

Understanding Laughter as Medicine

David Van Nuys interviews Madan Kataria, MD

Shrink Rap Radio

Episode #275

David Van Nuys: We've all heard that laughter is the best medicine, but is it really? If you're old enough, you may recall Norman Cousins' 1979 book. I think it was called *Anatomy of an Illness*. Norman Cousins if you weren't around in those days, he was the editor of the *Saturday Review* magazine. He'd come down with a serious life-threatening illness, and he decided to treat himself using laughter. I seem to recall that he checked himself out of the hospital and into a hotel room, where he watched old Marx brothers movies and Laurel and Hardy comedies and so on.

In other words, he watched videos that would get him laughing, and to the amazement of his doctors, he was able to heal himself from this life-threatening disease. This raises the question, are you getting enough laughter in your life? I recently read the children laugh an average of 400 times per day, whereas adults laugh an average of 15 times per day. I don't know about you, but I do think that I laughed a lot more when I was younger, and I liked to laugh. I used to do a lot of business travel and to keep myself from getting burned down on it, I would find the local comedy club.

Today's guest knows a lot about laughter. You may have heard of him. He's a medical doctor from Mumbai, India, who is known as the giggling guru, and is the inventor of Laughter Yoga and he started thousands of laughter clubs around the world. His name is Doctor Madan Kataria and he's been featured on *Oprah* and in *Time* magazine among other places. Please join me now as I speak with Doctor Kataria in Bangalore, India. Doctor Madan Kataria, welcome to Shrink Rap radio.

Madan Kataria: Hello.

David Van Nuys: We're starting off with laughter and of course you are well known for your discovery or invention ... I'm not sure what to call it, laughter yoga. Maybe we should start by having you tell us what is laughter yoga?

Madan Kataria: Laughter yoga is a unique idea where anyone can laugh for no reason. We don't need jokes, don't need to rely on sense of humor, no need of comedies. What we do is we laugh in a group and begin laughter as a form of exercise, but when you look at each other and the group members, laughter becomes real and contagious.

David Van Nuys: Yeah, I've seen some clips on YouTube and it looks like a lot of fun.

Madan Kataria: It's a lot of fun. People think that this is all fake laughter. It's not fake, it just takes a few seconds for exercise laughter or what we call simulated laughter getting real laughter, because when you see other people laughing, you can't help it. It sounds ridiculous not to laugh.

David Van Nuys: Right, how did you get this idea?

Madan Kataria: I was practicing as a general physician in Mumbai, and I also was editing a health magazine called *My Doctor*. In March 1995, I thought of writing an article on laughter, the best medicine, for my health magazine, and after I was finding so many research about beneficial effects of laughter. I thought very few people laugh in Mumbai, why not start a laughter club? I went to a park and spoke to people around, I want to start a laughter club, and they started laughing at me. They said, doc, are you all right?

David Van Nuys: You are getting an immediate response right away.

Madan Kataria: I said I'm okay, let's start. Initially we started laughing by telling jokes, which didn't last more than 10 days, and after that people said, "Now what?" Stop this laughter club. I said, "No, no, don't stop this laughter club, give me one day I'll find some breakthrough technology how to laugh without jokes." I was searching desperately for some idea how to laugh without jokes. Then I found in a book called *Emotions and Health*, which gave me indication that, even if you laugh for the sake of laughing, your body cannot make the difference. You might know that you're pretending to laugh, so you get the same health benefits whether laughter is real or you're just doing as an exercise.

That's how I developed a whole lot of the concept of laughter yoga, where we initiate laughter as a group exercises, but it takes a little while to get into real laughter. The yoga part of laughter comes by combining laughter and breathing exercises, which brings more oxygen to your body and brain, and that makes us feel more healthy and more energetic.

David Van Nuys: I have studied yoga some, actually years ago, and so I know about pranayama, the breathing exercises, and it's interesting that you've combined those two, and I guess natural, given that you are in India. You may find this hard to believe but I almost came to the same place on my own years ago. I was teaching a class ... I'm a psychologist, and I was teaching a university class called psychology and the body, a class more or less of my own invention but one that I wanted to ... where I was exploring the idea of mind, body unity and it occurred to me that maybe it will be good to get people laughing as a kind of internal exercise, but I didn't have the courage to actually do it. I'm struck by your courage that you went up to strangers and you got them doing it and I thought my students would think I was weird.

