

Humor Heals



English Transcript	Tradução
Humor Heals	O humor cura
Laughter stimulates the production of endorphins, the body's natural painkillers and agents of well-being that help relieve stress and heal illnesses.	O riso estimula a produção de endorfinas, analgésicos naturais do corpo e agentes da sensação de bem-estar que ajudam a aliviar o estresse e a curar doenças.
When diagnosed with a disease affecting the cervical spine, Norman Cousins was told by doctors that nothing could be done to help him and that he would suffer terrible pain until he died.	Ao ser diagnosticado como portador de uma doença que afeta a coluna cervical, Norman Cousins ouviu dos médicos que nada podia ser feito para ajudá-lo e que ele sofreria dores horríveis até morrer.
Cousins then decided to confine himself to a hotel room with all the comedy films he could find: the Marx Brothers, the Three Stooges, etc.	Cousins resolveu então se confinar num quarto de hotel com todos os filmes de humor que pôde encontrar: os irmãos Marx, os Três Patetas, etc.
He watched and rewatched all the films countless times, laughing as loudly and intensely as he could.	Viu e reviu todos os filmes, vezes sem conta, dando as gargalhadas mais altas e mais intensas que podia.
After six months of this laughter therapy, the doctors were astonished by what they found: Cousins' disease was completely cured — it had simply disappeared!	Depois de seis meses dessa terapia do riso, os médicos ficaram atônitos com o que constataram: a doença de Cousins fora completamente curada - simplesmente desaparecera!
This astonishing result led to the publication of Cousins' book, Anatomy of an Illness , and the beginning of intense research into the functions of endorphins.	Este espantoso resultado levou à publicação do livro de Cousins, A força curadora da mente , e ao começo de uma intensa pesquisa sobre as funções das endorfinas.
Endorphins are chemicals released by the brain when we laugh.	As endorfinas são substâncias químicas liberadas pelo cérebro quando rimos.



English Transcript	Tradução
With a chemical composition similar to morphine and heroin, they produce a calming effect on the body while also strengthening the immune system.	Com uma composição química similar à da morfina e da heroína, ela produz um efeito tranquilizante sobre o corpo, ao mesmo tempo em que reforça o sistema imunológico.
This explains why happy people rarely get sick, while unhappy and complaining individuals always seem to be ill.	Isso explica porque raramente as pessoas felizes adoecem, e as infelizes e queixosas sempre parecem estar doentes.
Source: The Definitive Book of Body Language, Allan & Barbara Pease, Page 63	Fonte: Desvendando os segredos da Linguagem Corporal, Allan & Barbara Pease, Página 63

Contagem de palavras

A tabela abaixo exibe as palavras encontradas neste texto, bem como o número de vezes em que aparecem.

Veja também: [Para que serve esta tabela?](#)

Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
15	the	8	of	8	and
6	to	5	he	4	cousins
4	a	3	with	3	this
3	that	3	endorphins	3	could
3	by	3	body	2	while
2	when	2	was	2	they
2	laughter	2	help	2	films
2	doctors	2	disease	2	book
2	be	2	as	2	all
1	would	1	why	1	what
1	were	1	well	1	we
1	watched	1	until	1	unhappy
1	told	1	times	1	three
1	therapy	1	then	1	terrible
1	system	1	suffer	1	stress
1	strengthening	1	stooges	1	stimulates
1	spine	1	source	1	six
1	simply	1	similar	1	sick
1	seem	1	s	1	room
1	rewatched	1	result	1	research
1	relieve	1	released	1	rarely
1	publication	1	production	1	produce
1	people	1	pease	1	painkillers
1	pain	1	page	1	on
1	nothing	1	norman	1	natural
1	morphine	1	months	1	marx
1	loudly	1	led	1	laughing
1	laugh	1	language	1	it
1	into	1	intensely	1	intense
1	individuals	1	immune	1	illnesses
1	illness	1	ill	1	humor
1	hotel	1	himself	1	him
1	heroin	1	heals	1	heal
1	happy	1	had	1	get
1	functions	1	found	1	find
1	explains	1	etc	1	effect
1	done	1	disappeared	1	died



Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
1	diagnosed	1	definitive	1	decided
1	cured	1	countless	1	confine
1	composition	1	completely	1	complaining
1	comedy	1	chemicals	1	chemical
1	cervical	1	calming	1	brothers
1	brain	1	being	1	beginning
1	barbara	1	astonishing	1	astonished
1	are	1	anatomy	1	an
1	always	1	also	1	allan
1	agents	1	after	1	affecting