

## WHAT IS LAUGHTER WELLNESS?

**Laughter Wellness** is an interactive body mind practice that allows you to laugh, regardless of how you are feeling, because there are so many benefits of laughter. It is focused on developing a positive attitude and designed to **improve** physical, mental, emotional and especially social **wellbeing** and integration.

It offers a versatile, reliable and easy to use, multidisciplinary and holistic approach to health care that combines various elements from other wellness modalities into a smooth and fluid blend. Laughter Wellness helps people laugh to “live fully until they die” in a variety of social, professional and corporate settings

A fun health promotion & disease prevention program!

- Intentional laughter
- Active wellness & wellbeing
- Easy to learn and implement
- Sound, safe, reliable
- Low cost (no equipment required)

## HOW IT WORKS

Laughter Wellness interventions unfold in five simple steps (standing or seated) in a smooth blend of action and relaxation, group interactions and introspection. Participants are taken on a fluid journey into the movements and behaviors of health, joy and connectedness, using whatever muscles are available to them.

It's an experience filled with positive and life-affirming interactions. Laughter is the glue between all activities, and it is used as a form of elective exercise. There are no jokes, comedy or clowning. We simply choose to laugh, because we can. No equipment or particular articles of clothing are required. The minimum recommended duration for a session is 20 minutes. A typical session lasts 45 minutes to 1h.

## WHAT PEOPLE SAY

*“Laughter Wellness is very comprehensive and so useful. It's a method you can go out and use right now.”*

*“It's more than a program, it's a way of life and how to look at challenges.”*

*“I thought I was happy and cheerful, but now I'm on fire!”*

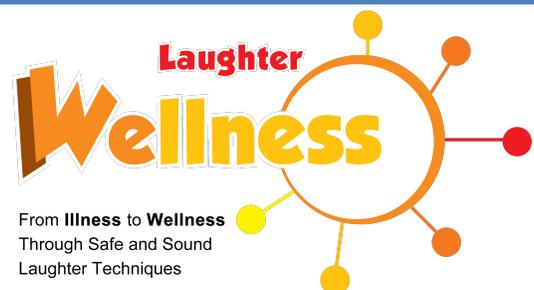
*“I see things differently now. I'm thinking about things differently. Laughter Wellness is such an incredibly powerful tool that I am so excited to use.”*

*“Laughter Wellness includes all of the different facets of laughter that are going on and embracing the many ways to use it, without negating one or the other, but actually celebrating and inviting learning in an inclusive and positive way. That is very impressive!”*

## SUGGESTED NEXT STEPS

Learn more online: [LaughterOnlineUniversity.com](http://LaughterOnlineUniversity.com)  
Call our corporate wellness experts! [TheLaughterConsultants.com](http://TheLaughterConsultants.com)

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# Cutting edge 21st century science was written 3,000 years ago: "A merry heart does good like a medicine, but a broken spirit dries the bones." (Proverbs 17:22)

How do you get a merry heart? Scientific studies have shown the value of meditating, planning a trip, spending time with family and friends, moving closer to work, going outside, practicing smiling, sleeping more, practicing gratitude, helping others a couple of hours a week, exercising, and more. It's all good and it works, but the new science of laughter suggests that all your efforts will work even better and often much faster if you include lots of laughter in that mix. Here is why. and it's experientially evident:

A few seconds

**(Choose to) Laugh!**  
There is no need to fake or force it, be silly, childish, a fool, or "weird" in any way.

"We didn't really know until recently how to use laughter as a sound and reliable therapeutic tool, but we do now and the results are unbelievable. Laughter **can** be used as a master switch towards wellness and wellbeing. It can't heal nor solve anything, but it can help to heal and dissolve everything." S. Gendry, creator of the Laughter Wellness method

Facial, chest, abdominal, and skeletal muscles are exercised, their tone is improved. Extra amounts of serotonin are naturally released in the gastrointestinal tract.

