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Music Therapy

The Healing
Power of Music

Hertz That Heal

12 Reasons to Mix
Music with Fitness

Get Good
Vibrations from Food

7 Ways Music
Promotes Spiritual Health

The Miracle
of Music on
your Health

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The Healing Power of Music

by Dr. Scott Saunders, M.D.

*I've heard there was a secret chord
That David played, and it pleased the Lord
But you don't really care for music, do you?
It goes like this
The fourth, the fifth
The minor fall, the major life
The baffled king composing Hallelujah* [1]

These words from the song *Hallelujah* made famous by the movie *Shrek* indicate a power in music known from ancient times.

Though David used what we would call “crude” instruments and chords, there was a power in the music to calm the soul of his employer and king, Saul. It worked so well that Saul kept him around, in spite of his envy of David. (Saul was

known to throw a spear or two at David while he was playing.)

Today, we have so much music available to us! We don't have to be in the presence of a musician to hear their music. Music is ubiquitous. We wake up to music. We listen to music on our way to work or to school. We listen to music when we are at work. We listen to music when we work out. Music is in the background at the restaurant when we eat lunch, or at the café when we meet for a coffee. Music is in the background at the grocery store and the shops we visit for almost everything. For some people, music is what lulls them to sleep at night.

But not all music is equal. We can choose music for its healing power, for our enjoyment, or to set our mood.

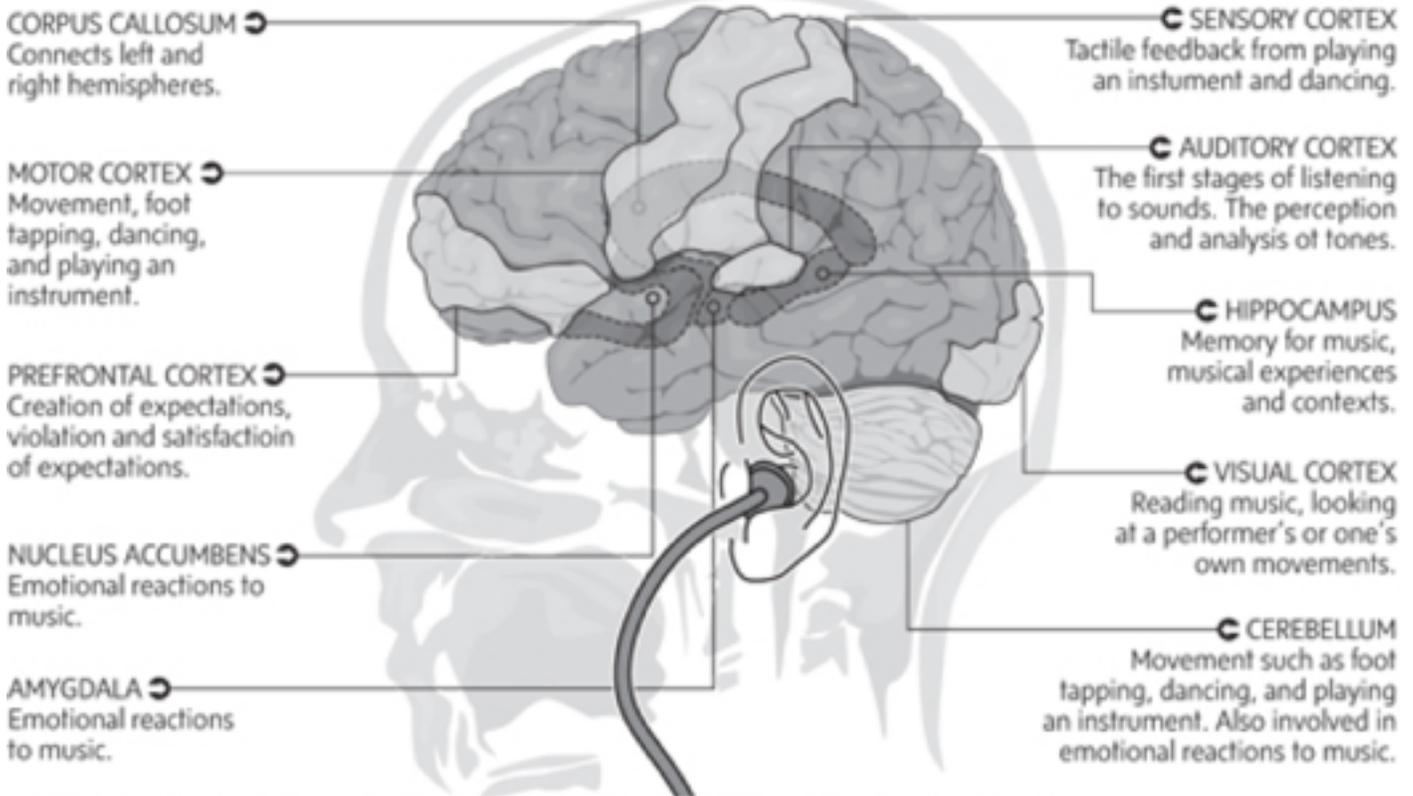
Music on the Mind

[Our ears convey so much more information to our brains than just words. Music is brain-food. It can keep an aging brain healthy. Click to Tweet.](#)

Research with SPECT and Functional MRI scans reveal that many areas of the brain are stimulated by music. [2]

Music on the mind

When we listen to music, it's processed in many different areas of our brain. The extent of the brain's involvement was scarcely imagined until the early nineties, when functional brain imaging became possible. The major computational centres include:



MIKE FALLE/THE GLOBE AND MAIL ■ SOURCE: THIS IS YOUR BRAIN ON MUSIC: THE SCIENCE OF A HUMAN OBSESSION

Listening to music can change your brain chemistry. It can improve auditory and verbal memory, focused attention and mood. For example:

- Tradition tells us that Thomas Jefferson, at the age of 33, was an accomplished musician, and would take breaks from writing the Declaration of Independence to play the violin, which helped him think.
- There are cases of people who have strokes who are unable to speak, but they can sing normally.
- Children who learn to play a musical instrument have better verbal intelligence.[4]

Besides exercising the brain in a unique way, music has a primary connection to our hearts, or our emotions. The music we like tells a lot about who we are inside. People enjoy “Death Metal,” for example, because it expresses what they feel inside. Anger and frustration reflects their mood. On the other hand, those who have peace in their hearts may find more in common with Beethoven, Mozart, or Brahms.

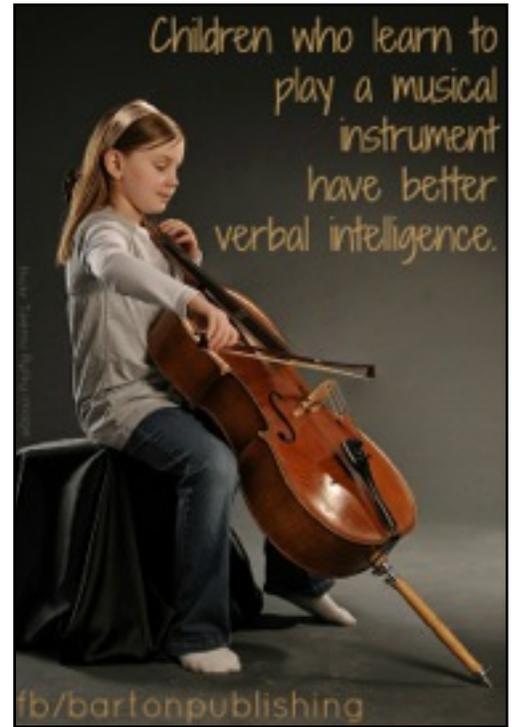
We connect with a certain type of music because it expresses our deepest emotions. This is not to say that we only have one emotion. We can connect with many different types of music because we have multiple emotions – even simultaneously. But there are certain types of music that express

who we are inside, that enhance enjoyment and positive outlook.

Not only can music express what we currently feel, but it can also create feelings inside us. Movies, for example, are not the same without the music; they become 2-dimensional and lifeless without a score.

[Music tells stories of emotion: what to feel and when. Click to Tweet.](#)

Without music, a movie is boring – the story speaks only to our brains and doesn't engage the emotions. The main purpose of music is to serve the story just like wardrobe and set design. The music sets the mood for the scene, conveying what we should be feeling. When we hear foreboding music, we know something bad is about to happen, and we cringe in expectation. And when the music is joyful and happy, we turn our emotions to feel joy and happiness. We would hate a movie that didn't have the emotions (music) congruent with the content (visual scenes).



Music can change our mood and feelings about people, as well. Studies indicate that people will rate a neutral face as happy or sad, depending on the type of music playing in the background.

*"I think music in itself is healing.
It's an explosive expression of humanity.
It's something we are all touched by."
~ Billy Joel*

Music and the Emotions

The following is taken from a report on music found in Medical Daily:[\[5\]](#)

"The research, group led by Prof. Daniel J. Levitin of McGill University's Psychology Department, scoured hundreds of scientific papers linking music to changes in physiology and how the body worked. Two particular areas of benefit were found: in the immune system and in mental state reducing stress.

