

Laughter is the best medicine!

Editorial

Learn the art & science of laughtercise

The Way to a Peaceful Mind at our upcoming wellness retreats. Experience the healing power of laughter and meditation techniques! Laughtercise is good cardiovascular exercise for your mind, body and soul. Meditation cleanses your mind. It is like mental floss, promoting happiness and reducing stress. Since stress and poor eating habits are responsible for 90% of all diseases; we can reverse it by reducing stress via laughter+exercise=Laughtercise and eating 6 vegetables+3 fruits+10 Almonds/walnuts+drinking 8 glasses of water+lemon+apple cider vinegar+baking soda daily to live healthy to 101+.

What is UP?

We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers, and clean UP the kitchen. We lock UP the house and fix UP the old car. At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses because we never want to screw UP. To be dressed is one thing, but to be dressed UP is special. A drain must be opened UP because it is stopped UP. We open UP a store in the morning, but we close it UP at night. We seem to be pretty mixed UP about UP! If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if

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you do not give UP, you may wind UP with a hundred or more. When it threatens to rain, we say it is clouding UP. When the sun comes out, it is clearing UP. When it rains, it soaks UP the earth. When it does not rain, things dry UP. It is no wonder children are messed UP one minute we tell them to speak UP and then we tell them to shut UP.

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Conflict of interest

The author declares no conflict of interest.