

 Write an essay about (Laughter is the Best Medicine) :

Laughter is the Best Medicine

Laughter is a good thing for everyone. There are so many positive sides and health benefits of it. It is the best way to get rid of stress, depression, and anxiety. It improves the relationship between people. It works so much faster to bring your mood back normal. Overall, it is amazing for our mental health.

You must laugh a lot while it needs it. This medicine is free, fun, and easy to use everywhere. You can make a tough situation so much easy with a cute smile .children sometimes make us laugh, as they do unexpected things and these things are funny, which makes us laugh.

What do you think the expression (You are what you eat) means? Do you agree? :

You are what you eat

It is indeed true that the quality of food that you take in will do a great deal to determine the quality of life that goes on in each cell of your body. Food has a huge effect on your health, and a diet rich in any one aspect would be an unhealthy diet, in the same way that a diet lacking in a certain nutrient would also affect your health.