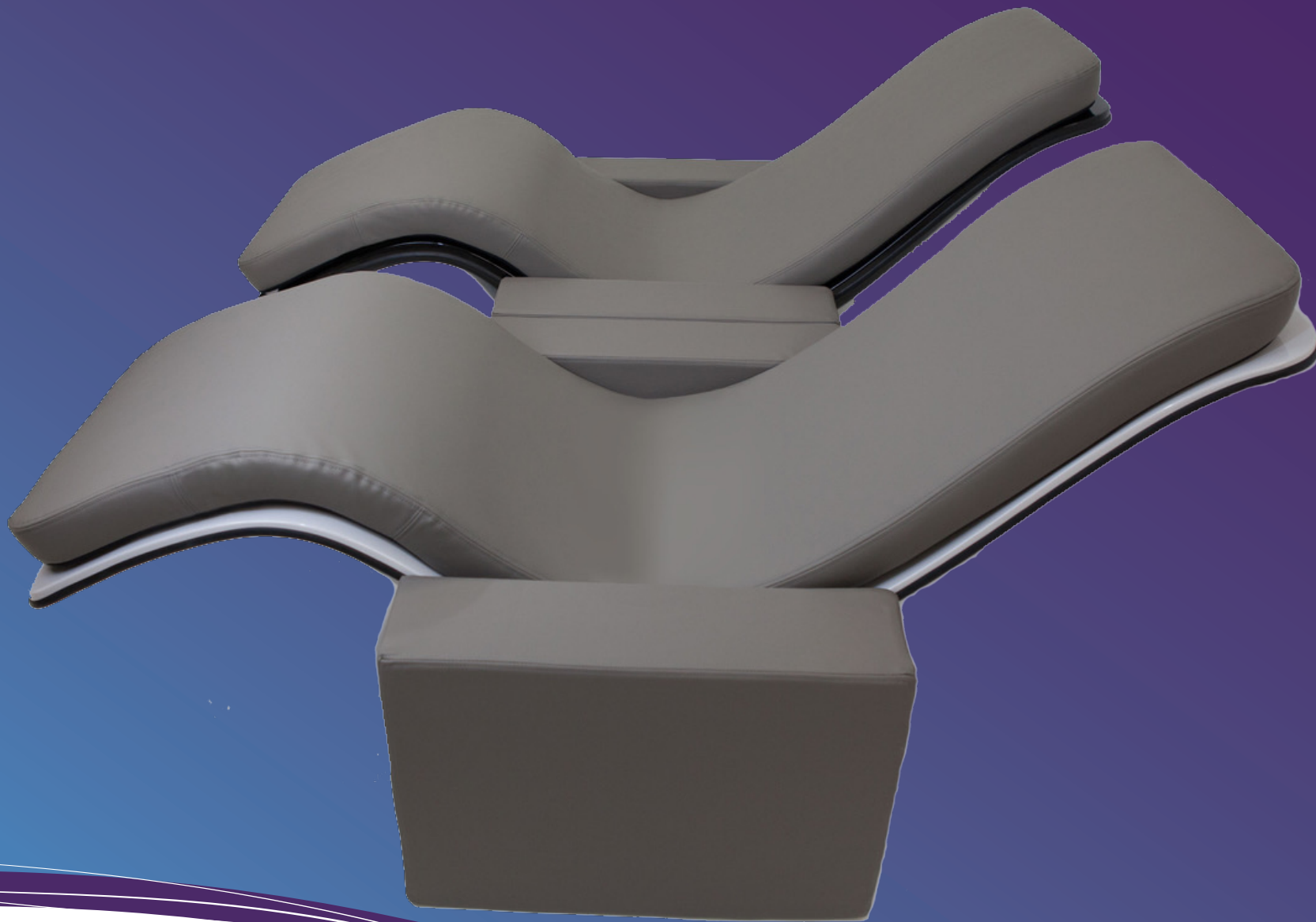




SOUND WELLNESS

Feel completely refreshed

Corporate Wellness & Non Profit Business Plan



Our patented technology makes meditation easier. Created by the developer of the Breathe Right® Nasal Strip, the BodySound™ Chair induces meditation benefits with no work from the user. The result is measurable stress reduction. Meditation is an effective tool for stress management. Unfortunately, meditation is an acquired skill requiring years of practice. Too many people give up before enjoying its long term benefits.

The World Health Organization has called stress “the health epidemic of the 21st century,” costing U.S. businesses up to \$300 billion a year. An estimated 75%-90% of all doctor visits are for stress-related issues.

