

### **Vibroacoustic Sound Therapy effective for Symptom Reduction**

Patrick, George, Recreation Therapy-Rehabilitation, Medicine Department, Clinical Center NIH

<http://www.vibrationtherapy.org/wp-content/uploads/2013/10/Effects-of-VibroAcoustic-Music-on-Symptom-Reduction.pdf>

(Might need to copy and paste the link for it to work)

A study done on the effect of using vibroacoustic music as a treatment for symptom reduction in patients suffering from a variety of diagnoses including cancer, heart, lung and blood disorders, infectious disease, and mood disorders. Their most frequently identified symptoms were tension-anxiety, pain, fatigue, nausea, headache and depression. As a result of the vibroacoustic session, the reported intensity of symptoms was reduced from pre to post by the following percentages: nausea, 61%; headache, 58%; tension-anxiety, 54%; pain, 53%; depressed mood, 49%; and fatigue, 47%.