Madan Kataria: Same thing. I had faced a lot of criticism from people, that how can you laugh just for nothing? It took me a while to get over all this. One most important people ask me is that, how can you laugh when you don't feel like laughing? How can you laugh when you are not happy? This is where I want to tell them there are 3 solid reasons why you should laugh this way. Because everybody knew that laughter is best medicine, but nobody had an idea how to laugh and when laughter is beneficial only when you laugh longer. For example, natural laughter, which comes in a real life is only few seconds here and there. Does not change your physiology. As a medical doctor, I understand that if we want to get benefits of laughter, one must have at least 5 to 10 minutes of hardy laughter. That cannot happen in real life. There is nothing which can make us laugh so long.

Laughter also should come from the diaphragm, from your belly, only then it's beneficial. This is all what laughter yoga fulfills in. This is a actually delivery system which guarantees the benefits of laughter; otherwise comedy, jokes, they cannot make you laugh more than a few seconds. That's why laughter yoga has caught on so well.

David Van Nuys: Yeah, and a phrase that I see that you've used on some occasions is unconditional laughter, which of course makes me think of Carl Rogers' Unconditional Positive Regard in his approach to therapy. I love that phrase, "unconditional laughter." What do you mean by unconditional laughter?

Madan Kataria: There are 2 sources of laughter. One is which comes from outside our body, from the outside world, depends upon so many reasons. People laugh when they're happy, people laugh when they get what they want their life. That means if your laughter is dependent upon some reasons and conditions, maybe a joke, maybe a comedy, but one thing is that you laugh only if you understand comedy or if you hear the joke a second time you won't laugh. That means laughter, what we call real laughter, actually it's not real. Actually it's depending upon the factor, but what we do in laughter yoga, the source of laughter is not outside the body, source of laughter is within us, like children. Children don't depend upon outside condition. They will produce laughter no matter what. This is what I mean by unconditional, means you laugh because you want to laugh, you want to be happy from within, not from outside.

David Van Nuys: Yes. Now what are the benefits of laughter? You're a medical doctor, have you studied that or has anybody researched this? Do we know that in fact there are medical benefits from laughter?

Madan Kataria: Yeah, there is lot of for the last 40 years now almost. Lot of research has taken place and what I get ... I'll tell you from my own experience what I've gone through. As a medical doctor, I used to suffer from cough, cold, sore throats 4 to 5 times in a year when I was practicing as a medical doctor. Ever since I started laughter yoga, I don't fall sick, I don't catch cough and cold any more and same is the opinion of hundreds of thousands of people around the world, that ever since they've started

laughing they don't get infections. That means, one of the most important benefit of laughter is it strengthens your immune system, and immune system is the master key of your health. Second, the very instant benefit of laughter yoga is it puts you in a good mood and David you will agree with me, if your mood is good you do everything well.

David Van Nuys: Yes, that's true.

Madan Kataria: By releasing certain endorphins from your brain cells and perhaps serotonins, it uplifts your mood and when you are feeling good you do good. Also from the business point of view now, your brain needs 25% more oxygen than other body organs. What we do in laughter yoga, we laugh and exhale longer when you're laughing. Say, for example, (laughs) so while laughing, I'm exhaling-

David Van Nuys: It's hard for me not to laugh when I hear you laughing.

Madan Kataria: When you're laughing actually you're exhaling carbon dioxide, the stale air from your lungs and your body gets fresh oxygen. If you study medicine, and they say, if your body cells has lack of oxygen, this is the root cause of all the illnesses, even disease like cancer can happen only when ... Why people get sick, the basic reason is that people are not breathing properly, because of the stress and strain, the breathing gets very shallow and people don't laugh any more.

David Van Nuys: You've been doing this work now for what? 15, 16 years and I would think that some student maybe would have picked this up for masters degree research, or doctoral degree research. Have any graduate students or professors focused on laughter yoga as a focus for a research?

Madan Kataria: Yes, actually in Bangalore University, there is a [unintelligible 0:12:08]. We did our first study in 2006, and we measured cortisol levels in saliva, we also measured stress level by measuring blood pressure, systolic and diastolic. It clinically indicates there is a reduction in blood pressure. There is one research going on in Osaka University at the moment. They compared laughter yoga with a group of people watching comedy, so they are laughing, and a group of people doing laughter yoga. The interim results we got is that laughter yoga has much better impact than people watching comedies and [crosstalk 00:12:47].

