

People who laugh often have other physical advantages as well. Although Kataria goodwistovered that fake laughter produces the same health disnefits as genuine laughter, he was gratified to find that it usually didn't take long for fake laughter to turn into real *Don't consider anyth insignificant out of even if it is that you meet brother with a cheerful (Sahih Muslim, 2625) laughter. They tend to get sick less often because laughter has been shown to increase infection-fighting antibodies. They tend to have lower blood pressure and lower stress levels. Laughter has also been found to help fight disease and to help people recover from illness.