

Are you feeling run-down? Research has found that laughter offers some of the same benefits as exercise. When you laugh, that laughter stretches, tones, and strengthens muscles in your face and body. Countless research studies have shown the amazing number of ways that laughter positively impacts both our mind and body. According to William F. Fry, MD, Associate Professor of Clinical Psychiatry at Stanford University. Stressed? But why is this?