David Van Nuys: Why do you think that is?

Madan Kataria: I think this and I already told you that laughter yoga is a sustained laughter, where we laugh as a long as we want, as longer as we want. That guarantees the benefits of laughter. As I told you, you get benefits only when you laugh longer and it should be extended laughter. Laughter which comes for few seconds here and there is not going to help. There is not going to be physiological changes if you are just giggle here and there.

David Van Nuys: That makes sense to me. While we are still on the subject of research, I wonder if you've heard about developments and what's known as positive psychology? This results from the writings of a professor here in the US, Doctor Martin Seligman.

Madan Kataria: Yes, I know him very well.

David Van Nuys: You do? Because I would think that there should be some tie-in between the laughter yoga that you've developed as a technique for moving people into more positive states.

Madan Kataria: I think what I can say is that, what Martin has done incredible research. He nearly spent \$30 million to tell people that, people have been focusing mostly on the negative psychology, but we need to bring positive psychology. Psychology still is in the mind, but what we need is the practical version of positive psychology and this is what laughter yoga is all about.

David Van Nuys: Yes, I think a critique that positive psychologies might have, or that Martin Seligman might have, will be to say, it's good for the moment. You feel good in the moment, it's what he would call a hedonic or hedonistic kind of pleasure, but the question is, does it do any lasting value? Does it make any lasting changes?

Madan Kataria: Answer to your question is very simple, we started laughter with just 5 people in 1995, now we have spread across 70 countries. There are more than 6,000 laughter clubs all over the world. My question is that, if there were no long-lasting benefits nobody will come, even if they have time, especially in US. Why people are getting addicted to this laughter yoga, the reason is very simple, they are getting some values and they are what I call that when you start laughing, you change and after laughing on regular basis ... This is why benefits of laughter are much more visible in India because laughter clubs are every single day in India, 365 days, but in the West people don't have much time. They laugh once in a week perhaps sometimes twice a week maximum. This is where laughter yoga comes in.

What happens is, when you start laughing, there is a change in your attitude. You don't have to really think about it. I have seen people changing for one night. People are come and tell me they are not getting angry any more, they are not getting upset with small, small irritations of daily life, and they are becoming much more giving, much more helping. All laughter club members, they are out to help all people, so isn't it what we call spirit of laughter? Not only laughter yoga has helped people laugh in good times, laughter yoga has helped people through crisis. People suffering from cancer. They laughed. Somebody lost a husband, somebody lost a wife, somebody lost a job, but they say if there was no laughter yoga we wouldn't have survived, we would have slipped into depression.

I believe that laughter yoga has long-lasting benefits. It's not just superficial. I won't agree that it's a hedonic pleasure. It's not a pleasure. It's a joy. Joy which is from within and it's like learning to ride a bicycle. Once you learn it, you never forget it.

David Van Nuys: Yeah, what you are saying makes sense. I take it then that your experience is that people don't just come once and enjoy it, but that some percentage keep coming again and again and it becomes part of their routine.

Madan Kataria: Not some percentage David, more than 70 to 80% people keep on coming. Only 30% is a floating population.

David Van Nuys: That's fascinating and that these clubs have spread so widely. Before this interview I thought I should go and check out one of these clubs, but the interview has come around too quickly for me to do that. As I was researching it, I discovered that there is one just ... I live in a small suburban neighborhood about 40 miles north of San Francisco, and I discovered that there is a club at an old-age home about just a few blocks away from where I live. They really have spread all over the place and I am going to go. I've discovered several in my area, and I look forward to exploring them.

Madan Kataria: You must, it's a lot of fun and it's way beyond what you can think. I tell the whole world that, it's like you go and experience by yourself, then you would know what laughter yoga is.

David Van Nuys: Yes, I, like so many other people have struggled to establish the discipline of a regular meditation practice and it seems like this would be a lot easier to-

Madan Kataria: Actually this is the easiest way to disconnect your thinking mind. You get in touch with your inner self. This is what the purpose of meditation is. When you're laughing you can't think. This is very, very easy kind of spirituality. My definition of spirituality is, if you can lift your spirits by yourself, and if you can raise other people's spirit, you are spiritual. You don't need to go to church, you don't need to go to temples and mosque and meditate for hours. I think it's all about if you are feeling good, you do good, you help other people. That's the highest form of spirituality.

