

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 17th Newsletter, I want to give us a chance to consider how **fun, happiness, and laughter affects our health.**

In order to put the rest of the **newsletter in context:** This conversation makes more sense if you've watched my **1st Health Proposal** and my **2nd Health Proposal**. So if you haven't, please pause and go back and watch them. You can also read all of the articles in full **HERE**.

HAVING FUN IS NO LAUGHING MATTER! IT CAN NO KIDDING HEAL YOU—YOU WILL BE OVERJOYED TO FIND THIS OUT!!

I am committed that you and I start giving way **more importance to the aspect of life called fun.** See, most people say that – but they say it lightly. For example, "It is a good idea but let's see how much scientific data is behind that good idea," that laughter, smiling, joy, fun and happiness in general, has an impact on your health. In this weeks' newsletter – you will get all the **scientific information** you need to back up this theory. So, it is not just a good idea to experience and

have fun, laugh, smile and bring as **much possible joy into your life** as you can everyday, it actually has a tremendous impact on your health, as well.

By the way, I do recommend and invite you to read the full articles on the Fan Page (<http://www.facebook.com/CarolinaAramburoAndFriends>). It's all free. I am not intending to make any money from any of this. I **am intending to make a difference** with what I have learned because it has made a difference for me. I want to make a difference for you. If you want to make a difference for me just leave me a comment. Your feedback is what makes a difference for me the most. So all of that said, let me give you a little information about how much **the impact of fun, laughter, happiness,** joy and smiling has on your health.

One of the impacts is on your blood. There is a tremendous amount of **positive impact on your blood** from experiencing fun, joy and laughter. Your blood flows much better. It is scientifically proven. Therefore, if it impacts your blood it impacts your heart in a positive way. Your **whole cardiovascular system** is positively impacted in a tremendous way by fun and laughter.

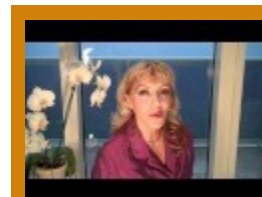
Another impact is on your **immune system**, which is very,



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very important. All the cells that kill cancer cells and all the cells that defend us from illnesses get an enormous positive impact from laughter and fun. Another huge impact is the one that laughter, joy and fun have on your **growth hormone**. By the way, my opinion is that the growth hormone is one of the most important hormones in our body. That hormone is responsible for our cells **reproducing and healing themselves**. Literally, your growth hormone will keep you looking younger, living longer and living healthier. That is a BIG deal. I have a very specific testimony about that and I will share it with you.

(cont. on next page)



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HAVING FUN IS NO LAUGHING MATTER! IT CAN NO KIDDING HEAL YOU— YOU WILL BE OVERJOYED TO FIND THIS OUT!!

For years I used to lead public seminars around the world and when I was leading, I used to **laugh a lot**. Sometimes people would even complain about me laughing too much. At the same time, at every single seminar I led, **people could not believe my age**. They would ask me my age and when I said it people wouldn't believe it. Hmmmm.. maybe laughter and how young I looked, thought, and how healthy I was had **a very direct relationship**.

There is another very important impact of laughter. Laughter has

a huge impact on all the cells in our body that experiences tension and/or stress. As you may know **stress ruins our health** more and more every day. That can be impacted big time in a positive way by laughter.

There is actually a whole group of studies by psychologists around the world proving this. One study was based on patients that were asked to watch fun, pleasant comedy movies. They studied the reaction of the **healing process in their body** vs. people that were watching stressful movies that contained a lot of trauma and

stress. The difference in the healing process, between these two groups, was dramatic. Laughter in the body makes a BIG difference.

People say, "Laughter is the best medicine". Maybe it REALLY is. I highly, highly recommend you to cherish your body, cherish your health, and cherish yourself enough that you will **give yourself the gift of making sure that you laugh** as much as you can everyday and that you bring as much joy to your experience of your daily living as possible. Thank you so much for this opportunity.

LAUGHING MAY ABSOLUTELY DO MORE WONDERS THAN MEDICATION TO HEAL YOURSELF IN MANY WAYS, INCLUDING: LIVING LONGER, LOOKING YOUNGER AND WAY MORE

Research tells us that **laughter really is the best medicine**. There is an amazing body of data that shows the physiological and psychological benefits of laughter.

Laughter de-stresses you. Studies show that laughter **helps you deal with stress**. Patients worldwide have had success fighting mental disorders with laughter therapy.

Laughter aids healthy blood flow. In a 2005 study, researchers at the University of Maryland studied the effects on blood vessels when people were shown comedies vs. dramas. After the screening, the blood vessels of the group who watched the comedy behaved normally **expanding and contracting easily**. But the blood vessels in people who watched the drama tended to tense up, restricting blood flow. The finding demonstrated that laughter **causes the dilation of inner walls of blood vessels** – therefore, improving blood flow. **Better blood flow equals a healthier heart!**

Laughter reduces inflammation.

Laughter initiates the release of nitric oxide in our bodies, which has certain cardiovascular protective properties. According to the study mentioned above, one of these properties is **reduction and prevention of physical and internal inflammations**. *Simply put, the more you laugh – the better your body reacts to physical and internal stress!*

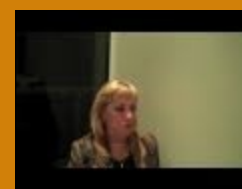
Laughter stimulates growth hormones.

