

CONSUMED IN *Christ*

THE HEALING POWER OF JOY!

(BY Dan Colbert, MD, Author of "Deadly Emotions" Book)

1. Laughter increases B cells that produce antibodies directly against harmful bacteria.
2. Laughter induces a relaxation response in the autonomic nervous system.
3. Laughter's affect in the body is similar to a good aerobic exercise.
4. Laughing 100-200 times a day is equal to 10 minutes of jogging.
5. Laughing allows a person to use both sides of the brain.
6. The average adult laughs 25 times a day; the average child laughs 400 times a day.
7. The word "silly" comes from the Greek word "selig," which means "blessed".
8. Laughter boosts the immune system and reduces dangerous stress hormones in the body, by as much as 70%.
9. Laughter induces the relaxation response.
10. Laughter lowers the levels of adrenalin by as much as 70%.
11. Laughter lowers cortisol, which eats our insides out, by as much as 40%.
12. Laughter raises our level of endorphins, which increases our neurotransmitters, inducing our bodies to heal.

- ❖ In Thy presence is fullness of joy! Ps. 16:11
- ❖ Rejoice evermore! 1 Thes. 5:16
- ❖ Rejoice in the Lord always; and again I say Rejoice! Phil. 4:4
- ❖ For the joy of the Lord is your strength! Neh. 8:10
- ❖ A joyful heart maketh a good medicine! Prov. 17:22