David Van Nuys: Yes, and speaking of that, I was struck by the fact that you've started all these yoga clubs, now 6,000 and over 70 countries you said, but they are free and there is no organizational structure. In other words, this is not helping you to get rich. They are not all sending you money.

Madan Kataria: No, I tell you I am very rich. Very, very rich because I may not have too much money in my banks. The way I have changed people's lives, people come every day, I get almost 400 emails every day from around the world

telling me people that how laughter yoga has changed their life. Isn't it richness?

David Van Nuys: Yes, definitely.

Madan Kataria: Though laughter clubs are free, but teaching, coaching, trainings about laughter yoga is chargeable. I do own some money because I've struck my medical practice. I teach people. I do charge for the trainings, but money I charge for the trainings does not go into building my empires. I help lot of poor people in India. I give away so much. My definition of richness, David, is, your ability to give no matter how much you have in your bank, so I'm giving every day. I feel am the richest person.

David Van Nuys: Yeah, that is wonderful, and wait, who do you find is the hardest? You talked about people in Osaka, Japan, 70 countries. Do you find that there certain countries or ethnicities that are harder to get laughing than others?

Madan Kataria: Yeah, I found that people in the far east, especially in Singapore, in Korea, in Taiwan, in Japan, all these people they are very, very serious. They take a little longer time than other countries to open up. Indian people they are just easy. They crack up any time, but I think best laughers are Americans. Americans really can laugh very easily, because they are all fun-loving people.

David Van Nuys: That's good to hear.

Madan Kataria: Surprisingly, laughter yoga has worked in each and every country. For example, when I went to Germany, everyone tells me Germans are very serious, but when I start laughter club and they open up, they can't stop laughing. They are very intense like now, laughter yoga movement is strongest in India, then it comes United States, and third country guess what?

David Van Nuys: I don't know.

Madan Kataria: Japan.

David Van Nuys: Japan.

Madan Kataria: Japanese are going crazy about laughter yoga.

David Van Nuys: They could certainly use it right now after the disaster that's happened there.

Madan Kataria: Actually, I had a lady who came for my training and I thought she will cancel the training because of this disaster. She came to the training and she showed me the story that she was a laughter leader, and 5 of them were stuck in the building and whole building was shaking whole night,

with aftershocks, and they couldn't do anything. She started laughing and with other fellows, because she knew laughter yoga. She laughed whole night and this is what kept other people also happy and in a better state of mind. I was so moved that laughter yoga can help people laugh even with a disaster like natural calamities like earthquakes.

David Van Nuys: That's a great story and a great reminder.

Madan Kataria: I want to demonstrate some of the exercises within laughter yoga clubs. Are you ready for that?

David Van Nuys: Sure.

Madan Kataria: Laughter yoga basically has 4 steps. We warm up by clapping because people are very shy and inhibited. We go clapping oh, oh, ha-ha-ha, oh, oh, ha-ha-ha.

David Van Nuys: Oh, oh, ha-ha-ha, oh, oh, ha-ha-ha.

Madan Kataria: This loosens up your inhibitions and shyness, and then we have breathing, deep breaths like (breaths). Deep breathe in between and then we have childlike playfulness. What I believe that children are the best laughers, and we all have a child within us. If you become like a child, you don't have to laugh. Laughter will become your nature. If somebody asked me what you've learned in 15, 16 years of laughter yoga experience, it's not about laughter, it's about play. What I learned in 16 years is you don't have to laugh, you should learn to play, and cultivate childlike playfulness becomes a natural outcome of you.

We have a special exercise in laughter yoga clubs which are, very good, very good, yay! We all do it in a group. It's like cheering up. Very good, very good, yay! Then we start first laughter exercise, always greeting laughter. We just shake hands with our group members, look into the eyes. Eye contact is very important in laughter yoga. You just shake hand, look into the eyes, and just start faking laughter like (laughs). Just move around in the group and keep shaking hand, look into the eyes [it's infectious 00:25:21]. Then we have a particular laughter called milkshake laughter. Hold imaginary glasses of milk in 2 glasses and just mix them up like aaaaah, aaaaah, uhhhhh (laughs).

