

# SOUND THERAPY

■ "Sound therapy utilises new understandings about the brain by stimulating the ear and nervous system, alternating sounds of high and low tone," explains Sound Therapy International co-developer and author Rafaele Joudry. "The brain's recharged by sound, releasing latent vitality and inducing a permanent state of peace and relaxation."

Our lives are full of low-frequency noise from computers, fluorescent lights, mobile phones, power lines and TVs. We're surrounded by humming and buzzing even when we think it's silent – and it's not good for our health. "Hearing mechanisms shut down as protection, leading to problems and affecting treatment of other ailments," says Rafaele.

Sound therapy has successfully treated tinnitus (which affects one in five Australians according to the Australian Tinnitus Association), dyslexia, attention deficit disorder (ADD) and stress. It's also used to improve concentration, vocal range and family harmony. For details, call (02) 9665 1777, or visit [www.soundtherapyinternational.com](http://www.soundtherapyinternational.com)