Here are some highlights from the review:

- *Listening to music was better than prescription medications [in reducing stress](#) before surgery.*
- *People who listened to music had an increase in their levels of Immunoglobulin A (IgA), a type of antibody that is present at mucosal surfaces (digestive tract, lungs, etc.) and helps to prevent infections.*
- *Music listeners had higher numbers of an immune cell type called "natural killer cells," whose job it is to attack bacteria, infected cells, and cancerous cells.*
- *Listening to music reduced levels of cortisol in the body. Cortisol is a stress hormone that has many physiological effects, one of which has a role in promoting obesity."*

If we only consider that music can lower cortisol, [the adrenal stress hormone](#), the rest of the benefits will be seen. Cortisol suppresses the immune system such as IgA antibodies and Natural Killer (NK) cells, leading to more infections, reactions, and cancer.

[Having that much power over our adrenal system allows us to both prevent and treat illness – with music. Click to Tweet.](#)

Prescription medications can't touch the power of music for stress because music reaches the very heart of our emotions. More than just expressing what we feel inside, music can actually change our emotions. The anxiety of surgery will vanish as the music soothes our hearts. This works in many situations. With music now available constantly in a phone, iPod, or other portable device, many people are able to function in the world much better than if they didn't have music. For example, many dentists now have headphones available so a patient can listen to music and relieve stress while their teeth are being worked on.



In 2011, when Congresswoman Gabrielle Giffords was shot, music therapy through singing eventually restored her ability to speak.^[6]

Listening to music before surgery is better in reducing stress than prescription medications.

Making Connections

Today, we are taught to use our brains for everything. We avoid emotion and reward thought, causing us to disconnect our brains from our hearts. One of the ways the Apostle Paul describes our situation is that people would be, “without natural affection.” (2 Timothy 3:3)

Our modern world is made up of numbers, stock markets, commodities, and statistics – even our entertainment is digital! Our relationships blossom through technical connections like Facebook and text messages. Our brains are filled with stuff – so much stuff that we can't stuff them with any more stuff. We are in an age of “too much!” Too much what? Too much everything – food, toys, cars, information, games, messages, work, money, and, yes, even music.

On the other extreme are those we might call “digitally impaired.” These people “wear their heart on their sleeve” and they always seem to be in a quagmire of emotions. They aren't able to function in a world of numbers. They follow their appetites into debt, bad relationships, and poor health. They just don't use their brains.

However, in spite of all our thought and reflection, we ultimately make our decisions based on emotion. Our choice of friends, spouse, purchases, food, and hobbies, for example, do not come from careful thought, but from our emotions. We do what we *feel like* doing. We eat what we *like*. We associate with those we *like*. And, we even listen to the music that touches our hearts. Our heart is making decisions that we think are coming from our brain.

We don't have a clear understanding of the heart. Our hearts are hidden, and don't connect with the mind. Many of us these days experience some pretty intense emotions when we're in some very passive states: our hearts race as we fear for the well-being of a fictional character on a movie screen, while we sit back and watch from a cushioned seat; or we marinate and stew for hours in powerful feelings of longing or anger while we lie motionless on our couches. Our emotions, however, were designed and fine-tuned to help guide choices.

The Power of Music

[Music has the power to change us by bringing the mind, body and emotions into unity. Click to Tweet.](#)

Music proceeds through the brain, touching all of the points mentioned above, from our cerebral cortex to our primitive brain stem, and brings these together. Music then touches our heart, emotions, feelings, needs, and desires. Finally, music brings them all together in one.

The power of music, then is in bringing the mind and heart together as one. The chemical effect of this connection can be seen in the body changes noted above – adrenal cortisol, endorphins, and the immune system response. When we feel the music in our hearts our stress is relieved and we feel happier. The type of music can vary as long as the listener connects with it. This is why we can listen to the blues and feel better. However, what is more important is the combined effect on our entire being. By helping bring unity to our body, heart and brain, music can touch our very soul, and bring healing of mind, and heart.

Ultimate Healing

When we understand the power of music, we can use it to help us change, to become what we want, or to reach our full potential. If we desire to change, we can seek music that expresses what we would *want* to experience in our hearts, and listen to it. Music aids the change by allowing the heart to feel it first, connecting the heart and brain together. Often, we aren't aware of how music affects us. Change may come gradually, or suddenly, depending on our openness to it, or the "softness" of our heart.

In an important way, our relationship with God is affected by music. Worship has always included music. The Psalms are mostly songs, which include instructions for music. The evening Jesus was going "like a lamb to the slaughter," He and His disciples sang a hymn, maybe one of the Psalms. (See Matthew 26:30.) Music allows God's Word to penetrate the heart more easily and thoroughly than words alone can.

Music can even prepare the way for our eternal healing. For example, the Heavenly music of hymns helps us to sense, feel, or experience God in a new way. There is a language in the music, as well as the words, that we learn over time. It's important to note that this level of connection is not achieved by listening to music that merely touches our earthly heart, but touches our spiritual heart as well. Many try to change the music to fit what they feel now by choosing a style *they* like, but this can't change them to be, as King David was described, "A man after his own heart." (1 Samuel 13:14) To seek the heart of God is to seek *His* music, and bring it into our heart.

As we do this, we change inside, becoming more holy in our hearts, and having a stronger connection with our Creator. Of course, listening to music isn't the only thing, we must also love

God by being obedient to him. But, choosing music that brings us close to God can transform us by conveying the Word directly into our hearts. Amazingly, almost imperceptibly, our brain and heart become one, and at the same time our soul becomes one with God. This is how music can be a catalyst for ultimate healing.



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Get Good Vibrations From Food

By Amanda Box, N.D

What if I told you that your food was vibrating? Would you see it as a positive thing? You'd likely think I was off my rocker!

The reality is you want your food to vibrate. Food has vibrational frequency - a measurement of the electrical energy that is present in all natural living things.

I gotta say... the *Beach Boys* had it right all along! But in this case, "*I'm pickin' up good vibrations,*" comes from my food. You can't see these vibrations or hear them. But I assure you they are there. In fact vibrations, otherwise referred to as frequencies or energy, are everywhere. They're in the rocks, the trees, the music you listen to, the colors you see, even in your own body....and the food you eat.

Healthy diets typically focus on antioxidants, vitamins, and minerals contained in foods. The nutrients are very important aspects of what we eat and contribute to the positive vibrations in our food. However, food frequencies or vibrations are not typically mentioned as a component of a healthy diet. Many people believe that frequencies and vibrations are a bunch of New Age crazy talk. The truth is that food containing positive vibrations can be the key to a healthy, disease free, and vibrant life. A healthy diet includes eating foods that help heal our bodies not just with vitamins and minerals, but also with positive vibrations.

Keeping up Good Vibrations

A healthy human body has frequency between 62 and 72 Hz. Maintaining this healthy vibration is very important in that it keeps us free from disease. A slight drop to just 60 Hz leaves our body susceptible to the common cold. Most diseases begin at 58 Hz and cancer grows at 42 Hz.[\[1\]](#) The choices we make daily affect the frequency of our body. To be honest, it is becoming more and more difficult to avoid frequency-lowering mechanisms. Technology and the stressful lifestyle of

our culture are constantly bombarding us with things that assault our body's God-given vibration. Precise frequencies could destroy specific organisms such as cancer cells and viruses, while others could be used to prevent the development of disease.

The most common culprits that lower body frequency are:

- Stress
- EMF radiation from cell phones, Wi-Fi, etc.
- Negative thoughts
- Chemicals in the air, food, water, and skincare products
- [Lack of exercise](#)

As certain patterns of vibration are associated with good health, you can increase their frequency and optimize their health by applying some easy methods to your daily life:

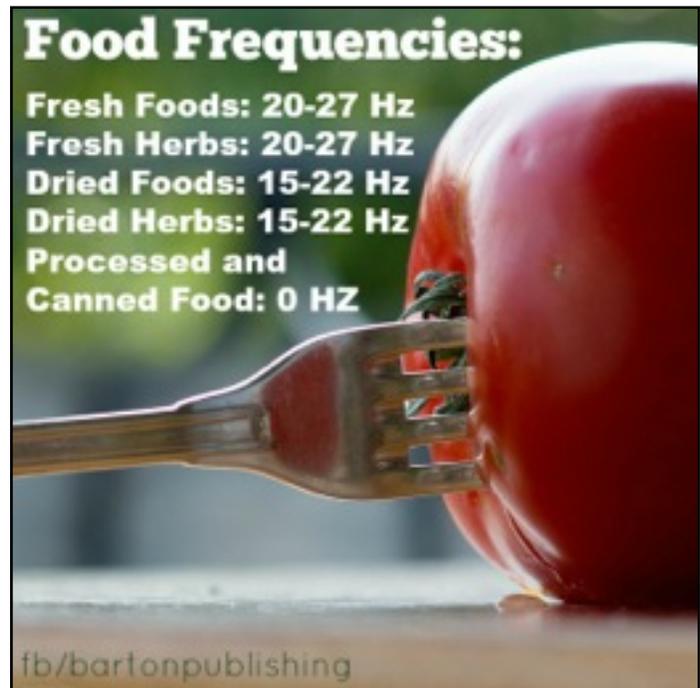
- Drink plenty of clean filtered water
- Eat raw, high vibrational, nutrient dense foods
- Exercise
- Think positive thoughts
- Reduce your stress
- Practice grounding techniques[2]
- [Use crystal lamps](#)
- Wear [EMF reducing headsets, and other EMF reducing devices](#)
- Use essential oils
- Get adequate sunlight
- [Listen to frequency enhancing music](#)

Healthy Food Vibrations

What we eat has the most dramatic impact on the vibrational frequency of our body. Food is broken down and its components circulated throughout our system, touching and influencing everything inside of us. What we eat, good or bad, becomes a part of us. In essence, the energy or vibration of the food we eat is transferred to us inside our bodies.

