Using Music to Treat Disease

Music has healing power. It has the ability to take people out of themselves for a few hours.

Elton John

"Music exalts each joy, allays each grief, expels diseases, softens every pain..."

Music really is our daily medicine.
Evelyn Glennie

Music can Heal
Just Think what can happen when all of your cells start to dance and vibrate to the music

Turn Back the Hands of Time of Your DNA Clock
With Cybermagnetics
Using Music to Treat Disease

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Verdi, Beethoven and Puccini help beat heart disease

Oxford University research suggests that a dose of the right classical music - including a rousing blast of Puccini’s Turndot - could reduce blood pressure and help stave off heart disease.

Luciano Pavarotti at the London Arena. Photo: ILKAY MEHMET

By Laura Donnelly, Health Editor
6:30AM BST 09 Jun 2015
Doctors could prescribe music to beat heart disease, after research found recordings by Verdi, Beethoven and Puccini can lower the blood pressure.

A study by Oxford University suggests that compositions which match the rhythm of the body could be used to control the heart.

Research presented to the British Cardiovascular Society (BCS) conference in Manchester found that listening to music with a repeated 10-second rhythm coincided with a fall in blood pressure, reducing the heart rate.

Such recordings include Va Pensiero by Italian composer Giuseppe Verdi, Nessun Dorma by Giacomo Puccini and Beethoven's 9th Symphony adagio.

The same impact was felt by listening to Franz Schubert's Ave Maria in Latin – but the rhythm was altered by translations which changed the pace, researchers said.

- Listening to music is good for the heart
- Why obesity protects against heart disease and heart attack
- Polygamy 'is bad for the heart'

By contrast, rock and pop music and other classical music had little impact - or was even found to increase blood pressure.

The musical preferences of participants made little difference, researchers said.

Calming music was more likely to calm listeners regardless of whether they preferred faster tunes.
Cardiologists examined a number of studies over two decades which explored the impact of different types of music on blood pressure and heart rate. They then tested theories, involving six different types of music, on a small group of students.

Slow classical music, which followed the 10-second rhythm had the greatest impact, reducing blood pressure.

Faster classical music, including an excerpt from Vivaldi’s Four Seasons, had no effect on the heart and blood pressure.

And a recording by the Red Hot Chilli Peppers was found to increase the heart rate. Experts said this suggests that music therapy to calm individuals could be relatively simple as it would not need to be tailored to the individual.

Author Professor Peter Sleight, a cardiologist from the University of Oxford, said: "Music is already being used commercially as a calming therapy but this has happened independent of controlled studies into its effectiveness. "Our research has provided improved understanding as to how music, particularly certain rhythms, can affect your heart and blood vessels. "But further robust studies are needed, which could reduce scepticism of the real therapeutic role of music," he said.

Professor Jeremy Pearson, associate medical director at the British Heart Foundation, said: "We know that stress can play a role in cardiovascular disease so the calming effect of music may have some potential as a therapy. "However, as Professor Sleight points out, more robust evidence is needed before we see cardiologists prescribing a dose of Taylor Swift or 30 minutes of Vivaldi a day," he said.

Previous research has suggested that music could improve the recovery of patients suffering from heart disease.

A 2013 study by the University of Nis, in Serbia, divided patients with cardiac disease into three groups. Some were enrolled in exercise classes, some took the same classes and listened to music of their choice for half an hour a day, and some only listened to music, and did not take the exercise.

The research found those who listened to music as well as exercising had the best improvements in heart function, improving their exercise capacity by 39 per cent.
A British study has identified the specific classical pieces that have the most positive effect on the body and mind.

The advantageous effects of listening to classical music have been thoroughly explored through various scientific studies over the years. From conception to grave, the benefits of regularly listening to classical music has been proven at just about every developmental stage of life, but now new research has identified the specific works of the classical canon that have the most potently positive effect.

The new research, conducted by Professor Peter Sleight and his team at Oxford University has discovered that music featuring a repeated rhythm or refrain lasting 10 seconds has a uniquely calming effect as it matches the body's naturally occurring cycles.

While monitoring the blood pressure and respiration rates of two separate groups – one made up of professional musicians and one made up of people with no significant musical training – Professor Sleight and his team played excerpts of various musical styles and monitored the results.

They found that music that used repetition in slower tempi had the most pronounced effect, both psychologically and physically, and it has been hypothesised by Sleight as being due to the synergy this slow, repeating music shares with the body's naturally cyclical processes, such as pulse and breathing rates.

The repertoire found to be the most soothing included sections of Beethoven’s Symphony No 9, and music by Puccini (particularly the slower arias in Turandot) and Verdi. Among the possible applications for this research are complimentary therapies for psychological disorders such as anxiety and depression, and even cardiac conditions like high-blood pressure, although more research is required to formulate effective protocols for the incorporation of classical music into existing treatment programmes.
Classical Music an Effective Antidepressant

by Tom Jacobs

The Mozart Effect—the notion that listening to classical music will turn your infant or toddler into an intellectual titan—has been largely debunked. But a growing body of research suggests music can play an important role in certain aspects of health care, including pain management.

