

Episode 5: Laughter Researcher Biography

Gurinder Singh Bains, MD PhD, is an Assistant Professor and Primary Research Coordinator for the School of Allied Health at Loma Linda University. He has been a co-author in over 25 publications. He received his PhD from Loma Linda University, MD from Ross University Medical School, and a BSc in Finance from the University of Illinois, Urbana-Champaign.

Bains has been involved in research that includes humor/laughter, inflammation, high intensity exercise and weight loss, sleep, blood flow, and back pain. His PhD dissertation focused on how humor and laughter can enhance short-term memory in the elderly.

Bains has presented at numerous scientific meetings and his research has gained worldwide media attention such as ABC News Worldwide, CNN, Ellen DeGeneres Show, Men's Journal, FOX News, and Huffington Post to name a few.