



Back Door Reading From your Health Ministry



Laughter is Good Medicine

A 2006 study at the U. of MD found blood flow to the heart increased in 19 of 20 students who watched funny movie clips.



Also in 2006, a Loma Linda study found beta endorphins (feel good, stress-reducing chemicals) increased 27% when students merely anticipated watching a funny movie



A smile is a small curve that solves big problems!



Laughter lowers blood pressure

If Barbie is so popular, why do we have to buy friends for her?

What do you get when you cross poison ivy with a four leaf clover?



100 laughs is equal to 10 minutes rowing or 15 minutes biking!



A rash of good luck!

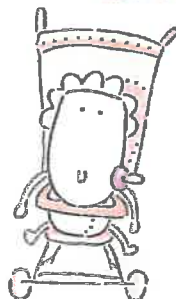


Pets can make us laugh!

Laughter increases salivary immunoglobulin A, which fights infections



Have you ever pointed to an empty chair and asked, "Is anyone sitting here?"



Babies find birth so shocking, that they often don't talk for a year or more!



Are you laughing yet?