[Higher food vibrations aid in fending off disease, clearing thinking, increased energy and a positive mood. Click to Tweet.](#)

Eating healthy food releases positive vibrations in our body, enhancing our body's frequency and keeping us in a healthy state. Unhealthy food is dead, void of life-giving vibrations and robs us of the life and energy that keeps our body in a healthy state.



It's pretty easy to identify foods that increase our vibration and keep us healthy. Healthy vibrational foods visually have the vibrancy that they release inside our bodies. They are colorful, full of flavor, and have a unique character that is far from bland and boring.

The more alive and full of energy a food is, the higher the frequency. This is why raw fruits and veggies have a higher frequency than canned. The difference is actually pretty astounding.

Below is the chart of food frequencies:

- Fresh Foods: 20-27 Hz
- Fresh Herbs: 20-27 Hz
- Dried Foods: 15-22 Hz
- Dried Herbs: 15-22 Hz
- Processed/Canned Food: 0 HZ

As you can see, heating and processing even the healthiest of fruits and vegetables can destroy their frequency. Bottled, canned or frozen (pasteurized, homogenized, etc.) foods are dense, not very high in water or vibration and filled with sodium. These foods are literally transformed from healthy to disease-inducing.

High vibrational foods are those that contain a great deal of life force energy of their own. Foods that are grown in a natural, healthy environment with plenty of sunshine and pure water have higher frequencies than processed or junk foods. When one eats organic food directly from the plant, it is rich in nutrients from the sun. The sun is key because it charges foods to reach their maximum health benefit. When we pick a fruit or vegetable straight from a tree or garden and immediately eat it, it is literally teeming with energy — it is essentially still alive.

[Some of the highest frequency foods contain high levels of chlorophyll, which absorb the sun's vibration boosting energy. Click to Tweet.](#)

We then take in that energy, it feeds our own systems and raises our vibration. As a rule, any bright or dark colored vegetable or fruit is packed with nutrition, and good vibration.

Raw foods containing high levels of antioxidants, vitamins, minerals, and healthy fatty acids contain high-energy electrons, which naturally increase the frequency of foods. Eating these raw, energy-infused foods, is literally like charging a battery with volts of energy. But, in this case that battery is our body!

Below are some of nature's most vibrational foods that resonate with our tissues, cells, and organs in a natural, harmonic manner.

Green Leafy Vegetables

High levels of chlorophyll, micronutrients, and antioxidants make green leafy veggies some of the best foods for boosting your vibrations. Kale, spinach, swiss chard, mustard greens, and just about any sort of salad greens are the perfect additions to increase your daily green food intake.

Because cooking these veggies can destroy the frequencies, incorporate these greens raw into a delicious salad, smoothie, or juice!

Sprouted Foods

When nuts, seeds, and grains are sprouted, they are transformed from their slumber into living, active, high frequency foods.

For instance, a grain of wheat vibrates very low. But sprouting the grain activates its enzymes and releases nutrients that weren't in the grain of wheat before. Once the wheat is sprouted and alive, its structure changes so dramatically that it is not only higher in nutrients, but also easier to digest! In this stage, they have the greatest concentration of nutrients than at any other point in their life.

[Sprouts are alive and this life-force energy is capable of transferring their life energy to your body. Click to Tweet.](#)

Sprouted foods, grains in particular, are easier than ever to find at your local health market. Several varieties of sprouted bread, tortillas, cereal, chips, and pretzels are now available.

One of my favorite sprouted foods is manna bread. It is remarkably simple and wholesome bread, made entirely from sprouted organic grains, seeds, fruits and nuts. Manna bread is also naturally sweet and contains no added gluten or yeast (note: manna bread is not gluten-free). You can find it in freezer section of your health market.

The company Garden of Life has dedicated their entire line of food, vitamins, and protein powders to sprouted varieties. They believe in the vibrational power that resides in food that is sprouted. I personally recommend their protein powder for a quick, high vibrational meal on the go.

Fermented Foods

Talk about food that is alive!

[Fermented foods contain living, active organisms that vibrate with energy and positively contribute to the inner ecosystem in our body. Click to Tweet.](#)

Healthy probiotic bacteria in fermented foods transfer their life-giving components to our bodies once ingested. They support our system by fighting off toxic microbes and boosting immunity. Fermented foods also contain beneficial enzymes and amino acids. These enzymes and amino acids aid the body in liver detoxification as well as neurotransmission and metabolism.

Try a daily drink of kombucha or [water kefir](#) for a daily dose of healthy bacteria and nutrients. Yogurt, kefir, sauerkraut, and kimchi are also fantastic living high frequency, fermented foods that can be incorporated into your daily diet.

Super Fruits

The most powerfully vibrating fruits are:

- Blueberries
- Raspberries
- Strawberries
- Goji berries
- Acai berries
- Cherries

The most powerfully vibrating fruits are:

Blueberries Goji berries
Raspberries Acai berries
Strawberries Cherries



These fruits are high in vitamins, minerals, and super powerful antioxidants making them rich with life and vibrations. The deeper and more colorful the fruit, the higher it's nutrient content and its vibrational frequency.

If you want to be assured of obtaining food that has a high vibrational frequency, then, as much as possible, buy food that has been grown organically, locally, and in season. Conventional fruits are covered in pesticides, which greatly reduces natural frequencies. In general, the less a food is handled, modified, processed, pasteurized, altered or laden with toxins, the higher vibration it will have.

Though fresh is always best, stock up on frozen fruit during the winter months and incorporate them into a daily smoothie along with other high vibrational foods like green leafy vegetables to hydrate and oxygenate your cells and bloodstream.

Raw Chocolate (Cacao)

Raw chocolate in all its glory and deliciousness is on the list of healthy, high vibrational foods...thankfully! However, not just any chocolate will do! Only the raw cacao form contains the life-giving frequencies that benefit the body.

Raw chocolate, also called cacao, contain high levels of antioxidants, essential minerals, and phenylethylamines, which are known as the "love chemicals" because they induce feelings of bliss. Raw cocoa nibs can be purchased at your local health food market and eaten alone or mixed with raw nuts for a healthy trail mix. Cacao's popularity has skyrocketed due to its health promoting benefits and can be found in many gourmet and natural chocolate bars.

Even while eating the healthiest of meals, let us not forget to give thanks for our food as well. Releasing prayers of blessings or grace over your meal increases the vibrational energy of the food you are eating. Positive affirmations, giving thanks and prayers have the ability to release positive vibrations not only into your body, but to the food you eat. Taking the time to bless your food has positive rewards for both you and your family!

Avoid Low Vibrational Foods

Maintaining a healthy frequency isn't only maintained by eating high frequency foods. It is also achieved by avoiding low frequency foods. Some foods vibrate at high frequencies, and some lower. For example, kale and blueberries have a high vibration, while Bic Macs don't vibrate at all.

Low vibration foods, unlike high vibration foods, are often dull. Their color is usually neutral or white, or manufactured artificially. These foods are void of nutrition and often filled with toxic, lab-manufactured chemicals.

Some low vibration foods started out as healthy foods, but are destroyed by heat or other manufacturing processes. Very few foods that have gone through processing have enough life force in them to sustain health and vitality. Most low vibration foods are not truly food. They have been processed, refined, preserved, genetically altered, enhanced, flavored, etc. Chemical additives, as well as added vitamins and minerals, further degrade the food's ability to maintain balance in the body.

If you are consuming foods covered in chemicals and pesticides, or foods found in plastic packaging, then they will leave you vibrating lower.

Consequently, these foods damage our bodies by lowering the healthy frequencies, bombarding our systems with toxins, and initiating unnatural responses.

The top low vibration foods to avoid are:

- GMO foods (genetically modified): non-organic corn, soy, and canola top the list
- Foods high in pesticides: [2014's dirty dozen list](#)

Honey and Bee Pollen

Bee products are full of life giving properties.

