

**Globe Institute  
Sound Healing Research Project  
Inflammation Symptom Relief Study  
By: Paul Jarreau  
Presented: July 2, 2019**

**Scope and purpose of study:**

This particular research study is to see how the use of sound and vibrational frequencies can bring healing and/or symptom relief to those who experience various types of inflammation in the body. Inflammation can range from moderate to severe and cause pain and discomfort physically and emotionally on a regular or daily basis. This particular study did not work with individuals who are experiencing inflammation due to an accident or injury; rather it is researching how treatments can benefit those who are experiencing inflammation due to arthritis, joint and/or muscle inflammation, intestinal inflammation, inflammation that may develop in the body caused by toxins found in food, drinking water, environmental pollutants, stress or unknown / undiagnosed causes. The inflammation can manifest in various ways in the body and often is not localized in one specific area of the body, rather it moves to various parts of the body at random.

**Research Process and technology used:**

This research project was conducted in two parts:

- A. Participants were asked to listen, using headphones, to a 20-minute sound frequency that has been designed to treat inflammation in the body. Each participant listened to the frequency at least 3-times in one week. Research participants documented their results after each 20-minute session.
- B. Once the listening part of the research treatment was completed, each participant had at least one or more treatment sessions conducted at the Globe Institute on Sound Healing in San Francisco using a Body Tune 9 Pod Sound Vest as pictured below:



The sound vest is a device that is generally used for pain management. The vest is made up of 9 full range subwoofers that are incased in a wearable vest. All speakers are equally distributed in the front and back side of the body (torso) and is used to send sound frequencies directly into the body.

During the sound vest treatment, the same inflammation treatment sound frequency that participants listened to via headphones was also played through the sound vest directing the frequency directly into the body.

Of course, the primary purpose of this entire study is to evaluate if the inflammation sound frequency can effectively treat inflammation, it was also used to compare the results of listening to the inflammation sound frequency versus using the sound vest. Users responded to and documented results after completing both types of treatments.

### **Study group participant information:**

The original case study was targeted to treat 10 adult age participants both male and female; however, at the last minute 3 participants dropped out leaving 7 committed volunteers. Regardless of the reduced number of participants, significant data was collected that can be used to assist in conducting future sound frequency treatments for this group and others as well as help further the study on effective alternative treatment options for those who suffer from physical inflammation and pain.

Below is a list of the types of inflammation that participants reported prior to treatment and were seeking relief:

1. Systemic inflammation – The release of pro-inflammatory cytokines from immune-related cells and the chronic activation of the innate immune system.
2. Finger, joint, lower back, and stomach inflammation.
3. Back, shoulders, joints, legs and stomach inflammation. Cause unknown. Participant reported that the inflammation is not isolated in one place in the body.
4. Inflammation in hands, joints and neck due to arthritis.
5. Inflammation in hips and knees.
6. Inflammation all over the body due to allergies and connective tissue disorder.
7. Lower back, tongue and throat inflammation experienced. Doctors unable to diagnose cause.

### **Dates of treatments:**

All treatments took place during the month of May and June 2019.

### **Study results for listening with headphones part of the study:**

Below is a list of questions that were asked of each participant prior to and after the listening with headphone portion of the treatment.

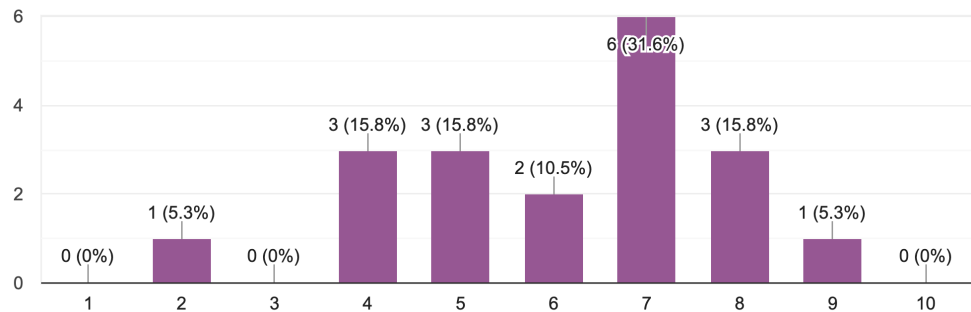
1. Using a scale of 1 – 10 where 1 being low and 10 being severe, would you rate your average pain on a daily basis? Results:

