

What are the benefits of vibroacoustic technology?

Research and clinical programs have reported that vibroacoustics provides a wide variety of mental and physical benefits. VAT has been found to:

- reduce stress
- stimulate lymphatic flow
- detoxify organs and tissues
- decrease the experience of pain
- reduce nausea, headache, anxiety, fatigue and depression
- calm and soothe restless behavior
- relax chronic muscular tension
- improve range of motion
- promote muscle tone

Research has provided clear data on these outcomes of vibroacoustics but there are other effects that have not yet been quantified or perhaps even identified. Scientific research continues to investigate the effects that vibroacoustics have on body chemistry, brain wave frequencies, pain suppression, and a number of other responses. This research will bring a greater understanding of the effects of sound vibration.



Client Testimonials

“Vibroacoustic Therapy is a therapy in a class by itself! The treatment session is relaxing and enjoyable and the results are amazing! VAT has succeeded for me where traditional medicine failed miserably. With VAT, there is gain without pain.” Susan Blackburn

“As a recipient of Vibroacoustic Therapy treatments, I have been amazed by the immediate and positive results. I have gotten relief for kidney stones, menstrual cramps, and hormonal migraines, as well as much improvement for chronic asthma, muscle strain and insomnia. VAT leaves me functioning better, with more mental clarity, physical flexibility and an improved mood.”

As a healing practitioner, I have witnessed VAT augment the therapeutic effects clients can receive when combining VAT treatments with massage, chiropractic, physical therapy or psychotherapy.” Patricia Kulish, LMT

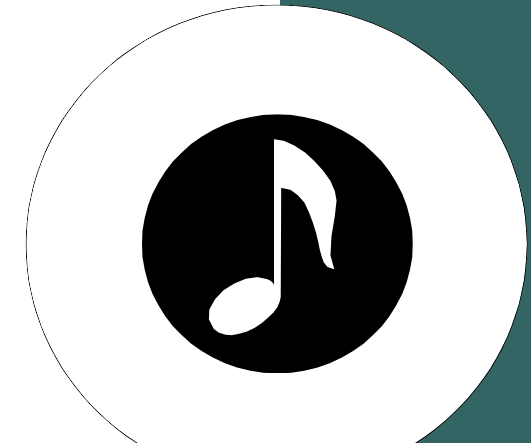
“After my first session... I had a great night’s sleep and woke up with an extra portion of energy and happiness. I was VERY MUCH more focused and less stressed to do my normal daily routine at work. I would definitely recommend this type of therapy to everyone. It was not at all uncomfortable and unlike other massages you are not obligated to disrobe, which in many instances adds to the anxiety of some (like me).” Becky Murry

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Vibroacoustic Therapy

Symptom Change from a Single Vibroacoustic Session at the National Institutes of Health:

- 54% reduction of Tension
- 47% reduction of Fatigue
- 53% reduction of Pain
- 57% reduction of Headache
- 49% reduction of Depression
- 56% reduction of Nausea

E.D. Laningham
Vibroacoustic Therapist

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What is Vibroacoustic Music?

Vibroacoustics—from *vibro*-to *vibrate*-and acoustics---to *hear*-is an innovative technology in which music and/or sound vibrations are *felt* as well as *heard*. The sound vibrations are administered through specially-designed speakers or transducers built into a recliner, mattress, table or other equipment—even a floor and wall! There are numerous benefits to health and well-being from the experience of feeling the sound vibrations as you relax onto vibroacoustic equipment.

Vibroacoustic technology has experienced widespread use in hospitals, healthcare facilities, wellness programs, education, and corporate organizations as well as being used extensively in private settings. Vibroacoustic technologies were first developed in Scandinavia between 1970 and 1980 independently by Olav Skille and Petri Lehtikoinen.

How does it work?

The physical experience of sound vibrations combined with the use of calming music in vibroacoustic therapy has beneficial effects both physically and psychologically. The mechanisms behind these effects are not fully understood although it is clear that the vibroacoustic music experience triggers the Relaxation Response, a mind/body response with a myriad of positive health benefits.

Olav Skille, one of the original creators of vibroacoustic technology, presents a theory that builds on the work of Drs. Karel and Heda Jindrak exploring the concept that physical vibrations of sound provide an internal cleansing massage. Sound vibrations

conducted throughout the body from our own vocal sounds (and vibroacoustic music) actually vibrate cells, organs, brain structures and tissues. It is speculated that this stimulation may help eliminate cellular wastes and assist in cleansing the body of these and other toxins. If this is true, vibroacoustic music and the vocal sounds we make may be the only ways we can actually get an internal massage!

Research has also demonstrated that vibroacoustics can work within the effective range of a vibration-induced, natural pain-suppressing mechanism of the Pacinian Corpuscles, pressure-sensitive nerve endings located in the subcutaneous and connective tissues surrounding visceral organs and joints. Kris Chesky, Director of Education and Research of the Texas Center for Music and Medicine at the University of North Texas, conducted research and correlated information about this natural process and vibroacoustics, reinforcing the concept that vibroacoustics can trigger this pain-mediating mechanism.

The Relaxation Response

A primary outcome of the vibroacoustic music experience is the facilitation of a state of deep relaxation. Triggered by what is called the Relaxation Response, this mental, physical, and emotional state is characterized by lowered blood pressure, decreased heart, breathing, and metabolic rates and mind/body coherence. Harvard professor Dr. Herbert Benson, the founder of the Mind/Body Medical Institute at Boston's Deaconess Hospital, coined this term. He found that the Relaxation Response yields many long-term health benefits in addition to the immediate

effects created during the experience. The relaxing effect of music alone is well-known and used extensively in music therapy. The combination of relaxing physical vibration and soothing music is a dynamic method to trigger the natural healing mechanisms of our body!

You can trigger the Relaxation Response in many ways. Tai Chi, meditation, prayer and Yoga are among the numerous wellness modalities known to facilitate relaxation. Regardless of the method used, the physical and mental changes are similar. When the mind becomes focused and free from intrusive, worrisome or anxiety-laden thoughts, the autonomic nervous system responds by stabilizing and down-regulating (slowing down) the heart rate, blood pressure and breath as well as relaxing muscle tone and reducing the production of stress hormones.

Physiologically, the relaxation response initiates the following changes:

- reduces oxygen consumption (hypometabolism)
- decreases blood pressure
- slows heart rate
- slows respiration
- relaxes muscles
- changes brain wave frequencies (generally slowing down from beta to alpha then to theta or delta)
- clears the mind from anxiety