[Bee pollen is a complete protein containing all 21 amino acids and is packed with other vitamins and nutrients. For this reason, bee pollen has been considered by many to be nature's own multi-vitamin. Click to Tweet.](#)

Honey contains unique medicinal properties and is near the top in the most vibrational foods on the planet. It's unique combination of amino acids, enzymes, antioxidants, and probiotics make it a potent high frequency food.

Because honey contains natural sugars, moderation is important. Use honey in your morning tea or spread on a piece of sprouted toast. Bee pollen can be taken alone or mixed into a smoothie for a boost of nutrition and energy.



- Sugar: The more refined the sugar the lower the frequency. For example white sugar is far worse than sucanat.
- Refined flours and grain: Again, the more refined the lower the frequency. Sprouted grains are best.
- [Artificial sweeteners](#): These lab created toxic chemicals initiate some of the most negative effects on your body's frequencies.
- Processed, packaged, and canned foods: These foods are overcooked and processed leaving them void of vibration.
- Pasteurized dairy: Raw dairy cheeses and milk contain healthy living components that are killed by pasteurization, which decreases their vibration.
- Overcooked, deep fried, and microwaved foods: The longer food is cooked, the lower the frequency. Steamed veggies are better than boiled.
- Meat: Although I believe eating meat is necessary for protein, it is food that contains very low frequencies. Eating high frequency foods along with your meat portion is very important to maintain vibrational balance.

Incorporating high vibration foods into your diet is easier than you might think.

- Prepare ahead to have fruits and vegetables available to grab on the go.
- Drink daily smoothies or juices to take advantage of a wide variety of nutrient rich, high vibrational foods in just one glass.

There are a wide variety of recipes for raw, high frequency foods. Below are two delicious, energy boosting recipes that will keep your frequency high and illnesses at bay.

This first recipe is quick and easy and makes a wonderful healthy snack for both adults and children. It is full of high vibration living foods and also serves as a great condiment. This healthier version of hummus uses sprouted almonds, which contain higher frequency enzymes and nutrients than regular non-sprouted almonds.

Raw Almond Hummus

Ingredients:

- 1/2 cup raw almonds (soaked overnight)
- 1 tablespoon raw tahini
- 1 clove garlic
- 1/2 teaspoon sea salt
- 2 tablespoons organic lemon juice
- 1/3 cup water
- 1/4 teaspoon ground cumin (optional)

Directions:

Soak almonds overnight by covering them in filtered water. Drain the almonds and add them to the other ingredients in the blender. Blend well and serve as a dip with fresh cut veggies.

Eating healthy, high energy vibrational foods, can include eating delicious desserts! This recipe for brownies contains all raw ingredients including high frequency foods like cacao and honey!

Raw Cacao Brownies

Ingredients:

- 1 cup pecans (you can use walnuts in a pinch, but pecans are much better!)

- 1 cup dates
- 5 tablespoons raw cacao powder
- 4 tablespoons shredded unsweetened coconut
- 2 tablespoons honey
- 1/4 teaspoon sea salt

Directions:

1. Place pecans alone in your food processor and process until the pecans become small and crumbly. Add dates to the raw brownie recipe and process again until the mixture sticks together and the dates are incorporated.
2. Add the remaining ingredients to this raw brownie recipe and process again until the mixture turns a lovely dark chocolaty brown. Stop processing before it gets too buttery. (There should still be air between the small bits so that you will be able to press them down into your brownie pan.)
3. Dump the mixture into a brownie dish or small cake pan and press down firmly using your clean hands.
4. Refrigerate this raw brownie recipe for a couple of hours. You do not have to refrigerate it, but it is much easier to slice when chilled. Store these brownies in the refrigerator until eaten.

Everything has a frequency and vibration—including food. As we take nourishment into our bodies, we benefit from the energy of the food we ingest. Wouldn't it make sense to choose foods of the highest quality and vibration? By eating these high vibrational foods, you take in their energy and boost your own. You'll become happier, healthier and more successful.

So, try raising your vibration with food and see your body, mind and health transform before your eyes!.



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at: <http://amandabox.blogspot.com/>

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The Miracle of Music On Your Health

By Amanda Box, N.D.

Music is a miracle....

- It speaks to us, causes our heart to swell, and jolts us down to our bones.
- Like a time machine, it transports us to places and times decades before.
- It pulls from us emotions down so deep, we can't seem to reach them by our own will, inducing feelings of love, loss, hope, and triumph.
- Music inadvertently demands our body to move, our feet to tap, our head to shake, and our body to sway.

I remember the first time I saw the clip from the documentary entitled, *Alive Inside*. Tears streamed down my face as I watched a man named Henry, who could barely speak, transform before my eyes. Henry's dementia had progressed to the point where he didn't recognize his own daughter. His words were barely understandable and he sat most days with his body slumped over, looking down at his own legs.

I watched as they loaded an iPod with some of Henry's favorite old gospel tunes and headphones were placed over his ears. Within seconds, he looked up, his eyes wide and his face aglow. He began to move his body and then sing along to the music. After a few minutes, they took the headphones off his head and began to ask him questions. He was alert and answered their questions quickly and with a clearness that he lacked before. The music awakened him, activating neural pathways in his brain that connected him to his identity and past memories. Music brought Henry to life and it can do the same...and so much more for you.

Sound Waves in Medicine

The foundation of music is composed of sound waves and frequencies. Modern medicine has used these sound waves to see inside patient's bodies. Chances are, someone you know has undergone an ultrasound exam.

Ultrasound is a science built upon the simple sound wave. They use these frequencies to diagnose abnormalities in the body or evaluate babies in utero. High frequency sounds waves are sent into the body, acting similar to SONAR used by submarines or echolocation used by bats and dolphins. When these waves hit your organs and tissues they bounce back. The machine calculates the speed of return of the sound and creates an image on the screen. More recent ultrasound machines have upgraded from a 2D image to a 3D image, which is absolutely amazing. Women can actually see their baby's face while they are still in the womb!

Ultrasounds are also useful for many forms of diagnosis like tumors, heart defects, and kidney stones. In fact, they are the most utilized form of diagnostic imaging available today - after X-ray exams.

But now, science is discovering that sound waves are not only useful for the images they can produce, but for the healing of tissue! The University of Cincinnati recently published results from using sound waves to heal wounds that would otherwise be very difficult to repair.

Diabetic and pressure ulcers can take months to heal, if they heal at all, do to lack of circulation. However, with the use of high frequencies sound waves, capillary networks are stimulated and circulation is enhanced. [The research showed](#) an improvement of up to 50% in the growth of blood vessel networks. This is a huge discovery and could save potentially millions of people from unnecessary infections, loss of limbs, and prolonged pain.

[Another type of sound wave therapy](#) called MIST uses saline solution and ultrasound waves to heal difficult wounds. MIST therapy has showed significant results over an 8 month study. This method of healing "from the inside out" can potentially save lives... and even save limbs from amputation. It is also saving thousands of dollars per patient in treatments and pain relief measures. This is because sound wave and frequency therapies are not only painless and effective at healing, but cost effective, as well.

Sounds vibrations ability to heal is not a new discovery. In the early 1900s, a handful of doctors began using certain frequencies to heal the body of diseases by killing bacteria and viruses with vibrations. Although their results were positive and many people were healed, they were shut down by threats from large drug corporations after they refused to sell their information.

Dr. Royal Rife, [the pioneer of these vibration treatments](#), believed that every disease had it's own unique frequency. He discovered that exposing a virus to certain frequencies of radio waves killed it quickly. He claimed that certain sound frequencies could destroy particular diseases. Higher frequencies could destroy diseases of lower frequencies.

