



## SOUND HEALING

**"Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any medical disorder."**

**--Dr. Mitchell Gaynor, Oncologist**

### What is Sound Healing?

Sound Healing is a natural treatment for health and wellness. It can be used alone or in complement to other treatment methods. Sound Healing helps the body do what it does best; heal itself by realigning on a cellular level. Some of the conditions treated include:

- Stress
- Depression, Anxiety
- Chronic Pain
- Fibromyalgia
- Chronic Fatigue Syndrome
- Back Pain
- Insomnia
- Addiction
- Arthritis
- Injuries (speeds up healing and decreases pain)
- Emotional Issues
- Digestive Disorders

### Treatment methods include:

**Vibroacoustics** – A memory foam therapy bed with powerful low frequency transducers (speakers) inside it. When frequencies and music are played through it, they are not only heard through the ear, but also delivered in stereo waves directly to the body. Vibrating every part inside and out: cells, muscles, tendons, organs, nerves, spinal cord, areas of the brain, and brainstem. The experience can only be described as multidimensional.

**Sound Immersion Therapy** - The sounds and vibrations of sound healing instruments such as, quartz crystal singing bowls, gongs, and chimes guide us into a deep meditation, rebalance, and tone the physical, emotional, and spiritual bodies.

### Clinical research shows the benefits are:

- Pain Reduction
- Stress Reduction
- Cellular level changes restoring the body back to its healthy frequencies and homeostasis
- Calms the entire nervous system
- Boosts the Immune System triggering the natural healing mechanisms of the body
- Drives energy from cell to cell, clearing blockages and stimulating neural pathways
- Improves Sleep
- Heightens awareness
- Improves clarity of mind
- Enhances creativity
- Evokes the Relaxation Response:
  1. Reducing oxygen consumption
  2. Decreasing blood pressure
  3. Slowing heart rate
  4. Slowing respiration rate
  5. Relaxing muscles
  6. Changing brain wave frequencies, (from beta to alpha and alpha to theta or delta)
  7. Clearing the mind from anxiety
  8. Creating a feeling of calm and inner peace

**Call Barbara E. Spaulding RN, BSN, at Sound Healing to schedule an appointment.**

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