Our Mission

Stress reduction and reducing or eliminating the psychological and medical complications of stress, including stress related illness.

We have witnessed significant improvement in a number of medical conditions that are not stress related. We are in the final stages of studying these effects with the Mayo Clinic.

The BodySound Chair's soothing sounds and gentle vibrations effortlessly guide you into deep, mindful meditation. Your stress will melt away as you drift deeper and deeper into mindful rest. This allows both your body and mind to let go of any built up tension and work out stress naturally.

Wake up energized, clear headed, and stress free. Feel completely refreshed.

Opportunity

The World Health Organization has called stress “the health epidemic of the 21st century,” costing U.S. businesses up to \$300 billion a year. An estimated 75%-90% of all doctor visits are for stress-related issues.

Mindfulness training is designed to help employees manage chronic stress. On-the-job stress can be attributed to shifts in corporate structure, company growth, even large projects and the daily competitiveness within a company. Mindfulness programs boost employee engagement and productivity and retention because they improve employees' quality of life.

According to the chief mindfulness officer at Google, the problem with existing mindfulness training is that after 6 months few employees continue mindfulness practices. We have found employees are significantly more likely to continue to practice mindfulness when they feel the benefits our technology provides. Our technology provides the most effective mindfulness training experience available. Our innovative mindfulness program, Sound Wellness, combines the BodySound™ chair, mindfulness training and comprehensive biofeedback that provides clients with measureable results. This gives us our competitive advantage.

Mindfulness training has gained a large market share of the corporate wellness market. Supported by an increasing number of scientific research papers quantifying its effects, meditation, often called mindfulness, generated \$1.2 billion in revenue last year. According to a 2017 survey by Fidelity Investments and the National Business Group on Health, 35 percent of employers responding had incorporated mindfulness training in the workplace, and another 26 percent were considering adding it in the future.

In 2015, health insurance giant Aetna reported that more than a quarter of its 50,000 employees had participated in mindfulness programs. According to Aetna, “on average, mindfulness participants gained 62 minutes of productivity a week, which is an estimated \$3,000-per-employee increase in productivity for the company each year.”

The increasing focus on work-life balance and implementation of company-wide employee-centric healthcare campaigns that offer lifestyle coaching and benefits will revolutionize the corporate wellness market. The introduction of such programs will promote the growth of the corporate wellness market in US generating revenues of over \$13 billion by 2023. We see a substantial opportunity to sell our programs and technology to the corporate wellness market and in cooperation with our non-profit, Sound Wellness, make an impact in the community.

Sound Wellness is the nonprofit organization we formed to make a measurable impact on the community. Our mission is to reduce or eliminate the psychological and medical complications of stress, including stress related illness. Our solution to achieve this goal combines mindfulness training with BodySound™ technology and comprehensive biofeedback that provides clients with measurable results

Over the past 3 years we have been conducting pilot programs to determine the non-profit opportunities where our program has the most impact. We have identified PTSD treatment for veterans, low income schools, disability services, and addiction treatment as the best applications.

Our plan is to provide corporate wellness services and use a percentage of profit, along with donations, private investment, and state and federal grants to provide our services to these under-served communities. We believe mindfulness training and stress reduction are extremely needed in these communities and the benefit will be significant. The PR from the nonprofit services will help drive the corporate services.

Sound Wellness will provide our technology to corporations with add-on options for additional services, such as mindfulness training, biofeedback, and massage. Our mindfulness coaches and massage therapists are independent contractors.

We have established many key partners including the team of 40 doctors and wellness professionals that helped with development of the technology. We have a network of wellness practitioners through the US. Our advisory board includes doctors, business and nonprofit mentors, and channel partners.



Biofeedback devices

Bio-Well Sensor



Using the powerful technology of ElectroPhotonic Imaging (EPI) (also known as Gas Discharge Visualization (GDV)), Bio-Well illustrates the state of person's stress level. When a scan is taken, high intensity electrical field stimulates emission of photons and electrons from human skin; imaging technology captures photon emissions given off by the finger.

Bio-Well utilizes a weak, completely painless electrical current applied to the fingertips for less than a millisecond. The body's response to this stimulus is the formation of a variation of an "electron cloud" composed of light energy photons. The electronic "glow" of this discharge is captured by an optical CCD camera system and then translated into a digital computer file.