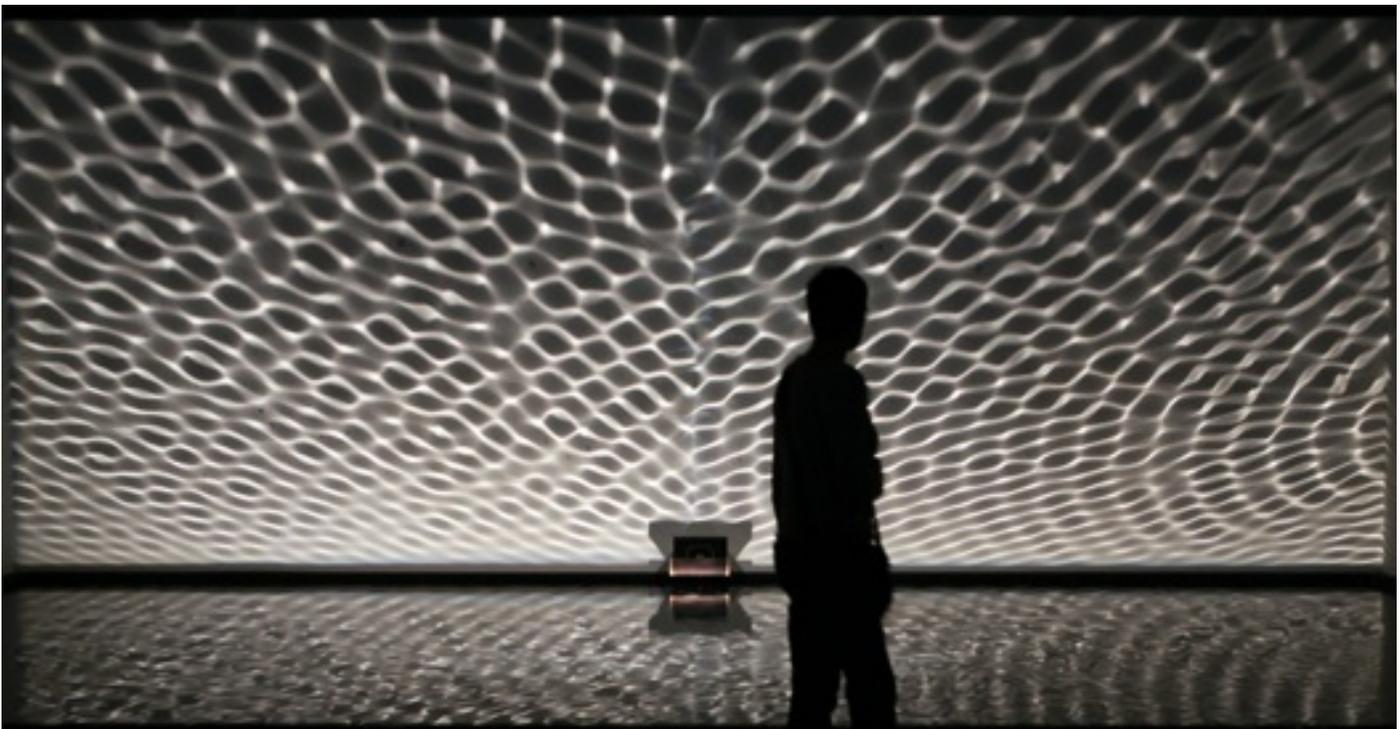
Living in a world of frequencies and vibration, we are part of the whole system. Every cell of our body vibrates – everything has its optimal frequency. The human body has a frequency between 62-78. As the frequencies decrease, sickness and disease can result.

To get an idea of the frequencies of the human body, read the chart below.

- Genius Brain Frequency 80-82 MHz
- Normal Brain Frequency 72 MHz
- Human Body 62-78 MHz
- Thyroid and Parathyroid glands are 62-68 MHz
- Thymus Gland is 65-68 MHz
- Heart is 67-70 MHz
- Lungs are 58-65 MHz
- Liver is 55-60 MHz
- Pancreas is 60-80 MHz
- Colds and Flu start at 57-60 MHz
- Disease starts at 58 MHz
- Candida overgrowth starts at 55 MHz
- Receptive to Epstein Barr at 52 MHz
- Receptive to Cancer at 42 MHz
- Death begins at 25 MHz

Though Dr. Rife was able to isolate and kill bacteria and viruses with his machines, he was called a quack and his work discredited. [Rife and his colleagues](#) were criticized and eventually shut down due to pressure from big drug companies. However, his work is still used today and his study of the body's different frequencies have proven very useful.

Rife's machines helped heal many people and showed promising results. Today, Rife machines (though they were never FDA approved) are used by some alternative practitioners to destroy parasites and fungi inside the body. It would generate frequencies of exactly the same vibratory rates as the bacteria and "shatter" them. Using frequencies instead of pharmaceutical drugs offers a fast and non-toxic way to eliminate these disease causing microorganisms from the body.



The Sound of Music

Sound, vibration and frequency through music play a fundamental role in your body. Certain frequencies heard by our ears, felt by our body, and processed by our brains, contain the ability to profoundly affect us by:

- Reducing stress
- Increasing concentration
- Balancing hormones
- Increasing energy
- Lower blood pressure
- Improve your memory
- [Sleep more soundly](#)
- And so much more!

This is not a new discovery. In fact, sound's ability to heal can be traced all the way back to King David of the Bible! King Saul could not seem to function without the sound of David's harp. Many have come to the understanding that the sounds and frequencies from David's harp actually brought healing to Saul's distress!

When our body is "out of tune," or to put it literally, "our frequency is not in the normal range," listening to the correct frequencies bring our bodies back into tune. Music has the ability to bring this healing attunement to our bodies. Sound waves enter into our body and move atoms around, rearranging our cellular structure. This puts our body back in a well functioning state, creating health and lowered stress.

[Several studies](#) have been performed on music's effects on plants. A woman named Dorothy Retallack placed three groups of plants in glass enclosures, and played various types of music to the plants for a period of 30 days.

- The first group of plants were played rock music and the plants actually leaned away from the speakers in an attempt to get away from the sounds. Their leaves were small and by the 16th day they were dying.
- The second group of plants listened to Bach and classical music and the plants leaned towards the speaker and grew healthy and strong.
- The third group was played Indian sitar music and the plants leaned towards the speakers trying desperately to get to the sound. The plants played the Indian music were the healthiest of the three.

Dorothy said of the experiment, "If this is what this music does to plants, what is it doing to our children?"

Dorothy poses a great question. Could part of our health crisis in the world today be due to the music we listen to? Walking down the street today, you will see nearly every teenager or young adult with earphones in, listening to music. Music is more influential and more accessible than it has ever been before. Its lyrics help shape our thoughts and its frequencies can have a profound affect on the health of our bodies. These destructive frequencies entertain thoughts towards disruption, disharmony, and disunity. Additionally, they also stimulate the controlling organ of the body — the brain — into disharmonious resonance, which ultimately creates disease.

There are many other contributors that change our God-given body frequencies.

- [Genetically modified foods](#)
- Chemicals in our air, water, and food
- EMF's (electromagnetic frequencies) from cell phones, Wi-Fi, and other devices
- Stress
- Drugs (pharmaceutical, over the counter, and recreational)
- Smoking
- Lack of exercise
- [Dehydration](#)

GMO foods, chemicals, and drugs are man made, lab created substances that negatively affect our body's healthy frequencies by lowering our vibration. These toxic substances penetrate our body and mind disturbing the vibration of our cells, down to our very atoms. These artificial compositions initiate immune responses in the body, which lead to inflammation, allergies, fatigue, and even chronic disease. Little by little, things like stress, smoking, and electromagnetic frequencies chip away at our vibration and, likewise, our wellbeing. Our body's vibration stunted and we are left vulnerable to devastations of the body like depression or even cancer

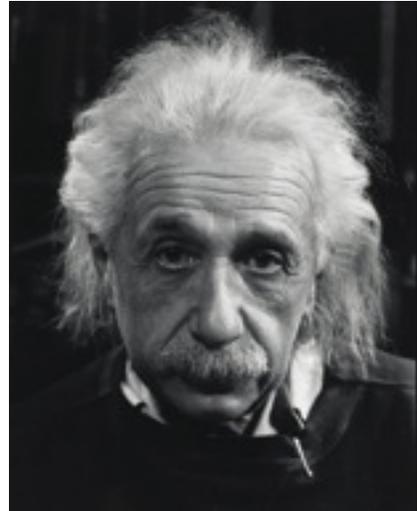
Living with chronic illnesses, headaches, fatigue, and depression that originate from altered frequencies can be devastating. The good news is that music can bring balance and wholeness to your body. When we are "tuned" to the right frequency we feel better, think clearer, and have an increased capacity to connect to God. The human body is composed of nearly 80 percent water. Music sends vibrations into our body's fluid that resonate to its frequencies. These frequencies entrain our physical matter, revolutionizing our entire being body, mind, and soul!

Music's sound waves tune our body depending on the Hertz of the music. Hertz is the measurement of sound frequency. I have personally used certain sound frequencies to help myself focus for exams or to help me sleep better at night. Although I found them helpful, the sound can repetitive and annoying. I had a difficult time motivating myself to use them again.

But now a friend of mine, [Michael Tyrrell](#), who has studied the use of music to heal the body for decades, has put together an album of music that harnesses the power of different healing frequencies. These are not just sounds! Rather, they are songs! The result is multiple waves of inherently good frequencies to help heal various parts of the body.

His songs transmit the correct hertz of healing while giving the listener something soothing and enjoyable to listen to. I don't have to listen to the annoying buzzing and tapping sounds from the YouTube frequency videos any longer. Instead, I can listen to the pleasant songs that accompany Michael's healing set of music called [Wholetones: The Healing Music Frequency Project](#). The

"If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music."
Albert Einstein



testimony from his journey of discovering these sounds, to the healing he has seen occur from them, is absolutely life changing.