A newly published study from Mexico reports repeated listening to certain classical works—including one by Mozart—helps ease the debilitating symptoms of clinical depression.
“Music offers a simple and elegant way to treat anhedonia, the loss of pleasures in daily activities,” the research team, led by Miguel-Angel Mayoral-Chavez of the University of Oaxaca, reports in the journal The Arts in Psychotherapy.

Following up on a small number of recent studies, the Mexican team conducted an experiment on 79 patients of an Oaxaca clinic. The 14 men and 65 women, ranging in age from 25 to 60, were diagnosed as suffering from low to medium levels of depression. They were not taking any medications for their condition.

All participated in an eight-week program. Half the group took part in a 30-minute weekly counseling session with a psychologist; the other half listened to a 50-minute program of classical music each day. Their recorded concert featured two baroque works (Bach’s Italian Concerto and a Concerto Grosso by his contemporary, Archangelo Corelli) and Mozart’s Sonata for Two Pianos. Each week, participants reported their levels of depression-related symptoms using a standard scale.

“We found positive changes at the fourth session in the music therapy group, with the participants showing improvement in their symptoms,” the researchers report. “Between the seventh and eighth weekly sessions, we observed improvement in 29 participants, with a lack of improvement in four. Eight abandoned the group.”

In contrast, among those who had experienced talk therapy, only 12 subjects showed improvement by Week Eight, compared to 16 who showed no improvement. Ten abandoned the study.

“Our results show a statistically significant effect for music,” the researchers conclude. “(They) strongly suggest that some baroque
music, and the music of Mozart, can have conclusive beneficial effects on depressed patients.”

The researchers point to several possible reasons for the participants’ improved mental states, including the fact music “can activate several processes which facilitate brain development and/or plasticity.” They note that depression is often associated with low levels of dopamine in the brain, and/or a low number of dopamine receptors. Previous research has found listening to music can increase dopamine levels.

Given the overhyping of the Mozart Effect, it’s important to note these results do not mean (a) that talk therapy is unimportant, or (b) that people should throw out their Prozac and put on some Prokofiev. But as Mayoral-Chavez puts it, they do suggest people suffering from low- and medium-grade depression “can use music to enhance the effects of psychological support.”

The researchers aren’t claiming that Mozart’s music is uniquely magical; they note that different types of music “may have different effects on different people.” But the music they chose—complex, upbeat, stimulating—was clearly effective. And the patients even enjoyed it ... after a while.

“At the beginning of the study, many of the chosen patients did not show a good disposition to listen to the music,” they report. “But later on, they not only proved to be interested parties, but also asked for more music of this type.”
I had the great pleasure on a recent trip to Budapest to meet Professor Desire’ Dubounet and to get a treatment on her new CyberMagnetic™ Chair. It was quite fascinating and made the Eductor treatment much deeper. I was told I have a genetic disposition known as Marfan Syndrome. The CyberMagnetic Chair detected the chromosomal damage and I was told it could perhaps open an epigenetic closed gene. After the treatment I noticed improvement in my vision, and my body seems to be responding to the treatment. I did feel a much more powerful session than ever before. The music sent me into a trance and my life past flowed before my eyes. Imagine Music slowly gathering strength and penetrating to all of the cells in your body.

Everybody has some epigenetic genes locked up in the DNA. There is evidence that opening with music and meditation these epigenetic genes could improve anyone’s health. Music alone works by the sound vibrating the ear and skin. These sonic vibrations do not go deep and are easily dissipated. The magnetic signal collects strength as it captures more magnetic action.

The CyberMagnetic Chair converts the sound into a magnetic pulse that is pushed into the stomach chakra. The water molecules on the body have a magnetic pole and they start to band together and slowly the water molecules make the sound wave grow deep into all the cells of the body. Then the body reacting magnetic field coming from the heart chakra is measured.

Water is a Para-Magnetic Substance

A Constant Stimulation of a Pulsing Magnetic Field will slowly cause a resonating cascade effect that will allow the Magnetic Field to slowly gather strength and expand and permeate into the body. The CyberMagnetic music will expand throughout the body. Thus the music will slowly permeate all of the cells.
Using Music to Treat Disease

A Constant Stimulation of a Pulsing Magnetic Field will gradually create a resonating cascade effect that will allow the Magnetic Field to gradually collect power and expand and permeate into all of the cells of the body. The CyberMagnetic music will expand throughout the body. Thus the music will slowly infiltrate all of the cellular functions.

“The Cybernetic loop of input music, measure reaction, and change input gives an autofocus therapy that maximizes the therapy effect. This has been the key to all major technology development as that feedback makes the most of any therapy. Any electrical process has a magnetic component. There is a body electric, so there is a magnetic component to the body. We used this with the SCIO Eductor therapy and now we have added magnetic sound to the mix of therapies.” said Prof Desire’. “You can just imagine your favorite relaxing or stimulating music penetrating all of your cells like never before”. It was a health experience like no other.

Nearly all cells in the body share mutual components, regardless of their type. Two of the common elements of all cells are water and ions. Ions are either positively or negatively charged particles that help conduct electro-magnetic pulses from within or to without the cell. The electro-magnetic pulses allow the cell to function. Without ions, a cell cannot live. Even the smallest of difficulties produce dis-ease. Life is truly an electrical thus magnetic process.