Biofeedback devices

Muse headset



Muse: the brain-sensing headband answers these questions by using wearable EEG technology and neurofeedback to help your clients understand what it feels like to have a calm or active mind. Through real-time audio feedback and progress-tracking, we resolve many of the barriers to meditation with a simple tool that helps your clients develop a consistent practice.

Air Hush panels provide the most effective sound treatment.



ISAT - shorthand for Inflatable Sound Attenuation Technology - the revolutionary premise of using an inflatable core combined with modern sound attenuation materials to block, absorb and/or contain sound.

Because traditional approaches to sound control use mass to block or contain sound they tend to be expensive, invasive to implement and permanent. ISAT systems ship deflated, are lightweight, easy to assemble and can be repurposed in myriad configurations.



Progress

The creation of the technology began in 1996. Over many years of research and development our technology was created with the help of a team of 40 health care and wellness professionals. The technology is patented.

Since 2014, over 300 BodySound™ chairs have been sold to physicians, health and wellness providers, hospitals and clinics.

Over the past 3 years we have been conducting pilot programs for PTSD treatment for veterans, low income schools, disability services, and addiction treatment

Progress

The Mayo clinic has conducted a thorough study of the stress benefits of our technology. They have found significant improvements in a number of conditions that are stress related. When published, this study will have substantial benefit for our technology, program and company.

We have developed a library of content and programming to support our technology. We have developed an interactive experience in partnership with several industry leaders in mindfulness training.

We recently partnered with our first corporate wellness vendor that has locations in 19 cities throughout the US.



SOUND WELLNESS

Feel completely refreshed

BodySound™ technology benefits are similar to...

Meditation

Stress Reduction

Relaxation

Sound Healing

Vibrational Healing

Energetic healing

Deep Rest

Sensory deprivation

Reiki

Acupuncture

Research of Benefits

Psychological Relaxation

Relaxation in psychology, is the emotional state of a living being, of low tension, in which there is an absence of arousal that could come from sources such as anger, anxiety, or fear.

Relaxation is a form of mild ecstasy coming from the frontal lobe of the brain in which the backward cortex sends signals to the frontal cortex via a mild sedative.

Stress is the leading cause of mental problems and physical problems therefore feeling relaxed is beneficial for a person's health. When we are stressed, the sympathetic nervous system is activated because we are in a flight or fight response mode; over time, this could have negative effects on a human body.

Relaxation response is a physical state of deep rest that changes a person's physical and emotional responses to stress.

The benefits of relaxation can be found in three main areas of an individual's health, including; mental, physical and physiological health. Being relaxed can do positive things for someone's health from just elevating your mood to helping with insomnia. All of these things can help an individual live a happier and healthier life and may increase the longevity of one's life. Relaxation response is a physical state of deep rest that changes a person's physical and emotional responses to stress.

Today, scientists have shown that such practices lower heart rates, blood pressure and oxygen consumption, and they alleviate the symptoms associated with a vast array of conditions, including hypertension, arthritis, insomnia, depression, infertility, cancer, anxiety, even aging. Research, published in the online journal *Public Library of Science ONE* (July 2), suggests that practicing the relaxation response can actually lead to genomic activity changes. In the study, his team of researchers looked at how the relaxation response affected each of the body's 40,000 genes and found that, compared with a control group, those who regularly used the relaxation response induced anti-oxidation and anti-inflammatory changes that counteracted the effects of stress on the body.

Sensory deprivation

Sensory deprivation or perceptual isolation is the deliberate reduction or removal of stimuli from one or more of the senses. A related phenomenon is perceptual deprivation, also called the Ganzfeld effect. In this case a constant uniform stimulus is used instead of attempting to remove the stimuli; this leads to effects which have similarities to sensory deprivation.

The last 20 minutes often end with a transition from beta or alpha brain waves to theta, which typically occur briefly before sleep and again at waking. In a float tank, the theta state can last for several minutes without the subject losing consciousness. Some use the extended theta state as a tool for enhanced creativity and problem solving, and published results showing reductions of both pain and stress. The relaxed state also involves lowered blood pressure, lowered levels of cortisol, and maximal blood flow. Apart from physiological effects, relaxation response seems to have positive effects on well-being and performance

Stress-related ill-health such as depression, anxiety, and insomnia are all common reasons for sick-leave absence from work and stress-related illnesses have been studied in workplace settings. Stress-related symptoms found amongst many employees include fatigue, burnout syndrome and gastric complaints. Stress, which is the most common reason for sick-leave absence, may increase the number of days in sick-leave, reduce productivity, and increase the risk of psychiatric disorders.

