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Sound Healing Research

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Sound Healing: Applied to The Immune System (Thyroid / Hashimoto's)

This paper will address how Sound Healing can be applied to help and cure immune diseases. For instance, thyroid-related issues, like Hashimoto's. One of the common causes of thyroid disorder is Hashimoto's, inflammation of the thyroid when the immune system turns on itself and attacks the thyroid. Hashimoto's is the most common cause of primary hypothyroidism.

There are a few different approaches to sound healing to address immune conditions.

The following method works by applying sound directly to the organ related to the disease. In this case, the thyroid gland.

The first one uses the frequency 384 Hz on the G note to stimulate the 5th Chakra (Throat). The second one is by humming the Vowel: Eye.

Another method is by addressing the mind with the voice and different musical instruments.

Dr. Mitchell Gaynor is an oncologist and author of the book *The Healing Power of Sound*. He explained stress, sound, and the immune system. "Dr. Gaynor points out that we are more likely to get sick when stressed. For instance, when we push to the limit and finally come down with a cold. Stress hormones help suppress the

many functions of the immune system." He believed sound therapy is one way to boost the immune system potentially. The body gets sick when it is out of tune and synch. The vibration of the sound can help to bring it back to balance. Our brains use sound and rhythm to shift brain wave states, reflecting our physical experience. Consider the four primary brain wave states: Beta, Alpha, Theta, and Delta. These brain waves are measured in several cycles per second, frequencies we measure as Hertz (Hz).

Dr. Gaynor explains that "Theta and Delta are common during sleep. Beta is most likely the daily experience; we are awake, focused, and going for errands.

However, the Beta waves can take over, so we start seeking out more peaceful Alpha waves with activities like meditation. With Alpha waves, we are still present but relaxed. We may produce more serotonin and be more accepting of new information. For instance, playing a singing bowl or voice tuning are some ways we can help induce this relaxing brain wave state through the sound vibration." By relaxing the mind, we relax the body, and consequently, the stress level is lowered by reducing the cortisol hormone. Let us remember that stress is one of the main reasons for having autoimmune diseases.

I want to mention that there are different ways to approach sound healing depending on the issue. For example, sound healing is applied to cancer differently than it is applied to immune diseases. In cancer, the sound wave is tuned and applied to the cancerogenic cells in the body, with the only goal of bursting and destroying them. On the other hand, sound healing is applied to autoimmune diseases by tuning the sound into the patient mind-brain/guts. As we mentioned previously, intending to change the brain wave states to ease the mind. By relaxing the mind, we can bring balance back to the body.

Dr. Raphael Kellman, MD, and at the (NLH) National Library of Medicine research look at the issue differently. They believe that the root cause of Hashimoto's begins in the guts (Microbiome). As the NLH mentioned, "We try to explain the role of the microbiome in the metabolism of thyroid hormones and the impact of thyroid autoimmune diseases." (NLI)

Dr. Kellman says that there are three prongs of Hashimoto's:

Microbiome Imbalance. Trigger Events: Stress, a viral infection, emotional issue (in fact, a major contributing factor can even be an "Adverse Childhood

Experience" Environmental toxins, mold exposure, Lyme Disease, and lastly, Genetics: some people are genetically more susceptible. He firmly believes that "Thyroid hormone medicine is not going to cure the cause of the autoimmunity.

Only by addressing the microbiome can Hashimoto's be reversed." Even though these two sources are not applying sound healing as a method for this specific disease, they helped me understand the root cause of the issue and led me to

another professional on the matter. Dr. Jarrod Byrne Mayer. That study sound healing into the digestive system disorders. According to Dr. Mayer, a certified sonotherapist from Brooklyn Healing Arts, the sounds you hear before, during, and after a meal affect how well your body processes food for two significant reasons.

"On a physical level, the vagal nerve is the main competent of the parasympathetic nervous system, which oversees many different bodily processes, including digestion," he says. "The vagal nerve directly connects the brain with the gut."

He explains the following: "The brain and the vagal nerve connect via the auricular vagal branch, which stimulates the nerves of the ear canal, tragus, and auricle. This creates what Mayer calls an "inner-atmosphere" where the nervous system interacts with outside noises in relaxing—or not-so-relaxing—ways. " He also stated, "if you were to listen to a jackhammer, or something aggressive, it stimulates the

vagal system. Meanwhile, calm nature sounds, and relaxing music decreases inner tension." The frequency used for the Digestive System is 528 Hz.

With the explanation of how the microbiome affects the autoimmune system and, consequently, the thyroid, it is affected. I believe that applying sound and the right frequency to the vagal nerve will address the digestive system and the mind (Gut-Brain Axis) and improve the microbiome balance, which is responsible for affecting the immune system and this one for affecting the Thyroid gland that causes Hashimoto's.

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