- 1: 0 participants
- 2: 0 participants
- 3: 0 participants
- 4: 1 participant
- 5: 1 participant
- 6: 2 participants
- 7: 2 participants
- 8: 1 participant
- 9: 0 participants
- 10: 0 participants

*Most participants ranged from moderate to severe pain on a daily basis as show above.*

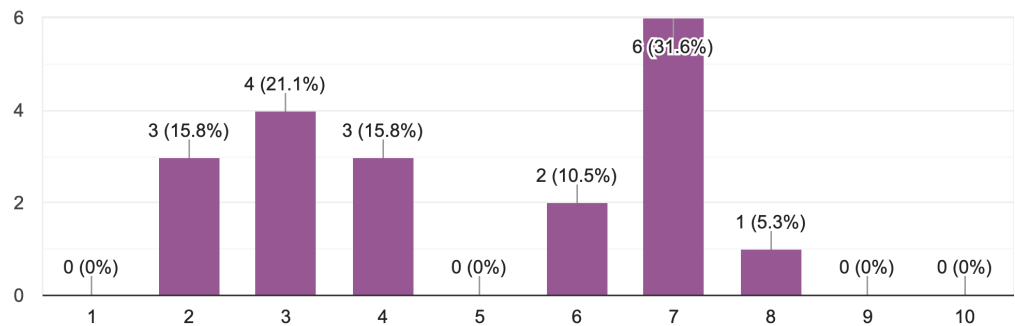
2. What was the pain level just prior to starting the sound meditation? (Answer each time you listen to the meditation frequency)

19 responses



3. What was your pain level immediately following the sound frequency meditation? (Answer each time you listen to the meditation frequency)

19 responses

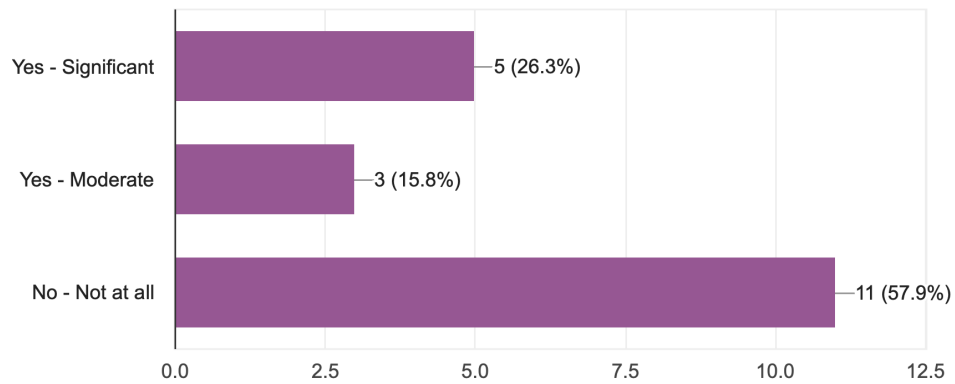


**Note:** 1 participant listened to the sound frequency only once as she had a hard time listening to the sound. The numbers below reflect the majority of the participants who listened to the frequency at least 3 times within a week.

The two charts above illustrate that all participants who participated in the listening with headphones study felt immediate relief following their treatment. Some relief was significant and some moderate.