In a normal healthy cell, water and the ions are distributed around the cell with all of the positive ions on one side and the negative ions on the opposing side. The ions which live outside of the cell in the tissues will align with those inside of the cell so that opposing poles are together with the cell membrane between them (see diagram of healthy cell below). This allows fluid, oxygen and nutrients (fluid exchange) to move freely in and out of the cell, while maintaining the natural balance within the cell (homeostasis). Cybermagnetics makes the ions vibrate + restore health.

In a diseased (injured) cell, the positive and negative ions do not stay on opposing sides of the cell. They are disrupted and scatter randomly around the cell. At the same time the ions on the outside of the cell membrane also become scattered as they try to find their opposing pole, this results in cellular imbalance. Extra fluid from the tissues outside the cell is able to penetrate the cell which in turn pushes vital nutrients, hormones, water and electrolytes (salts) out of the cell. The cell's capability to function is greatly reduced and cellular degeneration begins which if not corrected will lead to the cell dying. Energetic medicine can stop the disease and restore health.

Ionic distribution in healthy cell, diseased cell,
Magnetic therapy has always been a bright prospect for medicine, but has failed to impress. But now with a cybernetic loop, and music pulse guidance into all of the cells, the future looks brighter. Professor Desire’ has brought to us all a new way forward in epigentic therapy and relaxation imagery. You should try this.
Using Music to Treat Disease

FACT: One of the only activities that activates, stimulates, and uses the entire brain is music.

Music has healing power. It has the ability to take people out of themselves for a few hours.

Brain Fact #10
Your brain on MUSIC.
Listening to music stimulates your brain, boosts concentration, and can elevate your mood.

“Music exalts each joy, allays each grief, expels diseases, softens every pain…”

Music really is our daily medicine.

Music can Heal

Just Think what can happen when all of your cells start to dance and vibrate to the music.

Turn Back the Hands of Time of Your DNA Clock

With Cybermagnetics

--All Pics courtesy of Prof Desire’ Dubounet--
Using Music to Treat Disease

Just Imagine Floating on a Zero Gravity Chair
the Waters in your Body Magnetically Start to
Allign + all Your Cells Vibrate to the MUSIC

If You Have Never had the Experience of
Magnetic Music Expanding and Cascading
through your Cells, Try it for an Hour

Sound Vibration is converted to
Magnetic Energy and is Sent into
the Heart Chakra

The Energy
Penetrates into
the Whole Body
Thru the Magnetic
Waters of the Body

Then We Measure the
Magnetic Energy at the
Stomach Chakra and use
a CyberMagNetic Loop to
AutoFocus the Therapy

http://www.cybermagneticchair.com/
Classical Music Can Help Treat Depression

27 July, 2013 by Amanda Marie

Who is not familiar with such unpleasant phenomena, as melancholy, depression, apathy? Many prefer to treat them with drugs, someone drinks herbal infusions, for someone the best therapy is a sauna for two. And very few people know that classical music can cope with these troubles.

In general, music therapy or treatment with sounds was practiced long ago. Today it is one of the most interesting areas in the field of traditional medicine and, unfortunately, still little studied. The therapeutic effect of sounds on the human body is based on a different frequency of sound vibrations, which are in resonance with certain organs or the entire organism. Sounds surround us always, everywhere. They can be helpful and pleasant, affecting the mood in general. Since there are a huge number of sounds, music therapy is divided into specialized areas. So, music therapy is getting very popular and, in particular, the treatment with classical music.

According to specialists, classical music in its relaxing effect is equivalent to sauna. Listening to the music of the classics calms the heart and leads to normal blood pressure, helps to relieve depression and melancholy, boosts immunity and improves the work of the organs of the respiratory system.

It’s unbelievable, but true — classical music helps to cure many of the violations in the work of the body and even serious illnesses.
The studies made by specialists have surprising results. It turns out, the music of *Ludwig van Beethoven* helps to cope with stress, melancholy, apathy and other similar neurotic states. The music of this immortal genius helps to organize the work of the organs of the cardiovascular system, regulates heart rate and blood pressure and is as well beneficial to the bronchi, lungs and enhances the immunity.

The second part of the famous *Fifth Symphony* is called by the doctors “*music of a healthy heart*” and it is especially recommended listening to it for high pressure.

But, for example, the works of *Johann Sebastian Bach* are universal, they help to balance the state of mind and improve your overall body tone, so it is the music of harmony of body and soul.

*Wolfgang Amadeus Mozart* did not know that his music will **cure chronic fatigue** and **lack of energy** in his descendants. The *Symphony No. 1 in d major* is particularly effective. The works of Mozart’s increase the tonus of the organism and relieve emotional stress, stimulate brain activity and enhance intellectual ability.

The music of the famous Russian composer *Peter Tchaikovsky* helps soften even the most cranky and unsocial person, giving birth to a wave of emotions and passions. No one remains indifferent to it.

The music therapy is also good for people in difficult life circumstances that are miserable and in depression. It is proved that Tchaikovsky’s creations give strength and help you cope with any seemingly unsolvable situation.

With music, you can experiment. But by picking up the support of **music therapy sessions**, you must observe how it affects the psychological well-being and overall health.
LISTENING TO MOZART CAN BOOST BRAIN FUNCTION (BUT ONLY IF YOU ALREADY KNOW THE MUSIC)

March 16, 2015 by norman lebrecht

Vast theories are being built on a piece of neuro-research at the University of Helsinki, including a claim in the Dail Mail that listening to classical music can avert Alzheimer’s Disease.

