

## Laughter is the best medicine

Some people say that laughter is the best medicine. Scientists are beginning to agree with this. They are studying laughter seriously and are finding that it is really good for us.

So what happens when we laugh? We use 15 different muscles in our face, and laughing is good for every organ in our body. When we laugh, we breathe quickly and exercise the face, shoulders, and chest. Our blood pressure goes down, and our circulation gets better. Our heartbeat is lower, and our brain makes a natural painkiller called a beta-endorphin.

Every minute we laugh is the same as 45 minutes of relaxation. Many doctors around the world believe that laughter helps us get better when we are sick.

Today, there are laughter clubs around the world. They try to improve people's health with laughter. The laughter clubs started in India. Now they are in many different countries. There are more than 450 laughter clubs just in India. All kinds of people join a laughter club. They go once a day for 20 minutes and start to laugh. There are no jokes. People laugh as a kind of exercise, and everyone feels better afterwards. Some people pay a lot of money to join a laughter club and just laugh.

Of course, there are many kinds of laughter. We may laugh in different ways when we are in different situations. But we all have a laugh that is special to us.

How and when do you usually laugh? Does the following make you laugh?

**I. Read the text and complete the sentences below with the correct words**

1. When we laugh, we use 15 different muscles in our face.
2. Laughter is good for every system in our body.
3. When we laugh, our heart rate goes down.
4. Laughter makes our mood better.
5. A beta-endorphin is a natural painkiller.
6. Laughter makes our blood pressure lower.
7. Laughter makes a natural painkiller in our body.
8. Forty-five minutes of laughter is the same as one minute of aerobic exercise.

**II. Choose the correct answer.**

1. Scientists say that laughter is
2. Laughter is good for
3. Laughter club

