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How Vibroacoustics Helps in Stress Management

At **Health-Harmonics**, we use a non-medical vibroacoustic system.

Through tactile transducers, gentle low frequency sine waves selected to resonate specific areas of the body are transmitted. This therapy delivers natural stimulants in a non-invasive process that exercises the brain and central nervous system with the specific intent of balancing, optimizing and harmonizing the body and brain.

How it works



Every organ, bone and virtually every “cell” in your body vibrates at its own resonant frequency. Together, they make up a composite frequency not unlike that of a symphony orchestra. When an organ in your body is out of tune, it can affect the health of your entire body!

Your body is comprised of approximately 70% water and therefore sound waves easily vibrate through it. Since our bodies always naturally seek the most efficient vibration, it takes far less energy to vibrate at the correct frequency than the incorrect one.

During a VAT session, sound waves programmed at very specific frequencies generate an “internal massage” at the cellular level. In this way, organs deep within the body which cannot be reached by traditional methods – nerves, glands, heart, lungs, deep-lying blood vessels, myofascial and brain tissue - are gently stimulated through sound vibrations.

The VAT system uses advanced technology transducers which result in an incredibly accurate and smooth experience. The vibration is delivered so cleanly that the brain interprets the stimulus as sound, not shaking. Laying on the lounge, you become one with the vibration in a way simply not possible before.

After the utilization of sound therapy, most people report a feeling of total relaxation and improvement of overall function, balance and feeling of lightness.

Important Note:

A particularly positive side benefit of using VibroAcoustics to get into the relaxation response is a long term benefit--- the more people use this technology, the more they learn to recognize the state of relaxation and over time, become able to reach relaxation at will. Vibroacoustics is a great way to learn how to relax and develop relaxation as a daily habit!



Brainwave Synchronization

In addition to specialized low frequency programs, binaural beats are used in some of our therapies to aid deeper relaxation, as well as other benefits.

Pioneering research by Olav Skille, Petri Lehtikoinen, Gerald Oster, Robert Monroe, Charles Tart, Russell Targ, Hal Putoff, Stanley Krippner, Stanislav Grof, Edgar Mitchell, Elisabeth Kubler-Ross, Gary Robert Buchanan, Hans Jenny and others determined that certain sounds create a 'Frequency Following Response' in the electrical activity of our brains, which further led to some remarkable findings dealing with the very nature of human consciousness.

How does binaural programming work?

If external stimulus is applied to the brain, it becomes possible to entrain the brain frequency from one brain state to another. For example, if a person is in the Alpha state (highly alert) and a stimulus of 10Hz is applied to his/her brain for some time, the brain frequency will make a gradual shift towards the applied stimulus. The effect will be relaxing to the person. This phenomenon is the 'Frequency Following Response'.

Researchers discovered that specific sounds could be blended and sequenced to gently lead the brain to various states ranging from deep relaxation or sleep, to expanded states of awareness and other "extraordinary" states.

In fact, through our specialized software, we can actually tailor beneficial programs for the individual needs of our clients for:

- ✓ Stress management
- ✓ Moderating hyperactivity
- ✓ Assistance in overcoming sleep disorders
- ✓ Integrating sensory input
- ✓ Reducing the need for sleep medication

✓ Deepened meditation

For more information about the benefits of vibroacoustic therapy, go to www.health-harmonics.com

For more information on how you can incorporate vibroacoustic therapy in your corporate wellness program, contact:

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