**![C:\Users\Ellen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\9CSGSUO5\MC900388780[2].wmf]()** **Benefits of Laughter and Chocolate Combo**

**☺Increased Immune System Function ☺Intake of antioxidants ☺Increased Blood Flow ☺Improved Mood and Sleep ☺Bonding with Others ☺Pain Relief (emotional and physical) ☺ JOY!**

**Chocolate -** Aztec 1400 bc - also Mayan XOCOLaTL “zo co lat”= bitter wate**r**

Select Healthy Chocolatewww.medsci.org/press/cocoa.htmlmore Cacao – less fat and sugar 70 + % cocoa

* From seeds of *Theobroma cacao* or cacao tree
* Theobromine - a chemical effective for treating coughs. ( like codeine but no dullness and tastes better)
* ![C:\Users\Ellen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RTQBZ7QJ\dglxasset[1].aspx]()Flavonoids like epicatechin & catechin Improve circulation. Dark chocolate has the highest level of antioxidants like flavonoids that help with arterial flexibility, are anti-clotting, may improve cognitive function and can reduce insulin resistance. Relief from diarrhea by helping to bind the protein responsible for regulating fluid secretion in the intestine. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3575938/ Polyphenol‐rich cocoa induces vasodilatation.
* Minerals - Potassium, Copper, Magnesium and Iron.
* Phenylethylamine or PEA (brain creates with love emotion) – boosts endorphin release to improve mood Bonding with others Serotonin - reduce stress hormones - a natural anti-depressant. Just 40 grams (1.5 oz) of dark chocolate (minimum of 70% of cocoa/cacao) daily to reduce the stress hormone, cortisol, according to a Swiss study.

Visit YouTube - The Science of Laughter and Chocolate - Dr. Lee Berk & Ryan Berk- <https://www.youtube.com/watch?v=1eET_8jFPF0> Beth Bongar's Choc. Meditation 2 deep slow breaths

Smile like Mona Lisa, Bring attention to chocolate in your hand, Small Nibble-Notice *(desire to gobble it up? Taste?)*

Place chocolate in mouth – allow to melt --Lips together, exhale, “Yummmmm” feel to joy etc.

Laughter and Chocolate by Ellen Mercer a.k.a. LN Mirther

**Phone 405-947-2653 cell 405-818-7997** LNMirther@cox.net [www.**EllenMercer**.com](http://www.EllenMercer.com)

**Laughter and Losing Weight**

www.**EllenMercer**.com Ph  **947-2653** M/text **405-818-7997** **LNMirther@cox.net** **www.LaughterMoves.com**

**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>

Don't Break the Chain! | <http://dontbreakthechain.com/what> **seinfeldian chain** This is based upon a motivation technique purportedly used by Jerry Seinfeld. The Short Version: 1. Pick a goal. 2. Mark off the days on which you work toward that goal. 3. Use your chain of marked off days as a motivator. It works because it isn't the one-shot pushes that get us where we want to go, it is the consistent daily action that builds extraordinary outcomes. You may have heard "inch by inch anything's a cinch." Inch by inch does work if you can move an inch every day.

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.

Indigestion can cause severe abdominal pain, frequently associated with pain that goes up into the chest and neck, sometimes mimicking a heart attack.

**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>

**Benefits Of Laughter Exercise -** Try to get at least 10 minutes of hearty belly laughter daily! Laughter craves the free-expression of the diaphragm (not-too controlled, but rather the diaphragm being free to express itself in unregulated laughter as its intelligence desires.

* Relieves stress and **improves emotional health**. Can help lift depression and alter mood.
* ****Long Deep Laughing from the **belly** releases **hormones** like **epinephrine and cortisol**
* Enhances the **immune system, lymph** system stimulated
* Reduces blood pressure, improves blood circulation, **cell oxygenation**
* Reduces pain, increases **endorphins, the body's natural painkillers**
* 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. ( Laughter and joy while eating stimulates the digestive process.)
* It boosts creativity and improves **communication** skills.

