

THE SCIENCE OF SOUND

What is sound medicine?

- Sound medicine has been used for thousands of years. It formed a substantial part of the teachings of the father of mathematics, Pythagoras. Pythagoras recognized that all is vibration and that all bodies and components of bodies vibrate in intervals in relation with one another. Put simply, a healthy body vibrates in harmony.
- Sound and vibration combined with intention exert a powerful influence on the body and mind and our internal medicine. Sound has a direct impact on the nervous system and can move us from a sympathetic state to a parasympathetic state.
- Dr. Alfred Tomatis (1920-2001) treated Benedictine monks for exhaustion and depression and discovered it was because they had stopped chanting. He identified that high-frequency harmonics and sounds charge the brain and that nearly all the cranial nerves connect to the ear, including the vagus, or tenth cranial nerve. This nerve affects the larynx, bronchi, the heart and the gastro-intestinal track, meaning our breath, voice, heart rate and digestion are also directly affected in the receipt of sound.
- In medical science today, we see sound being used to heal sickness and disease, ex. ultrasound is used to detect and treat soft tissue injuries and scientific study shows that listening to music has tangible effects on emotional states.