The exact findings are actually more interesting. Control groups were exposed to Mozart’s 3rd violin concerto, K216. Scientists found that ‘listening to music enhanced the activity of genes involved in dopamine secretion and transport, synaptic function, learning and memory. One of the most up-regulated genes, synuclein-alpha (SNCA) is a known risk gene for Parkinson’s disease that is located in the strongest linkage region of musical aptitude.’

But before you jump to any Mail-like conclusions: ‘The effect was only detectable in musically experienced participants, suggesting the importance of familiarity and experience in mediating music-induced effects.’

In other words, listening to music intently all your life might help improve brain function at a point of degeneration.

Now, that could be very good news.
Although listening to music is common in all societies, the biological determinants of listening to music are largely unknown. According to a latest study, listening to classical music enhanced the activity of genes involved in dopamine secretion and transport, synaptic neurotransmission, learning and memory, and down-regulated the genes mediating neurodegeneration. Several of the up-regulated genes were known to be responsible for song learning and singing in songbirds, suggesting a common evolutionary background of sound perception across species.

Listening to music represents a complex cognitive function of the human brain, which is known to induce several neuronal and physiological changes. However, the molecular background underlying the effects of listening to music is largely unknown. A Finnish study group has investigated how listening to classical music affected the gene expression profiles of both musically experienced and inexperienced participants. All the participants listened to W.A. Mozart’s violin concert Nr 3, G-major, K.216 that lasts 20 minutes.

Listening to music enhanced the activity of genes involved in dopamine secretion and transport, synaptic function, learning and memory. One of the most up-regulated genes, synuclein-alpha (SNCA) is a known risk gene for Parkinson’s disease that is located in the strongest linkage region of musical aptitude. SNCA is also known to contribute to song learning in songbirds.

“The up-regulation of several genes that are known to be responsible for song learning and singing in songbirds suggest a shared evolutionary background of sound perception between vocalizing birds and humans”, says Dr. Irma Järvelä, the leader of the study. In contrast, listening to music down-regulated genes that are associated with neurodegeneration, referring to a neuroprotective role of music.

“The effect was only detectable in musically experienced participants, suggesting the importance of familiarity and experience in mediating music-induced effects”, researchers remark.

The findings give new information about the molecular genetic background of music perception and evolution, and may give further insights about the molecular mechanisms underlying music therapy.

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The responsible researcher of the study is MSc (bioinformatics) Chakravarthi Kanduri from the University of Helsinki. The study protocol was designed by MuD Pierre Rajjas and associate professor Irma Järvelä, University of Helsinki, with the help of Professor Harri Lähdesmäki, Aalto University. The Academy of Finland and the Biomedicum Helsinki Foundation have financed the study.
Classical Composers and Their Maladies

By Blair Sanderson

"Yet it was impossible for me to say to people, 'Speak louder, shout, for I am deaf.' Oh, how could I possibly admit an infirmity in the one sense which ought to be more perfect in me than others, a sense which I once possessed in the highest perfection, a perfection such as few in my profession enjoy or ever have enjoyed."

- Ludwig van Beethoven, Heiligenstadt Testament

When we first encounter the classical masters, we are usually impressed by their idealized images, which have been handed down to us in engravings, paintings, and sculptures. What could be more appealing to a budding classical music fan than a portrait of Wolfgang Amadeus Mozart as a healthy and handsome virtuoso, or Ludwig van Beethoven as a powerful titan with fire in his eyes? Yet the more we read of how they really lived, the flattering portraits of our favorite musicians fade as we learn about their setbacks, their personal flaws, and perhaps most poignantly, their ailments. Considering how unhealthy many of the great composers actually were, it’s remarkable that they were able to produce much music at all. However, while some of their afflictions and illnesses were indeed debilitating, not all of them prevented the creation of enduring compositions. Indeed, some infirmities came near the end of life, after most of the composers had already completed their best works. Even so, anyone who investigates a list of their diseases and serious conditions, both physical and mental, will better appreciate that their masterpieces were often triumphs over adversity.

Alcoholism

Many composers were fond of drinking, often to excess, but the Russian composer and civil servant Modest Mussorgsky was perhaps the most notorious of all for his rampant alcoholism. Even though he probably was predisposed to heavy drinking by his family history, cultural acceptance of the habit, and peer pressure during his years in the military, Mussorgsky belonged to a rebellious generation that thought of drunkenness as a form of protest against bourgeois society. Following his dismissal from government service in 1880, Mussorgsky’s drinking became impossible to control, even though friends tried to help him. The effects of his dipsomania (the old-fashioned term for alcoholism) are evident in the tragic portrait (left) by Ilya Repin, painted weeks before the composer died at 42.

Aneurysm

Felix Mendelssohn may have experienced the first signs of a cerebral aneurysm or bleeding in the brain when he almost drowned while swimming in the Rhine. His sudden unconsciousness in the water and his later headaches and irritability, as well as diminished creativity, may have been caused by small hemorrhages. In 1847, upon learning of the death of his beloved
sister, Fanny Mendelssohn, he collapsed, and a final attack in November that year caused his death at age 36.

