

My gift to you --

The gift of a healthy heart . . .

This will be the longest e-zine you have ever received from me but a very important one. As a gift to YOU here is a detailed step-by-step guide to a healthy heart. I've even provided you with a [PDF](#) so that you may easily print it out for future reference.

Are you aware that laughter, especially deep aerobic laughter is good for your heart? There's lots of [research](#) to substantiate that claim. And to get maximum benefit engage in this activity everyday, it's easy. We are not talking about a mild social tee-hee here, but rather deep purposeful aerobic belly laughter.

When was the last time you rolled around on the floor doubled over with laughter? Now we are not suggesting you roll around on the floor but rather engage in good deep aerobic belly laughter. And you don't even need to hear a joke or watch a funny film to achieve this condition, to see an example [click](#) here.

For high quality laughter without humor all you need is a willingness to try. If you are willing, I will teach you now. This is my gift to you -- to teach you how to **massage your beautiful heart muscle and build it strong**. To teach you how to:

- Increase your oxygen levels
- Increase your heart rate
- Stimulate your immune system so it can work at full capacity
- Get your juices flowing meaning your endorphins, which are the feel good chemicals in your brain

Did you know you can increase your body's own natural human growth hormone by as much as **87%** by laughing? You can even increase your body's own natural morphine up to **27%**. That is probably why Norman Cousins could sleep pain-free for up to two hours after laughing for only 10 minutes.

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Plus Dr. Michael Miller, cardiologist and researcher at the University of Maryland School of Medicine believes that 15-20 minutes of deep aerobic laughter that you are about to experience will PREVENT, yes he said PREVENT heart disease the #1 killer in this country.

So lets give laughter without humor a try. Keep in mind this is an exercise for your brain and your heart. So please adhere to the instructions given to you by your health care provider. Should you become light-headed sit down immediately!

READ each exercise fully before you begin each new step.

- Start by standing with your feet shoulder width apart, feet firmly planted into the earth like the roots of a *mighty oak tree*, knees slightly bent, in this position *hiss* like a snake. Notice how hissing gently and automatically pulls in the thin-layer of muscles that encircle the outer edges of your tummy? This is called engaging your tummy. Notice too how you can continue to breath normally while engaging this circle of muscles? In fact try that a few times -- hiss and then continue to breathe normally while still engaging your tummy. It's good support for your back and improves your posture and your circulation.
- While standing like a *mighty oak*, keeping your tummy engaged gently lift and roll your shoulders back taking a deep cleansing breath, whooshing out all that pent up stress and stale air in your lungs **quickly** and **loudly**. Repeat 3 X's. Notice how your shoulders relax as you exhale each time. You didn't know you were so uptight did you?
- Take another deep breath bringing your arms up from the sides over your head, palms facing out, as you inhale. Exhale *quickly* making a big whooshing sound as you bring your arms down to your sides. Repeat 3 X's. Again notice the relaxing

feeling you get just from deep breathing. You'll love the effect when you add deep aerobic laughter.

- This time start with your arms over your head palms facing forward. Inhale deeply reaching both arms up and away from your waist. Exhale as you GENTLY lean UP and over to one side. Don't slouch into it but rather lift your ribs allowing space to breathe. You won't go far - the purpose is to GENTLY stretch your ribs open. While still leaning to the side inhale, hiss to fully engage your tummy muscles. Exhale using your oblique muscles to pull yourself back up. If your low back speaks to you in *any way* it means you were not engaging your low belly enough. Repeat leaning up and over the other side.
- Now reach for the stars one arm at a time, palm facing in, your arm level with your ear, while you inhale and **MOAN & GROAN** with great enthusiasm. The more noise you make the better you will feel. You should feel a beautiful stretch along your ribs as you reach, reach, reach for the sky. Again **MOAN & GROAN** as loud as you can. It releases all the stale oxygen trapped in your body allowing fresh oxygen to be absorbed into your lungs, which in turn will be delivered to your heart and all the other organs in your body. Repeat both sides.

