



## Embracing Humour By Andy Holter

You may well have heard that laughter is the best medicine, and there is an abundance of evidence to support this wonderful claim to fame. Laughter is therapeutic because:

- It facilitates cardiovascular activity by increasing blood flow, and it improves blood vessel functionality, all of which protect our beautiful hearts.
  - It improves muscle relaxation by releasing muscle tension in the facial, abdominal, and back areas, and this in turn reduces the stress signals to our brains. You will then feel suppler after a hearty laughter work-out. A helpful little thing to remember 'it takes more muscles to frown than it does to smile'.
  - It inhibits the release of stress hormones (adrenaline, cortisol) and increases the number of antibodies (T-cells, Gamma-interferon) released, which boosts our immune system, helping us to be more resistant to diseases and infections.
  - It causes the release of endorphins – your body's feel-good chemicals. Endorphins not only make us happier but can also increase our confidence and sense of wellbeing. Endorphins can also act as powerful analgesics for pain relief. Laughter is certainly one of life's free and most efficient mood-enhancers available.
  - When shared with others it helps to forge and strengthen bonds in relationships, and promotes shared happiness.
- Genuine laughter, as opposed to nervous laughter, is incredibly attractive and a very infectious commodity which can bring people together. This can signal confidence and spontaneity whilst demonstrating a lack of defensiveness and inhibition.
  - There is some evidence to show that laughter can increase memory, alertness, and the ability to learn and be creative.

Ask yourself these questions:

**“Do I smile a lot?” and “Do I make time in my day for laughter?”**

If you find that daily laughter passes you by, you are probably not making enough time for 'play'. Try to ensure that you have some 'unserious' friends or colleagues and invest the time to play with pets, your children, partners, family, and friends. Take time to think about who makes you smile, since smiling is usually a precursor to laughter.

We are all unique and many different things can make us smile let alone laugh. If you have lost touch with your funny bone, you might find some of the following ideas useful to put you back on track towards enjoying laughter: watch comedies, read humorous books, play games, don a fancy dress outfit, put on face paints or even have a pillow or water pistol fight!



## Smile with your eyes

With face masks now the uniform of norm upon leaving the house, there has never been a greater need to smile, as 'smizing' (smiling with your eyes), shows those around you that you're in a positive mood.

Many see smiling simply as an involuntary response to things that bring you joy or laughter, but what most people overlook is that smiling can be just as much a voluntary response as a conscious and powerful choice.

Scientific studies have confirmed that a genuine smile can elevate your mood and the mood of those around you. A strong link has also been found between good health, longevity and smiling and this simple action has been proven to have both short- and long-term benefits on people's health and wellbeing.

So when you next pop on your CPJ branded face mask, be sure to smile behind it!

“Always find a reason to laugh. It may not add years to your life but will surely add life to your years.”



## Wellbeing with Elaine

### Wheatgrass

Yes, you're right it does sound disgusting and it tastes pretty grim too(!), but this is one of the healthiest things we can put into our bodies to achieve optimum health, even on a short-term basis.

Years ago, I was lucky enough to live near a shop that made wheatgrass shots daily and I took advantage of having a shot every other day for 6 months. They were quite expensive but the changes I noticed were fantastic. Here are some of the benefits which you can get from wheatgrass; please read instructions on dosage as you need to introduce this slowly to your diet. Wheatgrass contains chlorophyll, some studies have shown this powerful nutrient can help reduce toxin levels whilst undergoing chemotherapy. It can also lower cholesterol, clear skin, encourage weight loss, boost immune systems, and it's a great brain food and a natural energiser!

You can now buy wheatgrass powder from Amazon or Holland & Barrett, but please check for the purest/best brands to avoid hidden nasties. If you feel run down, in need of a detox or would like to lose some weight which you may have accumulated over lockdown, I can't praise this enough – give it a go! I would love to hear how you get on with it.

### Celery Juice

This is another great cleanser/body healer and currently very popular with nutritionists, celebs and anyone that wants to improve their health. Again, it's great for detox, weight loss, it aids the liver, lowers cholesterol, and some eczema and psoriasis sufferers have seen a huge improvement after drinking this.

Health experts recommend using organic celery, but if you can't get this, wash thoroughly before use and juice a few celery sticks to start off with. It is not to be used with anything else, but you can add filtered water to start off as it is very strong in flavour and you need to drink this on an empty stomach, first thing in the morning for the best results. You can buy celery juice from Amazon but I would recommend juicing this yourself for its freshness. Check out recommended use, but I have read 2 cups are enough per day.

Quarantini time...

## Bloody Mary

Sticking with the celery theme – this week's quarantini is the hangover classic, Bloody Mary.

### Ingredients

- 2 parts vodka
- 4 parts organic tomato juice
- ½ part fresh lemon juice (to taste)
- 4 dashes of Worcestershire sauce
- 4 dashes of Tabasco (or hot pepper sauce)
- Pinch of sea salt
- Pinch of black pepper
- Some cubed ice
- To garnish: celery, ground black pepper and fresh aromatic herbs

### How to mix

1. Add plenty of ice and all of your ingredients to a shaker or stirring glass
2. If you're using a shaker, tilt it backwards and forwards a few times to mix the ingredients without making the drink frothy. If you're stirring, you can do so vigorously
3. Pour the mix into a glass. Top up with fresh ice if it's not quite full
4. Add your garnishes. Any fresh herbs and a celery stick work well
5. Tabasco tip: if you're making Bloody Marys for a group of people, make a jug without spice and let people add their own Tabasco. Some like it hot, others not so much!
6. Skip the vodka for a delicious and nutritious virgin cocktail

## First drive through burgers, now drive through cinema!

Have any of you ever been guilty of moaning about how expensive it is to go to the cinema these days? I for one have, but what I wouldn't give to be able to go right now!

As easy and comforting as a Netflix account may be, you just can't beat a trip to the big screen, I'll admit... I've missed it terribly.

Imagine my excitement when I heard on the grapevine of outdoor cinemas popping up across the country, so great that I thought I'd share my findings with you. Some are drive through, others are

offering socially distanced seating plots. So whatever the weather, location or film genre, there's sure to be something below that appeals – get booking!

Here's a run-down of the best on offer with venue, dates and booking info:

<https://thelunacinema.com/venues>

<https://summerscreens.co.uk/venues/>

<https://rooftopfilmclub.com/london/venue/alexandrapalace/>

<https://www.wherethenomad.com>

