

## Cancer Survivor Hugz Humor To Help People Heal

*October is National Cancer Awareness Month*

For Immediate Release

PORT MATILDA, Penn./EWorldWire/Oct. 7, 2008 --- Most people might wonder why a grown woman, mother of two, and professional career woman, enter her mastectomy surgery wearing a feather boa, while asking her doctor to wear a clown nose. "It's simple," says Tammy Miller, owner of Hugz and Company Consulting. "Laughter heals. It empowers us to survive situations that - without it - seem insurmountable. As National Breast Cancer Awareness Month, October is the perfect time to bring attention the healing power of humor."

Ms. Miller is an author and speaker on topics ranging from "Discovering the Healing Value of Humor" to "Finding Your Inner Cluck" and how to "Meet Your Challenges and Thrive."

There is a well-established belief that many believe yet science has been unable to prove: laughter cures. It cures physically. It heals mentally and emotionally. Laughter is good for people on many levels.

"The fact that humor can go a long way toward advancing healing is becoming widely accepted in the medical community," says Miller. "I believe it. I've seen it, and I have lived it!" Ms. Miller, a Distinguished Toastmaster and a past International Director for the organization, is a cancer survivor with a passion for helping others find the value of humor in their healing.

"I started out using humor to help myself through a very difficult experience," explains Miller. "Since then, I've been able to help other people progress their own healing through a willingness to see the humor in virtually every situation." She adds, "When we are able to laugh, especially with someone else, a bond occurs, and amazing things happen mentally, emotionally, and physiologically."

Miller agrees that death and disease are not funny, but she contends that funny things happen in even these distressing experiences, and, "If we look for them, we can take the opportunity to lighten the situation and help ourselves. With humor, we are able to break the ice quicker with other people and save a lot of time - especially in medical settings, where discomfort tends to come with the territory." Miller explains, "I've been able to teach medical professionals how to relieve the stress of their work, and interact more effectively with their patients."

"What happens," according to Miller, "stress levels decrease, healing is advanced, and wellness is improved."

"There are three ways humor and laughter help us when life gets bumpy," says Steve Sultanoff, Ph.D., a licensed psychologist and president of the American Association for Therapeutic Humor. "The first is that humor gives

us perspective and changes the way we see the world, allowing us to positively change our attitudes when the going gets rough. Secondly, humor changes our cognitive state, which is directly related to our physical well-being. You can't experience humor and be distressed at the same time. Finally, humor triggers laughter, which literally gives us an internal workout."

"Laughter is like jogging on the inside!" adds Miller.

Tammy A. Miller is a professional speaker, humorist, author and coach. She is the owner of Hugz and Company Consulting of Port Matilda, Penn. Her company offers presentations and workshops on a variety of topics relating to motivation, humor and healing, creativity, presentation skills, and clowning. She uses her skills to help individuals and companies achieve their goals, build communication skills, and discover the wonderful benefits of laughter in every situation life delivers.

Ms. Miller is the author of "The Lighter Side of Breast Cancer Recovery: Lessons Learned Along the Path to Healing", co-author of "The Joyful Journey of Hospital Clowning" and is releasing her latest book, "Life is Just Speech Material, and So is Yours" this Fall. Every now and then she can be seen around town wearing big red shoes and playing the role of her alter ego, Hugz the Clown. More information about her services is available

at '<http://www.TammySpeaks.com>'.

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