

# Laughter and Type Diabetes Medicine on Tap: The Healing Power of Humor

Laughter is often said to be the best medicine, and for people with type 2 diabetes, it may indeed be true.



## Laughter and Type 2 Diabetes -- Medicine On Tap

by Nazir Hussain

★★★★★ 5 out of 5

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In his new book, *Laughter and Type Diabetes Medicine on Tap*, Dr. Steven Sultanoff, a nationally recognized expert on diabetes and humor, shares his personal story of how laughter helped him overcome the challenges of his disease.

Sultanoff was diagnosed with type 2 diabetes in 1995. At the time, he was a successful businessman with a wife and two young children. But the diagnosis changed everything.

"I was scared and angry," Sultanoff says. "I didn't know what the future held for me. But I knew I had to do something to take control of my disease."

Sultanoff began to read about diabetes and to talk to other people with the disease. He learned that laughter could be a powerful tool for managing diabetes.

"Laughter helps to reduce stress, which can lower blood sugar levels," Sultanoff says. "It also boosts the immune system and improves circulation."

Sultanoff began to incorporate more laughter into his life. He started attending comedy shows, watching funny movies, and reading humorous books.

"I found that laughter made me feel better both physically and emotionally," Sultanoff says. "It helped me to cope with the challenges of diabetes and to live a more fulfilling life."

In his book, Sultanoff shares his personal story and provides practical tips and exercises that can help readers harness the power of humor to improve their physical, mental, and emotional health.

### **Here are a few of the benefits of laughter for people with type 2 diabetes:**

- **Reduces stress** - Laughter is a great way to relieve stress, which can lower blood sugar levels.
- **Boosts the immune system** - Laughter can help to boost the immune system, which can help to protect against infections.
- **Improves circulation** - Laughter can help to improve circulation, which can help to prevent complications of diabetes.

- **Enhances mood** - Laughter can help to enhance mood, which can improve overall well-being.
- **Provides social support** - Laughter can help to build social support, which is important for people with chronic diseases.

If you have type 2 diabetes, I encourage you to incorporate more laughter into your life. You may be surprised at how much it can help you to manage your disease and live a healthier, happier life.

### **Here are a few tips for getting more laughter into your life:**

- Attend comedy shows.
- Watch funny movies.
- Read humorous books.
- Spend time with funny people.
- Do things that make you laugh, even if they seem silly.

Laughter is a powerful medicine that can help you to improve your physical, mental, and emotional health. So don't be afraid to laugh out loud, often!

To Free Download your copy of *Laughter and Type Diabetes Medicine on Tap*, please visit [www.laughteranddiabetesmedicine.com](http://www.laughteranddiabetesmedicine.com).



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