4. Did you experience any inflammation symptom relief? (Answer each time you listened to the meditation frequency)

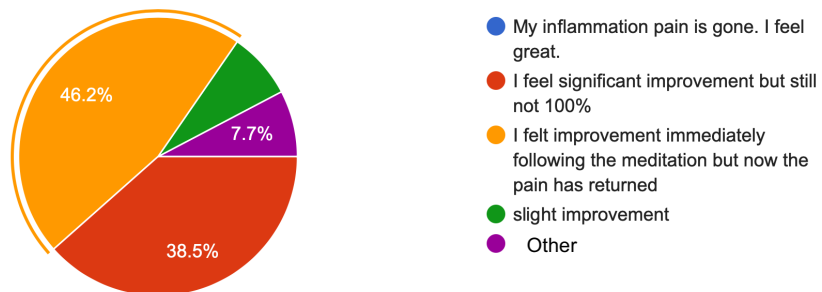
19 responses



Results documented above seem to indicate that when some participants listened to the sound frequency, they felt significant relief and on other days they did not.

5. How did you feel 6 hours after the sound meditation? (Answer each time you listened to the meditation frequency)

13 responses



Purple: If you selected "other" above, please describe (8 responses)

No noticeable difference

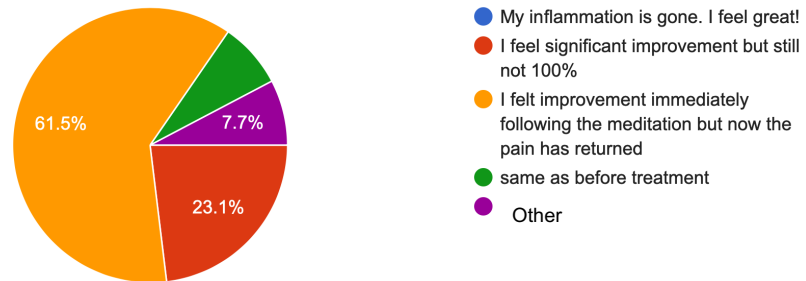
No difference

lower back is now a 2  
Maybe some change later the next day. Hard to say what it was from  
No noticeable change

*As illustrated in the pie chart above, almost all participants felt significant to moderate improvement within 6-hours of listening to the inflammation sound frequency; however, as time passed, some pain did return*

6. How did you feel 24 hours after treatment? (Answer each time you listened to the meditation frequency)

13 responses



Purple: If you selected "other" above, please describe (9 responses)

No noticeable difference  
No difference  
lower back is again a 4  
No noticeable change  
I have experience reduced inflammation I was confusing it with pain

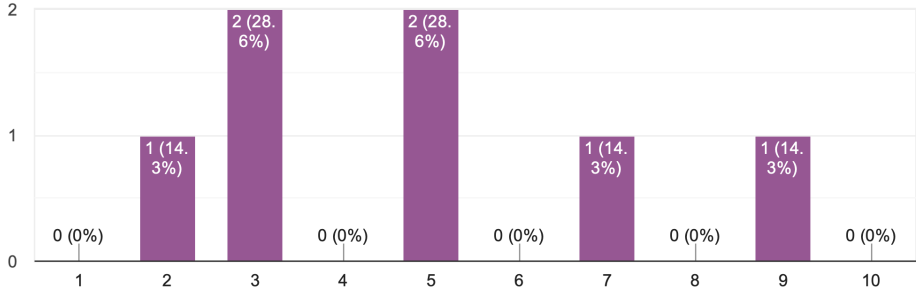
*Results in the pie chart above indicate that participants continued to experience some pain and symptom relief 24-hours after listening to the inflammation sound frequency indicating that using the sound frequency listening method is an alternative treatment for managing inflammation and pain. Once this part of the study was completed, participants were encouraged to use the sound frequency as often as needed to help manage their pain.*

**Study results for the sound vest treatment part of the study:**

Below is a list of questions that were asked of each participant prior to and after the sound vest portion of the treatment. 1 = low, 10 = severe.

