

# **The Miracle Health Tool Secret**

Ramp up your energy, boost your immune system, lower your blood pressure, decrease biological age, feel and look younger, decrease inflammation and soreness, improve relaxation, improve quality of sleep and...

***You Will Laugh Your Head Off***

By Teri Ritchie

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My intention in writing this report is not to tell you anything that you don't already know. My intention is to remind you, as I too was reminded of the miracle that life is and the miracle that a human being is.

As it happens, great and natural regenerating and healing abilities are inherent in this experience called being human. We seem to have collectively forgotten that we are miracles having a miraculous experience and that we have some pretty amazing abilities to support this journey.

Please be curious about what you read here, listen to your own truth, and your own experience. Don't believe what I am saying as The Truth or accept or reject anything. Trust yourself and your experience and choose for yourself. Together we continue the exciting adventure called life.

Rich and Lovely Blessings to you,

Teri



Wouldn't it be great if you had a natural, powerful and healthy way to counteract the harmful effects of our stressful and toxic lifestyles? What if you had a way to prevent the harmful damage that stress causes? And what if it was free and available 24 hours a day 7 days a week – all of the time whenever you needed it?

Wouldn't it be great too if you could boost your energy levels without caffeine or harmful chemicals? And wouldn't it be fabulous if you had a way to do everything we've just mentioned and decrease your biological age markers actually having you look and feel younger?

It would have to be legal, easy, and require no training. It would have to be fun, you could do it alone or with others, in all seasons, indoors or out, without special clothing or equipment, without club memberships. You could do it with children too – family fun, and you could even do it with your pets.

Sound a bit unreal and fantastical?

As human beings we have many natural regenerative and self healing tools and abilities, most of which we've forgotten. It's no wonder we are in the health crisis that we are in.

The human body mind system is designed to be self healing. The body is designed to heal itself. Our self healing systems are always – meaning constantly – correcting imbalances,

eliminating toxins, fighting invaders, rebuilding, regenerating and attempting to keep us healthy and vital.

We have to work really, really hard to keep these powerful processes from doing their jobs. They don't ever stop doing their job, we just get better and better making their job harder by getting in our own way – hindering, and too often, stopping the processes.

No one is to blame – it's no one's fault. There are lots of theories about when and how our lifestyles got so toxic and this insanity became the norm, but the bottom line is that we have a bit of a mess here and it negatively and critically affects all of us.

We are all in this boat together, as they say. A ship of fools maybe - but if we can understand the insanity of our lifestyles then we just might get the joke and have a great laugh. And, I would hope, start to activate our internal physician to help get ourselves de-stressed, healthy and energized.

**Here are some scary facts.**

- Heart disease is the #1 killer of women, #2 for men.
- Heart disease is preventable.
- Stress is the cause of many preventable lifestyle diseases.
- 80% of doctor visits are by women with stress and lifestyle issues.
- Stress shortens the length of your life.
- Stress and the damage it causes is preventable.

I could go on and on, but the statistics are all too distressing. Not all stress is bad and damaging either but it's not the focus of this report to go into great detail about the problems, causes or extensive solutions – we know the problems all too well, we live the problems.

The intention of this report is to give you – no, remind you – of a really great natural tool that you can use to keep yourself healthy and to get you back to health if you have somehow slipped out of it.

### **Miracle Tool**

You might think this is a joke but it is REAL! You might laugh (I hope) but do take it as the miracle that it is.

### **The Miracle Tool is LAUGHTER. Yes, that's right LAUGHTER.**

Ok, this tool is not actually a secret but it might as well be. Our lack of awareness of how powerful it is and the benefits it provides has been hiding right in front of us.

Laughter is a whole brain activity and a whole body activity. It cancels out stress and negative emotions. You cannot laugh and worry at the same time. You cannot laugh and be stressed at the same time. You cannot laugh and experience anger, sadness, fear, dread...you name it, at the same time. Try it.

The relief you get might only last a few minutes but it is real. The more you laugh the greater and longer you get to experience the wonderful and miraculous benefits of laughter. You will soon start to experience a joyful transformation in how you experience yourself and your life in general.