[**www.LaughterMoves.com**](http://www.LaughterMoves.com)Ellen Mercer CLYT, BS nutrition (405) 947-2653 405-818-7997 LNMirther@cox.net

Age does not make us childish, as some say; it only finds us true children still. – Goethe

**![C:\Users\Ellen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RTQBZ7QJ\dglxasset[1].aspx]()Chocolate Do you crave chocolate?** It might be due to the feel-good LOVE chemicals (dopamine, serotonin and phenylephylamine) that chocolate releases from the brain.

* From seeds of ***Theobroma cacao*** or cacao tree
* Nutrients - Potassium, Copper, Magnesium and Iron.
* Theobromine - a chemical effective for treating coughs. ( like codeine but no dullness and tastes better)

**Cacao:** Antioxidant Super Food - Many people don't realize that unprocessed Cacao is the **highest source of antioxidants** in the world, “While choosing chocolate make sure it contains **at least 70% of cocoa**. Chocolates are high in fats and sugar, so it is better to consume them in moderate amounts. Mary Engler, Ph.D., a professor of physiological nursing at the University of California at San Francisco, suggests taking no **more than 200 grams or 7 ounces of dark chocolate in a week.** Also look for labels saying sugar contents less than 10 grams”. <http://myhealthlist.us/2013/05/top-10-health-benefits-of-dark-chocolate/>

**Organic raw Cacao powder with no sugar added can be obtained easily from internet sources. ORAC is approximately 95,000. Great for baking, chocolate shakes, hot chocolate, etc. Using Xylitol as a sweetener adds even more benefit.**

**Weight Loss -** Did you know that dark chocolate can actually help you to lose weight? A research conducted at the University of Copenhagen, revealed that dark chocolate gives you a more **filling effect** and **lessen**s your **cravings** for fatty, sweet and salty foods. So if you incorporate a little portion to your diet you can get optimum health benefits without a weight gain. A cup of hot chocolate is also beneficial for reducing appetite.

**“**We don’t stop playing because we grow old; we grow old because we stop playing.” – George Bernard Shaw

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

**Laughter Tips to Add more Laughter to Your Life!** Nourish the **inner spirit of laughter** – positive mental attitude. Cook up a Loving, caring, giving state of mind. Embrace levity, 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

**Telephone Laughter** Conference calls 20 min. long To laugh ---just dial this **1-712-432-3900 - ID 6071292#** calls **AM 7, 8, 11 PM- 10,11,** Central Time Laugh with volunteers for a healthy happy day, stress release and a better immune system. Laugh with Ellen 8 am Central and with other volunteers at any of the other times listed above. See updates & details [www.LaughterYogaOnThePhone.com](http://www.LaughterYogaOnThePhone.com)

"Play is a spiritual discipline. Make an intentional decision to play!" -Pastor Seth Pierce

A 2003 study in the Journal of Agricultural and Food Chemistry found that a cup of hot cocoa (using pure cocoa powder) had close to double the amount of antioxidants than a glass of red wine, more than double the amount of green tea, and four to five times more than black tea! Likewise, **dark unprocessed chocolate** has been exonerated in several studies as actually having some positive impact on your health, such as improving your glucose metabolism (diabetic control), blood pressure and cardiovascular system.

 And then there is laughter yoga --- and we ask **"Do you feel like there's been dopaminergic up-regulation in YOUR nucleus accumbens?"** (coined by Drs. Berk and Henslin at an AATH Conference)

**Healthy Dark Chocolate** “While choosing chocolate make sure it contains at least 70% of cocoa. MODERATION IS THE KEY! Chocolates are high in fats and sugar, so it is better to consume them in moderate amounts. Mary Engler, Ph.D., a professor of physiological nursing at the University of California at San Francisco, suggests taking no **more than 200 grams or 7 ounces of dark chocolate in a week.** Also look for labels saying sugar contents less than 10 grams”. <http://myhealthlist.us/2013/05/top-10-health-benefits-of-dark-chocolate/>

**Resources from Ellen’s search**

<https://www.youtube.com/watch?v=XSpMGTzZwsU>

 Chocolate mindfulness exercise | Robin Mallery | TEDxEvansville

<https://www.youtube.com/watch?v=cOMnef-bjrI>

<https://www.youtube.com/watch?v=ZD6dVtuHQvs> Chocolate Meditation with breathing yoga position.

