



Tune in and chill out

Under pressure? Feeling worn out? Music might be what you have been looking for DANIELA BASILE reports.

DDOUBLE your energy and eradicate stress in 90 days" is the claim Patricia and Rafaele Joudry make on behalf of sound therapy in the newly revised edition of their book,

Sound Therapy: Music To Recharge Your Brain (Gary Allen, \$24.95).

It's a claim that at once invokes interest and some scepticism.

Rafaele Joudry, Patricia's daughter, admitted that she does not have strict scientific evidence to back up her assertion, although she said there is certainly scientific evidence to support the work of Parisian doctor Alfred Tomatis, whose sound therapy method she has adopted.

The treatment involves listening to music that has been specially recorded using a technique that filters out the low frequencies.

"I think Dr Tomatis's most important discovery is that high-

frequency sounds stimulate the brain," Ms Joudry said. "Unfortunately, we are all exposed to too much low-frequency sound.

"We rarely hear high-frequency sounds, which are found a lot in nature, like bird songs and running water.

"The type of sound we hear feeds the brain either with stress messages or with gentle stimulation that helps the brain to work better.

"What Dr Tomatis says about stress is that it is caused by not having enough brain energy.

"It's a feeling of tiredness and not being able to perform the brain functions that we need to," she said. Low-frequency noise is a

major cause of brain drain, and therefore stress, according to Ms Joudry.

"The brain is like a battery, which is either being charged or discharged by sounds. And low-frequency noise is discharging, draining that battery.

"If we plug into sound therapy it's just like a battery charger, we can charge up with high-frequency sound," she said.

Other conditions sound therapy can help include tinnitus, hearing loss and sound sensitivity, ADD, dyslexia, travel sickness and jet lag.

Phone Sound Therapy Australia on 02 9665 1777.