An earlier 2006 study concluded that laughter stimulates the secretion of growth hormones.

Laughter impacts your immune system.

According to additional studies laughter increased: the number of anti-killer cells that attack sick and cancerous cells, t-cell activity, (which boosts the immune system), and IGA antibodies, which help fighting infections.

Less stress, stronger cardiovascular health, growth stimulation, increased immunity, **better stress regulation?** This all sounds like something to laugh about!



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Most of us are so used to focusing on the work that we have to do or the chores that are yet to be done that we forget the importance of fun in our lives. What's more, we can be so used to looking for a pill to solve all our ORDINARY HEALTH problems that we barely realize how crucial something as natural as fun is for our health. Start giving way more importance to, and making time for, fun in your life. It's not just something to do in your spare time. It is something to be implemented as part of your daily living. It is scientifically proven that fun is a critical part of your health and well-being, just like sleep, exercise, healthy food, seeing the doctor, and taking medicines when you are ill. So I am requesting, inviting you, provoking you...enticing you to: please cherish yourself, your health and your well-being enough, to have a TON OF FUN, every day!! As prescribed, at least 3 times a day and repeat as frequent as needed!!!

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FUN: THE KEY TO IMPROVE YOUR HEALTH AND YOUR LIFE'S WELL BEING

When it comes to fun and happiness we all have our own definition. Mark Stibich, Ph.D, has some suggestions for fun ways to live longer:

1. **Drink Red Wine.** Red wine is packed with resveratrol, an antioxidant that works to protect your body against the effects of aging.
2. **Eat Dark Chocolate.** Dark chocolate is a wonderful food that contains a large amount of antioxidants that protect your body from aging. Eating chocolate may lower your blood pressure and cholesterol while providing an energy boost.
3. **Smile.** Like relaxation, smiling can work to counteract the effects of stress.
4. **Have More Sex.** Sex and touching are thought to be essential parts of

health. Sex releases an assortment of beneficial chemicals in the body. Frequent sex may even extend your life by years.

5. **Relax.** By practicing daily relaxation techniques you can train yourself to turn off your stress and replace it with calm energy. This will improve your blood pressure, heart rate and ability to cope with life's challenges.
6. **Turn Exercise into Play.** Physical games and sports are a great way to keep both mind and body healthy. Simple exercise routines are great for maintaining balance, flexibility, endurance and strength.
7. **Sleep.** Sleep is an essential bodily function. Most Americans do not get enough sleep. The health benefits of sleep include more energy, better immune function, and so much

more.

8. Spend Time With Loved Ones.

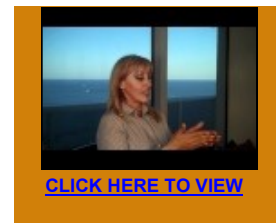
Relationships are an important part of health. Being connected also means protection from loneliness, depression, and mental illness.

9. **Solve Puzzles and Play Brain Games.** Mind games are a great way to stay involved and engaged in the world. Games can exercise different parts of your mind and entice your curiosity.

10. **Be Positive.** According to research, having a positive attitude about aging can add more than seven years to your life. Avoid the cultural push to "glorify" youth and regret each passing year.

11. **Listen to your body** - it wants optimal health for you. Add some fun today.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



CONNECT WITH ME



Cherish your body and add more happiness to your life. Listening to your body will allow you to find the unique ways to create happiness for yourself.

If you would, please go to this link and give us/me your feedback:

[\(CLICK HERE OR SEE http://carolinaaramburo.com\)](#)

That will make a major difference for me/us. We are not selling you anything. The commitment is giving and receiving of information and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express three passions of mine that I have ironically been suppressing since 1999:

- my passion for spirituality.
- my passion for our earth/environment/plants/animals and the future of them/us all.
- my passion for uniting all religions, spiritual expressions without excluding any of them and without relating to one as better than the other.....

2. To create a space where my friends and I can enrich each other's spiritual growth and we can all together empower

our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to live sustainable lives and learning to "heal" the world in a "green way".

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together lead the way towards a Self-Realized Civilization, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all simple and synergistic.

HEALTH, NOT MONEY, IS THE SECRET TO HAPPINESS...AND HAPPINESS IS THE SECRET TO....?

By bringing economic and psychological principles to light, "happiness economists" have produced a substantial body of evidence that health is a consistent determinant of self-reported happiness—one that transcends national boundaries, belief systems, and the highly subjective nature of happiness. In these studies, health correlates more strongly with happiness than any other variable included in countries throughout the world (even income!).

On the flip side of the health-happiness spectrum, an Australian study (published in *The American Journal of Health Promotion*), found that people who report high happiness and life

satisfaction are more likely to report good health a few years later. *These results were independent of several factors that impact health, such as smoking, physical activity, alcohol consumption, and age.*

University of Illinois Professor Emeritus of Psychology, Edward F. Diener, analyzed more than 150 long-term studies. "We reviewed eight different types of studies. The general conclusion from each type of study is that your subjective well-being -- that is, feeling positive about your life, not stressed out, not depressed -- contributes to both longevity and better health among healthy populations." said Diener.