Occupationally induced fatigue play a major role in work-related psychological illnesses and research show that insufficient opportunities to recover from work fatigue contribute to stress-related illnesses. One way of recovering from and/or preventing stress-related illnesses could be through health promoting programs at work places where relaxation techniques are used as a method. Health-care programs, including methods of stress-reduction such as relaxation, may be of such importance it will affect the number of sick-leave days. Unfortunately, research regarding stress-related illnesses is mostly focused on those individuals already suffering, when preventive methods might be the most sufficient way of actually decreasing potential sick-leave absence by increasing general health.

Stress Reduction

Stress is key for survival, but too much stress can be detrimental. Emotional stress that stays around for weeks or months can weaken the immune system and cause high blood pressure, fatigue, depression, anxiety and even heart disease. In particular, too much epinephrine can be harmful to your heart. It can change the arteries and how their cells are able to regenerate.

This automatic response developed in our ancient ancestors as a way to protect them from predators and other threats. Faced with danger, the body kicks into gear, flooding the body with hormones that elevate your heart rate, increase your blood pressure, boost your energy and prepare you to deal with the problem.

These days, you're not likely to face the threat of being eaten. But you probably do confront multiple challenges every day, such as meeting deadlines, paying bills and juggling childcare that make your body react the same way. As a result, your body's natural alarm system — the “fight or flight” response — may be stuck in the on position. And that can have serious consequences for your health. According to the National Institutes of Health, about 40 million Americans adults suffer from anxiety disorders, 15 million deal with major depression on a daily basis, and millions more have milder or intermittent symptoms of both. It is not generally appreciated that depression is the leading cause of disability in the 15 to 44 age group, and is responsible for ninety percent of the 32,500 suicides/year.

During “fight or flight” response, certain hormones like adrenalin and cortisol are released, speeding the heart rate, slowing digestion, shunting blood flow to major muscle groups, and changing various other autonomic nervous functions, giving the body a burst of energy and strength. When the perceived threat is gone, systems are designed to return to normal function via the relaxation response, but in our times of chronic stress, this often doesn't happen enough, causing damage to the body.

Stress has also been shown to affect crucial brain cells in humans, especially in developing brains, and a warping effect can be demonstrated on MRI scans. Prenatal or early childhood stress can lead to an inability to learn and remember as well as undesirable changes in behavior such as substance abuse, as well as psychiatric disorders.

Conversely, meditation can protect your brain, as assessed by cutting edge technologies like functional magnetic resonance imaging (fMRI), which measures the blood flow in different parts of the brain and shows how active they are. Emory researchers had previously reported that longtime meditators don't show the usual loss of gray matter in their brains as they age. Other studies have found that meditators have thicker tissues in the prefrontal cortex, the region that governs attention and control, suggesting a neuroprotective effect.

Deep Rest

High quality rest time requires a complete break from any work related tasks and a complete rest from anything which applies pressure to the mind or body.

Those tensions, which cannot be neutralized through the rest provided during sleep, will accumulate over time. Eventually, they disturb the natural functioning of the body, which, in turn, results in all sorts of mental and physical problems. These disturbances can manifest, usually through our genetic “weakest link” – some people will get heart problems while others will sink into a depression. But the genetic condition is not the cause, rather it will define where the true cause, the inability of the body to clear itself of elements that disturb it’s natural functioning, will manifest itself. These disturbances are regarded as a key cause, direct or indirect, of many physical or mental health problems.

By allowing the mind to be effortlessly drawn to this complete inner peace, we literally pull the body into a very deep state of rest, much deeper than the rest that we experience during sleep.

We see that, during TM practice, the body goes into a state of rest much faster and much deeper than the rest that is usually achieved during sleep.

As a result of such deep rest, the body can start to heal itself from the deeper stresses – even our deepest traumatic stresses – that years of sleep (or therapy) can't touch. If the body can eliminate the tensions that disturb its normal functioning, then the ground is set for the problems related to those disturbances to spontaneously improve.

Sleep rewires the brain and body. Lots of learning -- including for new physical moves -- takes place while you sleep, as brain connections are made and pruned. High levels of physical activity cause the production of new brain cells – in memory areas -- that become functional within days. And people's mood and overall memory improve.

When coping with life's pressures, the body and mind behave in the same manner. Once a bout of pressure has been dealt with, sufficient rest time must be allowed to enable the body and mind to recover and grow. If this occurs, the body and mind will be able to take on bigger challenges in the future, allowing the person to advance. If insufficient rest time is allowed, the body and mind will eventually fail to cope with the pressure. Burnout and breakdown become inevitable.