Arthritis
The Swedish symphonist Allan Pettersson was diagnosed in the early 1950s with rheumatoid arthritis, which kept him house-bound from 1968 until his death in 1980. Yet in spite of his constant pain and the frustrations due to extreme poverty and unsympathetic neighbors, he composed 15 large-scale symphonies which are among the most powerful of the 20th century, along with several imposing concertos of comparable length.

Blindness
An affliction closely associated with organists is blindness. Johann Sebastian Bach and George Frederick Handel both lost their eyesight in their 60s. The English composer and organist John Stanley was blind from childhood, and he succeeded Handel at Covent Gardens as director of the oratorio programs. A number of French composers and organists have been blind throughout their careers, including Louis Vierne and Jean Langlais. Louis Braille (right), who was a cellist and organist, was better known to posterity as the inventor of the Braille system, which employs raised dots on stiff paper that can be used for reading music notation as well as printed texts.

Jeremy Filsell, organ - Vierne: Symphony No. 6 in B minor - I. Introduction and Allegro

Brain Injury
Maurice Ravel may have suffered from a degenerative disease of the brain called Pick's Disease, which possibly showed some symptoms in 1927 when the composer began having difficulty playing the piano and speaking. But a taxi accident in 1932, which seriously injured his head, curtailed his musical activities and made his brain problems worse. Loss of memory, distraction, insomnia, and inability to walk and write were first thought by Ravel's doctor to be signs of hydrocephalus or water on the brain. This led to exploratory surgery, which revealed some shrinkage of his brain, but no other clear evidence of damage or disease.

Brain Tumor
While George Gershwin was healthy for most of his youth, he started to experience olfactory hallucinations or imagined smells in his 30s, notably reporting the odor of burning rubber early in 1937, along with headaches, dizziness, and fainting. Two seizures and a loss of consciousness necessitated an operation on his brain, which he did not survive. Gershwin died at age 38 of a glioblastoma multiforme.
Deafness
The total deafness that tormented Beethoven (left) is the most famous disability in music history, and the difficulties he faced as a composer were monumental. While the exact cause of his loss of hearing has never been determined, his autopsy indicated that his inner ears had been malformed and had developed lesions over time. Beethoven's hearing loss began in 1796, and as it progressed, he resorted to a number of aids, including a collection of ear trumpets and conversation books. Even though he could still compose, Beethoven gave up concertizing as a pianist in 1811, and by 1824 his deafness was so profound, he could not hear the applause at the triumphant premiere of his Ninth Symphony. He had to be turned around to see the cheering audience.

Depression
Beethoven, Robert Schumann, Pyotr Ilyich Tchaikovsky, and Sergei Rachmaninov are perhaps the most famous composers who suffered severe bouts of depression, but also included in that gloomy company were Orlande de Lassus, Carlo Gesualdo, John Dowland, Hector Berlioz, Mikhail Glinka, Anton Bruckner, Anton Arensky, Hugo Wolf, and Charles Ives. Berlioz, Schumann, Tchaikovsky, and Wolf tried to kill themselves and failed, but depressives Jeremiah Clarke and Peter Warlock committed suicide, the former by gunshot, the latter by gas asphyxiation.

Heart Disease
Fearful of death, neurotic, and profoundly superstitious, Gustav Mahler (right) was nonetheless an energetic figure who enjoyed vigorous walking and hiking, in addition to his strenuous activities as a conductor and as the composer of symphonies and song cycles. Yet a diagnosis of coronary arrhythmia or irregular heartbeat in 1907 curtailed some of this frenzy, and the stress of being dismissed from the Vienna Opera and the death of his daughter that same year worsened his outlook and his health. Mahler tried to regroup and improve his fortunes by taking on responsibilities conducting the Metropolitan Opera and the New York Philharmonic, but his morbid fears remained with him. Mahler had dreaded composing a ninth symphony because that seemed to be as far as Beethoven, Schubert, and Bruckner were allowed to go before their deaths. To cheat the grim reaper, Mahler followed his Eighth Symphony with the unnumbered vocal symphony, Das Lied von der Erde, and felt free then to compose the Ninth and the unfinished Tenth, secretly counting them as the Tenth and the Eleventh, respectively. A case of bacterial endocarditis or inflammation of the heart lining abruptly ended Mahler's career in America, and he sailed back to Europe. He died in 1911 at age 50.

Giuseppe Sinopoli, cond. - Mahler: Symphony No. 9 in D major - I. Andante comodo

Migraines
The medieval abbess, philosopher, herbalist, and composer Hildegard von Bingen was a mystic who wrote down her miraculous visions. While she is honored as a saint in the Roman
Catholic Church, modern doctors think her visions may have been migraine auras, specifically hemicrania sine dolore or a form of migraine that produces startling visual images without pain.

**Obsessive-Compulsive Disorder**

Bruckner (left) could lay claim to a number of difficulties in his life, stemming from his lack of sophistication and his obsequious manner. But he definitely suffered from several neuroses which practically made him a case study. Bruckner is now thought to have endured several symptoms of obsessive compulsive disorder. Among them was his numeromania or compulsion to count things continually, which could involve anything from windows or bricks in a wall to rhythmic figures and repeated measures in his music. He also suffered from debilitating insecurity and doubts about his worth as a composer, which led to many revisions of his symphonies. But the most bizarre of Bruckner’s neuroses was his extreme interest in viewing corpses. A frequent visitor to the funerals of total strangers, he could not resist attending the exhumation of Beethoven’s body in 1888. So intent was Bruckner to inspect the master’s remains, he accidentally dropped a lens from his pince-nez into the coffin.

