

THE CONNECTION BETWEEN LAUGHTER HUMOR AND GOOD HEALTH%0A

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Connecting Laughter Humor and Good Health ca uky edu

Connecting Laughter, Humor and Good Health Laughter is the biological reaction of humans to moments, or occasions of humor. It is an outward expression of amusement.

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belly laughs get the same benefits our body can t tell

Science Findings and References Mirthful laughter provides a good workout which can regulate and optimize the body's vital functions.

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because laughter is contagious. Smiling is a mild, silent form of laughing. Babies start to laugh at about four months of age. Other Interesting Laughter Information Studies from around the world have shown that an atmosphere of humor results in better patient cure, less anesthesia time, less operating time, and shorter hospital stays.

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3 Ways Laughter Is Beneficial For Your Health Positive

An article in the University of Kentucky s College of Agriculture Extension Service Journal entitled Interesting Laughter Information about the connection between laughter, humor and good health illustrates why having a sense of humor is such an important rule to live by when you are dealing with medical problems.

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Benefits Of Laughter: Laughter is an untapped science that, used well, can have far-reaching positive implications for the b 3 Ways That Laughter Can Give You a Healthier Heart In recent years, studies have shown a strong link between our emotions and cardiovascular health.

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Can Humor and Laughter Boost Your Health Psychology Today

One of the most popular beliefs regarding humor and laughter is that they are good for your health.

There are many extraordinary claims regarding the health benefits associated with humor.

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