While it is action which brings about results; periods of inaction are necessary to allow the body and mind to recover from the pressures of life and work. Our bodies and minds are designed to cope with bouts of pressure but not prolonged periods of endless pressure. Sufficient and properly executed rest periods allow the body and mind to recover and grow. This in turn allows for consistent performance improvement and the achievement of bigger and better results.

Energetic healing

Energetic Healing is the conscious and skilled use of therapeutic modalities to benefit a person on subtle and emotional levels, as well as in their general and physical well-being. Energetic healing facilitates the healing process by clearing blocks in the energy fields, repairing and rebalancing the energy so that the body can move to its optimal level of balance from where it is able to access its inherent ability to heal itself.

Energetic healing can also help identify “issues” before they manifest as pain or similar distortions in the physical body. It opens our consciousness to the areas we need to work through and heal in order to bring our lives into balance and maintain health, harmony and vitality.

Energetic Healing is an umbrella term for any therapy that manipulates the energy circuits in our physical or subtle bodies to regain balance and facilitate our body’s innate healing mechanisms.

Some of the more well know therapies that fall under the heading “energetic healing” include Reiki, Reflexology, Kinesiology, Thought Field Therapy and Acupuncture. However, energetic healing also encompasses lesser known natural therapies such as: Aura and Chakra balancing; Flower and Vibrational Essences, Crystal Healing, Color Therapy, Spiritual Healing, and other forms of bodywork.

Internal factors impacting our energy system include:

trauma

phobias

anxiety & stress

neurological, biochemical, and structural imbalances

External factors impacting our energy systems include:

environmental stresses & toxins

nutrition

exercise

posture

Disease is our body's mechanism of telling us that our energy is not flowing harmoniously and that something is not working in our lives. If we don't pay attention to the initial messages, the warnings will become increasingly severe until we take are forced to take notice. Energy healing is a holistic practice that activates the body's subtle energy systems to remove blocks. By breaking through these energetic blocks, the body's inherent ability to heal itself is stimulated.

Reiki is the Japanese tradition of energy healing, and it dates back to the early 20th century. Chakras, the seven energy transmission centers of the body, are described in ancient Hindu texts. Meridians, the energy superhighways of the body, are the road maps on which traditional Chinese medicine practitioners based acupuncture. Even massage is an energy healing practice, for it releases tension in the muscles, and allowing for deep relaxation.

Everything in the universe vibrates, including people. We are vibrating energy bundles. Energy healing helps to pull out stagnant and stuck energy — after just one session, you'll feel more expansive and blissful.

Stress is just not felt in our heads, but in our entire bodies. By stimulating acupressure points of the meridians we're communicating to our brain that it is safe to relax. It releases energy blockages so you feel energetically lighter and happier. It accelerates the body's natural ability to heal itself and increases vitality. It can help with acute injuries, chronic health issues and relieve pain. It clears stress and tension to allow deep relaxation. It accelerates the body's natural ability to heal itself and increases vitality. It can help with acute injuries, chronic health issues and relieve pain.

Energy healing activates and energizes the body's natural ability to heal. It helps clear negative emotional and mental thought patterns.

Hospitals around the country are experimenting with Energy Healing as a relatively safe and side-effect-free treatment option and integrating acupuncture to help ease patients' chemo symptoms.

Reiki

A spiritual touch practice based on the notion that human hands can redirect one's "life force energy" to heal stress and disease, Reiki is the hottest new Eastern healing practice making its way into the Western health industry. Like acupuncture, yoga and other once fringe practices, Reiki is now viewed by many as an effective, accepted alternative practice in mainstream America, where at least 1.2 million adults have tried the energy healing therapy.

Energy healing is being woven into patient services and treatment programs for people with cancer, fibromyalgia, pain and depression, creating a new touch therapy market that hospitals, medical and cancer centers are tapping into.

The Healing Touch Professional Association estimates that more than 30,000 nurses in U.S. hospitals use touch practices every year. Hospitals now seek out Reiki masters and do workshops to train nurses and medical staff. A 2008 American Hospital Association survey found that 84 percent of hospitals reported patient demand as the primary rationale in offering complementary medicine services, including Reiki.

Acupuncture

Whether it be demands from our job or personal pressures we place on ourselves, nearly 77% of us admit that we experience the physical symptoms of stress. While work is a major trigger, acupuncture has been proven to lower stress hormones and moderate mood to reduce anxiety and improve overall feelings of happiness.

