

## Health Minute™

Laughter makes the best medicine...

A daily dose of laughter may be good for you because just like exercise, it makes the blood vessels work more efficiently. It seems that 15 minutes of laughter daily is good for your vascular system. In an experiment, researchers showed two movies, one humorous and the other stressful to 20 healthy volunteers and monitored the blood vessels' reaction. The researchers specifically looked at the endothelium, the lining of the vessels, and found that the blood flow was reduced 35% in 14 of the 20 volunteers after watching the stressful movie clips. However in 19 of the 20 volunteers who laughed at the funny movie segments, blood flowed 22% more freely. The endothelium is the first line in the development of the atherosclerosis or hardening of the arteries, so, given the result of the study, it is conceivable that laughing may be important to maintain a healthy endothelium, and reducing the risk of cardiovascular disease.



Doctor, how do I stop my nose from running?  
Stick your foot out and trip it up!  
Doctor: You seem to be in excellent health. Your pulse is as regular as clockwork.  
Patient: That's because you've got your hand on my watch!  
What did the tie say to the hat?  
You go on ahead and I'll hang around!

What do elves do after school?  
Gnomework!  
Why does a flamingo lift up one leg? Because if he lifted up both legs it would fall over!  
How was the Roman Empire cut in half? With a pair of Caesars!  
How did the farmer fix his jeans?  
With a cabbage patch!  
What kind of car does Mickey Mouse's wife drive? A Minnie van!