

Psychoneuroimmunology, Laughter as Medicine

Research scientists have spent considerable time investigating the effects of laughter. They have found that laughter can help patients recover from illnesses because it tends to lower blood pressure, reduce stress hormone levels, and recharges the body's immune system. Laughter is also known to release a body's natural painkilling substances to provide an overall feeling of well-being. This is a result of stimulating blood flow and aiding the heart. It has been said that laughter has about the same benefits as aerobic exercise, but it comes without the pain sometimes experienced with physical exercise. Laughter also helps to control insulin levels and blood sugars, and while scientists don't recommend that patients quit their diets or exercise regimens, they do say that laughing definitely helps. Doctors have discovered that laughter also has an effect on viruses, bacteria, cancer and heart disease. They determined that their patients boosted their immune systems just by watching funny videos and movies. Laughter is one of the first things we learn as babies. Scientists note that babies who smile the quickest were smiled at more in general. If parents are happy and smiling, it is a given that the baby is likely to smile quickly as well. Much research on children has been performed, and scientists discovered that laughter helped with children's ability to endure pain and was also effective in the healing process. This is a valuable discovery for young cancer patients. Laughing relaxed patients who had to have painful procedures or who suffered from the anxiety of pain expectation. Researchers have found that there are many positive effects from laughter, but no known negative effects. Laughter really is the best medicine. Just thinking about something funny makes the hormones flow, and the body has a positive and healthy response. Experiencing stress without laughter reduces the ability of the body to fight disease because it suppresses the immune system. A stressed body can't fight infections and other disorders. Your body responds to emotions and feelings, so it's good to laugh and release all the positive effects related to laughter. Basically, the immune system is closely linked to the positives resulting from laughter. Laughing helps to fight disease. Stress levels can be reduced through daily exercise and having good eating habits, and when laughter is added, things get even better. People who laugh a lot have reduced stress levels, and reducing stress is a major step in fighting disease.

About the Author

Medicine is a branch of the health sciences, and is the sector of public. The practice of medicine combines both science as the evidence.

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