My favorite laughter is Credit Card bill laughter, your Visa bill laughter. Imagine you just received your Visa bill (shock!), it's nothing to laugh about and we just during laughter club we show round our Visa bill and just laugh like (laughs).

David Van Nuys: That's a funny idea. I like that idea.

Madan Kataria: Every day people are inventing so many new exercises and among the benefits I just reminded that there are 2 conditions, as a medical doctor,

which are worsening. Number one is depression. You have no idea how much depression is in the whole world. People are sinking in. Billions of dollars being spent on antidepressants and tranquilizers. I have testimonials from psychologists saying that their patients are doing extremely well ever since they started laughter yoga clubs.

Second, cancer is very, very rampant now all over the world especially in America. When you're suffering from a disease like cancer, there is nothing to laugh. There is nothing funny about cancer. Laughter yoga is an exercise routine, you can laugh even if you don't feel like laughing, because we are just doing as an exercise. This is where laughter yoga can benefit cancer patients. These are the 2 most important diseases which is bothering all of the world.

Third disease is high blood pressure. You have no idea how much blood pressure, especially in India, is also called Blood Pressure Capital of the World.

David Van Nuys: Really?

Madan Kataria: We eat lot of salt here, and our lifestyle now becoming very stressful. I think all our research we did in India, in Osaka, the other places which showed the very first session there is a reduction in 5 to 10 millimeter of systolic blood pressure, and some diastolic ones.

David Van Nuys: Now, you've also done laughter yoga in prisons.

Madan Kataria: Yes.

David Van Nuys: What was your experience there?

Madan Kataria: My first experience was when John Cleese came to Mumbai, and I took him to laughter club and in the evening we went to a prison.

David Van Nuys: This is John Cleese of the Monty Python fame, right?

Madan Kataria: Yeah, the famous John Cleese. He is a comedian. He told me that I make the whole world laugh, and, "You just laugh, make people laugh for nothing." I have to really go (laughs). This was a good comment for me, but he was really intrigued with this idea, and he said that it was so easy to laugh when you're laughing with a group of people who are just like-minded and fun-loving and we had lot of fun. I took him also to the prison because as part of my mission, I'm taking laughter yoga to prison, because prisoners have lot of anger. They are captive. They are staying in an environment they have nothing to laugh about. I took him to the prison and he was so surprised that prisoners could let go of all that anger easily and they were just ... Not only, John Cleese suggested that we should not only do laughing with the prisoners, the prison staff also or the prison people, guards, they also need to laugh.

David Van Nuys: Were you able to get them laughing too? Because they are pretty a hard people right?

Madan Kataria: Yeah, actually they don't laugh when they are with the prisoners, but I do several laughter session with police people, commander of police force. Recently, I visited Vietnam and there, this laughter yoga is being taught in the police academy.

David Van Nuys: In Vietnam?

Madan Kataria: Yes, they are doing their drill, during those sessions, then laughter yoga.

David Van Nuys: Because the police work I guess is very stressful, so would that be the reason why they are doing it?

Madan Kataria: Yeah, of course, and then laughter yoga is also being practiced in schools, colleges, universities. Next month I am starting a new project here in Bangalore in the business. What we are doing in Bangalore is, there is a shopping mall and I'm making a group of people laugh in one part of the shopping mall and other group we'll take as a control group. They are going to measure the sales to intervention and control group. How much sales can improve after now doing laughter yoga every day. This is going to be very exciting. If I am successful in this, whole business world is going to run after laughter yoga.

David Van Nuys: I'll be eager to hear about the results of that research study.

Madan Kataria: Yeah, I will tell you [crosstalk 00:30:37].

David Van Nuys: What is it you are going to measure?

Madan Kataria: Sales. It's very simple, after laughing, how much more business they got, which is very simple.

David Van Nuys: How much more money they spend in the mall?

Madan Kataria: No, no, how much more they sell after laughing.

David Van Nuys: These are the sales clerks, then, that will be doing the laughter thing.

Madan Kataria: Yeah, sales people.

David Van Nuys: Okay, I missed that point.

Madan Kataria: If this plan is successful David, I am going to laugh my way to the bank.

David Van Nuys: Somewhere on one of your websites, I read that ... I guess I was looking at some of the training that you offer, and there was a mention of

something about being able to practice this by yourself instead of in groups. How would a person engage in laughter yoga by themselves?

