**Laughter and Losing Weight**

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**Laugh Yourself Slim** By Dietitian, Juliette Kellow BSc RD “Being **overweight can make you feel miserable**, but if you want to lose those excess pounds, **you’re better off trying to have a good laugh.”**

“New research published in the International Journal of Obesity has discovered that laughter really is the best medicine for a weight problem. The small study included 45 pairs of adult friends, who were shown either funny or serious film clips in a room that was set up with equipment to measure the amount of calories burnt and to monitor the rate, duration and type of laughter. The participants also wore heart monitors to measure their heart rate. The researchers discovered that laughing increased both heart rate and calorie expenditure by up to 20 per cent – and the longer participants laughed for the greater the effects. Using the results, the scientists then went on to calculate that **just 15 minutes of laughter a day will burn 10 to 40 calories, depending on a person’s weight and the intensity of the laughter.** That’s enough to shift between 1 and 4lb a year.” <http://www.weightlossresources.co.uk/calories/burning_calories/laughing-burns-calories.htm>

**Benefits Of Laughter Exercise -** Try to get **at least 10 minutes of hearty belly laughter DAILY**

* Relieves stress -can help lift depression and alter mood
* Improves well-being and positive emotions. May help overcoming emotional eating.
* Long Deep Laughing from the belly releases hormones like epinephrine and cortisol
* Eases digestion
* Enhances the immune system, lymph system stimulated
* Reduces blood pressure, improves blood circulation, cell oxygenation
* Reduces pain - triggers the release of your body's natural painkillers (endorphins)
* Improves lung capacity, oxygen levels, helps flush residual stale air
* Provides a massage for internal organs Laughter is internal jogging – improves muscle tone in diaphragm, abs, face.
* It boosts creativity and improves communication skills.

**Tips to Add more Laughter to Your Life!** Nourish the inner spirit of laughter – positive mental attitude. Be intentional to foster a Loving, Caring, Giving state of mind. Embrace empathy and forgiveness – Be a Happiness Bringer - smiles, laughs and compliments. •    Identify your stressors -**do laughter exercises** targeting them •   **Laugh** in the bathroom, showering •    **Laugh in the car** – release stress, in traffic jams, release road rage – haaaa haaaa haaaaa ha ha ha ha (a mantra)

**Laughing** usually makes most of us feel more positive about life, this can help us feel better about ourselves and make us more motivated to lose those excess pounds.

Put **signs up** around your kitchen, home office or in your car to remind you to **LAUGH. Smile, breathe, drink water, slowly,** LAUGH watching second hand – 60 seconds.

Sip water. **Decide to laugh** more or not.

Smile. Breathe, move, dance, stretch, water sip. ETC.

Practice eating **with a smile**, slow, mindful, chewing and pausing to savor each flavor. Slow.

**JUST LAUGH !**

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🙡 🕿 🙣  **Telephone Laughter** 🙡 🕿 🙣

Conference calls 20 min. long -just dial this conference line

**🕾 1-712-432-3900 - ID 6071292#**

**calls AM, 7, 8, 11, 12 and 11 PM daily** Central Time www.laughteryogaonthephone.com (see schedule of 5 pm to 10 pm calls on specific days only.)

Laugh with volunteers for a healthy happy day, stress release and a better immune system– if no one is there, laugh alone because you can, try again later or go laugh along with YouTube videos – Robert Rivest and others. Skype laughter also available!

**Take the Laughter Challenge – 5 WEEKS TO Change your Life!**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday  Mark daily when you **LAUGH** 10 min **+** | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 9 🞏 | 10 🞏 | 11 🞏 | 12 🞏 | 13 🞏 | 14 🞏 | 15 🞏 |

Build a habit with [Web-based Seinfeldian chain](http://lifehacker.com/288323/web+based-seinfeldian-chain) http://dontbreakthechain.com/what

“The simple truth is that happy people generally don’t get sick.” Bernie Siegel, M.D. (an internationally recognized expert in the field of cancer treatment and complementary holistic medicine)

