

# Best Kept Secret to Longevity





Laughter  
Good as  
Medicine



▸ Mirthful Laughter Reduces Infection and Cardiovascular Disease



Laughter Reduces Pain And Helps Sleep



85% of patients visit primary care doctors due to stress related diseases



Laughter  
decreases  
adrenaline and  
cortisol

Laughter  
increases  
endorphins and  
natural killer cells





Hope

▾

“The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt distrust: all tend to break down the life forces and to invite decay and death. Courage, hope, faith, sympathy, love, promote health and prolong life.” MOH p.241





A contented mind, a cheerful spirit, is health to the body and strength to the soul. “A merry [rejoicing] heart doeth good like a medicine.” [Proverbs 17:22](#).

