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â€œTears are Godâ€™s gift to us. Our holy water. They heal us as they flow.â€• ~Rita Schiano, Sweet Bit Love.

Crying is often triggered by anger and grief, but sometimes tears can also result from sadness, happiness, fear, laughter, frustration, remorse or other strong feelings.

Why Crying is Good for You?

1. Tears are good, for the body and soul.

2. Crying helps you transit from feeling upset to feeling better.

3. Tears dissolve guilt and fear.

4. Tears help communication.

5. Crying is cathartic.

6. Tears are important in the maintenance of physical health and emotional balance.

Besides the sentimental reasons, there are a myriad of eye irritants from onions to ragweed to smoke that cause eyes to tear.

There is scientific evidence that crying may be healthy for you. Unlike tears resulting from irritants, those caused by emotional stimuli contained more protein, manganese, potassium and prolactin.

Manganese is an essential nutrient. Too little of it can lead to slow blood clotting, skin problems, and can lower cholesterol levels. Potassium helps in the working of nerves, muscle control, and regulating blood pressure. Prolactin combats stress and is vital for the immune system.

We explains how tears heal us physiologically, psychologically, and spiritually.

1. Tears for Lubrication

The most basic function of tears is that they cleanse and lubricate our eyeballs and eyelids. In addition, they also prevent dehydration of our various mucous membranes.

2. Remove Toxins

Emotional crying is a good way for the body to dispose off toxic substances. Tears caused by emotional stimuli contain high levels of cortisal, a hormone released during stressful situations.

According to experts, release of toxic elements from our bodies via tears supports our overall well being.

3. Tears Kill Bacteria

Our tears work as antibacterial and antiviral agents to combat germs we pick up on community

computers, shopping carts, and public places. Tears contain lysozyme, an enzyme that has the ability to kill 90 to 95 percent of all bacteria in just 5-10 minutes!

4. Elevate Mood

Research has established that the body releases endorphins, the feel good hormone while experiencing the emotion that causes tears.

People report that a good cry makes them feel better and more at peace. Such a positive emotion is worth the red eyes and puffy nose. Statistics reveal that it improves the mood of 88.8 percent with only 8.4 percent feeling worse.

5. Coping with Stress

The shedding of tears is the bodyâ€™s innate healing mechanism of coping with stress and loss. Crying is a means to restore psychological and physiological balance.

Jerry Bergman in his book "The Miracle of Tears" states, â€œSuppressing tears increases stress levels, and contributes to diseases aggravated by stress, such as high blood pressure, heart problems, and peptic ulcers.â€•

6. Other Therapeutic Effects of Tears

Studies indicate that shedding of tears increase skin sensitivity and help our breathing to deepen -- both very healthy signs. According to experts, crying is letting go of that which has been too much for the body to sustain.

The natural outpouring, a sign of distress, improves social support and reduces aggression. Moreover, asthma attacks, long thought to be largely psychosomatic may cease as a result of crying.

William Frey, in his book â€˜Crying the Mystery of Tearsâ€™ has rightly said, â€œIt is no accident that cryi has survived evolutionary pressures. Humans are the only animals to evolve this ability to shed tears in response to emotional stress, and it is likely that crying survived the pressures of natural selection because it has some survival value.â€•

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