

## America's Diabetes Epidemic is Nothing To Laugh About - Or Is It?

### *It's Time To Highlight The Health Benefits of Humor: Laughter's Proven Role In Managing Chronic Conditions*

April 10, 2012 (FPRC) -- La Jolla, 'We're in the midst of a diabetes epidemic. Heart disease numbers are through the roof. I'm no political pundit, but it seems to me that Washington isn't going to get our healthcare system straightened out anytime soon. We have the need, but we don't have the resources. It's time to start raising awareness about the health benefits of humor so people who have chronic conditions can enjoy a more optimal state of wellness.'

According to Karyn Buxman, nurse, past president of the Association for Applied and Therapeutic Humor (AATH), and author of *What's So Funny About Diabetes?*, there are clinically proven physical benefits associated with laughter. 'Scientists and researchers who have been examining the mind-body connection - a field known as psychoneuroimmunology, often abbreviated as PNI - have discovered that enjoying humor can lower the cholesterol and blood pressure, increasing circulation which boosts energy levels and speeds healing. For people with diabetes, it's important to know that laughter can help control post-meal blood sugar spikes.'

April is National Humor Month. 'This is a great time for us to begin integrating healthy laughter into our wellness routine. Humor does more than make us feel better - it actually makes us better!' The therapeutic use of humor is designed to augment and support the healthcare and treatment choices a person makes with their healthcare providers. 'It doesn't cost a thing to laugh, and all of the best jokes are 100% fat-free!'

To learn more about ways you can use humor to enjoy better health, visit Karyn's website, [www.whatssofunnyabout.com](http://www.whatssofunnyabout.com)

About Karyn:

Karyn Buxman, RN, MSN, CSP, CPAE is a humor expert, professional speaker, and author. She has received the Lifetime Achievement Award from the Association for Applied and Therapeutic Humor. She serves on the advisory boards of the Invisible Disabilities Association, the American Happiness Association and NurseTogether.com. She is the co-founder of World Laughter Tour.

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