

Sound and Vibrational healing in Western Medicine

Western medicine is turning to the use of sound and vibration to effect the body and health of their patients. This is happening more and more with the help of technology and acceptance around the fact that sound and vibration effect matter. This idea has been around for thousands of years and was used in ancient Egypt. In recent years, equipment has been developed to use sound and vibration as tools for the medical field. Ultrasound machines are used in many ways, bone stimulators and vibrational machines to are used to heal bones, and music is being used to bring comfort and healing to the psyche. All three of these modalities are common and beneficial to the medical field and it's patients.

Ultra sound has been used for many years in a variety of ways. Imaging is one of the most popular ways that ultrasound is used. Ultra sound imaging is a safe way to see inside the human body. It works by using high-frequency sound waves to reflect off of the body. These frequencies are usually between 1.6 and 10 MHz. The sound frequencies then bounce back and are displayed so that they can be read on a monitor. This is often used to view ligaments and tendons, fetuses, veins and arteries, and organs. Ultra sound can also be used to break up kidney stones or bacteria. This procedure is called extracorporeal shock wave lithotripsy. This procedure uses around 2-4 Hertz to break up small kidney stones that are then able to pass out of the body. Physical therapists also use ultrasound to heal their patients. They apply ultra sound at about 1-3 Mhz to an injured area where there is damage to the tendons and ligaments. This is used to warm the tissue so that it can stretch better or to increase blood flow to promote healing.

Bone Stimulators are used to stimulate the healing of bones that have fractures and are also used to heal after surgeries such as spinal fusions. This device was approved by the FDA in 1994. The bone stimulator is worn as a brace over the injured area or implanted under the skin and uses sound and electric stimulation to heal the bone. The brace is used to create a field between either side using coils that deliver the stimulation to the specific area. The device is worn 2-3 hours a day for several months, or if implanted can be removed. The settings on these devices can have extreme variations of frequency coupled with electric and magnetic pulses. The most common frequency used is between 5-20 hertz. The bone stimulator device is used to promote faster healing and to ensure total healing of the bone. Another device used to strengthen bones is the vibrational machine. The vibrational machine uses a low frequency of .5-80 hertz to stimulate the body. This can be beneficial in patients who have osteoporosis and is also used to stimulate strength in the body. This machine is

usually a platform that one can stand on. The vibration can build muscle strength and bone density in the patient.

Music is another tool used in medical facilities. It is used to help patients who have dementia and alzheimer's as well as other types of brain trauma. Often times these patients are withdrawn and experience agitation. Doctors have found that when patients are treated by hearing their favorite music there is overall improvement. They often react by having a better appetite, they are less agitated, and it helps them to manage their stress levels. Music is so powerful it can even trigger memories long lost by degeneration or trauma. Another form of stress management is when the patients participate in singing and dancing or any kind of rhythmic activity. It is said that the part of the brain effected by music is the last part to shut down.

Sound and vibrational healing is an ancient healing form that is becoming more common in modern day healing. From the human cells to the psyche the whole body is effected by sound. Sound and vibration are used as instruments in a variety of medical procedures. Whether it be with the use technological tools, or encouraging patients themselves to participate in making sound, it has been proven to be a beneficial form of healing.