

Sound therapy

What is it? Sound therapy is based on the theory that each part of the body has a natural "resonance" and so responds either positively or negatively to different sounds or vibrations.

How it works Poor health and disease are believed to affect the frequency at which the body's organs and cells vibrate. In the most common form of sound therapy, practitioners try to restore and strengthen healthy frequencies by directing harmonious waves at trouble spots, and so stimulating the body's own healing powers. Treatment can be a simple matter of playing soothing sounds (such as the noise of waves or the calls of dolphins), classical music, or electronically generated waves to induce relaxation. Other forms of sound therapy involve group or individual sessions, where you are taught to produce healing sounds – usually a chant or a hum – with your own voice.

What it's good for Sound therapy can help with stress, anxiety, insomnia and emotional problems. Therapists also claim success healing muscle and nerve conditions, such as back pain, fibrositis, neuralgia, tinnitus, sinusitis and migraine.

Where to find a practitioner The Sound Therapy Association can refer you to a practitioner near you. Write to PO Box A2237, Sydney South, NSW 1235, phone (02) 9665 1777; or fax (02) 9664 9777; or visit www.soundtherapyinternational.com; or email info@soundtherapyinternational.com



In its simplest form, sound therapy can help with stress, anxiety and insomnia.