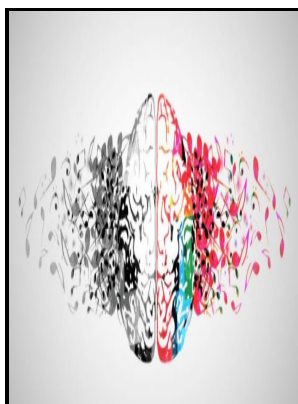


Music for your health

B. Ackerman, incorporated - Music And Health: What Can Music Do For Your Mental Health?



Description: -

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Notes: Bibliography: p. 133-134.

This edition was published in 1945



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Speaking of Psychology: Music and your health

But that connection comes from hearing your voice and watching your face as you sing to him or her. Active music, makes you dance and a smile is drawn on your face.

5 Problems Music Can Create

When adults sing or perform together, they experience less loneliness and a better quality of life, compared with adults who don't create music with others, says Julene Johnson, a professor at the Institute for Health and Aging at the University of California, San Francisco UCSF. There is ample evidence supporting the connection between loud music concerts and hearing loss.

Music as medicine

Research has shown that blood flows more easily when music is played.

Music to your health

Here's Some Relaxing Music to Listen to: The natural world has intrinsic wisdom that needs no words to convey its magnificence. One study from Yale University School of Medicine found that people who listened to their favorite music while awake during a surgical procedure needed smaller amounts of sedative and pain medications than those who didn't hear music.

USA TODAY

Listening to music benefits us individually and collectively. We cry, we scream, we feel deeply bad ... Once we have freed ourselves from those emotions and let them go, we will feel much better, more relaxed.

5 Problems Music Can Create

The group is also examining something called thalamocortical dysrhythmia — a disorientation of rhythmic brain activity involving the thalamus and

the outer cortex that appears to play a role in several medical conditions including Parkinson's, fibromyalgia and possibly even Alzheimer's disease, says Bartel, who directs the collaboratory. To cheer up Moods rose and depression fell for 20 people, ages 61 to 86, who listened to familiar music they selected while practicing various stress-reduction techniques—on their own or with the help of a music therapist—according to a study from Stanford University School of Medicine.

Music as medicine

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