The beneficial impact on cardiovascular health is similar to aerobic activity, but without the aches, pains and muscle tension associated with exercise.

Laughter helps to provide longer exhalations, thus ridding the lungs of residual air and enriching the blood with ample supplies of oxygen, the lifeline of our system.

**You feel energized**  
\$\$\$ = More stamina, motivation, productivity.

Diaphragm is engaged. (Laughter is a form of exaggerated breathing.)

Cardiac vagal tone is improved.

Parasympathetic tone (relaxation) is enhanced, sympathetic nervous activity (fight or flight) decreases.

The production of cortisol (a stress hormone, often considered public health enemy #1), is reduced.

Muscles relax, "Stress melts away."

Heart rate eventually slows down, blood pressure is reduced.

**You feel relaxed**  
\$\$\$ = More resilience, creativity, positive mindset. Less depression, conflicts, litigations.

Less tension = cell metabolism improves: More new cells are created, and more dead cells are washed away, faster.

This creates a negative pressure within the thorax which literally sucks the lymph, creating a flow of 10-15 times its normal rate of speed.

More B, T and NK cells (soldiers of the immune system) are released from the lymph nodes.

**Immune functions are strengthened. You heal faster and are less prone to sickness.**  
\$\$\$ = Less sick days, healthcare costs, absenteeism, presentism.

The pituitary gland and the hypothalamus release endogenous opioids (endorphins), dopamine and a high concentration of different hormones and neuropeptides related to feelings of happiness, bonding, tolerance, generosity and compassion into the bloodstream.

**Human cognitive processes improve**  
\$\$\$ = Better self-image, flexibility, problem solving, decision making...

*Note: Adrenaline and improved cardiovascular circulation enhance the effect of opioids, which is why pro-active, prolonged physical laughter is more effective than passively watching The Comedy Channel.*

**Pain thresholds are significantly increased.**  
\$\$\$ = Less stress, frustration, better quality of life, more peace of mind.

**You feel good, connected with self & others, "here, now."**  
\$\$\$ = More trust, better customer service, team spirit.

Laughter produces brain waves similar to those who achieve a 'true state of meditation.'

It's as if the brain gets a workout because the gamma wave band (the only frequency found in every part of the brain) is in synch with multiple other areas that are in the same 30-40 hertz frequency.)

**You think more clearly, are more focused and have more integrative thoughts.**  
\$\$\$ = Better able to revisit and rearrange various aspects of life and work.

## Not sure how to laugh for 10- 20 minutes or more?

You don't need a reason, humor or comedy. It all starts with an intention...  
Learn more online at [www.LaughterOnlineUniversity.com](http://www.LaughterOnlineUniversity.com)  
Work with our team of corporate wellness experts: [www.TheLaughterConsultants.com](http://www.TheLaughterConsultants.com)



# Did you know?

We Solidify  
**patterns**  
when we keep  
doing things the  
**same way**



Try a new pattern of stress relief

## LAUGHTER WELLNESS

**100% you**

healthy • uplifting • energizing  
joyful • connected • fun

Laughter Wellness is a **fun!** interactive practice focused on developing a positive attitude and designed to improve physical, mental, emotional and especially social wellbeing and integration.

Experience a new way to access your inner cellular pharmacy, feel the joy in your heart, and say goodbye to stress...

The secret of Laughter Wellness is that we are hardwired to respond positively to laughter and smiles. These trigger a beautiful, most **beneficial** domino effect in our body and brain.

**Stress lifted from my body, it lifted from my soul.**

*Reggie Wells, Oprah Winfrey Show*

**This stuff really works!**

*Harry Hamlin, Dancing With The Stars*

**Feel good** (↑ Motivation , ↓ Sick Days)  
**Think good** (↑ Resilience, ↑ Creativity)  
**Do good** (↑ Productivity, ↓ Costs)



With **Sebastien Gendry**, an international expert in laughter for wellness and wellbeing. Sebastien is the creator of the Laughter Wellness method.



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