

Dear Doctor,

wherever you are practicing as a doctor, I hope that everyone is grateful to you for what you do. You have the gratitude of those who regained their health thanks to you. You inspire confidence for your studies and for your professional experience.

Many people come to you full of expectations. They rely on your work and experience to find a solution to be healthy. Nowadays a bigger number of people ask for an "alternative" medicine, more sensitive to natural remedies or homeopathic or herbal approach to avoid taking chemical drugs.

There is also another simple and natural way to stay healthy or recover quickly: Laughter Yoga. Dear Doctor, prescribe Laughter Yoga! Consider this opportunity. You can make an extraordinary therapeutic and preventive action if you recommend Laughter Yoga.

Laughter Yoga, also known in Italy as “Yoga della risata”, is an unique and original method developed by dr. Madan Kataria, an Indian doctor, which consists in laughing for no reason, without involving external conditions, such as comedy. Instead from intellectual understanding, laughter starts from the body, in line with the playfulness of children fun.

Easy to practice at any age, stimulated laughter quickly becomes playfully spontaneous, creating a situation of psychological well-being. All of us have the great internal resource to laugh from the body, just through funny and easy exercises, effective bearers of good humor. And thus we have laughter at will. [Here you will find all information, videos and sessions.](#)

Dear Doctor suggest Laughter Yoga as a useful and funny therapy, to support any other necessary action. Consider the large-scale preventive power of laughter and recommend everybody to laugh and play. Laughing without humor using Laughter Yoga may seem bizarre, but if you think that the beneficial effects of

laughing on cardiovascular disease are now scientific truth, then it is a meritorious work to prescribe Laughter Yoga.

When a disease is severe, make use of all remedies you may deem necessary: antibiotics, anti-inflammatories, analgesics, anxiolytics ... according to your opinion. But *also* suggest Laughter Yoga! Tell your patients to try Laughter Yoga. Ask them to have the courage to do it and they will see the benefits.

It is often clear to you that some disorders are a consequence of poor diet or lack of proper exercise, frequently aggravated by smoking and alcohol. In these occasions Laughter Yoga is a *very effective* solution besides conventional remedies.

When you guess that the person in front of you is not ill at all and the uneasiness which brings him or her to you is only the fruit of a discomfort with life, then Laughter Yoga is the *right* solution. Of course you can use a palliative or light remedy, but invite your patient to confide in Laughter Yoga.

The ability to heal through laughter is a new frontier of medicine.

Dear Doctor, you will always be indispensable to humanity, which is grateful to you for your skills. Thanks to your action, you can improve the quality of life of many people. You can also do this by recommending Laughter Yoga! Laughter is always available, easy and inexhaustible. Laughter makes people happier and healthier.

Dear Doctor prescribe Laughter Yoga with confidence.

Mauro Turrini, Ph. D.

Teacher of Laughter Yoga International dr. Madan Kataria

[www.yogadellarisata.eu](http://www.yogadellarisata.eu)