Take a look...some health benefits of laughter:

- Stress buster
- Natural pain killer
- Reduces high blood pressure
- Helps prevent heart disease
- Promotes healing
- Improves in digestion
- Boosts Immunity
- Has benefits of aerobic effects
- Oxygenates brain and body
- Reduces occurrence and severity of bronchitis and asthma
- Improves stamina in athletes
- Internal jogging – strengthens abdomen and internal organs
- Good for actors and singers strengthening breath and diaphragm
- Makes you look younger
- Reduces biological age
- Lengthens your life
- Aids in relaxation
- Assists in ease of meditation
- Actually reduces snoring by strengthening throat muscles
- Enhances self esteem
- Relieves depression, anxiety and psychosomatic disorders
- Increases endorphin production

And there are social and relational and health benefits of being in groups and communities where laughter and enjoyment are consistently present. It has been proven that being connected to meaningful, enjoyable, and like minded groups is a key factor in living longer, healthier and happier lives.

## **Scientific Proof: Dr Lee Berk**

Dr. Lee Berk and fellow researcher Dr. Stanley Tan of Loma Linda University in California have been studying the effects of laughter on the immune system. Their published studies have shown that laughing lowers blood pressure, reduces stress hormones, increases muscle flexion, and boosts immune function by raising levels of infection-fighting T-cells, disease-fighting proteins called Gamma-interferon and B-cells, which produce disease-destroying antibodies. Laughter also triggers the release of endorphins, the body's natural painkillers, and produces a general sense of well-being.

The following is a summary of his research, taken from an interview published in the September/October 1996 issue of the Humor and Health Journal.

### **Laughter Activates the Immune System**

In Berk's study, the physiological response produced by belly laughter was the opposite of what is seen in classical stress, supporting the conclusion that mirthful laughter is a eustress state -- a state that produces healthy or positive emotions.

Research results indicate that, after exposure to humor, there is a general increase in activity within the immune system, including:

- An increase in the number and activity level of natural killer cells that attack viral infected cells and some types of cancer and tumor cells.
- An increase in activated T-cells (T lymphocytes). There are many T-cells that await activation. Laughter appears to tell the immune system to "turn it up a notch."
- An increase in the antibody IgA (immunoglobulin A), which fights upper respiratory tract insults and infections.
- An increase in gamma interferon, which tells various components of the immune system to "turn on."
- An increase in IgB, the immunoglobulin produced in the greatest quantity in body, as well as an increase in Complement 3, which helps antibodies to pierce dysfunctional or infected cells. The increase in both substances was not only present while subjects watched a humor video; there also was a lingering effect that continued to show increased levels the next day.
- Releases two neuropeptides viz. Endorphins and Enkephalins. These are opioids that are body's natural pain suppressing agents. The ability of laughter to release muscle tension and to soothe sympathetic nervous system stress also helps to

control pain. Increased circulation also helps to minimize pain. Thus, laughter has a multipronged approach for the relief of pain, in painful conditions such as arthritis, spondylitis, etc. This is aptly demonstrated by the famous article of Norman Cousins (New England Journal of Medicine, Dec. 1976) where he documents that 10 minutes of laughter had an analgesic effect for 2 hours in his personal problem of severe ankylosing spondylitis. Coganetal (Journal of Behavioral Medicine 1987) has demonstrated by clinical experiments that discomfort thresholds were higher in subjects after laughter bouts. Some (21 %) of our members with painful orthopedic conditions had relief.

### **Laughter Decreases "Stress" Hormones**

The results of the study also supported research indicating a general decrease in stress hormones that constrict blood vessels and suppress immune activity. These were shown to decrease in the study group exposed to humor and laughter.

For example, levels of epinephrine were lower in the group both in anticipation of humor and after exposure to humor. Epinephrine levels remained down throughout the experiment.

In addition, dopamine levels (as measured by dopac) were also decreased. Dopamine is involved in the "fight or flight response" and is associated with elevated blood pressure.

Laughing is aerobic, providing a workout for the diaphragm and increasing the body's ability to use oxygen.