Reduced Back Pain, Neck Tension and Relieve Joint Pain in the Hands and Arms
Keyboards, heavy backpacks, cell phones, and poor posture are just a few of the culprits that create the type of pain that penetrates into our workday and keeps us up at night. Acupuncture provides drug free pain relief while also reduces swelling and inflammation. Improved Immune System and Reduced Sick Days.

Acupuncture can help fight off pathogens by boosting the body's immune system. Acupuncture treatment can also reduce the duration of a cold and relieve debilitating symptoms that keep you feeling miserable and away from work.

Sound Healing

The most important principle of sound healing may be considered Resonance, a word with several implications. In the context of human healing, resonance can be described as the frequency of vibration that is natural to a specific organ or body system (such as the heart or the respiratory system). This innate frequency is known as the prime resonance.

At the cellular level, all cells emit sound frequencies as a consequence of their metabolic processes. Further, there is an interaction between the cells' own sounds and those imposed by the environment, including sound healing devices. The resonance principle implies cellular absorption of the healing sounds that are introduced and/or their harmonics. In sound healing, resonance principles are engaged to re-harmonize cells that have been imprinted with disruptive frequencies. Such troublesome imprints may have been a result of toxic substances, emotional traumas, pathogens, or long-term exposure to noise pollution. Sound also acts upon cellular ion channels to elicit a healing response. Situated within a cellular membrane, ion channels are the means by which the cell receives nourishment and communicates with neighboring cells.

In dysfunctional cells, it is believed that some of these vital channels are shut down causing cells literally to fall asleep. In this hypothesis, sound opens the closed channels, supporting the cell to awaken and resume normal functioning and replication.

Sound Healing is a tool to transform our field and resonate to higher frequency, our brain pulses and vibrates like everything in this Universe. The brain pulse is measured like sound in cycles per second or Hertz. Sound healing can bypass our thoughts clutter, and will quiet down.

BENEFITS

Physical and mental balance

Personal development

Improved sleep

Stimulation of energy

Improved concentration and creativity

Improving stress-related disorders and anxiety

Relaxation, Calmness of mind

Normalization of blood pressure

Balance of the immune system

Self-confidence

Sound has been utilized in various cultures for thousands of years as a tool for healing. Whether through the use of mantras as with the Hindus, and of various Indigenous peoples from Central and South America, or Pythagoras' use of interval and frequency, these various techniques all have the same intention: to move us from a place of imbalance to a place of balance.

Sound helps to facilitate shifts in our brainwave state by using entrainment. Entrainment synchronizes our fluctuating brainwaves by providing a stable frequency which the brainwave can attune to. By using rhythm and frequency, we can entrain our brainwaves and it then becomes possible to down-shift our normal beta state (normal waking consciousness) to alpha (relaxed consciousness), and even reach theta (meditative state) and delta (sleep; where internal healing can occur).

The physical body is where we experience localized pain and discomfort. we can stimulate the release of Nitric Oxide, a free radical molecule that has been proven to positively affect pain transmission and control. Which, in short, means that these frequencies help to create a physiological reaction, while the sound itself helps to influence our auditory system, enabling us to modify our relationship to the pain.

Our body, mind and spirit always want to be moving in a direction toward balance, yet we often have too much outer stimulus and noise and not enough time to dedicate to ourselves, which can prevent us from achieving a better state of harmony. Sound has a way of helping us get to the source of this inner peace we all desire. Music therapy can reduce stress and promote relaxation. It's been shown to be more effective than prescription drugs in reducing anxiety levels before surgery. A study published in 2017 found that a 30-minute music therapy session combined with traditional care after spinal surgery reduced pain. Treatment involves creating, listening, singing, or moving to music. It's used for physical rehab, pain management, and brain injuries. Sound healing uses music familiar to those being treated, create new music together, or work toward a performance. This approach is used to treat children with developmental delays and their parents, mental health, learning difficulties and autism, dementia, and other conditions.

Singing bowl therapy dates back to the 12th century and has been used for meditation and rituals in Tibetan culture. Metal bowls produce a deep, penetrating sound that's used to relax and repair the mind. A 2016 study found that singing bowl meditation reduced stress, anger, depression, and fatigue.

