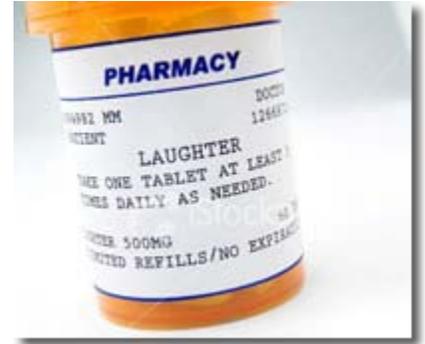


## August: Attitude/Laughter

The mind-body connection: Medical science is making remarkable discoveries about the relationship between your state of mind and your mental and physical health. What does this mean? Researchers have found that one function of the brain is to produce substances that can improve your health. Your brain can create endorphins, which are natural painkillers; gamma globulin for fortifying your immune system; and interferon for combating infections, viruses, and even cancer.



The substances that your brain produces depend in part on your thoughts, feelings, and expectations. If your attitude about an illness (or life in general) is negative and you don't have expectations that your condition will get better, your brain may not produce enough of the substances your body needs to heal. On the other hand, if your attitude and expectations are more positive, your brain is likely to produce sufficient amounts of the substances that will boost your body's healing power.

Your physical health also has an impact on your brain's ability to produce substances that affect your mental well-being. An illness or injury that causes long-term physical stress can lead to chemical imbalances in the brain. These imbalances may lead to depression and other mental health problems. (Reference from WebMD Healthwise)

The article that follows tells us how laughter and a positive attitude help influence this mind-body connection.

### [Give Your Body A Boost](#)