[](https://www.youtube.com/channel/UCnHzbMMD1DP5kl0P8cIl6nA)

[Rhi-Created](https://www.youtube.com/channel/UCnHzbMMD1DP5kl0P8cIl6nA) YOGA ESQUE nice word use.

##### DR. BERG'S VIDEO BLOG: <http://www.drberg.com/blog> [**https://www.youtube.com/watch?v=iRI\_tNwCeZM**](https://www.youtube.com/watch?v=iRI_tNwCeZM)

# The Science of Laughter and Chocolate with Dr. Lee Berk and Ryan Berk - The Roehr Memorial Lecture [University of California Television (UCTV)](https://www.youtube.com/channel/UCh6KFtW4a4Ozr81GI1cxaBQ)****Published on Jun 4, 2016****

(Visit: <http://www.uctv.tv/>) Lee Berk, Professor at Loma Linda University in California has spent nearly three decades studying the effects of a good laugh on your brain and body, including hormone and immune systems. He is joined by his son, Ryan Berk, a chef and a chocolatier, as together they give a scientific presentation on the benefits of humor and chocolate for your health. They will also offer some practical tips on how to become healthier - with a hint of laughter and high quality, organic chocolate. Series: "Stein Institute for Research on Aging" [6/2016] [Health and Medicine] [Show ID: 30523

SLIDES

* PRESENTATION **Wellness with Laughter Moves with a healthy  Chocolate Experience**
* **Healing of Mind Body Spirit**

**Welcome**
“My mission is to teach YOU how to **breathe and laugh**, so that you can find your way to
 **happiness** any time you choose.” -*Beth Bongar*

**LAUGH and Move for the Health of It! Enjoy some chocolate** with Certified Laughter Yoga Teacher

Ellen Mercer a.k.a. “LN Mirther”

* LAUGH! MOVE ! TASTE !

What you learn today can add to your personal toolbox of wellness strategies.

**Benefits of Laughter and Chocolate Combo**

* Increased Immune System Function
* Increased Blood Flow & oxygen
* Improved **Mood**– endorphins 🎔NEURO-PEPTIDES
* Stress cortisol hormone > ^Memory
* Bonding with Others and Playfulness
* Pain Relief (emotional and physical)
* Better Breathing
* Improved Sleep
* Benefits Laughing - Body
* Stimulates **digestive** process
* Releases **enzymes** to aid digestion
* Belly laugh **massages GI** track organs
* Aids nutrient **absorption**
* Increases bile flow
* Stimulates bowel to
* **relieve constipation**
	+ - * + *From Bernie Siegel, MD*

Benefits Laughing - Body

Brain waves change when you laugh and eat chocolate (good dark) & when you meditate (mindfulness)

Increase GAMMA frequency -- synchronization or binding in brain, highest cognitive processing and recall.

The Science of Laughter and Chocolate

Dr. Lee Berk & Ryan Berk [www.youtube.com/watch?v=1eET\_8jFPF0](http://www.youtube.com/watch?v=1eET_8jFPF0)

Laughter Moves “Laughter Yoga is a unique **exercise** that combines **laughter** with **yogic breathing.**

When we laugh we exhale, and we automatically take a deep inhale afterwards." Dr.Kataria

**Objectives of Seminar**

* Introduction basic Laughter Yoga
* Laughter session Practice
* Benefits of Laughter
* Enjoy Chocolate tasting and **chocolate meditation**
* Laughter daily –tips for practice
* Reasons to consume DARK Chocolate daily