There exists a wide range of techniques that range from simple sound massage to what is termed “sound surgery” where sound is utilized inside the body. This includes placing highly precise tones within specific organs. Of course, ultrasound has been used for years to break up kidney stones or plaque on our teeth. This type of sound application is also being explored on other diseases such as cancer. Using sound to destroy diseases is an aggressive form of sound surgery. Sound now being used more and more to help restore tissues to a healthy state of being by resonating the frequency of healthy tissues. Doctors have now figured out the resonant frequency of healthy organs. By applying the correct frequency to a diseased organ, the organ is entrained into a healthy state of vibration.

Sound Baths

Sound baths are meant to help facilitate a shift in your brainwave state. Through frequency and entrainment with sound it's possible, and very easy, to down-shift our normal beta state (waking consciousness) to alpha (relaxed consciousness), with the majority of people able to reach theta (meditative state) and even delta, where internal healing can occur. This experience is helpful for anyone who wants to give themselves a moment of relaxation or gain the benefits from meditation, but has not yet learned how to access on their own.

Binaural Beats

This method stimulates the brain into a specific state using pulsing sound to encourage your brain waves to align to the frequency of the beat. It's supposed to help induce enhanced focus, entranced state, relaxation, or sleep. Though more research is needed, there's some evidence that audible brainwave entrainment reduces anxiety, pain, symptoms of premenstrual syndrome, and improves behavioral problems in children. This is said to synchronize the brain, providing clarity, calmness, and faster communication between the mind and the body.

Entrainment is a method of synchronizing our brainwaves, by producing a stable, solid frequency that our brains adjust to and then match. People suffering from cognitive functioning deficits, stress, pain, headaches & migraines, PMS and other behavioral problems all benefitted from using binaural beats. "The immediate psychological effects on memory, attention, stress, pain, headaches and migraines were shown to benefit from even a single session of brainwave entrainment". Binaural Beats increase relaxation, meditation, pain management, improve sleep, and reduce stress.

Binaural beats "dramatically" affects the production of three hormones directly related to longevity of life and overall well-being; cortisol, DHEA and melatonin:

- Cortisol is found in the adrenal glands and impacts learning and memory, as too much of it is bad for us and causes stress.
- DHEA is used as a "source ingredient" for virtually every "good hormone" the body needs, and helps our immune system.
- Melatonin is the chemical produced during deep, natural sleep. Having lots of DHEA and melatonin is good for us.
- Cortisol levels went down by an average of 46%
- DHEA increased by an average of 43%
- Melatonin production increased by an average of 98%

In this study brain wave entrainment usage was shown to produce average IQ increases of 23%.

Dr. Othmer also reported "dramatic improvements" in the subjects' visual retention (i.e. memory), auditory memory, reading and arithmetic.

Vibrational Healing

There are different types of sound therapy, including vibrational sound therapy, which uses special sounds that produce vibrations thought to improve brain waves.

Vibration is believed to affect your body's functions, such as blood pressure and breathing. Vibroacoustic therapy uses audible sound vibrations to improve health and reduce stress. This type of sound therapy involves using speakers imbedded in recliners, mattresses, and special mats to transmit music and sound vibrations directly to the body. There's evidence to support its benefits, specifically its ability to promote relaxation and reduce pain and symptoms in people with cancer and those recovering from surgery.

Virtually everything on Earth vibrates. The planet itself vibrates. All matter consists of atomic material which is in constant motion. Motion is manifested in everything within the Universe – nothing is at rest – everything moves, vibrates, spins and circles. This motion generates frequencies, which then generate sound.

“If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes. Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any medical disorder.”

— Dr. Mitchell Gaynor, director of Medical Oncology and Integrative Medicine, the Cornell Cancer Prevention Center in New York.

He found that through a series of acoustic sounds, cancer cells would explode and healthy cells would become energized and empowered. Using a Kirlian camera, he was able to document what happens to the energy fields of healthy human cells when exposed to a chromatic scale of sound frequencies. He discovered that the color and shape of each cell and its subtle energy field (Aura) changed according to the pitch and timbre of each musical note.

Raising one's vibratory frequency prevents the falling into unhealthy feeling habits, negative thinking and sluggish physical health. When we are healthy, everything in our bodies is vibrating in harmony or resonance. Disease results when a part of our body begins to vibrate at a different rate, out of harmony with the rest.

Sound and sound vibration can help restore regulatory function to a body out of tune and helps to maintain as well as enhance regulatory function to a body in tune. It may alter cellular functions through energetic effects; it may entrain biological systems to function more homeostatically; it may calm the mind and therefore the body; or it may have emotional effects, which influence neurotransmitters and neuropeptides, which in turn help to regulate the immune system – the healer that resides within us all.

