

Laughter Yoga - Best Cardio Workout

from Dr.Madan Kataria's International Website

www.laughteryoga.org

Modern day stressors, worries and lifestyle changes have increased the rate of heart diseases which are a major cause of death and despair.



Even as doctors and patients try to minimize the risk factors, scientific studies have proved that laughter is the simplest answer to a healthy heart. An extended hearty laughter as in Laughter Yoga , the unique exercise routine, is one of the fastest ways to accelerate heart rate and provides an excellent cardiovascular workout and heart massage.

Dr. Michael Miller, a leading heart researcher and Associate Professor of Medicine, Epidemiology and Preventive Medicine Director, Center for Preventive Cardiology at University of Maryland Medical Center discovered that **laughter expands the blood vessels promoting circulation and reducing blood pressure.**

Risk Factors And How Laughter Yoga Helps

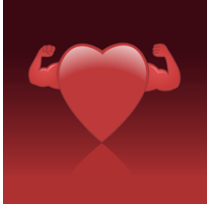
High blood pressure: Known as the silent killer, it is one of the main causes for heart attacks and strokes.

A good, hearty laugh normalizes blood pressure and stabilizes the pulse and the heart rate. Scientific studies have proved that a few days of Laughter Yoga exercises and deep breathing lowers BP thus reducing the risk of a heart attack. It improves circulation and increases the supply of oxygen.

High blood cholesterol: Having too much cholesterol in the blood is not a disease in itself, but can lead to the constriction of the arteries.

Regular Laughter Yoga can expand the blood vessels and open the arteries. It allows the blood to flow freely to all parts of the body, thus preventing a cardiac failure.

Physical inactivity: Lack of exercise and sedentary lifestyle is also a major risk factor for heart disease. In fact, an inactive lifestyle contributes to higher blood cholesterol and triglyceride levels, lower HDL levels and increases obesity. Studies show that people who get regular aerobic exercise have better cardiovascular fitness, which decreases their risk of heart attack. The American Heart Association recommends 30 to 60 minutes of aerobic exercise three to four times a week to promote cardiovascular fitness.



Just 20 minutes of Laughter Yoga is as good as an hour of aerobic exercises. It is a physical exercise - easy to do, safe and economical. It provides a fast and powerful no-sweat cardiovascular workout. Anyone can do it and feel the difference just after the first session. It loosens the body muscles and increases mobility. In fact, it is extremely beneficial for seniors who have restricted movement due to age or illness.

Stress and anxiety: Stress is the number one killer today and most of the illnesses are stress related. When under a state of stress, the biochemical changes alter the breathing pattern making it shallow and irregular.

Laughter Yoga can reduce stress levels by 75% or more in just one session. It minimizes stress, reduces blood pressure and lifts depression. It also boosts the immune system and increases circulation for better air flow to the body and the brain.

Depression: is the number one disease in the world. It generates extreme negative thoughts which can even get suicidal.

Laughter Yoga is the ideal answer to depression. It releases endorphins, a natural opiate, which alleviates pain and kick starts good feelings. It helps to elevate the mood instantaneously and changes the perspective towards things thereby reducing depression.

Diabetes: is also a major cause for heart diseases. Recent scientific study proves that Laughter Yoga has a profound impact on diabetes. The study confirmed a marked drop in the sugar levels after few days of hearty extended laughter.

Many experiments have proved beyond doubt that laughter and state of mind has a direct impact on the blood vessels. When in a happy state, the blood vessels seem to dilate and increase the blood flow to the heart, whereas there is a noticeable vasoconstriction or narrowing of the blood vessels when a person is under stress. It is definitely linked to the healthy function of blood vessels. It appears to cause the tissue that forms the inner lining of blood vessels, the endothelium, to dilate or expand in accordance with emotions.



“The magnitude of change we saw in the endothelium is similar to the benefit we might see with aerobic activity, but without the aches, pains and muscle tension associated with exercise,” says Dr. Miller. “We don’t recommend that you laugh and not exercise, but we do recommend that you try to laugh on a regular basis.”

Thirty minutes of exercise three times a week, and 15 minutes of laughter on a daily basis is probably good for the vascular system.”