**Quinsy**

Georges Bizet was a chronic sufferer of tonsillitis and quinsy, which gave him sore throats and neck swellings due to streptococcal infections. He didn’t live long enough to see his masterpiece, the opera Carmen, become a classic, because he fell ill with a severe throat infection, which in turn triggered two heart attacks and a ruptured lesion on the side of his neck, which was briefly suspected by the police to be a self-inflicted gunshot wound.

**Rheumatic Fever**

Mozart is known to have contracted rheumatic fever in his childhood, and a recurrence in adulthood may have been one of several factors that caused his frequent illnesses and early death. As a result of it, he most likely had high blood pressure exacerbated by stress, and his work habits made minor infections worse. At his death, Mozart had a high fever, immobility, swellings of his limbs, and vomiting, but his two doctors may well have finished him off with blood-letting, a common and commonly fatal 18th century practice. Whatever took his life, Mozart was not murdered by his colleague and sometime rival, Antonio Salieri.

**Syphilis**

Widespread and unchecked until the discovery of penicillin, syphilis was a scourge that accounted for many premature deaths, and several composers are known or strongly believed to have contracted it, including Mozart, Beethoven, and Schumann. Other famous syphilitics were Franz Schubert, E. T. A. Hoffmann, Gaspare Spontini, Gaetano Donizetti, Mikhail Glinka, Bedrich Smetana, Hugo Wolf, Frederick Delius, Edward Macdowell, and Scott Joplin, and their symptoms ranged from lesions and fevers to blindness, deafness, dementia, and death. Yet because syphilis masquerades as other diseases, it's possible that other
composers had it without knowing it. Alexander Scriabin (right) displayed symptoms of mental illness late in his life, including a messianic megalomania brought on by syphilis. However, Scriabin’s delusional plan to compose a massive work entitled Mysterium, which he believed would transport the world into a new, mystical age, ended when he expired from septicemia or blood poisoning at age 43.

Triskaidekaphobia
One might expect Arnold Schoenberg, the founder of the dodecaphonic system or twelve-tone composition, to have an aversion to the number 13, which is known as triskaidekaphobia. Not only did Schoenberg stay clear of rooms, floors, and buildings with the number, he carefully searched for anything that added up to 13 in his music. The title of his opera, Moses und Aron, contains only 12 letters because Schoenberg superstitiously dropped the second a in Aaron to avoid the dreaded number. Furthermore, he lived in fear of days numbered 13. As fate would have it, he was born on September 13, 1874 and died, expecting the worst, on July 13, 1951, at age 76 (7+6=13).

Tuberculosis
A list of composers who suffered or died from tuberculosis (once called consumption because it seemed to consume people from inside) includes names from across the centuries. Henry Purcell, Luigi Boccherini, Giovanni Battista Pergolesi, Carl Maria von Weber, Ferdinand Hérold, Niccolò Paganini, Frédéric Chopin, Stephen Collins Foster, Karol Szymanowski, and Igor Stravinsky contracted tuberculosis, commonly shortened to TB, at one point or another in their lives. However, this contagious bacterial infection of the lungs has become known as the Romantic disease par excellence, thanks to the successes of the play La Dame aux camélias, and the operas La Traviata and La Bohème. With tuberculosis once more on the rise, though, it may lose some of its morbid charm.

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Best Music for Dementia Patients

Activity directors at assisted living communities and occupational therapists have long known the benefits of using music for dementia therapy — it can help to engage, manage stress, soothe and uplift the moods of those suffering from Alzheimer’s and memory impairment. In his 2007 book “Musicophilia: Tales of Music and the Brain,” the famed neurologist and author Oliver Sacks wrote, “People with Alzheimer’s disease and other dementias can respond to music when nothing else reaches them. Alzheimer’s can totally destroy the ability to remember family members or events from one’s own life—but musical memory somehow survives the ravages of disease, and even in people with advanced dementia, music can often reawaken personal memories and associations that are otherwise lost.”

The Benefits of Music

Music and Memory is a nonprofit group that’s promoting music therapy. They’ve undertaken the “iPod Project” in an effort to get music to seniors with dementia who live in nursing homes and assisted living facilities. In fact, they’re accepting donations of used MP3 players. They will then load these MP3 players full of popular old-time music and bring them to residents with Alzheimer’s and dementia at senior communities. A clip from their recent documentary about the project shows how successful it can be. They play music for a man with advanced dementia who is usually non-communicative and low-functioning. He is clearly moved by the music, so much so that he becomes highly animated and speaks almost eloquently about how the music makes him feel.

Senior communities are also using music as part of their activities and therapy programs. Debra Christnacht, Activity Director at People’s Retirement Community in Tacoma, says that music is a key element of the activities program at her community. She not only provides listening
opportunities by playing recordings and arranging live performances, but also encourages residents to participate and make music themselves: “For years we have heard about the benefits of music so I did not waste any time building our activity department around music.” Christnacht says she incorporated music into many activities at the community, including the fitness program: “Singing folk tunes and patriotic songs while we workout helps with their breathing and makes the exercise class go quickly and more enjoyable for the residents.”