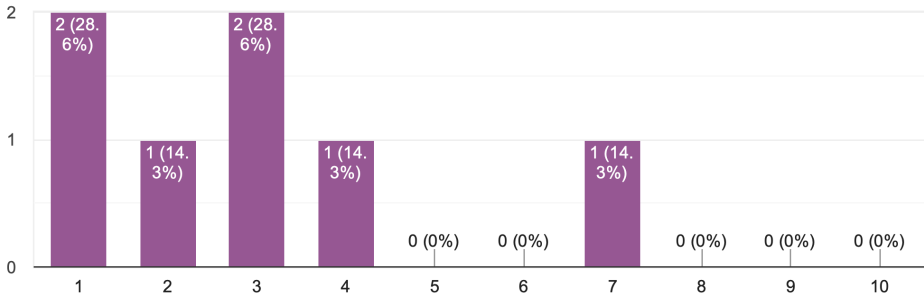
1. What was pain level just prior to starting the sound vest treatment?

7 responses



2. What was your pain level immediately following the sound vest treatment?

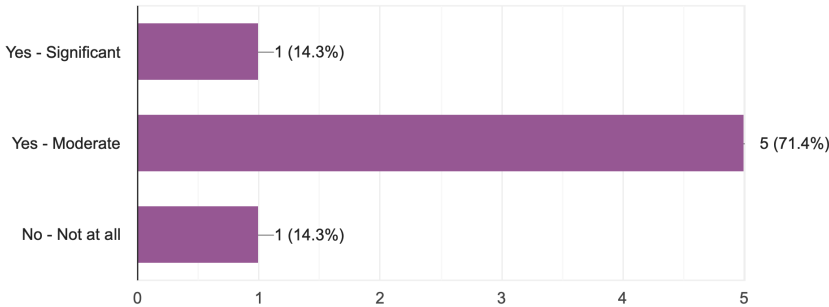
7 responses



3.

Did you experience any inflammation symptom relief as a result of the sound vest treatment?

7 responses

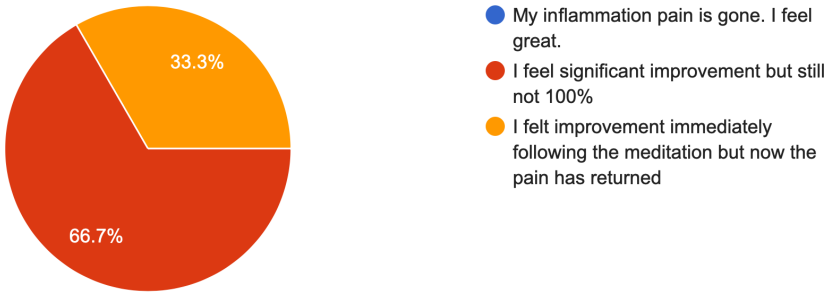


All three charts above will illustrate that all participants who participated in the sound vest study felt immediate relief following their treatment. Compared to the listening treatment, the sound vest treatment results appear to be the most beneficial.

4.

### How did you feel 6 hours after the sound vest treatment?

6 responses



The chart above shows that over 50% of those treated with the sound vest were still feeling the benefits after 6-hours of the treatment.

5.

### How did you feel 24 hours after the sound vest treatment?

6 responses



The chart above shows that several of the participants who felt immediate relief after receiving a treatment in the sound vest had their pain return within 24-hours after treatment; however, 33.3% of the participants still felt the benefits even 24-hours later.

6. Once all treatments were completed, some participants gave the following information and feedback:

Is there any other information or feedback that you want to share about your sound vest healing treatment?

Normally I feel pain in the form of soreness in muscles (hips, shoulders, lower back, neck) - also acid reflux and heartburn. This morning I was only feeling general soreness in some muscles -- and it went away for several hours after the treatment - I liked it a lot. The soreness came back later in the evening.

The vest was helpful, but it is not very comfortable to wear. It took time to drop in and meditate and feel the sounds because the best was heavy and awkward. It would be more comfortable if it can be created as a lighter weight vest.