Now that you are all warmed up you can begin making sounds that emulate laughter. For me it is easiest to begin by inviting a friend to join me. He is the fellow who shows up at my house every Christmas Eve wearing a red suit. Can you guess his name? Can you emulate the sound he makes when he laughs? **HO-HO-HO** That's right! And when he laughs his belly is like a bowl full of _____. And that is exactly what I want your belly to do while you repeat **HO-HO-HO**. Go on NO one can see you! And it feels good!

- Hold your hands under your stomach to remind you to both move your belly with each **HO-HO-HO** and to remind you where your source of air and energy is coming from. Be sure you are in your *mighty oak* position with your hands held together under your belly and start with a couple of deep breaths - exhale loudly - and repeat **HO-HO-HO** pause for a quick breath **HO-HO-HO** pause for a quick breath **HO-HO-HO**. Very good!!!!!!! Now practice that three times picking up speed with each sound.

Got your energy up didn't it? Now let's invite Mrs. Santa Clause to join us. Do you know what sound she makes? **Ha-ha-ha** Everything Mrs. Clause does comes from the heart, does it not? Yes and the heart sound is **Ha**.

- Once again with your hands under your belly - tummy engaged - take a couple of good deep breaths and repeat Ha-ha-ha pause for a quick breath **Ha-ha-ha** pause for a quick breath **Ha-ha-ha**. Keep in mind though this sound comes from the chest we want our breath and energy coming from our bellies.

Now let's ask the elves to join us. What sound do they make? He-he-he is correct. And even though this sound comes from your throat you do NOT want to stress your voice so visualize a PVC pipe about 2" in diameter running from your throat to the bottom of your belly. This reminds you where your energy and air originate.

- Still holding your hands under your belly robustly repeat **He-He-He** pause for a quick breath **He-He-He** pause for a quick breath **He-He-He** pause for a quick breath **He-He-He**.

Now put it all together still holding your hands under your belly take a couple of deep breaths and repeat **HO-HO-HO, HO-HO-HO, HO-HO-HO, Ha-ha-ha, Ha-ha-ha, Ha-ha-ha, He-He-He, He-He-He, He-He-He**. Repeat two more times increasing your speed and loudness as you progress.

- This time I want you to break into your own deep belly laughter at the end of your last **He-he-he**. To make it easier I want you to bend over and slap your knees, shake your head and stomp your feet while you continue to laugh uproariously. Laugh as long and loud as you can.
- Then take a minute to drink plenty of water and catch your breath. Don't drink tea, soda or coffee as they will dehydrate you faster. Deep aerobic laughter takes lots of energy and you must hydrate your muscles quickly. If you don't like water add a slice of fresh lemon, lime or orange.

Repeat your laughter exercises for 15-minutes each day . . . and as with all exercise programs remember to adhere to the recommendations by your physician.

- Great way to kick-start any exercise program with these quick and easy daily laughter exercises
- Eat healthy -- raw fruits and veggies are best - NO packaged or processed items
 - ATTITUDE - ATTITUDE - ATTITUDE - it's all about relationships with self, family, friends and co-workers
 - Blessings go come through laughter. . .

The American Heart Association says, "The message you're spreading on the importance of exercise, laughter and wellness is **vital** to help reduce death and disability from cardiovascular diseases like coronary artery disease, and stroke."

President Dr. Timothy J. Gardner, MD, FAHA

United States Department of Health & Human Services says, "Workplace Laughter Groups are a simple, low-cost intervention that can easily be worked into the course

of a normal work day and encourage employers to change their workplace environment." Jason Lang, M.P.H., M.S. Centers for Disease Control and Prevention

Reprints of both letters are available upon request.

If you want to find a laughter buddy or start a laughter group in your workplace send us an email at info@laughterlinks.com or give us a call at 316-685-8565.

Please feel free to share this information with friends, family and co-workers we just ask that you include our contact information above. Remember you can print the PDF for easy reference.

Thank you and wishing you a life full of laughter.