

Bring the mind and body together

Add to your Sunlighten experience with SO Sound

There are several examples of studies demonstrating the health benefits of sound and vibrational therapy. Here is a sampling:

Good Vibrations: A new treatment under study by NASA-funded doctors could reverse bone loss experienced by astronauts in space.

"NASA-funded scientists suggest that astronauts might prevent bone loss by standing on a lightly vibrating plate for 10 to 20 minutes each day. Held down with the aid of elastic straps, the astronauts could keep working on other tasks while they vibrate.

The same therapy, they say, might eventually be used to treat some of the millions of people who suffer from bone loss, called osteoporosis, here on Earth.

Although the vibrations are subtle they have had a profound effect on bone loss in laboratory animals such as turkeys, sheep, and rats."

-Patrick L. Barry. Science@NASA. 2001.

<http://science.nasa.gov/headlines/y2001/ast02nov_1.htm>

Treating PTSD in Non-Traditional Ways

"Sherill F. Cross, registered music therapist at Waco VAMC in Texas, runs a VA music therapists network there. Although Cross works with only 100 patients each year, similar music-therapy-directed relaxation training is available at many VA hospitals, such as in Houston, Topeka (Kan.), Milwaukee and New York.

Cross begins her 10-week program with individual sessions, teaching patients to focus on breathing while listening to slow and lyric-free music... Cross has helped several women vets by suggesting the use of simple instrumental music while taking a warm bath. The women's sleeping, communication skills and self-esteem improved."

-Janice Arenofsky. Veterans of Foreign Wars.

<<http://www.vfw.org/index.cfm?fa=news.magDtl&dtl=3&mid=3832>>

