

“LOL”

**Laugh often, long and loud.
Laugh until you gasp for breath.**

I recently got an email that had the above as a part of the message. It got me thinking about how little we laugh. As children, it was something that we would always do. Sometimes, for no apparent reason. Out loud. Rolling on the floor. VERY loud. Laughed until our sides hurt, our stomachs hurt, tears ran down our faces, milk came out our noses. Laughed until we wet ourselves sometimes! The joy of being a kid...

I often hear people say that they wished for the good old days, the carefree days of being a kid again. So, why were those days so good? Why were they so carefree? Do kids really NOT have any responsibilities? They have chores, they have to listen to EVERY adult that's around. They have to eat their veggies. They have to do homework. They have to share their toys and clean their room. They have to bathe, wash their hands, and brush their teeth. It's a tough life being a kid!!!

The way I see it, what made the difference was the way they handled it. Kids don't sweat the small stuff. They fight with a friend and 10 mins later (sometimes less) they've forgiven, forgotten, and they're on to the next game. They get a punishment and a few minutes later (unfortunately) they've forgotten about it and they're back to the same old thing. In other words, they don't hold on to the past very long, they move on, they are enjoying their lives!!

Well, you can have that too... IF you want to. Of course you still have the responsibilities of adulthood, but why not take some time out to experience the joy of childhood? Forget the bad stuff that happened today. Enjoy life. Laugh Out Loud. Laugh until you wet your pants!!!!

If you have trouble finding stuff to laugh at, ask a friend to help you. Go on a quest to find it... to find your 'pee-on-yourself' joy. Laugh until your face and stomach hurt, until you have a stitch in your side, and until you gasp for breath. Laugh until all the tension of the situation, the day, the week, the year... has just melted away. Life will be SOOO much better for you when you can learn to be a kid again!!!

Isn't that a great message?!

Until next time... Peace and Health,

Dr. Turshá Hamilton
Naturopathic Physician

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