Those of us who have loved ones with Alzheimer’s or dementia can start music therapy projects of our own. Create a playlist on your computer or iPad using a music streaming service like Spotify and Pandora or consider buying your loved one a simple MP3 player like an iPod Shuffle. Look for clues in their facial gestures and body language to gauge the effect the song is having on their mood. Music can be stimulating or soothing. It can conjure a range of emotions from elation and joy to melancholy, irritation and relief. Music can turn a bad mood around, trigger lost memories, connect people to each other and ground them to the present moment.

**Tips for Finding the Best Music**

1. **Mood Enhancing Music: Personally Meaningful Songs and Familiar Old Favorites**

   Listening to old favorites can enhance mood and make potentially troublesome daily living activities such as bathing or dressing go more smoothly for all involved. Kim Warchol, a licensed occupational therapist says that the music should be something familiar to your loved one, “Music can be used in so many ways and for so many purposes in Dementia Therapy. Get creative and get personal. Find the specific songs that were special to your relative and awaken their interest and attention.” Play songs that have some importance to your loved one. This could range from a favorite hymn to “All Shook Up” by Elvis Presley. For ideas about what songs to include, rely on your own recollection of your loved one’s tastes in addition to asking your loved one about his or her favorite songs. Older family members may also be able to recall tunes that were special to your loved one in their youth.

2. **Stimulating Music: Pop Songs From Their Salad Days**

   Stimulating big band, swing and salsa music often inspires dance and movement in dementia sufferers, giving them much needed physical exercise. Ann Napoletan, a writer for the [Caregivers.com blog](https://www.caregivers.com) whose mother suffered from Alzheimer’s disease says, “My mom
enjoyed just about any music,” adding that her mother’s housemates “loved the oldies station – Frank Sinatra, Dean Martin. There’s lots of singing along.” Look at the top pop songs from the years when your loved one was a young adult. If your loved one was born in 1930, look at the music charts for the late 1940’s and the 1950’s. Wikipedia maintains a list of top American pop songs from 1940 onward.

3. **Soothing Music for Agitation Management**

Soft classical music, lullabies or non-rhythmic instrumental background music can reduce agitation and anxiety during periods of sundowning. Music therapists also suggest redirecting agitated patients to participate in a rhythmic activity such as singing, tapping or shaking percussion instruments, drumming or clapping.

4. **Connecting and Comforting Music: Sing-Along Classics**

To create a sense of comfort and safety as well as engagement, look for classic American folk songs with easy to remember lyrics that most of us learned as children, think “She’ll Be Comin’ Round the Mountain” and “I’ve Been Working on the Railroad.” Certified musical therapist, Rachel Rambach, wrote [12 Songs Every Music Therapist Should Know](#). Some of the songs she’s found most successful in her work include “Over the Rainbow” and “You Are My Sunshine,” even “American Pie” by Don McLean. She adds that “Amazing Grace” has been a favorite song of elderly patients she’s worked with.

**Sample Song Playlist: Music for Dementia**

Dementia patients vary in their response to music depending on which stage of the disease they’re experiencing, but it can also change from day to day. What music should you play for your loved one? Bottom line – whatever works.

- “You Are My Sunshine”
- “She’ll Be Comin’ Round the Mountain”
- “This Land is Your Land”
- “Amazing Grace”
- “Over the Rainbow” – Judy Garland
- “Pennies from Heaven” – Bing Crosby
- “Moonlight Serenade” – Glen Miller
- “A-Tisket A-Tasket” – Ella Fitzgerald
- “Moon Glow” – Benny Goodman
“Nature Boy” – Nat King Cole
“Memories are Made of This” – Dean Martin
“Wheel of Fortune” – Kay Starr
“Five Minutes More” – Frank Sinatra
“Look for the Silver Lining” – Chet Baker
The Goldberg Variations – J.S. Bach

5 Reasons Why Music Boosts Brain Activity

Music is understood to be a great way to break through to dementia patients, but do you know why? A new study shows us how music helps those suffering with Alzheimer’s disease. Learn more.

Music has been known to affect those with dementia and Alzheimer’s, but why it has an effect on these patients has not always been clear – until now.

Music Helps Dementia Patients Recall Memories and Emotions

A recent study shows that dementia and Alzheimer’s patients can recall memories and emotions, and have enhanced mental performance after singing classic hits and show tunes from movies and musicals – a breakthrough in understanding how music affects those with dementia and Alzheimer’s.

Researchers determined the effect music has on dementia patients, by leading half of the participants through selected songs while the other half listened to the music
Using Music to Treat Disease

being played. After the musical treatment, all participants took cognitive ability and life satisfaction tests, which showed how participants scored significantly better when being lead through songs, rather than only listening. Here are five reasons why researchers believe that music boosts brain activity:

1. **Music evokes emotions that bring memories.**

Music can evoke emotion in even the most advanced of Alzheimer’s patients. Neurologist Oliver Sacks says that, “Music evokes emotion, and emotion can bring with it memory... it brings back the feeling of life when nothing else can.” By pairing music with every day activities, patients can develop a rhythm that helps them to the recall the memory of that activity, improving cognitive ability over time.

