

# Laughter Rx

It Doesn't Taste Funny

It Just Reads That Way



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## Endorphin Status

by [Nicole Borgenicht](#)

*The Natural Pain Reducer and Humor Inflator, a Touch of Euphoria Generating from Laughter to Meditation: Game of Endorphin Status Any One?*

What the heck are endorphins? The name derives from “endo” meaning from within, and “morphine” the pain reliever. Endorphins are coined “the natural morphine” or “the morphine within”. You have it – why not enjoy it? Let’s play a little game of: what is my endorphin status?

The amazing thing about releasing endorphins is they can be triggered by any kind of excitement, from exercise to fear, and danger or stress to love, sex and chocolate. Morpheus, the God of Dreams, symbolizes the idea of one’s imagination as in a dream state. So your endorphins, which are neurotransmitters already within the body, may be stimulated by your imagination to reduce pain and disperse pleasure into each everyday mood.

How on earth do I get that ultimate “runner’s high” though, without going on a run? Actually “runner’s high” may be visualized, just enjoy the visit from Morpheus in your self-induced dream state and go out for a jog up the Himalayas. Feel the ocean breeze and experience the scent of fresh forest air. A state of meditation releases your endorphins too. There you go, straight up the ladder of endorphin ecstasy.

Oh my, your door opens unexpectedly and some one enters right in the middle of a daydream! Not to worry – surprise is indeed another endorphin activator. You sense danger, she holds up a shiny weapon, however, maybe it’s a stethoscope. Go with the flow – create an exciting story: you are in control. If this makes you giggle, exercising your belly laugh is an endorphin release too. Sustain subtle states of euphoria while you generate fantastic thoughts and feelings, spreading internal pleasure transmitters throughout your nervous system.

During this journey, smiling presents another uplifting boost from within. Awareness of augmenting the positive is a first step; then channel the experience as overall wellbeing. Healing takes work on our parts. Of course, everyone is grateful for the skill of physicians and all health industry professionals. Let us join in, with our own light-hearted dreams and ideas to entice an inner healing energy.

How about a few drills for the body and mind? Whether you smile, laugh, walk, or simply focus on any parts of your body inner or outer – from the beating of your heart to the little toes on your feet, exaggerate your consciousness. Such as: walking meditation with extreme balance and style, or perceiving your heartbeats as one with the universe. Allow a meditative state of euphoria to engulf you during overall movement or stillness. In these moments, the endorphins flourish and your spirit is in an inspired magical place. Who knew healing with the imagination would be so much fun?

Nicole Borgenicht is a freelance writer for American *Fitness Magazine* among other periodicals. She also writes imaginative books for children, adult and children’s short stories, plus she is working on several screenplays. [http://www.nicoleborgenicht.com/Home\\_Page.html](http://www.nicoleborgenicht.com/Home_Page.html)



Nicole Borgenicht



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If Laughter is contagious... let's start an epidemic!

## Karen's Kolumn

Endorphins do not get trapped in tuna nets. They play a major part in bringing positive energy into our lives.

Spring has almost sprung. In honor of the season I am cleaning out my purse. I'm pretty sure I'm gonna find Jimmy Hoffa buried in there.

The Association for Applied and Therapeutic Humor holds its [Surfs Up! in San Diego Conference](#) April 4-7.

You won't want to miss the fun with a purpose goings on and the tribute honoring Red Skelton's 100<sup>th</sup> Birthday.

You can follow me on Twitter @klee49. I would like to add many more new subscribers and receive [Likes on Facebook](#)

Thank you all for assisting me in my life purpose of humor/healing/service

As Mel Brooks says, "May the farce be with you!"

## The Top 10 Nurse to Patient Miscues

Courtesy [Scrubs Magazine](#)

*We've all had patients who mixed up our instructions. Here are the top 10 funniest miscommunications sent to us from our readers!*

1. The ol' yogurt for the yeast infection? Um, yeah...you were supposed to EAT it.
2. The father who calls from work about "the pink stuff" (amoxicillin). Isn't it a little too thick to go through the nebulizer? Shouldn't it be watered down?
3. The elderly lady who couldn't understand why her husband needed medication for high blood pressure as well as low blood pressure. Turns out the "low pressure" for his low blood pressure was Lopressor!
4. The diabetic who was trained to administer insulin using an orange. When a nurse later discussed meds with the patient, the patient stated he was getting tired of oranges and wanted to know what other food he could inject and eat.
5. In the ER, a patient was asked, "Are you sexually active?" Response: "You mean I just lie there or what?"
6. A gentleman who was getting chemo had to have a 24-hour urine done with each cycle. He was given his "jug," at which point he stated, "I just can't do this again. I can't stay up all night waiting to pee!"
7. The patient who repeated over the phone to various family members: "They're putting a light up my privates to look at my heart." She was talking about her heart ablation!
8. A patient who spoke poor English arrived in Labor and Delivery and said, "I'm here for my scheduled seduction"!!!
9. The patient who is in the bathroom a tad too long and finally comes out about 20 minutes later to hand you a cup of sperm. Be sure to specify what kind of specimen you want.
10. A patient returned to the ER because his fever wasn't going down. When we asked about the suppository, he told us he didn't know he was supposed to take it out of the foil wrapper.

# Cartoon

by [Theresa McCracken](#)

## N IS FOR



NEURAL ARCH: ARCHITECTURAL TERM MEANING  
POORWAY TO A NEUROLOGY DEPARTMENT.

# Celebrity Veggies

by *Karen Lee*



[Photo by Garland Cannon](#)

Elvis Parsley  
Okrah Winfrey  
Kim Karadishian  
Jack Paarsnip  
Will Fennel  
Art Garlicfunkel  
Peater Falk  
The Beetles  
Carrot Top  
Orson Bean  
Toni Colettuce  
Rutabaga Lee  
Lorraine Brasccoli  
Lee J. Cobb

# Spring Fling

by Karen Lee



[Photo by Sadi Junior Photography](#)

It's the Spring...when a young man's fancy turns to...rototilling

Was I surprised to learn we have 3 whole months devoted to paternity testing...(Jerry) Spring-er

I was a terrible housekeeper...never in 24 years of Spring chores did I get on a first name basis with Mr. Clean

It's official, we Spring forward and Congress Falls backward.

The Chicago Cubs are ever optimistic of winning the World Series...every year they start off with Spring...training wheels.

It is so sad to see how little Congress can really cut from the budget...There is something wrong with this country when all we can count on is Daylight Savings.

Have you set your brackets yet for March Madness? A lot of people are taking odds on when the Sequestration will end.

The Easter Bunny is coping with the ecology...in order to save energy this year's baskets will be delivered by Jehovah's Witnesses.

I am so glad when the mild Spring weather arrives...I like to celebrate St. Patrick's day with my favorite friend...Patio furniture.

A problem I have noticed with dating older men...how can I put it delicately...instead of springing to attention...they are more like a slinky.

Getting older means the spring in your step has become the tap of your cane.

Spring is nature's way of saying, "Let's party!" - Robin Williams