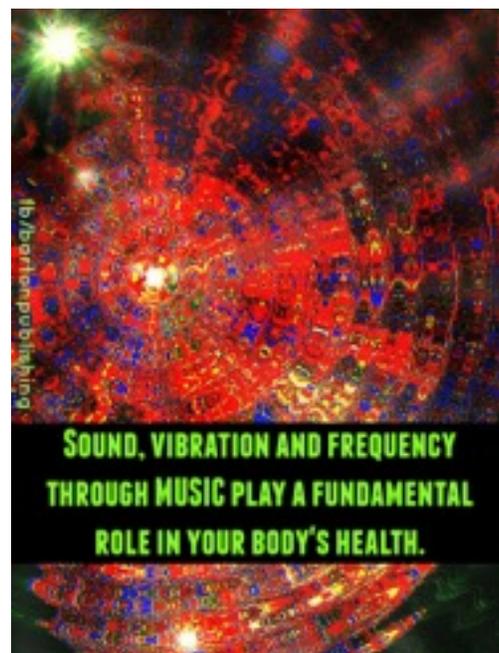
Michael uses 7 different frequencies that specifically address the body in different ways.

- 395 Hz – Supports blood, liver function, bones, brain health and kidney function.
- 417Hz – Increases energy, productivity, and creativity. Also helps resolve issues of the stomach and aids in digestion. It can also positively affect gallbladder, metabolism, headaches, and lower back pain.
- 444Hz – Helps bring peace during stressful times.
- 528Hz – [Can heal broken DNA](#) which is the root cause of illness and disease. It also balances hormones, and stimulates lymphatic system. Also called the “love” frequency, it can help open your heart.
- 639 Hz – Encourages forgiveness and peace in your life and relationships. It can also boost your endocrine system and help heal your adrenal glands and gallbladder.
- 741Hz – Provides deep spiritual and emotional healing. Brings awareness of your spirit within while gently cleansing your immune system.
- 852 Hz – A spiritual song, it celebrates our God and creator and connects us with Him.

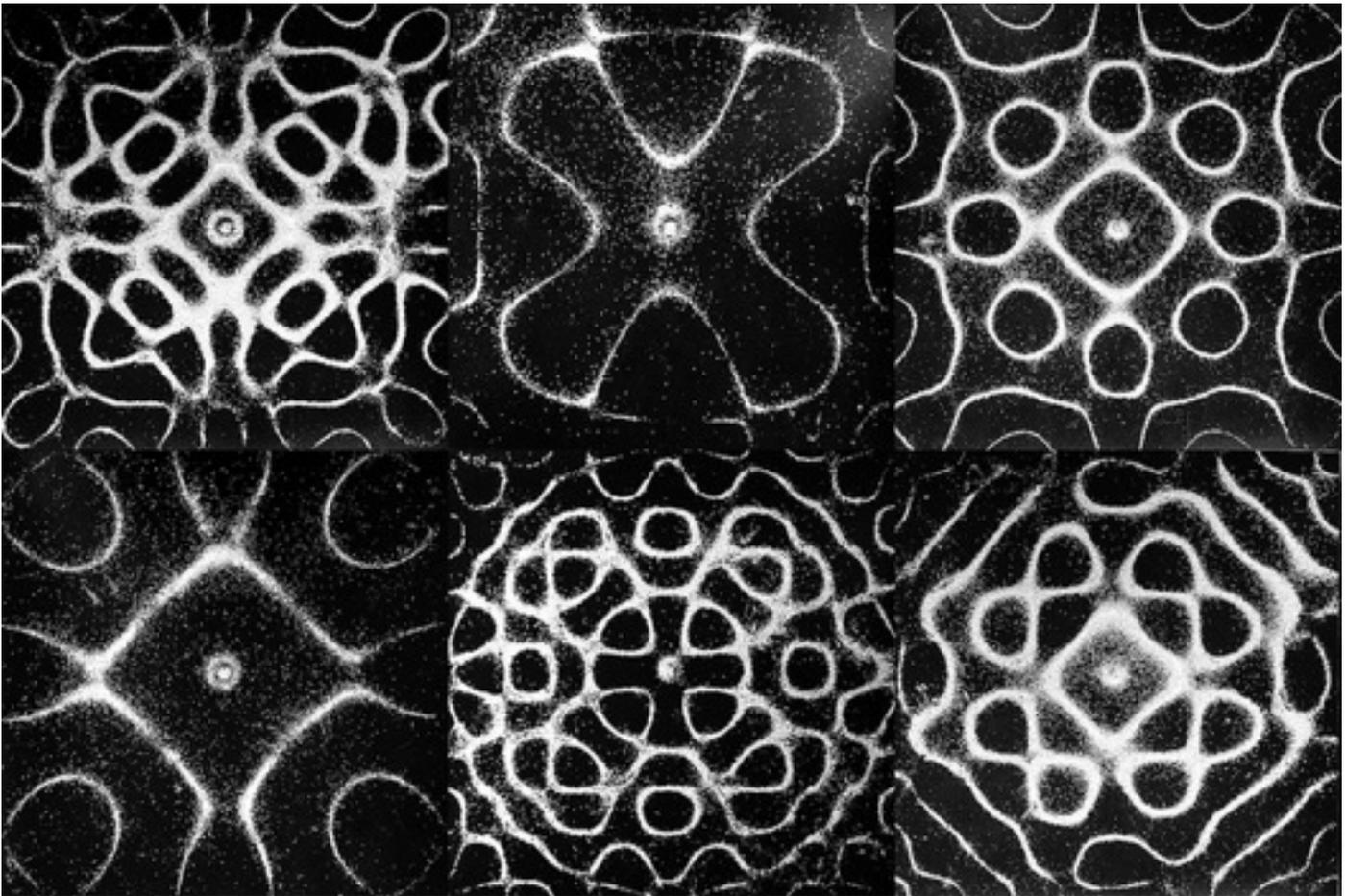
You are truly missing out on a miracle of healing if you don't take advantage of this healing music! For those of you who have tried everything to get well, from medicine to diet, with no results, music may be what sets you free from your disease! Imagine how a positive song + a positive frequency can uplift our physical health, awareness and love.

From awakening dementia patients like Henry, to diagnosing disease, to healing our body, sound is truly a miracle. It is painless, easily administered, and low cost. Why not let music be your healing?

From your mind to the depths of your soul, music and the frequencies it produces have the ability to transform you. Sounds can create life inside your body and spirit where you've felt numb or broken. So throw on your headphones and let the sounds of healing music sweep you away, washing healing sounds over you reconstructing your body. Don't wait any longer! Start today!



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog “My Life in a Healthnut Shell” at: <http://amandabox.blogspot.com/>



Hertz That Heal

By Michael Tyrrell

Music is unquestionably a potent modality of healing and has been around since the beginning of time. Initially, man created a crude drum to mimic the sound of thunder. They believed that God was thunder and were trying to communicate with Him. Later, man mused that God was the wind and made flutes out of hollow bird bones to mimic the sound of wind in another attempt to contact God.

Music is a universal language that removes language barriers. It is also a powerful communication tool that brings people together.

From our first social bonding as infants to the funeral rites that mark our passing, music plays an important role in our lives, bringing us closer to one another. It has the uncanny ability to provoke the sense of a shared human experience despite its myriad forms across continents and throughout centuries.

Have you ever noticed that hearing a familiar song on the radio can instantly transport you back to a particular event in your life?

[The truth is your life is a musical with so much of your personal history entwined within the measures! Click to Tweet.](#)

Is it any wonder that one of the fastest growing fields of study and vocation today is that of music therapy? Music therapists are finding new effective inroads with Alzheimer patients, stroke survivors and people suffering with insomnia. In fact, music appears to have a profound effect on several types of disease.

Clinical studies have also shown that music can help:

- Manage pain
- Improve mood and mobility of Parkinson's sufferers
- Reduce the need for sedatives and pain relievers after surgery
- Shorten hospital stays
- Relieve anxiety
- Lower blood pressure
- Ease depression
- Enhance focus and creativity



And music can do all of this without prescription medication. Music is a source of security and—perhaps most importantly—joy. Music therapists agree that spending at least 15 minutes a day listening to music without any distractions can change your life!

Music as Therapy

While I am excited about the current renaissance of music therapy, I must also temper my excitement with one concern. I don't believe that one must be a certified therapist in order to administer music therapeutically.

I have nothing but respect for ANYONE who chooses to make a career of music therapy. However, if we are not careful, we will find ourselves stuck in the same quagmire as with the government regulating our healthcare. The government should not interfere with our ability to treat ourselves with music.

All that is needed for effective music therapy is a peaceful environment and the right music! And as you will find out in a moment, there is another factor that can empower music to literally affect matter and thus...stimulate spontaneous healing in your body.

Frequency as Therapy

Are you familiar with the word, "frequency?" A frequency is a measure of vibration or energy. Every object possesses a resonant frequency. Resonance is the phenomenon that occurs when a sound frequency matches the resonant frequency of a physical object.

Think of it as transmitting and receiving. When you listen to a song on the radio, the radio station transmits a signal and your radio receives it. That signal you are receiving is a frequency. Every

radio station broadcasts on a different frequency, which allows them to be differentiated on the FM or AM bandwidth.

