Physical 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
- Reduces blood pressure and heart rate
- Conditions the abdominal muscles
- Liberates interleukin-2 and other immune boosters
- Relaxes muscles throughout the body
- Helps the body fight infection
- Aids in reducing symptoms of neuralgia and rheumatism
- Releases endorphins which provide natural pain relief
- Changes perspective
- Helps move nutrients and oxygen to body tissues
- Makes you feel good!

Laughter does your body good!

HealthAlliance Hospital
A Member of UMass Memorial Health Care