

# Lighter Side of Medicine

INSPIRATIONAL STORY

## LAUGHTER IS THE BEST MEDICINE

Several years ago, Norman Cousins was diagnosed as being terminally ill and was given 6 months to live. He was told that his chance for recovery was 1 in 500. He came to realize that worry, depression and anger in his life had contributed to his disease. He started wondering that if illness could be caused by negativity, could wellness be created by positivity. He thought of making an experiment of himself. Laughter was among the most positive activities he could think of. He rented several funny movies including those of Keaton, Chaplin, Fields and the Marx Brothers. He read funny stories, asked his friends to call him whenever they said, heard or did something funny. He could not sleep many a times due to his pain, but he noted that laughing for 10 minutes relieved his pain for several hours, and he could sleep. Eventually, he completely recovered from his illness and lived another 20 happy and healthy years. He talked about his journey in his book "Anatomy of an Illness". He credits his recovery to visualization, the love of his family and friends, and laughter.

People sometimes think that laughter is a waste of time. It is a luxury. But that's not the truth. Laughter is essential for our equilibrium and our well-being. Laughter helps us get well and stay that way. Since Cousins' work, scientific studies revealed that laughter has a curative effect on the body, the mind and the emotions. Indulge in laughter as often as you can.

Use whatever makes you laugh – movies, sitcoms, books, cartoons, jokes and friends. Laugh long and loud. People may think you're strange, but sooner or later they'll join in even if they don't know what you're laughing about.

Some diseases may be contagious, but none of them is as contagious as the cure... laughter.

*(Source: Peter McWilliams. Chicken Soup for the Cancer Survivor's Soul: Healing Stories of Courage and Inspiration By Jack Canfield, Mark Victor Hansen, Patty Aubrey, Nancy Mitchell, Beverly Kirkhart)*

## HUMOR

### Three Professionals

A Mechanical, Electrical and Computer Engineer were riding together to an Engineering Seminar; the car began jerking and shuttering.

The mechanical engineer said, "I think the car has a faulty carburetor."

The electrical engineer said, "No, I think the problem lies with the alternator."

The computer engineer brightened up and said, "I know, let's stop the car, all get out of the car and get back in again!"

### A LEAVE LETTER TO THE HEADMASTER

"As I am studying in this school I am suffering from headache. I request you to leave me today."

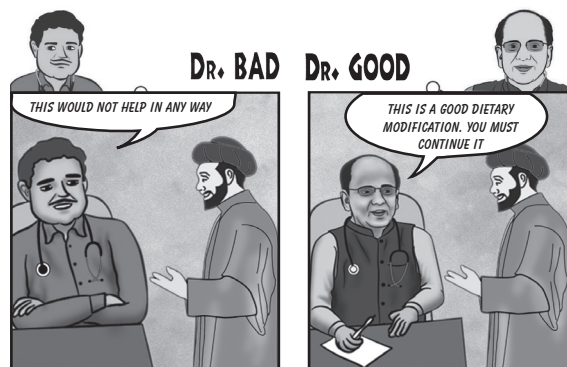
### BAD EATING HABITS

Complaining to her consultant about her daughter's strange eating habits, a woman said that the daughter lies in bed all day and eats yeast and car wax. What will happen to her?

The consultant said, "She will rise and shine."

## Dr. Good and Dr. Bad

**SITUATION:** A 52-year-old, type 2 diabetic male was suggested to eat a starch-restricted, fiber-rich functional bread, with an increased  $\beta$ -glucan/starch ratio.



**LESSON:** It has been reported that a starch-restricted, fiber-rich functional bread, with an increased  $\beta$ -glucan/starch ratio helps in ameliorating long-term metabolic control. Thus, it could be regarded as a beneficial dietary treatment for T2DM.

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