

Content Older Person

By Natalie Lawson

Open any magazine and you will probably find information about health and what's good for you. Natural melatonin will regulate your sleep. Lightly scented lavender and chamomile will help you relax. An easy workout will regain your mobility. Cardio routines will keep your blood pressure under control. But the best of advice for an older person is laughter. Laughter is one of the best medicines on earth.

No more worries or troubles today

Laughter gets in the way

Like a joyful infusion

Happiness sneaks right in

Laugh and be merry

Never again be solitary

Soon you will have company

Laughing and creating a symphony

Follow this advice and it's possible to live to be a century old.