

# Soundhealing; a proven strategy for stress release, prevention of diseases and supporting the self-healing system?!

## A short review

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### Abstract

The objective of this study was to determine the human health effects of Soundhealing. Therefore, a short review was conducted using studies with clinical and non-clinical settings. These studies showed different improvements for mental and physical health. These results strongly suggest that Soundhealing is very useful as a standard supportive treatment additional to the medical treatment or as a preventive treatment as well. We recommend larger studies in future to investigate the exact effects of Soundhealing and what it physically does on molecular level. During treatments we recommend combining intuitive methods with (scientifically) proven techniques and to repeat the treatments. To have an optimal therapy and to preserve the positive effects.

**Keywords:** singing bowls, phonophoresis, Soundhealing, stress release, self-healing, therapy

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### Introduction

There are many non-communicable diseases mentally and physically that are a major burden of disease globally [1]. This makes it interesting to look for more cost-effective, accessible prevention and management strategies to support healing of the human body. Soundhealing could be a key to reduce the problem of these diseases.

Sound has had a long cross-cultural tradition and played a role in rituals and healing as well [1]. Particular instruments were developed to accompany meditation, religious rituals and social ceremonies [2-4]. Sound is a resonance that can be absorbed by hearing and non-hearing tissues as external energy as well. Well-known alternative terms for Soundhealing is sound massage/sound therapy/music therapy.

The difference between music and sounds is that music is an artificial product, made up of sounds, that consists of harmony, melody and rhythm. Sound is an audible vibration with the goal to

create optimal resonance between the vibrations and the vibrations of the specific receiver [5].

### Method

Soundhealing could be a cost effective, low risk, accessible prevention and good strategy to prevent (non-communicable) diseases or to support self-healing of the human body. The influence of the physical pervasive resonance vibrates the water that has effect on the cell metabolism. When instruments with only one specific frequency are used, this is particular efficient [6-13].

Soundhealing treatment is tuned with the specific receiver targeting a range of health conditions including mental illness, pain, distress, involuntary mental activity, positive and negative affect, anxiety, depression, fatigue, tension, anger, confusion, state of arousal and vigour. Different (non)clinical studies show and confirm the benefits and safety of Soundhealing for human health conditions and wellbeing. There were also some physical improvements in several parameters like blood pressure, heart rate, respiratory rate, pe-

ipheral capillary oxygen saturation, cutaneous conductance, and anterior-frontal alpha values [6-13].

Cells produce sound waves that are related to cell metabolism and specific gene expressions. Vibrations do have an effect on the cells, and this could mean that also external vibrations play a role in cell metabolism and gene expression [14].

Bio-resonance does have the physical effect due to the pressure of the waves of the sound and on the electromagnetic level. The vibrations can join the cell surface via the cytoskeleton (and all other molecules that the human body contains). It seems to result in specific DNA assembly and disassembly. Based on this, external could play a major role on the modulation of cell activity [15-16].

This could explain why Soundhealing is a promising standard complementary therapy that can be used alongside conventional medicines [14, 17].

A lot of people do experience Soundhealing as a very relaxing way to regain awareness of the body, feeling happier and are in a good disposition towards the future. The average of the effects lasted up for three days after a session or more after a series of sessions [18].

Soundhealing could bring a person in a meditative state to manage some of the leading causes of different diseases, like depression, anxiety, and pain conditions [19-20].

## Discussion

There are several small studies performed. They show promising positive results to the human body. Also, Soundhealing is mainly for prevention, that makes it complex to perform studies on a scientific base. To perform a scientifically proven study it needs to be more specific. This is really valuable, and this therapy had a very low risk for complications. It makes it less interesting to invest in these researches on a larger scale.

We also have to keep in mind that this treatment has a lot of different ways of performing. It is also possible that it has more impact than we are aware of. Like the placebo effect. This really is an effect. Mindset could increase the effects and could support the measurable effects.

At the moment we are partly able to measure the things we feel. This therapy had a lot of impact on the emotions. It seems to be very interesting to dive more in the emotions and feelings of human beings.

## Conclusion

This therapy has shown several positive effects on the human body. Although we recommend performing more detailed studies with larger study groups and measure the physical and emotional changes in the human body. When we know more about the dynamic of external and internal resonance of the cells, it is possible to refine the therapy.

However, this is already a proven strategy for stress release, prevention of diseases and supporting the self-healing system of the human body. It could be very efficient to use it complementary to conventional medicine to speed up the healing process.

Until the refinement it could be a very helpful method for stress release, prevention of diseases and support of the self-healing system of the body.

We recommend repeating treatments to preserve the positive effects. Therefore, scientifically proven and intuitive methods can be used combined to optimize the effect. When interests and engagements in therapies involving Soundhealing increase, it may lead to refined peer reviewed clinical studies. These studies could contribute understanding of the specific function of the specific sounds to bring harmony and balance in the human body and their environment.

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