Laughter brings in positive emotions that can enhance – not replace -- conventional treatments. Hence it is another tool available to help fight the disease.

Experts believe that, when used as an adjunct to conventional care, laughter can reduce pain and aid the healing process. For one thing, laughter offers a powerful distraction from pain.

In a study published in the Journal of Holistic Nursing, patients were told one-liners after surgery and before painful medication was administered. Those exposed to humor perceived less pain when compared to patients who didn't get a dose of humor as part of their therapy.

Perhaps, the biggest benefit of laughter is that it is free and has no known negative side effects.

Here is a summary of how humor contributes to physical health.

**Muscle Relaxation** - Belly laughing results in muscle relaxation. While you laugh, the muscles that do not participate in the belly laugh relax. After you finish laughing those muscles involved in the laughter start to relax. So, the action takes place in two stages.

**Reduction of Stress Hormones** - Laughter reduces at least four of neuroendocrine hormones associated with stress response. These are epinephrine, cortisol, dopac, and growth hormone.

**Immune System Enhancement** - Clinical studies have shown that humor strengthens the immune system.

**Pain Reduction** - Humor allows a person to "forget" about pains such as aches, arthritis, etc.

**Cardiac Exercise** - A belly laugh is equivalent to "an internal jogging." Laughter can provide good cardiac conditioning especially for those who are unable to perform physical exercises.

**Blood Pressure** - Women seem to benefit more than men in preventing hypertension.

**Respiration** - Frequent belly laughter empties your lungs of more air than it takes in resulting in a cleansing effect - similar to deep breathing. Especially beneficial for patient's who are suffering from emphysema and other respiratory ailments.

**Live Longer** - Stress makes you old. Anti-aging studies have discovered that constant stress causes the telomeres—tiny caps on cells' chromosomes that govern cell regeneration—to get smaller. When a cell's telomeres get too short, the cell stops dividing and eventually dies.

Here is the best proof though. It's what we know from experience and what we know is that laughing feels wonderful – it is a natural high.

We all know how wonderful laughing feels and how much we love it. Now we have scientific proof about how miraculous and healing humor and laughter are.

## **So Here Is The Part That Is ‘The Secret’**

*You do not have to wait for something or someone funny to show up and make you laugh. You do not have to create something funny or organize anything funny so that you can laugh.*

You can laugh, even belly laugh, any time you jolly well feel like it. Laughter is an internal function – meaning that you have the ability to turn it on and off at will.

It is a skill that can be learned, practiced and easily activated. The more you laugh the easier it becomes for you to laugh and the easier it is for you to consistently experience the benefits of laughter.

I’m going to show you how to get all of these benefits from laughter right now and anytime you choose and as much as you want.

**Here is what you do and how you do it.**

Do this: Stand up straight, put a big smile on your face, hands on your hips, put your head back, open your mouth wide, and from your belly let out big rounds of **ho, ho, ho, ho, ha, ha, ha, ha, he, he, he...** like the Jolly Green Giant or Santa Claus. In fact, that’s what this exercise is called - The Jolly Green Giant. Laugh like this for 3 to 5 minutes – the

longer the better. Do several rounds of it. If you really want to feel great all day do it several times a day.

You can do The Jolly Green Giant while you are out and about and even while you are driving (keeping your eyes on the road of course). But anytime you can ho, ho, ha, ha, it up in front of a mirror it's a blast. And if you want to really make it fun get naked and laugh yourself silly in front of a full length mirror – it is so much more fun.

I did the JGG this week at my fitness club. After my work out and a lovely relaxing soak in the spa and steam rooms – and while naked - I put my hands on my hips and just started laughing. In probably less than 30 seconds I was spontaneously laughing. A minute or two later two women came to the area I was in to see what the fun was all about. We had a delightful conversation. My two new acquaintances and I became fast friends.

It is a good idea to adjust your laughter volume to fit your environment. At home and in my car I really let it rip. At the fitness club I kept it down to regular speaking volume. The most important thing is to just do it.

I'm smiling and feeling deep warm joy and lightheartedness right now as I write this just remembering the experience. And in the editing process, every time I read through this section I got the same feelings activated again and again. Very nice I must say.