**Laughter Exercise Guidelines**

* LAUGHING is creative - RIGHT brain – more fun! Kindly limit commentary - Talk only with your EYES - - mirror neurons
* Please Laugh Responsibly - **do** only what is comfortable Post surgical – careful with stitches or any other medical issues
* **Have FUN Laughing Intentionally !**
* Make a choice ! !
* Laugh on Purpose unconditional -Make a commitment – Be Willing
* Diaphragm Engaged Open mouth wider while laughing to help engage diaphragm
* Be Enthusiastic
* Eye Contact
* Do a Body scan

**Laugh 1st – eat Chocolate**

* + Get comfortable with idea of Laughter as exercise – fake – BE SILLY ---- Fun not Funny!
	+ Be Playful! Engage your Inner child -- Laughter is natural outcome
* Studies show body responds to stimulated LAUGHTER with the SAME Physiological , Biochemical and Psychological benefits as humor based laughing.
* Dr. Madan Kataria – innovated in 1995
	+ - * Worldwide fun **Peace, Joy, Health**
* **Laughter is a form of internal jogging. It moves your internal organs around.
It enhances respiration. It is an igniter of great expectations.**  *- Norman Cousins*

**Laughter Session -**Warm up, Exercises, Laughter Meditation, Either you are thinking or you are laughing

* Let’s Laugh
* **Warm up basics -Clapping Chanting**
* **Tilt head up- Inhale- smile. Head down-Exhale - frown or relax Shoulders, spine**
* **Discovery Ah Ha**
* **Hand Shake**
* **Telephone**
* **Breathe…imagine chocolate**
* **Smoothie**
* **Appreciation**
* Hug - Love!

Motion Creates Emotion
Say it in Gibberish with passion

Laughter Meditation

* Relax Breathe
* Humming Breath think about chocolate, imagine in hand inhale, taste
* Free Form Laughter

**History of Chocolate Aztec** 1400 bc - also Mayan **XOCOLaTL** “zo co lat”= bitter water Xocai “**sho saw eee”**
Excited Gibberish Mmmm 34 centuries of human experience-

**Select Healthy Chocolate !** ! ! www.medsci.org/press/cocoa.html Healthy is

* **more Cacao** – less fat and sugar 70 or more % cocoa Only 20 % cocoa in many regular chocolate bars

**Antioxidant Flavonoids** Dark chocolate flavonoids

* + most epicatechin & catechin.
* **arterial flexibility, circulation,** are **anti-clotting** and can **reduce insulin resistance**

Sample Cacao NIBS

* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3575938/>
* **polyphenol‐rich cocoa induces vasodilatation.**

**Stress and Depression**

* just **40 grams** (1.5 oz) of dark chocolate (minimum of 70% of cocoa/cacao) eaten daily will reduce cortisol - stress hormone; Swiss study. The serotonin in chocolate acts as an antidepressant.

<https://www.youtube.com/watch?v=1eET_8jFPF0> Published on Sep 24, 2013

* **Happiness** is Beth Bongar's **Chocolate Yum Meditation**. Great for relaxing at home or at your desk. Chocolate **conscious eating! Dark chocolate** has many **health benefits, just like laughter.** Pop a diva drop in your mouth & **begin to feel the instant benefits. "Yumming" grounds you and brings you back to your center.** It helps **settle** the feelings of being **restless or scattered on the inside**. It promotes clarity of thinking by refreshing your mind. You can physically feel the vibration of the "yum" and stop racing thoughts.

**Meditation has a relaxing and soothing effect on your neck, face, head and shoulder muscles, which helps manage stress.** Yumming reduces the number of thoughts that fill your head and helps calm your nerves. And chocolate puts a smile on your face!