When matching frequencies occur, it is called, “sympathetic resonance.” Here is my working definition:

“Sympathetic resonance, or sympathetic vibration, is a harmonic phenomenon, wherein a formerly passive string or vibratory body responds to external vibrations to which it has a harmonic likeness.”

Here’s an example. When sharing a thought, you might have heard this response, “That really resonates with me,” or “I feel you.” In essence, when there is an identically shared thought or feeling with another person, this is sympathetic resonance manifesting. And it is powerful.

You can tell when you are on the same wavelength as another person when they finish your sentence before you do! I have a close friend that does this with me often and my response is, “Get out of my head!”

You can probably recall times when you instantly felt a common bond or connection with someone you just met and immediately enjoyed being around that person.

Likewise, you may remember meeting someone and couldn’t get away fast enough. Believe it or not, it all boils down to positive or negative vibration.

In October of 1966, the Beach Boys released their hit song, *Good Vibrations*. Let’s take a look at the lyrics of the chorus.

“I’m pickin’ up good vibrations...good, good, good, good vibrations. She’s giving me excitations.”

In other words, one person is detecting good vibrations because another person is sending good vibrations. Plus, the one receiving them is excited! This is a perfect explanation of naturally occurring phenomena. Energy is transmitted; energy is received and energy (or matter) is excited.

[Think about the amazing potential we have to influence our health and wellbeing just by the way we speak and the frequencies we expose ourselves to. Click to Tweet.](#)

This would explain Proverbs 18:21. "The tongue has the power of life and death, and those who love it will eat its fruit."

When you speak, your tongue and voice box vibrates. Depending upon the motivations of your heart, your words will create life or death, blessing or cursing.

If you are constantly saying, “My car is a piece of junk, it is always breaking down!” then chances are you will have the repair bills to prove it! You shall have whatever you say. Your words create or they destroy.

Now let me take it to another level...even your thoughts are frequencies!

"For as he thinks in his heart, so is he." Proverbs 23:7

So maybe now you understand the amazing power of frequencies...they can change matter!
Now with your newfound understanding of frequencies, imagine combining frequency with music therapy. Welcome to [Wholetones: The Sound Of Healing](#).

Wholetones: The Healing Frequency Music Project

I have recently released a healing frequency project, *Wholetones*, with over 18 years of research behind it. *Wholetones* combines instrumental music with proven healing frequencies to introduce wholeness and well-being to the body. The music is not like ANYTHING you have ever experienced before.

Based on a tuning used over 3,000 years ago by King David and matched with corresponding frequencies (396Hz, 417Hz, 444Hz, 528Hz, 639Hz, 741Hz and 852Hz), *Wholetones* is unparalleled in its effectiveness.

The 7 CDs are recorded with ultra high fidelity using a state of the art duplication process. This ensures the listener is receiving a product with the ultimate sonic integrity.

If this sounds a bit difficult to understand, fear not! I have written a 91-page book, [Wholetones: The Sound of Healing](#), which will explain EVERYTHING in detail. And the best part...it is included in one package with the music CDs!

And now the big question, “Does it work?” YES! But, don’t take my word for it! Read the testimonials, watch the videos, and listen to the music samples free of charge here: www.wholetones.com.

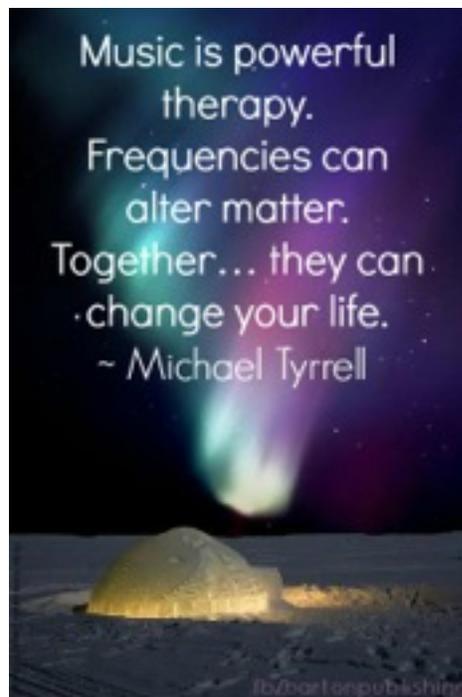
As you probably know, Barton Publishing and Home Cures That Work have been around for years and enjoy international readership. I can attest that Barton Publishing maintains a high level of integrity and offers credible solutions for your health and well-being.

For this reason, Barton Publishing was my first choice to distribute *Wholetones* to you. I am happy to report that the testimonials are pouring in and our initial order sold out in a matter of weeks! By the time you read this article, thousands will have already experienced what I am sharing with you now.

Frequencies are nothing new. In fact, when you read the accounts of creation in the Bible in the Book of Genesis, everything began with the thunderous vibrations of God’s voice. The only thing that is “new” about frequency is our understanding of it.

[Music is powerful therapy. Frequencies can alter matter. Together... they can change your life. Click to Tweet.](#)

“*Wholetones*” was created to do just that!



I am currently traveling the 2014-2015 Winter to personally introduce *Wholetones* at launch parties across the country. So far, the response has been nothing short of amazing. Hopefully, I will meet some of you in person on the road! [Check out our Facebook page to see if *Wholetones* is coming to your area!](#)

Visit our website, www.wholetones.com to find a wealth of insight and ordering information. The frequencies and instrumental music you hear could have a profound effect on your body.



Michael Tyrrell, www.michaelyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full-time ministry for the last 27 years and is a writer music producer and well-known musician.

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12 Reasons to Mix Music with Fitness

By Rob Fischer

One of my earliest experiences with the powerful influence of music on fitness was in the US Army. There we were—60 new recruits in Basic Training. None of us had ever worked together or even knew each other. Most were terribly out of shape. But our drill sergeants demanded that we march in synchronized formation, sometimes for many miles.

Unbelievably, within a few short days we were marching in synch by calling cadence. Calling cadence refers to call and response “songs” that establish a beat and rhythm to march to. [Click here](#) to watch a brief Air Force marching cadence. Calling cadence with a unified voice promoted camaraderie and morale. Lastly, calling cadence took the tedium and fatigue out of marching and made it fun.

Today, it’s not uncommon to see people running, biking, or working out with earphones dangling down to an iPod. Chances are they have recognized the powerful connection between music and fitness. In fact, music has become integral to their workout.

Here are 12 Reasons to Mix Music with Fitness:

1. Distracts from pain and tedium

One gets *lost* in the music, shutting out fatigue and any boredom that might surface from mere repetitive motion.^[1] Upbeat tunes and songs with motivating lyrics give our brains information to process that takes our minds off the stresses of the workout.^[2]

2. Increases endurance

“Music is like a legal drug for athletes,” increasing endurance by as much as 15%.^[3] In recognition of that fact, the USA Track & Field Association has banned athletes from combining music with running in races that involve cash prizes and awards.^[4] Type of music and its tempo play a huge

role in this phenomenon. When researchers played calming music, they observed strength and endurance actually drop.[5]

3. Steps up cadence of exercise helping you work harder

Studies with cyclists have demonstrated that they pedal harder when listening to fast music than they do listening to slow music. Songs that match elevated heart rate—120-140 beats per minute—show the greatest benefit.[6]

4. Reduces perceived effort

This is in part due to the fact that music enables the person exercising to relax, or get into the zone with their exercise routine.^[7] Music that motivates you to push hard and keep going makes exercising feel easier.^[8]

5. Elevates your mood

Consciously or subconsciously we tend to select music that will either promote the good mood we're in, or move our mood to a better place. In a good mood, we're more likely to exercise and take care of ourselves.

6. Promotes metabolic efficiency

Recent research revealed that when cyclists pedaled in cadence to fast-paced music, they required 7 percent less oxygen to perform the same work as that performed without music.^[9]

7. Speeds post-exercise recovery

While so many benefits revolve around listening to music *during* exercise, researchers have discovered that listening to music while cooling down after exercise can significantly improve recovery. The study showed that blood lactate levels dropped more rapidly in the presence of music and perceived recovery felt less demanding to subjects.^[10]

8. Improves coordination and balance

Coordination and balance are core elements of any form of physical activity. As coordination and balance improve, so does fitness. By reducing muscle tension, music improves motor coordination and balance.^[11] ^[12]

9. Helps synchronization for efficiency of effort

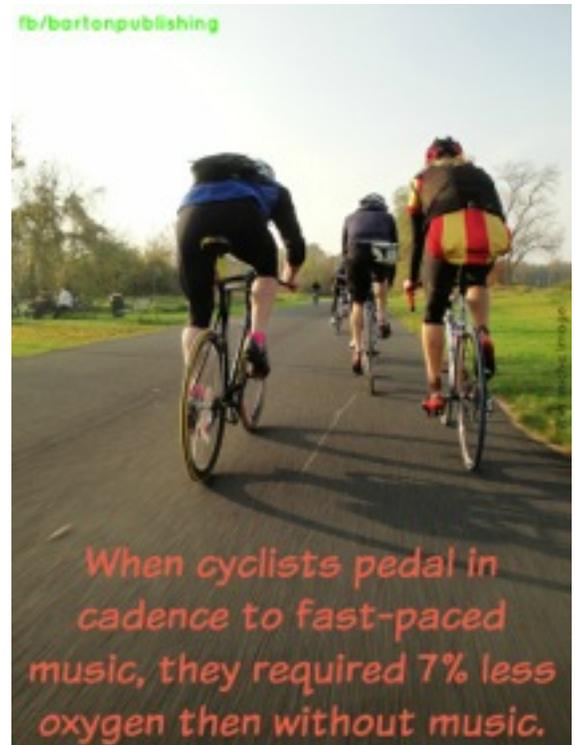
Whether running, cycling, walking, rowing, or participating in any other exercise that requires rhythm and tempo, music aids in getting our movements synchronized quickly and for top efficiency.^[13]

10. Increases enjoyment of exercise

Subjects in various studies report that listening to music improves their enjoyment and sense of fulfillment while exercising.^[14] If you get bored with a workout, a sure way to revitalize it is to change up your music or select the random function on your playlist.