2. **Musical aptitude and appreciation are two of the last remaining abilities in dementia patients.**

Linda Maguire, lead author on the study wrote, “Musical aptitude and music appreciation are two of the last remaining abilities in patients with Alzheimer’s.” Because these two abilities remain long after other abilities have passed, music is an excellent way to reach beyond the disease and reach the person.

3. **Music can bring emotional and physical closeness.**

In the later stages of dementia, patients often lose the ability to share emotions with caregivers. Through music, as long as they are ambulatory, they can often dance. Dancing can lead to hugs, kisses and touching which brings security and memories.

4. **Singing is engaging.**

The singing sessions in the study engaged more than just the brain and the area related to singing. As singing activated the left side of the brain, listening to music sparked activity in the right and watching the class activated visual areas of the brain. With so much of the brain being stimulated, the patients were exercising more mind power than usual.

5. **Music can shift mood, manage stress and stimulate positive interactions.**

The Alzheimer’s Foundation of America has an entire web page dedicated to music therapy in Alzheimer’s patients. They say that, “When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function and coordinate motor movements.” This is because
Using Music to Treat Disease

music requires little to no mental processing, so singing music does not require the cognitive function that is not present in most dementia patients.

**Which Musicals or Movies Work Best?**

Getting a loved one with dementia or Alzheimer’s to engage with music and movies may depend on which genre they enjoy the most. But, the suggestions below can help you get started:

- The Sound of Music
- When You Wish Upon a Star (from Pinocchio)
- Somewhere Over the Rainbow (from The Wizard of Oz)

Dr. Jane Flinn, a researcher from George Mason University says that the study should encourage caregivers. 

“The message is: do not give up on these men and women. You want to be performing things that engage them, and singing is cheap, effortless and engaging.”

Do you or a loved one have any experience with music therapy for dementia? Share your story in the comments below.

“Music exalts each joy, allays each grief, expels diseases, softens every pain...”

- John Armstrong

_The Art of Preserving Health_ (1744)
Music can relieve chronic pain

March 25, 2014 - 06:45

Scientists have found that music can help reduce chronic pain. Previous studies in this field have only focused on acute pain.

When we listen to music, the brain is constantly trying to predict the musical structure based on universal, cultural and individual musical rules. Thus, when evaluating the effect of music applications it is necessary to consider whether the intervention is aimed at features that are universal, depend on musical enculturation, or whether it relies on individual and maybe even situational factors (Illustration: from the ‘Music interventions in health care’ white paper)

Most of us know that a good song can boost our mood. Scientists have also known for some time that music can have a direct and measurable effect on acute pain, such as when you burn your finger.

Now, for the first time, scientists have examined whether music can also have a positive effect on chronic pain in patients who suffer from fibromyalgia, a disease that causes severe chronic pain in the muscles and joints.

The new study found that fibromyalgia patients experienced less chronic pain after listening to their favourite music.

"We measured both directly and indirectly how the participants experienced their pain after having listened to self-chosen, relaxing and pleasant music, and we measured an effect on all parameters. They reported that the pain became less unpleasant and less intense,"
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says study lead author Peter Vuust, of the Center for Functionally Integrative Neuroscience (CFIN) at Aarhus University, Denmark.

Vuust believes the new findings may have greater implications than one might think:

“With people who suffer from a disease that causes chronic pain, the greatest problem is all the medicines they are forced to take. Whatever it may be, it’s bad, because it can cause stomach upset, can be addictive, etc.,” he says.

“If music can help us to lower the doses of pain medication, that’s fantastic.”

The brain regions involved in audition, rhythm and motor, emotion and pleasure, and cognition. The auditory cortex and the brain stem are involved in audition. The cerebellum and motor cortex are central for rhythm and motor effects of music, but the brainstem and midbrain regions are also involved. The orbitofrontal cortex, and limbic and paralimbic brain regions are fundamental for emotional processing of music, while pre-frontal regions are associated with the cognitive evaluation of music. (Illustration: from the ‘Music interventions in health care’ white paper)

There are two brain mechanisms that may be responsible for the pain-relieving effect that music has on chronic pain in fibromyalgia patients, explains Line Gebauer, a postdoc fellow at the CFIN, who did not take part in the new study.
It may be that enjoyable music can trigger the release of opioids in the brain. Opioids are the body’s own ‘morphine’, which may explain why music can reduce the feeling of pain and the reduced need for pain medication.

Or it could be that the pain-relieving effect may be the result of music simply being an incredibly effective way of redirecting our attention away from our pain.

“In the study of the fibromyalgia patients, however, it appears most likely that the positive effect is due to the release of opioids in the brain, as the effect remained even after the music had stopped,” says Gebauer.

Vuust adds that a central aspect of the new study is that the participants were given the chance to select what music they wanted to hear:

“In terms of pain, it is important that you listen to music that you already know and like. When you're in pain, you need a familiar setting in which you can navigate, and if you can do that with music you know and like.”

In addition to the new study, Vuust and Gebauer have published a white paper about music interventions in health care.

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Read the Danish version of this article at videnskab.dk

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Research Shows Music Improves Brain Function

For most people music is an enjoyable, although momentary, form of entertainment. But for those who seriously practiced a musical instrument when they were young, perhaps when they played in a school orchestra or even a rock band, the musical experience can be something more. Recent research shows that a strong correlation exists between musical training for children and certain other mental abilities.