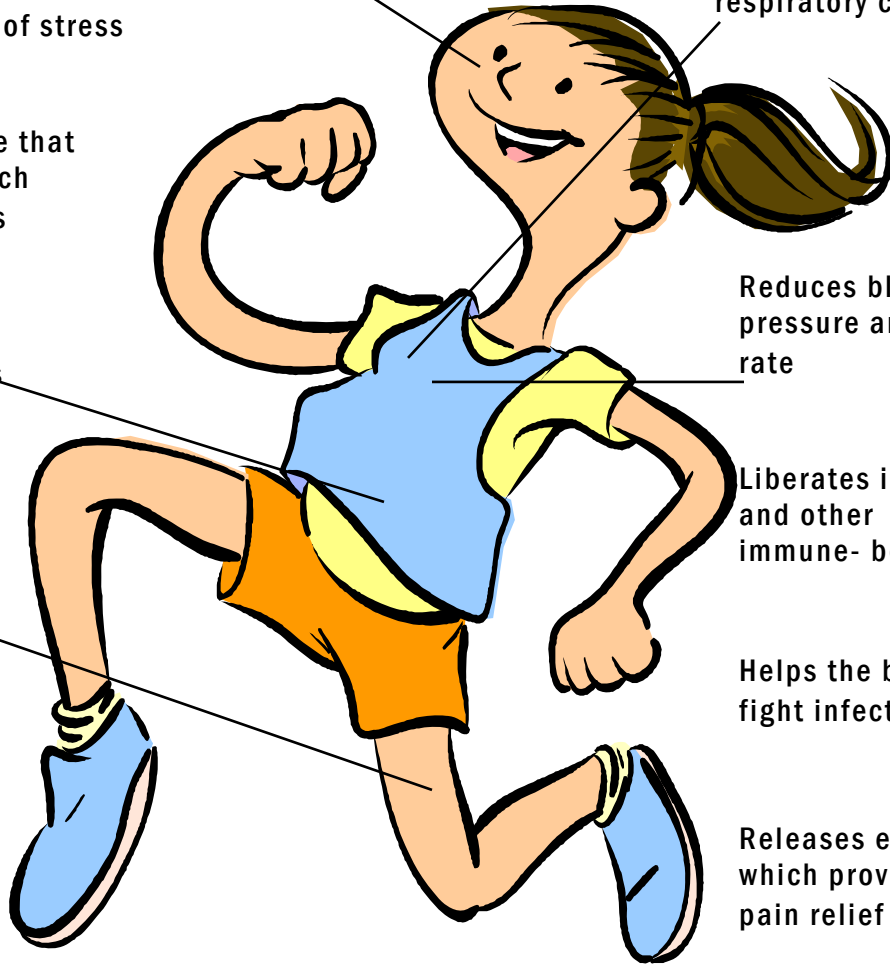
Helps the body fight infection

Releases endorphins, which provide natural pain relief

Changes perspective

Makes you feel good!

Helps move nutrients and oxygen to body tissues



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