

“A Merry Heart Doeth Good Like a Medicine”

Proverbs 15:13



The healing power of humor is getting a lot of attention in the media these days to confirm the Old Testament advice. Multiple benefits can be attributed to a good belly laugh.

- **Reduces Pain.** Our bodies produce pain-killing hormones called endorphins in response to laughter.
- **Strengthens immune function.** A good belly laugh increases production of T-cells, interferon and immune proteins called globulins.
- **Decreases stress.** When under stress, we produce a hormone called cortisol. Laughter significantly lowers cortisol levels and returns the body to a more relaxed state.
- **Provides exercise by increasing heart rate, stimulating blood circulation and breathing and improving muscle tone.** It is calculated that 100 laughs equal 10 minutes on a rowing machine. It is called “inner jogging”.
- **Stimulates mental functions.** Raising levels of adrenaline and other chemicals prepare the body for action, triggers our creativity, increases alertness and memory.

For more information:

www.infinityinst.com/articles/humor_healing.html
www.psychcentral.com/lib/2006/the-healing-power-of-humor

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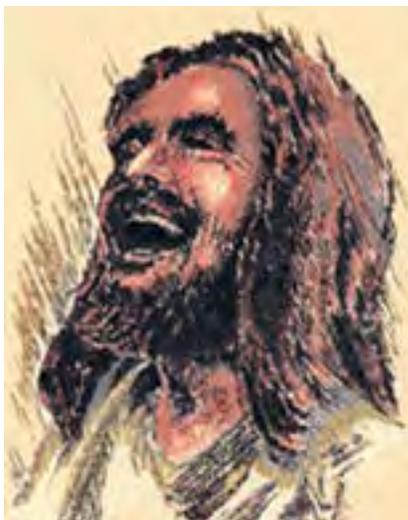
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The Healing Power of Humor

Humor- *a comic, absurd, or incongruous quality causing amusement.* The Bible records in Genesis, Sarah at ninety years old had a good laugh when told she was pregnant with Isaac. Sarah said, "God has brought me laughter, and everyone who hears about this will laugh with me." God may have also watched the prophets of Baal dancing around a pile of wood chuckling at their antics. Being made in the image of God means we, too, have a sense of humor. Our sense of humor can be the avenue of healing as we dwell on the positive.



"Your sense of humor generally abandons you right when you need it the most- on the tough days," states Paul McGhee, PhD. He continues, "But if you manage to bring your sense of humor to your daily conflicts on the job, your relationship with your spouse and children, and your health or financial problems, you'll go a long way toward improving the quality of your life; and you'll boost your physical health and well-being".

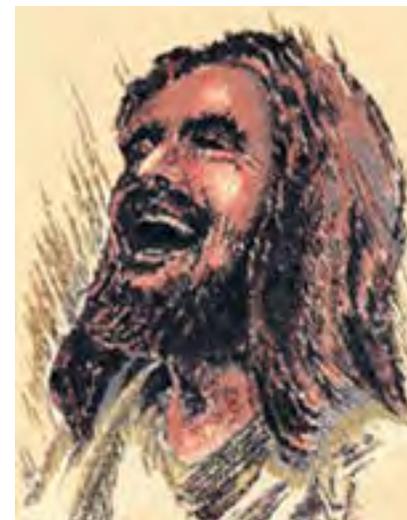
In the 1980 *New England Journal of Medicine* Dr. Franz Ingelfinger estimates that 85% of all human illnesses are curable by the body's own healing system of which sense of humor is an element.

"The body's healing system responds favorably to positive attitudes, thoughts, moods, and emotions and negatively to negative ones, states McGhee.

A merry heart should be more than a medicine but a way of life that keeps us from dis-ease.

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