

Music Can Heal

It has been said time and again that music can make you happy or make you cry. It can make you dance or make you relax. But most of all, scientist say that music can heal — and that is through music therapy. And more and more, medical experts say that music therapy is now being used to treat many illnesses and disorders. So what does exactly music therapy means? It is actually an established healthcare profession that uses music to improve physical, psychological, cognitive, and social functioning of individuals of all ages. Music therapy improves the quality of life for people who are well and meet the needs of children and adults with disabilities or illnesses. The American Music Therapy in a recent research conducted regarding the use of music therapy find significance on how it can cure. Cancer patients instead of taking painkillers listened to Broadway tunes. Those with Alzheimer's sing along with classical songs. Even pregnant women use music to help them breath and relax during labor. Crying babies listen to lullaby. It benefits not just these ailments but other aging related conditions, substance abuse problems, brain injuries, physical disabilities, acute and chronic pain, psychological disorders as Down syndrome and autism, and people suffering from hypertension as well. Since music affects blood pressure so much. When someone listens to hard music normally blood pressure raises and if one listens soft and classical music blood pressure lowers down. Interestingly, in the research, all showed positive results. Not only does music help those who are sick, it also does wonders to those who are well. For a student listening to music while preparing for examinations leads him to focus more. For a professional, when reaching home listening to music it can help them relax after a day of hectic activities. For a sportsman or athlete it can relieve fatigue after a hard day of physical and strenuous activities. Apart from the scientific research, music is a kind of medicine that everyone needs. Thus, it may be for treating sadness and exalting one's happiness. Take enough dosage of music now! It can be a way to improve your health.

About the Author

This article identifies the major claims made for chelation and examines each in light of established.

Source: <http://www.productsherbal.com>