The short and long term effects are amazing.

I guarantee you will end up genuinely laughing your head off and have a lovely grin on your face all day long - maybe for weeks. You can't help but end up genuinely laughing.

Add the Jolly Green Giant to your morning exercise routine and anytime you are feeling stressed or down.

At the first hint of cold symptoms or if you start to feel sick do the Jolly Green Giant. You will be amazed at how much better you feel and you just might eliminate the potential problem before it gets you.

### **Mirror Laughing**

Any time you are in front of a mirror, put your face a few inches from the mirror and while looking into your own eyes start laughing. Just like you would if you were sharing a very funny story with your best friend.

Make sure this laughter comes from your belly. Put a hand on your belly to be sure you are using your diaphragm and belly muscles.

It's ok if you don't 'feel' it at first. Keep it up and I guarantee you will. If you feel silly or embarrassed by the process – keep doing it anyway. It's just you feeling uncomfortable at

being intimate with yourself. It feels awkward if you are not used to it. Imagine you are 4 or 5 years old before you got too cool to play.

I have a client who does the Jolly Green Giant in her bathroom every morning when she is getting ready for the day – she says it is a fantastic way to start her day.

### **Other Tips**

1. Make sure you put a big smile on your face. When you smile with intent to feel pleasure, even if you don't 'feel' it at first, the zygomatic muscles in your cheeks activate a pleasure response in your brain which sets off a cascade of physical, chemical, and emotional responses and you do end up feeling better.
2. Find out what is funny for you and do it often. When it starts to become not so funny find something else.
3. Collect an assortment of funny movies, stand up comedy routines, and CD's. I have sets of old Red Skelton, Johnny Carson and Laugh In tv shows.
4. Make it a point to seek out friends who are fun, funny and inspiring and hang out with them. (Don't hang out with people who bring you down or cause you stress. Ask yourself this, "Do I like these people enough to die an early death for them?")
5. Be someone who is fun, funny and inspiring.
6. Develop your own sense of humor. I know a very high powered and sophisticated woman who never does anything in the morning until she has her coffee and reads her comics.

## **Coming Soon**

There are many other very powerful and natural health and healing tools available to us that seem to be hidden in plain site which, when we become aware of them, puts our health and healing back into our own hands and changes our lives for the better forever!

**Watch for more reports on these tools coming soon.**

So, dear ones laugh hearty laugh often and love your life.

I've included a testimonial for my coaching which is my True North, my calling in life. When I receive letters like this one it blesses my heart and although I don't need confirmation to do what I do it's great to get it.

When I first started coaching with this client she had been suffering her whole life in most areas of her life. She was in so much pain laughter was not what she was looking for but her transformation in the coaching has brought her to a life a joy and easy laughter.

She is now a different person. She is happy, bright, healthy and one of the most genuinely light hearted and free people that I have the pleasure of knowing.

This could true for you.

Call or email me to talk about how you too can experience a joyful life that you love.

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“Teri's done such a fantastic job with me I can barely remember what it was like before I started working with her! This I Do remember though--I was unhappy and desperately seeking something I hadn't already tried and the options were narrow. In the distant past I'd tried or 'accidentally' experienced just about everything unhealthy, painful or hideous. Isolation and aloneness beyond belief, alcohol and drug abuse and addiction that led to four periods of homelessness, two complete breakdowns, and getting on my (wobbly) feet again was awful. Once I rented someone's clothes closet to sleep in for six months while I worked my way up, again. I tried everything, including fasting, psychics, good behavior, bad behavior, bad relationships, no relationships, no friends, over-work, no work, over-exercise, binge-purge-laxatives for 30 years, moving often to get away from the dreadful messes I'd created, finding myself, again, in crisis after crisis, and so much more.

AND, I never gave up looking for a better way to live, a way to get out of the pain. I was on a constant search--anything that had the smallest hint of promise I would try, absolutely anything. Because of the fear, anger, stress and negativity, I'd gotten very sick, skinny and weak. I'd built up or allowed, or created, I don't know, a big bunch of serious immune problems--environmental sensitivity disorder--I was allergic to Everything, was eating only three or four foods, had undergone IV Chelation for serious heavy metal build-up, for blood toxicity, yeast, mold, fungus overgrowth, and my organs were shutting down. I can't remember everything, just that I was really sick, really hurting.