Laughter and joy while eating **stimulates the digestive process** in a way that almost nothing else does and is highly recommended for people who have a tendency toward chronic indigestion. If your meals are associated with stress – whether it be rushing to get through a meal, having a stressful meeting, or sitting down to eat when you are angry – your digestive juices do not flow properly. **Laughing releases enzymes that aid your digestive system**. It massages and stimulates the internal organs and intestinal tract aiding in the absorption and digestion process and increasing the flow of bile. It stimulates the bowel, thus helping to relieve constipation. Article copied from <http://www.laughteryogaamerica.com/learn/laughteryoga-learn/put-laughter-to-the-test-now-6302.php>

<http://media.laughteryogaamerica.com/pdf/how-do-you-feel.pdf>

**Weekly Laughter Meetup JOIN US!**

Every Tuesday at Noon 12-1pm Laugh in the Park3400 NW 36th

Will Rogers Garden Expo Center- Rm 2

**Have fun with the Tuesday Ticklers**

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How Many Calories You Burn With Laughter <http://www.laughteryoga.org/english/prozone/details/134>

Scientific research has proved that laughter has the ability to reduce calories

Can a few minutes of hearty laughter replace your treadmill time? No, but getting the giggles does burn some calories, and the more you laugh, the more you burn, say experts at Vanderbilt University. Their study recruited 45 pairs of friends (we're more likely to laugh with others in the room than when we're alone) to watch comedy video clips, including episodes of Saturday Night Live and the movies There's Something About Mary and Austin Powers.

The volunteers viewed the scenes in a room equipped with a device that measures the number of calories burned, and each person was hooked up to a heart rate monitor. At the end of the session, researchers determined that laughing increased heart rate by 10 to 20 percent and burned about 1.3 calories per minute. That's similar to the so-called workout you'd get typing, filing, or playing cards. Jogging, on the other hand, burns about 10 calories per minute. "Pay attention to small things. Every calorie counts," says lead study author Maciej S. Buchowski, PhD. Chuckle for 15 minutes every day for a year and you could drop up to four pounds -- and that's nothing to laugh at.

**Laughter Affects Body Like Exercise**

LiveScience Staff | April 26, 2010 10:01am ET

Is laughter the new exercise?

<http://www.livescience.com/6338-laughter-affects-body-exercise.html>

Quite possibly. While toning thighs and building muscle mass still require a trip to the gym, other benefits associated with exercise — improved cholesterol and blood pressure, decreased stress hormones, a strengthened immune system and a healthy appetite — can be attained with regular guffaws, studies now suggest.

The latest mirth study, which focuses on the appetite effects of a good laugh, is being presented this week at the 2010 Experimental Biology conference in Anaheim, Calif.

Researchers measured the hormone levels of 14 volunteers before and after they watched a distressing or hilarious video clip. The researchers were particularly interested in two hormones known to regulate appetite: ghrelin, which spurs hunger, and leptin, which cues satiety.

The appetite hormones did not change significantly as people watched the upsetting video (the first 20 minutes of "Saving Private Ryan.")

But after the amusing video clip — either of stand-up comedians or a funny film — hormone levels changed as if the participant had engaged in moderate physical exercise. Specifically, ghrelin levels rose and leptin levels fell, indicating a possible increase in appetite. The lower leptin levels would mean the body isn't getting the "I'm full" message.

Overall, the finding adds to the understanding "that the body's response to repetitive laughter is similar to the effect of repetitive exercise," said study researcher Lee Berk of Loma Linda University in California in a press statement.

Although changes in appetite were not directly assessed, by, say, recording what people ate, the finding could help doctors treat patients who are suffering from loss of appetite but are too ill to exercise, explained Berk.

"It may indeed be true that [laughter is good medicine](http://www.livescience.com/5405-laughter-good-medicine.html)," he said.

* [Study: Optimists Live Longer](http://www.livescience.com/58-study-optimists-live-longer.html)

Laughter and Appetite

A recent mirth study presented at the Experimental Biology conference in Anaheim, Calif focuses on the appetite effects of a good laugh. The study shows an increase in the hormone responsible for regulating appetite. This fact can be used to treat patients suffering from loss of appetite and are too ill to exercise.

