

Music for your health

B. Ackerman, incorporated - Music to your health



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Is Listening to Music Good For Your Health?

In fact in a by researchers at the University of Maryland in Baltimore, Harbour Hospital in Baltimore, and the University of Pennsylvania Health System in Philadelphia, the radiologists they studied reported an improvement in their work and mood when they listened to baroque music. Listen to some upbeat tunes before the big game.

Music Can Be Beneficial for Your Heart Health, New Research Suggests

Music therapy is a service that can be delivered by psychologists, therapists, or caregivers in hospitals, long-term care facilities, and even outpatient clinics.

Five Ways Music Can Make You Healthier

Researchers at Beth Israel Medical Center's Louis Armstrong Center for Music and Medicine conducted the study, which included 272 premature babies 32 weeks gestation or older in 11 mid-Atlantic NICUs. Try joining or forming a community choir, a band or an orchestra. While the services can be recommended through other professionals, actual music therapy requires an active credentialed professional.

Five Ways Music Can Make You Healthier

How can music do so much good? I personally can't stand classic rock; classic rock sounds really gross, but I can understand why some people listen to it. They then alternated the two for a total of 10 minutes. This article was originally published by More from Business Insider..

Speaking of Psychology: Music and your health

But even more importantly, we were able to document the neurochemical mechanisms by which music has an effect in four domains: management of mood, stress, immunity and as an aid to social bonding. Teresa Lesiuk, an assistant professor in the music therapy program at the University of Miami, found that personal choice in music is important, especially in those who are moderately skilled at their jobs.

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