

Hahahahaha

Can you remember the last time you had a good belly laugh? When you laughed so hard, tears streamed down your face?

As it turns out, you weren't just having fun. You were getting healthier!

Laughter has been proven to be good for the heart and soul, and even your waistline!

Here are seven reasons why I prescribe laughter instead of medicine.

Laughter...

- Lowers stress
- Lowers blood pressure
- Boosts immunity
- Decreases pain
- Prevents heart disease
- Relaxes muscles
- Increases alertness, creativity, and memory

Did you know that surgeons used humor to distract patients from pain as early as the 13th century?

You may have seen the movie *Patch Adams*, about a medical doctor played by Robin Williams who donned clown attire as therapy for his patients. He still sees patients and lectures in his clown suit! He knew that laughter helped people. Norman Cousins cured himself of an autoimmune illness through daily laughter.

Laughter is not a miracle cure. It may reduce your back pain, but you still need me!

NOTHING replaces the adjustment. The moment of the adjustment creates a “reboot” of the nervous system and allows your nervous system to change. It can reduce mental tension, increase energy, and multiply joy.