

# TO YOUR HEALTH

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## Music For Health



by Lori Leslie, Music/Expressive Therapist

Such a huge topic! A quick google search reveals everything from hard science to wild conjecture. But, if you've ever enjoyed a live concert, stopped to hear a particular song or danced with that special someone to a favorite song, then you are familiar with music's ability to alter mood. We can select music to spur us to action or facilitate exercise; we can select soothing music to lessen anxiety and reduce stress. We may choose "tearjerker" music to enable catharsis, or familiar pieces to trigger associated memories. Music can soothe pain or distract from difficult circumstances. It may provide cognitive stimulation and opportunity for social engagement.

**What can we do?** Up the level of your active participation in musical activity - even small changes are a place to start. When you make choices around musical activity, keep in mind that for optimal benefit, the most profitable place to be is out on your edge of learning - ideally, you want to choose musical experiences that are novel, and somewhat

**Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything. — Plato**

challenging. You want things to be exciting but not so far from familiar that the stress overwhelms you. It is every bit as important to keep it playful and fun....enjoy yourself!

**Sing or learn to play an instrument!** You DO NOT have to be a good performer to participate. Current research encourages us to take on something new and even short periods

**Listen to a wider variety of music.**

**Engage Imagination** Research shows that imagined participation produces positive effects in the brain even without actual practice or physical involvement.

**Dance!** Movement with music is more fun (and easier than without) because the brain conserves energy by 'hitching a ride' on the rhythms created by music. You also get added benefit of aerobic exercise and the ways music itself stimulates the brain. Learning a new dance style fits some big criteria for engaging the brain in ways that pursue health.

**Use music to relax.** Listening is good, but practicing conscious relaxation with a particular piece of music trains the body and mind to utilize that piece of music for relaxation in the future - even without your conscious participation!

**Protect your ears and those of your loved ones!** - Loud sounds WILL damage your ears. Really loud sounds can produce damage even with short durations. Continuous sounds, like music played even a little bit too loud also produce damage over time.

**Make a list** of the music that you love and/or moves you strongly or is linked to major life events and people that are important to you - update it as you create more experiences with music. Entrust this list to someone you love in case you would ever not be able to speak for yourself.

**Singing is not an extra-curricular activity! Instead, it is an essential part of our emotional digestive system.**

~ Susan Osborn



## Humming—it's fresh air for your head!

By Lori Leslie,  
Music/Expressive Therapist

Many of us experience sinus symptoms related to allergies, cold and flu. What if there were a simple exercise that would increase our overall sinus health, even promote healing when sinuses are already inflamed? Try humming.

Swedish researchers suggest that humming increases health by vibrating the nasal passages and increasing oxygen flow to the sinuses. When research subjects hummed, the transfer of air between nasal passages and sinuses increased from what is normal with exhalation, (4%) to almost the entire volume of the sinus cavity (96%).

Sinuses are major producers of nitric oxide, which helps dilate capillaries and increase blood flow. When nitric oxide levels are measured during humming, researchers find that they are 15 times higher than during normal exhalation. This suggests that humming is a dramatically effective way to improve air circulation and oxygen uptake in your head; an easy, fun and effective way to be sure that the oxygen supply to your sinuses is exchanged, renewed and refreshed.

Poor gas exchange and decreased circulation in the sinus cavities may encourage bacterial growth. Daily humming could help to reduce the occurrences of sinusitis and upper respiratory infections. In fact, Dr. Murray Grossman, an otolaryngologist at Cedars-Sinai Medical Center reports that vibrations created by humming assist nasal cilia in their role to remove dust and bacteria before it gets the chance to cause disease. