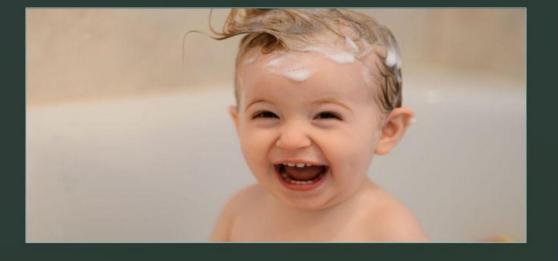
Best Kept Secret to Longevity





Laughter Good as Medicine



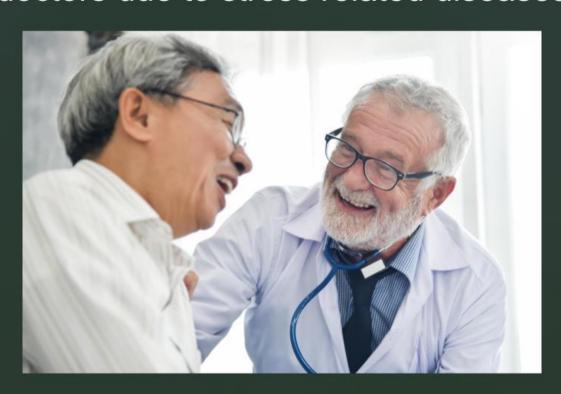
Mirthful Laughter Reduces Infection and Cardiovascular Disease



Laughter Reduces Pain And Helps Sleep



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







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.