To read full article click here - <http://www.livescience.com/health/laughter-controls-appetite-100426.html>

Does Laughing Burn Calories?

As I travel the world, I sometimes hear Laughter Yoga professionals exaggerating the value of laughter as an exercise and a way to lose weight. I have also heard laughter leaders say that laughter burns 300 calories in a session. I do not know where this fact originated and frankly, I have no idea how many calories we burn during a Laughter Yoga session. Researchers at Vanderbuilt University apparently found that the average number of calories burned while laughing was 1.3 calories per minute. Another source said that 15 minutes of laughter burns between 10-40 calories depending on a person’s weight and intensity of laughter. But the question is, how hard were the adults laughing and were they moving during the laughter? These studies are not specific to every situation and were not testing Laughter Yoga exercises. More research of Laughter Yoga needs to be completed before we can say with certainty what the benefits are regarding calorie burning and weight loss.

Laughter exercises burn more calories than regular laughter because of the continuous laughter and physical movement. We even see many people sweating during laughter sessions. Movement of any kind will burn calories but whether enough calories are burned to lose weight is debatable.

Laughter Yoga can be considered an aerobic activity if the leader encourages a fast pace. That means it increases the net supply of oxygen to the body's cells by improving oxygenation, exchange of carbon dioxide and oxygen in the pulmonary tissue, increasing blood circulation by pumping more blood with each stroke of heartbeat, and dilating the blood vessels. Perhaps laughter helps increase the cardiopulmonary endurance as it directly involves breathing and exchange of gases.

Let’s examine physical exercise vs. cardio workouts. Cardio workouts are much more important than physical exercise as it directly affects our cardiovascular health and longevity. Laughter Yoga is primarily a cardio workout rather than a physical exercise like jogging or swimming.

So far, the results of Laughter Yoga have been extremely good in many aspects including changing people's lives for the better but when we speak without much substance, Laughter Yoga may lose credibility. We must all be mindful and very authentic when it comes to making assumptions about the benefits of Laughter Yoga.

Laughter Yoga and Weight Loss

<http://www.laughteryoga.org/english/prozone/details/162>

Many people come to Laughter Yoga clubs everyday especially in India where laughter clubs are held every day. People have actually lost weight after going to the laughter clubs over a period of time. This may be due to other factors such as people participating in other exercises like walking or yoga as well as Laughter club.

Another factor that affects our eating behaviors is our state of mind. When under stress and depressed, people tend to eat more to compensate for the lack of something in their life. A positive mental state affects habits and state of mind making it easier to control appetite and eating patterns. Be cautious about making any tall claims about burning calories and losing weight with laughter. We can emphasize all the other multiple benefits. I would like to share this article from my friend, Dr Naras Bhat MD:

PHYSICAL VS. PSYCHOLOGICAL HUNGER

Two Massachusetts Institute of Technology professors, Dr. Judith Wurtman and Dr. Richard Wurtman, deduced from their research that there are actually two types of hunger. The first, physical hunger, is often signaled by a gnawing feeling in the stomach, a tightening of muscles, and an overproduction of stomach acids that tell us our body needs food. In addition, we may feel irritable and light-headed when physically hungry. This hunger is satisfied by any food containing nutrients.

The second kind of hunger is psychological hunger, or a hunger for love. Essentially, your mind is looking for some sort of fulfillment and satiation. Some people mistake psychological hunger for physical hunger and they search for foods such as fatty or pro- tein-rich foods. Psychological hunger is only satisfied by foods that are considered carbohydrates (which are composed, in part, of sugars and starches). Carbohydrates serve to increase the amount of serotonin, a pleasure chemical, in the brain.

The first lesson in Mindful Eating is to learn how to differentiate between a hunger for food and a hunger for love. Stress arousal and burnout can create a hunger for love. The feelings of emotional emptiness, which are often a result of chronic stress and burnout, can be mistaken for physical emptiness. If you try to satisfy this hunger by indulging in foods that are high in fat and protein, you make the problem worse. An excess of protein overloads the brain with amino acids. Then, too many amino acids decrease tryptophan (a raw material for serotonin) entry into the brain.