11. Makes you want to move; stimulates, and arouses

When we hear music with a snappy, fun beat it's nearly impossible to sit still. The music triggers something that makes us want to move and exercise provides a great outlet for that stimulation.^[15]



12. Improves reaction times

Listening to faster tempo tunes with higher intensity before and during a physical activity can improve motor control and reaction times. This is especially important in competitive sports like tennis.^[16]

Of course, not all music produces the same benefits. In order to get the most from mixing music with exercise, choose:^[17]

- Tunes with a beat that matches your desired heart rate or cadence during the exercise. Typically, this is somewhere between 120-140 bpm. Anything higher than that may prove counterproductive. The websites and phone apps below to help you select songs with a specific tempo.
- Melodies that you enjoy. If you don't like classical music, then a classical piece, even though it has a good beat, probably won't work for you. Choose something that *moves*
- Songs with lyrics and/or associations that motivate and inspire you. These types of songs have the ability to enhance your workout.

Websites and phone apps such as: [Tangerine!](#), [Songza](#), [Jogfm](#), and [ClickMix](#) can help you find music and build playlists to match the tempo of your workout.

Examples of music that reach your target heart rate:

- 120 bpm – [Aretha Franklin Respect](#), or [Diana Ross I Will Survive](#)
- 140 bpm – [Eagles Take it Easy](#), or [The Rolling Stones Brown Sugar](#)

Music can add pleasure while improving endurance and efficiency in your exercise routine. If you currently struggle to maintain a regular fitness regimen, music could be the instrument that gets you in the groove.

I defy you to sit still and refrain from smiling as you listen to [We Will Rock You by Queen](#)! Or if Queen is not your style, how about [Come go with Me by the Del Vikings](#). Here's one with a great beat: [Run through the Jungle by Creedence Clearwater Revival](#).

The key is to play music that you enjoy and that moves you! Next time you go out for a jog, walk, or ride what tunes will you be playing to enhance your workout?



Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

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7 Ways Music Promotes Spiritual Health

By Rob Fischer

As I sit down to write this article, I feel nearly overwhelmed by two challenges: first, I'm struck by the sheer breadth of musical expression.

As of this writing, experts recognize at least 283 known music genres.^[1] Between 75,000 and 100,000 new songs are recorded and released every year in the US alone.^[2] Added to that, when we consider the rich history of music that we continue to draw from, dating back centuries, the vast number and variety of songs boggle the mind.

Second, when we speak of *spiritual health*, all kinds of things—some weird, some noble—flood our minds. So, for purposes of this article, I will use a biblical understanding of spiritual health.

Spiritual health refers to an ever-deepening relationship with God through His Son Jesus Christ. This burgeoning relationship results in a life that increasingly reflects Christ's character expressed towards others.

That fact that music promotes our spiritual health is indisputable. Consider the fact that the largest “book” in the Bible is the Psalms. The Psalms consist of 150 songs and poems composed specifically for worship and development of our relationship with God.

Psalm 33 begins, “Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise him. Praise the Lord with the harp; make music to him on the ten-stringed lyre. Sing to him a new song; play skillfully, and shout for joy.”^[3]

When King David commissioned the building of the temple in Jerusalem, he assigned 4,000 musicians to lead worshippers in song.^[4]

And the Apostle Paul urges us, “Be filled with [God’s] Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.”^[5] Clearly, music nurtures our spiritual health.

In What Ways does Music Promote our Spiritual Health?

1. Music engages us at the deepest level of our beings, both reaching into and exuding from our very soul.

If music is played, immediately the heart of the music enters the heart...or your heart enters into the music. There are many who have experienced this:

- “Music washes away from the soul the dust of everyday life.” – Berthold Auerbach.
- King David wrote in Psalm 108, “My heart, O God, is steadfast; I will sing and make music with all my soul.”^[6]
- Hans Christian Andersen expressed it this way, “Where words fail, music speaks.”

2. Music puts our hearts in tune with God.

Psalm 101 expresses this, “I will sing of your love and justice; to you, Lord, I will sing praise I will be careful to lead a blameless life.”^[7] Music aids us in expressing our deepest desires and fellowship with God.

3. Music synchronizes us with other worshipers of God.

The Apostle Paul wrote, “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”^[8]

[When people sing together, their words and souls unite. Click to Tweet.](#)

4. Music, as part of our worship, glorifies and pleases the Lord.

“It is good to praise the Lord and make music to your name, O Most High, proclaiming your love in the morning and [your faithfulness at night.](#)”^[9] The Lord delights in hearing our songs of praise and worship to him.

5. The lyrics in our worship music enable us to rehearse God’s goodness and love.

At the inauguration of the temple in Jerusalem, “the singers raised their voices in praise to the Lord and sang: ‘He is good; his love endures forever.’”^[10] Many of the Psalms and modern worship songs express what God has done in our lives.

5. The lyrics in our songs of worship serve to deeply ingrain and remind us of truth.

Consider the powerful words of this modern hymn, [In Christ Alone](#), and the truths they proclaim:

*In Christ alone my hope is found;
He is my light, my strength, my song;
This cornerstone, this solid ground,
Firm through the fiercest drought and storm.
What heights of love, what depths of peace,*

*When fears are stilled, when strivings cease!
My comforter, my all in all—
Here in the love of Christ I stand.
In Christ alone, Who took on flesh,
Fullness of God in helpless babe!*

*This gift of love and righteousness,
Scorned by the ones He came to save.
Till on that cross as Jesus died,
The wrath of God was satisfied;
For ev'ry sin on Him was laid—
Here in the death of Christ I live.*

*There in the ground His body lay,
Light of the world by darkness slain;
Then bursting forth in glorious day,
Up from the grave He rose again!
And as He stands in victory,*

*Sin's curse has lost its grip on me;
For I am His and He is mine—
Bought with the precious blood of Christ.*

*No guilt in life, no fear in death—
This is the pow'r of Christ in me;
From life's first cry to final breath,
Jesus commands my destiny.
No pow'r of hell, no scheme of man,
Can ever pluck me from His hand;
Till He returns or calls me home—
Here in the pow'r of Christ I'll stand.^[1]*

7. Music provides the worshiper of God a vehicle for poetic and heartfelt expression we would not otherwise possess.

Victor Hugo said, “Music expresses that which cannot be said and on which it is impossible to be silent.”

[While the words of a song itself may be meaningful and powerful, it's the music set to it that gives wings to our souls. Click to Tweet.](#)

In all those ways and more, music assists us in promoting our spiritual health as we worship God and seek to please him.

Of course, not all music facilitates spiritual health. But a song need not be a hymn to move us in God's direction. Just as there are so many genres of music, music fulfills numerous purposes. Some of the other objectives of music include: rallying troops for battle, love songs, ballads, songs that are simply fun to sing, marketing jingles, national anthems, etc.

In addition to the seven ways that music promotes our spiritual health, select music that speaks to you and that you enjoy. Don't get sidetracked by music someone else loves. It's okay if classic hymns “don't do it for you.”

Hillsong, a large church in Sydney, Australia has a gift for writing meaningful worship songs and has produced more than 40 albums since 1992. Many of their songs are sung in a wide variety of churches the world over. Two of their most popular songs are [Power of Your Love](#) and [Shout to the Lord](#).

Also, I would be remiss not to mention Wholetones. We might call *Wholetones* a whole new genre of music. After 18 years of research, Michael Tyrrell has created the [Wholetones: The Healing Frequency Project](#). This collection of newly-created musical arrangements is specifically designed to aid in healing and restoration of body, mind and spirit.



[Wholetones](#) consists of “Seven unique songs recorded in seven unique frequencies on seven CDs resulting in 2.5 hours of beautiful, transformational music.” These musical pieces are purely instrumental without voice accompaniment. I’m sure you’ll enjoy them!

Bottom line, let music take you to new heights in promoting your spiritual health!



Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master’s degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

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