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Impair Healthy Healing In People Over The Age Of 30!

Powerful Medicine: Tango with Your Toast

By Stephanie West Allen

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POWER IN THE COMIC ZONE

The Comic Zone contains much laughter. People in the Comic Zone are infused with the spirit of laughter, they have an aura of smiles. They have high self-mirth. And that is good for those inhabiting the Comic Zone because laughter has power.

Great power. Sacred power. Astounding power. We should honor laughter and what it does for us. Laughter torpedoes stress levels, accelerates learning, catapults creativity, forges strong teams, and strengthens our health. It gives us many gifts.

It is a magic potion, elixir of life and fountain of youth all rolled up into one hearty hee-haw.

LOTS OF LAUGHS A DAY KEEP THE DOCTOR AWAY

A study out of University of Maryland indicates that laughter reduces the risk of coronary heart disease. A press release about the study from the University said: "People with heart disease were less likely to recognize humor or use it to get out of uncomfortable situations. They generally laughed less, even in positive situations and they displayed more anger and hostility."

"We know that exercising, not smoking and eating foods low in saturated fat will reduce the risk of heart disease. Perhaps regular, hearty laughter should be added to the list," said Dr.

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Miller, one of the researchers.

Dr. Miller talked about daily laughter going hand in hand with other heart-healthy activities, such as stair climbing instead of using the elevator. "We could perhaps read something humorous or watch a funny video and try to find ways to take ourselves less seriously."

Dr. Miller added: "The recommendation for a healthy heart may one day be — exercise, eat right and laugh a few times a day."

All right! Go, laughter!

AND TODAY . . .

Rise and shine. Your first few waking minutes can set the tone, the mood, for the whole day.

What are you going to do to establish your day as one of laughter? Well, laugh, of course. Do something outrageous. Something you have NEVER done before.

Howl at the rising sun. Dance a jig with your toothbrush, and let the toothbrush lead. Serenade your slippers. Skip out to get the paper, and wave at any neighbors you see; ask them to skip with you. Make a monkey face in the mirror.

Rumba with your razor. Tango with your toast. Look deep into the eyes of your eggs and recite words of adoration and egg-doration. Put your head under your sheet and blanket, all the way to the foot of the bed, and pretend your are in a fort of felicity. Sing a song in gibberish. Call someone and start their day with your very favorite joke.

Jump rope with an invisible rope. Jump rope with your pantyhose. Throw your pantyhose away. Put your underwear in the freezer for a while before wearing it. Do jumping jacks on your bed and bounce high, high, high.

Walk like a chicken as you cook your eggs. Snort like a pig as you cook your bacon. When the toast pops up from the toaster, pop up with it; try to hit the ceiling. Percolate with your coffee and do the caffeine caper all over the kitchen — all over the house. Have a conversation, as you

eat, with your silverware — out loud.

Just get wild and crazy. Laugh now and you'll laugh later.
Laugh big. Laugh broad. Laugh bold.

Stephanie West Allen, JD, brings humor and motivation to associations and organizations.
<http://www.allen-nichols.com> Stephanie also coaches people in using the two Merry Maxims: WYTUG (What You Think Upon Grows) and LULU (Loosen Up, Lighten Up) to achieve prosperity, health, self-expression, and harmonized relationships. Contact her at <mailto:Stephanie@allen-nichols.com>

Wedding Toast Tips And Advice

By Melissa Burton

Wedding toasts perform an essential role during the wedding celebration. The wedding toast serves as a link between the formal wedding ceremonies and the less formal atmosphere of the wedding reception.

The wedding toast also allows some members of the family, relatives and closest friends to express their feelings and to wish the couple well.

Having toasts started from the belief that creating some noise, such as ringing a bell, in this case, the clinking of a glass, can cast away evil spirits.

The wedding toast may follow a traditional or a non-traditional order.

In the traditional order, the first toast is the toast to the bride or the toast to the bride and groom. This is done by the best man, a relative or a friend. The groom then responds with a message to his bride, the person who made the toast, the couple's parents and a toast to the bridesmaids.

The best will then respond to thank the groom on behalf of the bridesmaids. At times, if the bride has spoken after the groom, the best man will thank the bridesmaids.

A close friend or relative may then follow with another toast. After this, the father of the bride thanks the guests on behalf of his wife and himself, and announces that they can begin with the celebration.

The non-traditional toast is done to do something different from the tradition. The order may be changed to suit the guests and the occasion.

The emcee proposes the first toast for the couple. The groom then thanks the emcee and the guests and toasts to his bride. The bride thanks her groom and the guests and proposes a toast to her parents and her in-laws. At times, a special toast may be done for her in-laws.

The father of the bride thanks the bride for the toast, thanks the guests for attending and announces that the celebration may begin. At times, the emcee may propose a toast to the bridesmaids, after

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which the maid of honor may respond with thanks or propose another toast. The emcee may introduce guests who will propose their toasts, and announce the beginning of the celebration.

Here are some tips when proposing a toast.

* The bride should be served the beverage first, followed by the groom, the maid of honor, the parents and then the best man.

* The toast can be done with a sip of wine, champagne or a non-alcoholic drink except coffee, tea and water.

* If you will propose the first toast, make sure that not only your glass, but also all the other glasses are filled before you start speaking.

* When proposing a toast, raise your glass with your right hand. The glass should be held in a straight line from the shoulder.

* It is better to compose your own wedding toast. However, if you cannot write a good one, you can try traditional wedding toast but make sure to personalize it to include your feelings and thoughts about the bride and groom.

* Always remember to end a toast with an invitation to the guests to join you and something that tells them what to say in response.

These are some things that one should remember when proposing a wedding toast. On the other hand, if you received a toast, you do not raise your glass, stand, nor sip your drink. You just thank the toasters and although you are not required, you may propose another toast.

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