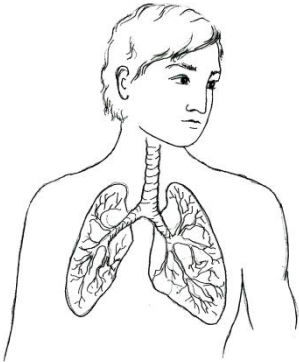




# Antidotes for Healing the Human Body



## ***Lungs***

### **Laughter**

Laughter is another way to increase our airflow. It can also be utilized as an anesthetic to pain. In Norman Cousins's book, *Anatomy of an Illness*, ten minutes of genuine belly laughter provided him with two hours of pain-free sleep as he struggled with a connective tissue disorder. He upped his vitamin C levels, watched funny movies, and had humorous books read to him in order to help boost his immune system. He stated in his book, "Hearty laughter is a good way to jog internally without having to go outdoors."<sup>i</sup>

Laughter is a great antidote when physical conditions keep us house-bound. A sunny, positive attitude boosts our immune systems. Take time for yourself during the day. Surround yourself with beauty and the things that you love. If you want to tickle your fancy and bring some cheer to your life, read *Dave Barry's Only Travel Guide You'll Ever Need* or watch Jim Gaffigan, the funny comedian on Netflix. Keeping your spirits up will help rejuvenate your mind and your body. Being happy produces healing. ☺

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<sup>i</sup>Norman Cousins. *Anatomy of an Illness as Perceived by the Patient*. New York: W.W. Norton & Company, 1979, 84.