Vibrational healing has been used for thousands of years in ancient civilizations. Egypt is said to have used sound and color for healing and that many of their healing centers had special rooms devoted only to healing with color and sound. The Chinese have used acupuncture, another form of vibrational healing, for centuries.

Meditation

Research has found that meditation offers a number of health benefits, including:

- stress reduction
- decreased anxiety and depression
- improved memory
- reduced blood pressure
- pain reduction
- Lower cholesterol
- Decreased risk for heart disease and stroke

Stress Reduction is one of the most common reasons people try meditation. One study including over 3,500 adults showed that meditation lives up to its reputation for stress reduction.

Normally, mental and physical stress cause increased levels of the stress hormone cortisol. This produces many of the harmful effects of stress, such as the release of inflammation-promoting chemicals called cytokines. These effects can disrupt sleep, promote depression and anxiety, increase blood pressure and contribute to fatigue and cloudy thinking. In an eight-week study, a meditation style called "mindfulness meditation" reduced the inflammation response caused by stress .

Another study in nearly 1,300 adults demonstrated that meditation may decrease stress. Notably, this effect was strongest in individuals with the highest levels of stress. Research has shown that meditation may also improve symptoms of stress-related conditions, including irritable bowel syndrome, post-traumatic stress disorder and fibromyalgia

An eight-week study of mindfulness meditation helped participants reduce their anxiety. It also reduced symptoms of anxiety disorders, such as phobias, social anxiety, paranoid thoughts, obsessive-compulsive behaviors and panic attacks.

A larger study in 2,466 participants also showed that a variety of different meditation strategies may reduce anxiety levels.

Two studies of mindfulness meditation found decreased depression in over 4,600 adults .

One study followed 18 volunteers as they practiced meditation over three years. The study found that participants experienced long-term decreases in depression.

Inflammatory chemicals called cytokines, which are released in response to stress, can affect mood, leading to depression. A review of several studies suggests meditation may reduce depression by decreasing these inflammatory chemicals.

Another controlled study compared electrical activity between the brains of people who practiced mindfulness meditation and the brains of others who did not. Those who meditated showed measurable changes in activity in areas related to positive thinking and optimism.

Kirtan Kriya is a method of meditation that combines a mantra or chant with repetitive motion of the fingers to focus thoughts. It improved participants' ability to perform memory tasks in multiple studies of age-related memory loss.

Furthermore, a review of 12 studies found that multiple meditation styles increased attention, memory and mental quickness in older volunteers.

In addition to fighting normal age-related memory loss, meditation can at least partially improve memory in patients with dementia. It can also help control stress and improve coping in those caring for family members with dementia.

The mental discipline you can develop through meditation may help you break dependencies by increasing your self-control and awareness of triggers for addictive behaviors.

Research has shown that meditation may help people learn to redirect their attention, increase their willpower, control their emotions and impulses and increase their understanding of the causes behind their addictive behaviors.

One study that taught 19 recovering alcoholics how to meditate found that participants who received the training got better at controlling their cravings and craving-related stress .

Meditation may also help you control food craving. A review of 14 studies found mindfulness meditation helped participants reduce emotional and binge eating.

Nearly half the population will struggle with insomnia at some point. One study compared two mindfulness-based meditation programs by randomly assigning participants to one of two groups. One group practiced meditation, while the other didn't. Participants who meditated fell asleep sooner and stayed asleep longer, compared to those who didn't meditate.

Becoming skilled in meditation may help you control or redirect the racing or "runaway" thoughts that often lead to insomnia.

Additionally, it can help relax your body, releasing tension and placing you in a peaceful state in which you're more likely to fall asleep.

Your perception of pain is connected to your state of mind, and it can be elevated in stressful conditions. For example, one study used functional MRI techniques to observe brain activity as participants experienced a painful stimulus. Some participants had gone through four days of mindfulness meditation training, while others had not.

The meditating patients showed increased activity in the brain centers known to control pain. They also reported less sensitivity to pain.

One larger study looked at the effects of habitual meditation in 3,500 participants. It found that meditation was associated with decreased complaints of chronic or intermittent pain.

An additional study of meditation in patients with terminal diseases found meditation may help mitigate chronic pain at the end of life.

In each of these scenarios, meditators and non-meditators experienced the same causes of pain, but meditators showed a greater ability to cope with pain and even experienced a reduced sensation of pain.



SOUND WELLNESS

Feel completely refreshed