

**Mini Review**

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# Clapping has Incredible Benefits



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## Mini Review

We all think of clapping as a way to applaud somebody for a job well done in sports, award shows, theater or movies. However, there are a number of hidden benefits that clapping has been proven to have. In the recent years, there are different types of groups in parks who get together in the morning and/or evening. Some of these groups indulge in laughing; there is also another group who gather around to clap. Our body is a bundle of nerves and blood vessels spread all through the body and are one of the most complex networks we will ever know.

Each organ is linked to the other and a bad effect on one organ can affect the other, which may seem remotely linked. The palms in specific contain nerve and blood vessel endings and stimulating them through clapping helps improve health of organs like kidney, digestive tract, and lower back. Sounds interesting? Read on to know more. There are about 30+ acupressure points in the palms, which are activated when you are clapping. These connect various organs including low back, neck, kidneys, lungs stomach, etc. and have indirect benefits as noted below.

Clapping is known to improve the overall heart health and improve blood pressure. Blood circulation to various organs is also improved by regular clapping. Clapping also helps

improve asthma related problems by promoting function of nerve endings that connect these organs. In children especially, clapping is known to improve the brain function and contribute to better handwriting, reduced spelling mistakes, and improved concentration. Clapping helps immunity by boosting white cells, which are essential for fighting germs and therefore reduces the occurrence of frequent infections. Regular clapping is also shown to have benefits on improved bone health in cases of arthritis and associated pains. For the back, be it middle or low back pains, there is an immense benefit from clapping. The severity of the pain can be reduced significantly. Strange as it may seem, clapping is also shown to reduce instances of insomnia and improve hair health. For mental illnesses like depression and anxiety, clapping can be a very easy to do exercise that costs actually nothing. If you think the kidneys and palms are very distant from each other, think again.

For gout, which affects the kidneys, clapping is shown to be immensely useful. Both the severity of gout and the progression of disease can be halted. A word of caution: For better results, clapping is to be done after applying oil like mustard oil or coconut oil. So the next time, clapping need not be a part of just applauding. Include it into your routine exercise and see the results for yourself, you will naturally smile.



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