



KATIE BRINDLE

Laughter Guide

Treatment techniques based in Chinese medicine



Why is Laughter Qigong so good for us?

Who doesn't love a good chuckle! But apart from lifting our spirits, giving us a sense of connection to those around us, and generally making us feel better, have you ever wondered what laughter actually does for us physically? Or what it does for us mentally?

Laughter qigong is one of my favourite mind/body practices. Aside from being incredibly funny, joyous and often downright silly, it has been the surprise hit of our qigong sessions. Laughing really is incredibly good for us, with multiple healing benefits:

- Improves the immune system. When we have negative thoughts or emotions what happens is that the negativity can trigger chemical reactions that consequently have a harmful effect on the body by bringing more stress into our systems. This can then damage the health and effectiveness of our immunity. By contrast, when we have positive, uplifting thoughts we release neuropeptides, the chemical messengers that assist us in fighting stress. This can then help to avoid more-serious, stress-related illnesses or health issues developing. It is said that one minute of laughter can boost the immune system for 24 hours.
- Relieves pain. When we laugh, our body produces endorphins, the so-called "feel-good" chemicals: the body's natural painkillers. Endorphins can enable tense, painful muscles to relax, even becoming slightly more tolerant of long-term pain. This can make laughter qigong a very valuable component of pain management, on both a physical and mental level.
- Improves mood and mental wellbeing. With depression and anxiety increasing, mental health awareness should be very much part of our own self-care practices. Laughter can help to lessen depression and anxiety, putting our negative thoughts and feelings into perspective, and helping us to feel happier which, in turn, benefits our overall health. Put into simple terms, it can make us feel better.

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- Stimulates the organs. Laughter can benefit all organs of the body. The physical act of laughter enhances our intake of oxygen-rich air which stimulates and nourishes our Heart and Lung energy, as well as increasing the endorphins being released by our brains. As all of our organs work together to keep the body balanced, this simple practice has a knock-on effect of benefitting all other organs, as well as our muscles and tissues.
- Controls the stress response. Laughter can immediately relax us by firing up and then cooling down our stress response. As we laugh our blood pressure initially rises and our heart rate initially increases.... But then our blood pressure will drop, our heart rate will slow and that will result in a relaxed and happy feeling. From this relaxed state the body is able start to heal.
- Soothes tension. Laughter can not only stimulate circulation and aid muscle relaxation, which can help alleviate physical symptoms of stress, it can also soothe tension in our face and neck. As our stresses lift, and any anger or negative feelings evaporate, our facial muscles will soften so we will look as well as feel happier. A great reason to turn that frown upside down!

What to eat to help your Liver

- Join my morning qigong classes on Tuesdays and Thursdays – As we laugh together, usually at a dreadful joke, the benefits are amplified because we understand that we are all connected to each other and sharing the same experience.
- Make time to watch your favourite comedy – The benefits of laughter can be anticipatory; when you settle down to watch something you'll begin to feel better even before you start laughing.
- Follow your favourite comedian – Watching a snippet of your favourite comedian can bring a much needed moment of laughter at any time.
- Get a pet – Animals cannot fail to make us laugh. However bad a day we are having they will raise our spirits and bring a smile to our face.

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- Learn to laugh at yourself – We often take ourselves far too seriously, which can stop us in finding the humour in life around us and even hamper our self-esteem. Try to be easier on yourself and allow your own silliness to come into your life – it will be beneficial for you and those around you.
- Fake it 'till you make it – The body cannot differentiate between real and fake laughter. As Mantak Chia says: 'The act of laughing, whether natural or artificially induced, causes the production and release of literally hundreds of different chemicals that assist in healing the body and releasing stress...'

Yang Sheng Techniques and Chinese Wisdom

Chinese wisdom understands that everything needs to flow and that if anything is stuck it will inhibit the all-important smooth flow of blood and qi around the body, resulting in blockages. These blockages will eventually manifest as health concerns. By allowing yourself to move your body with laughter qigong you are stimulating the movement of the diaphragm and abdominal muscles, relaxing the nervous system and benefitting all organs of the body for improved physical health as well as helping to clear the negative and low frequency emotions that are at the root cause of all illness in the first place.

For regular laughter qigong, join me each Tuesday and Thursday as we all laugh together.

There is a wealth of information in my book, "[Yang Sheng – The Art of Chinese Self-Healing](#)".

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Want to know more?

We will be delighted to support you as you continue along your Yang Sheng journey. The following will get you started:

'Yang Sheng: The Art of Chinese Self-Healing' available on Amazon, Waterstone and www.hayoumethod.com

Download Yang Sheng Book

Qigong Healing classes (3 x each week) for a more in-depth and healing practice – full details on www.hayoufit.com

Free Masterclass "[Master Your Health](#)" – understand the 3- step plan for preventative health. Find more Qigong Masterclasses [here](#).

Free self-care weekly content [@katiebrindle](#) on Instagram, Facebook and YouTube.

Free regular gua sha demonstrations on [@thehayoumethod](#) Instagram & the opportunity to purchase the accompanying tools from www.hayoumethod.com

DISCLAIMER:

Please note that any of these Yang Sheng techniques are designed to support your overall self-care and wellbeing and should not be used as a substitute for any Western medical advice or treatment that you may be receiving. You should not use the information in this Guide or on our website for diagnosing or treating a health problem or disease and must always consult your doctor if you have any health concerns. Additionally, please note that there are a few contraindications to Yang Sheng techniques, so please visit www.hayoumethod.com to view our comprehensive FAQs.

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