* Breathe more slowly and chant **"yumm"** with me! If you are having a bout of negativity, jump straight into a few rounds of "yummmm" and notice a **shift** in your thinking and sense of calm!
* **Chocolate Meditation**
* 2 deep slow breaths
* Smile like Mona Lisa
* Bring attention to chocolate in your hand
* Small Nibble
* Notice *(desire to gobble it up? Taste?)*
* Place chocolate in mouth – allow to melt
* Lips together, exhale, “Yummmmm”
* Feel vibration FEEL SMILE ENERGY SHINING LIKE DIAMONDS SPARKING IN YOUR SOUL

**Chocolate Tasting**

* Smell: bitter, sweet, fruity, authentic
* Visual color, sheen, smoothness
* Feel; Nibble off- crunch, texture, smooth, coating Rest Inhale through mouth
* Piece in mouth on tongue – notice feeling
* Chew slowly - Flavor sensation Look for; fruity, astringent, spicy, banana, sour, cinnamon, citrus, nutty, melon, cherry, coconut, tobacco, Yummy
* Mindful awareness - melts at body temperature , swallow, note aftertaste.
* Taste dark chocolate smile make sounds

**Inside Cocoa or Cacao**

* Fat 45-55% cocoa butter
* Protein 8-15%
* Carbs 30-40% fiber 18-25%
* Minerals – K, Mg, Zn, Cu, Mn
* Alkaloids –theobromine, theophylline, caffiene
* Simple Phenolics – ferulic acid, caffeic acid, chlorogenic acid
* Flavonoids – anthocyananidins, flavanols, procyanidins Healing phytonutrients
* Flavonoids – Improve circulation

**Dark chocolate has the highest level of antioxidants like** flavonoids that help with arterial flexibility, are anti-clotting and can reduce insulin resistance.

* Relief from diarrhea by helping to bind the protein responsible for regulating fluid secretion in the intestine.
* Flavanols may improve cognitive function
* Minerals – K, Mg, Zn, Cu, Mn
* Magnesium #1 source
* Iron
* Copper
* Zinc
* Manganese
* Chromium blood sugar regulator
* Phosphorus

***Taste dark chocolate***

**Blood Pressure**

Chocolate

* Lowers BP
* Study JAMA 2003
* 14 -22 day 100 grams chocolate for elderly with systolic hypertension
* 3mm Hg 🡻 systolic
* 2mm Hg 🡻 diastolic

Laughter

* Lowers BP
* Study American Society of Hypertension Kataria M, et al
* Lowers BP
* 7 mm Hg 🡻 systolic
* 3 mm Hg 🡻 diastolic

"The effects of Hearty Extended Unconditional (HEU) laughter physiological, psychological, and immunological parameters in the workplace: HRS Meeting 2008; Abstract P-129.

 *“Your body cannot heal without play. Your mind cannot heal without laughter.
Your soul cannot heal without joy.”
 — Catherine Rippenger Fenwick*

Laughter Exercises Mind Medicine

* Fake - no enthusiasm
* Laugh at self - - - - – my bad – my great!
* Mind Clear – Mental Floss
* Shy – sneaky – whispering
* Heart Beat Laughter
* Argument then Forgive

laughing alone

* Best in AM Duration 15-20 minutes
	+ Wear loose clothing – waist below navel
	+ 5 LY exercises + 5 breathing exercises
* 40 days Conditioning Programmed becomes unconscious. Practice Daily for 3-6 weeks
	+ **Motion creates emotion** theory
		- Sad - slow mind body
		- Happy active – mind follows

laughing alone *How to? Add more laughter to your life, laughing in the face of challenges*

* Laughter on the phone *Invite a friend to laugh with you for one solid minute.*
* Laugh in the bathroom
	+ MIRROR -> LAUGH
	+ SHOWER -> laughter soap - water
* Laugh in the car
	+ Traffic jams Road Rage, Tension on steering wheel

What is Next – Add Laughter ??? Share Laughter Tools

* **12 hours for a life-time CLYL certificate completion**
* **Come to a future workshop**
* **Establish a laughter habit**
	+ **Daily for 40 days – commit!**
	+ **When you are ready**
	+ **Find a laughter buddy**

Upregulation Laughter

* "Do you feel like there's been dopaminergic upregulation in YOUR nucleus accumbens?"
* (coined by Drs. Berk and Henslin at an AATH Conference) -
* The End – Ho ho ha ha ha
Keep Laughing!

Contact Ellen for Power Point slide presentation. Ready to go. Make edits as you desire. I will email it to you.