I was seeing about three doctors on a regular basis; had been in intensive therapy for decades, taking anti-depressants, and having screaming, yelling fights with my husband. Neither of my grown children or my sister was speaking to me. I was alone, I was scared.

In September, 2006, I met Teri at a Deeksha event in Santa Monica. I went to every event she had there, loving the Deeksha. I began going to her weekend Deeksha Intensives and absolutely fell in love with it all--the Oneness with Everything I was experiencing, the supportive community she created, and with Teri herself...her delightful, heartfelt self. I was needy, complaining, fussy, delicate, and emotional--pretty much nuts, AND at the same time I was beginning to laugh again, and with Teri's help I was beginning to get just conscious enough to laugh at myself.

At first I remember thinking I'd just be around her as much as possible and 'learn' or 'absorb' her balanced serenity, her complete non-judgment, her total lovingness. I wanted my eyes to sparkle with love and acceptance like hers did; I wanted what she had.

One day I blurted out, "Teri, it's time for us to work together!" Totally surprised me--I hadn't consciously thought of it, and continue to thank my brilliant Higher Self for it. Best move on my part, and was so anxious to work with her we started in the middle of the month; I wanted it NOW.

**What My Life is Like Today:** It's Fabulous, I am almost 60 and completely Fabulous! Wow. I feel fantastic--Inside, Outside. I see Wonderful Beauty all around me, and know I'm attracting more beauty and abundance because the Nasty Dark Hell I was living in is...Gone. Feels like I got projected right up out of the murky swamp water and was propelled into a Glorious Sunlit Garden of Life. I live (most of the time) in Awareness. Awareness of Choice, Love, With Curiosity, Acceptance, Joy, Amazing Health, Honesty with myself and Courage to be honest with others. I'm having a blast laughing at myself and, as Teri says, The Absurdity of the Human Condition! It wasn't overnight, but now that I feel so good and so much more free--I couldn't tell you what the Process was!

Life is Not the Bowl of Cherries, it's still Life, and things happen, but my Perception is completely different, and I can take things in stride without the old 'Drama with Complaints' and feel the Joy that's my natural birthright...it doesn't go away. Life is Full of Possibilities. Life is Good.

Thank you, Teri, for showing me how to live joyously and freely with healthy boundaries and complete curiosity for Life; for your beautiful, gentle guidance and direction, leading me up and out of the darkness--I never felt judged, controlled or pushed. I remember calling you many times, sobbing with whining self-pity, angry and blaming and within minutes was laughing myself silly! I don't know how you did that, but I so love and respect you for who and what you are, how you helped me peel the onion of myself, and I love who and what I am! Your amazing two-day Intensives I attended were like scrubbing bubbles for the inside--I really got some jet propulsion there!

Thank you for opening my eyes to new, wonderful Possibilities, *for saving my life* and for the lighthearted fun we always had. What a joy to be free of that old behavior--You're the best! I love you, am so grateful for you...and my husband is too!" –S California, August 2007

### **About the Author**

Teri Ritchie has been a personal life coach since 1991 when professional coaching was in its infancy, long before most people had ever heard of coaching outside of sports.

Teri has worked with hundreds of men and women assisting them in realizing self-love, empowerment and actually 'waking up' to their own exciting lives.

She uses a refreshing and exceptional blend of wisdom, respect, humor, and 'way outside the box thinking', teaming with her clients to get unprecedented results.

Teri combines love and acceptance, and a profound appreciation and compassion for being human and the process that puts most of us 'to sleep' as well as the amazing process of 'waking up' again. She walks her talk having experienced, survived, and thrived on the process herself. Teri has always said that if she can 'wake up', anyone can and she is here as a coach and guide to powerfully and safely walk with you to a life you love.

Call or email Teri today for more information on how the coaching process would benefit you and for information on upcoming seminars and Oneness Blessing events.

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Notes, thoughts, feelings and actions on laughter and your health.