For the first part of the meditation, I had the same reaction as I did when I listened to it but I was better able to breathe through it this go around (I was not already anxious like I was before), and actually found it to be relaxing. I started to doze at one point, and I was sitting upright so that is something. And even more interesting, I found that I did not enjoy the second meditation when I thought I would. I was antsy in my pants and found the sounds almost annoying. I also, had a really strong pain in my right scapula that I was trying to breathe through and help it to let go so it was taking my concentration to not concentrate and really relax. Thanks for letting me participate. Great experience and much opportunity to explore and create.

I liked addition of Solfeggio frequencies. I would prefer having music along with the inflammation frequency. Paul is very professional and made me feel comfortable and at ease.

While meditating, any thoughts that did come in were very positive - there was no negative story telling. It was very pleasurable; I experienced a great deal of love and compassion

## Conclusion:

As indicated in the participant responses as illustrated above, both types of treatments (listening with headphones and sound vest) created significant to moderate pain management improvement for all who participated. Although as time passed, most reported that their inflammation pain returned, the data shows that using the inflammation sound frequency can in fact be an alternative treatment for those who experience inflammation and pain in their bodies.

Although more studies need to be conducted, it seems as though most participants felt the most pain relief from the sound vest than they did when they just listened to the sound frequency, however, both methods did work for all.

Additional research studies on using this inflammation sound frequency method is needed. I suspect with daily to regular sound frequency treatments over an extended period of time may reap even better results in the long run for many.



## Resources:

1. To view the on-line form that each study participant completed after each treatment, select the following link:

[https://docs.google.com/forms/d/e/1FAIpQLSeYIK2Fq2d1hN2bDzl0qBZlfMlny8ZtE1sngBNrfvrQKsXYhg/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSeYIK2Fq2d1hN2bDzl0qBZlfMlny8ZtE1sngBNrfvrQKsXYhg/viewform?usp=pp_url)

2. Below is the correspondence that was sent to each study participant prior to the treatment study beginning.

**Dear Friends,**

**Thank you for taking time to participate in the sound healing research project as an alternative treatment for physical inflammation! Your participation in this free research treatment will help us collect data to see if this type of treatment can help relieve or even cure inflammation.**

**As I discussed with each of you by phone, this is a two part research project that will compare the results of listening to a sound healing frequency using headphones versus using a sound vest where the same frequencies you listened to will be sent directly into your body via multiple speakers placed on your front and back torso.**

**Part 1: Listening Meditation - Attached is an MP3 file that is a 20-min meditation that you listen to while wearing headphones. This is a pure sound frequency that is designed to create a resonate frequency in the body that helps to reduce inflammation and pain. Please take 20 minutes to meditate while listening to this frequency. The sound you will listen to is not melodic or music and it may not be something you are accustomed to listening to. Do your best to breath through the medication and feel the vibrations that are created and felt in the body. It may sound pleasant and relaxing to some and not to others. The more you are able to concentrate on the sound without much thought or resistance to the sound the more beneficial the treatment will be. I recommend you take time to listen to the frequency at least 3 times during the course of a week. Once you are done, answer a few short questions after each listening (meditation) session to document your experience. You should receive a separate email with a link to a Google form document to answer the questions. If you didn't receive it, please let me know.**

**Part 2: Sound Vest Treatment - I will be contacting each of you individually to schedule treatment sessions that will take place at the Globe Institute on Sound & Consciousness here in San Francisco located at 351 9th St. <https://soundhealingcenter.com/> Each session will last for approximately 1-hour. During the session you will wear a sound vest similar to the one pictured below that will send healing vibrations directly into the body that is designed to treat inflammation. Upon completion of the treatment you will be asked to complete part two of the Google form questioner in order to capture information about your experience.**



**Again I want to thank each of you for taking time out of your busy schedules to participate in this research project. I believe that sound healing is a viable alternative to healing and the more we learn and document the work we do the more widely accepted this practice will be.**

**If you have any questions or concerns, please contact me. I can be reached by phone or email. 415-852-8033.**

**Love and Blessings,**

**Paul**