Madan Kataria: It's very easy actually. There is a little while to get over the inhibitions and shyness. When you are laughing in a group, the same exercise you can do all by yourself. For the last 10 years, I developed this idea of laughing yoga alone. I get up at 4:00 everyday morning and first thing I do is to laugh.

David Van Nuys: Out loud?

Madan Kataria: Yeah, out loud, sometimes I laugh silently even my wife is ... Normally I go to the other room but when we are travelling together, then I laugh without sound. I don't make sound, so it becomes more hilarious when you are not allowed to laugh, you laugh more. I almost die laughing when I'm silent. It's a technique actually. As told, David, in the beginning, it's like learning to ride a bicycle, once you learn it never forget. Laughter is already inbuilt in us. We are born laughing but we forget when we grow up.

David Van Nuys: I was trying to remember the last time that I got the giggles. You talk about forbidden laughter, and sometimes we've been in a situation where you're not supposed to laugh and you're looking at somebody else and your triggering each other. The last time that happened to me I was in my doctoral program in psychology, and I was in a class and I think my friend and I, we both got sent out of the room. This is more typical of grade school than graduate school, but that's the last time I remember that happening. I love that experience. It's a wonderful experience.

Madan Kataria: It's very deep, and you can laugh all by yourself. There is no problem.

David Van Nuys: Yes, what are your plans for the future. You've already done so much but I also read on one of your websites that you are envisioning a possibility of communities outside of major cities, people living together who all embrace the idea of laughter. People would have laughed at your original notion, what are they laughing about now?

Madan Kataria: My vision is world peace through laughter. Actually I want to set up 1 million laughter clubs around the world, and that's why the first project I have taken Bangalore is, I bought a land, about 50 acres here, and I'm setting up a university of laughter yoga. It's not an economic university, but it's a university of living life. Teach laugh yoga methods, because if I can train the trainers and have more people as trainers, I can set up laughter, because there is a huge demand. I can't keep up. That's why first center of Laughter Yoga University will happen in Bangalore, then we will have 5 centers in 5 continents. Second center will be US, third in Australia, then Europe and Africa. 5 centers in 5 continents, Laughter Yoga International University.

Once we set up these 5 centers, we will have role model in each and every city can have a laughter city, we call a laughter city. Idea is very simple. When you retire and between you become invalid as a old person, there is a lot of useful years. If you've been living with the like-minded people, laughter yogis together, I'm sure you're not going to fall sick. You are not going to become invalid soon. I thought that we should all live happy as a community, so that's why I'm envisioning first a laughter city I'm setting up in Bangalore here. There is a residential complex people can buy properties, they can hire, they can rent, the time share or something. And Laughter University there is a lot of people coming in for health, for healing, for networking, building a strong community.

David Van Nuys: That's a beautiful idea and I look forward to seeing it unfold. As we wind down, is there anything else you would like to add?

Madan Kataria: I think I just want to tell people that laughter yoga is no laughing matter. It's spreading all over the world, it's way beyond. Without any marketing and advertising, we have spread across 70 countries. What I want to tell people is that, even if you have to practice laughter, even if you pretend, do it, because it's beneficial, because your body cannot make a difference between real and fake laughter. Second is that, when you start laughing in a group, it takes just a few seconds before it turns in real laughter. My last word to the people who are listening to this program is that laughter yoga is not an amusement or entertainment. This is a best exercise for health. If you laugh you won't fall sick.

How many millions and billions of dollars are being spent on health, governments are spending? I think laughter yoga can help reduce the health care cost in America, all over the world, and most importantly, senior citizens, the older people, you have no idea how many old people in the world—it's going to be 3 times more in the next 20 years. I think laughter yoga is all pervading, from school children to old age, from womb to tomb, everybody should practice laughter yoga.

David Van Nuys: That's a great wrap up, and Doctor-

Madan Kataria: I'm going to give you one minute of unconditional laughter, that's my wrap up.

David Van Nuys: That's your wrap up.

Madan Kataria: Are you ready? You must laugh with me David. Ready?

David Van Nuys: Okay.

Madan Kataria: Go (laughs).

David Van Nuys: (laughs).

Madan Kataria: (laughs) Okay, bye, bye. I love you David.

David Van Nuys: Okay, Doctor Madan Kataria, thanks for being my guest today on Shrink Rap Radio.