By eating mindfully, that is, consciously, for your mind and body, you can learn the difference between unhealthy eating which is triggered by love hunger, and true physical food hunger.

When experiencing psychological hunger, replace using food (eating) with other ways to nurture yourself. Make a list of inexpensive, pleasurable things you could do for yourself that don’t involve food. List some activities that could be enjoyed in as little as ten to fifteen minutes. Examples could be to take a short walk, phone a friend, read from an enjoyable book, take a candle-lit bath, doodle with colorful pens, hit some tennis balls against a wall, jump rope, write a poem about how you’re feeling or about a new insight you’ve had, sit in a garden, play a musical instrument, listen to music, do some yoga stretches, or read an entertaining magazine (consider picking up a magazine on a subject you know little about). Get creative with your ideas.

Next, identify where your psychological hunger usually hits—at home, at work, or both. If it hits at home, put your list on the refrigerator or a highly visible cabinet in the kitchen. If you experience psychological hunger at work, keep a copy of your list in a private place, such as a desk drawer, your briefcase, or your purse. Make sure your list at work has activities that would be possible to do at work. This may mean you need two separate lists of activities, one for home and one for work. Finally, by becoming aware of your psychological hunger, you can break your unhealthy patterns of eating and replace them with enjoyable activities that have zero calories!

Laugh Yourself Fit & Skinny

Tuesday, 9 April 2013 15:40:24 Back <http://laughteryoga.org/english/news/news_details/399>

Just when you thought you’d heard of every diet under the sun, here comes laughter yoga whose devotes claim they’re losing weight and getting happy and healthier too. Exercise has never been so much fun.

You’ve probably seen or heard them on TV or in your local park, yoga studio or fitness center clapping and chanting ho ho - ha ha ha. Laughter yoga is a new craze that’s sweeping the world and putting smiles on faces in more than 50 countries.

It’s easy to do, no special clothes or training are required. Sessions combine yoga breathing exercises with modern laughter exercises that will have you laughing in minutes --- no joke. We’re not talking occasional chuckles, these sessions quickly develop roaring laughter that will make you cry and make your sides ache with glee.

But how do you lose weight? Laughter yoga provides a real aerobic workout for your diaphragm and your abdominal, intercostal, respiratory and facial muscles (helps lose the wrinkles). You work your heart and lungs and also arm, leg, and back muscles.

Twenty minutes of laughter is equivalent to 10 minutes on an exercise bike, and it’s loads more fun.

Not only does laughter burn calories but it’s healthy too. While you laugh your body releases hormones and chemicals into the bloodstream including endorphins, famous for causing the ‘runner’s high’. These leave you feeling great and in a positive state of mind.

Your immune system, which is effectively switched off by stress, is switched on and boosted with a fast and prolonged increase in the production of T cells, B cells, immunoglobulins and NK cells – all important in fighting viral infection, sickness and cancer. Your digestive and sexual systems, which are also turned off by stress, are also turned on and boosted by laughing.

Laughter leaves you with a rosy glow, the result of large amounts of oxygen absorbed into your bloodstream and major organs. While exercise may leave you tired, laughter yoga leaves you bursting with energy and ready for anything.

The overall effect is that you feel great and ready to take control of your life and carry through your decisions more easily. That can help you stick to your other weight-loss resolutions and programs too.

Laughter yoga comes from India where it was started by an Indian medical doctor Madan Kataria in 1995. After learning how good laughter is for our bodies, Dr Kataria searched for an easy way to deliver laughter to his patients. Working with his yoga instructor wife Madhuri he developed laughter yoga which is already practiced daily by hundreds of thousands of people around the world.

Try the laughter cure --- it’s a lot more fun that a stationery bicycle!

See laughter yoga on video at www.youtube.com/laughteryoga or visit the laughter yoga website at www.laughteryoga.org to find laughter yoga in your area.