

Music for your health

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Music and color

Music, Influence of

Music -- Physiological effectMusic for your health

-Music for your health

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Five Ways Music Can Make You Healthier

Take a deep breath and enjoy a variety of music and sounds that bring the natural world and yourself into focus. Half received regular medical treatment, and the other also received treatment, but with music therapy added in.

Music's Powerful Impact on the Brain Explored

Audrey Hamilton: You often hear about how listening to classical music, you know, can make us smarter, even babies. But music can also agitate and unsettle, experts have learned. The review found that music therapy helped the most with reducing anxiety levels.

Music to your health

Neuropsychologist , studies the neuroscience of music and how music affects our mental and physical health.

For Your Health Release Frantic, Excellent Debut Album 'In Spite Of': Stream

When you are going through a great period of stress and anxiety lurks around every corner, music can be an activity to evade and clear your mind.

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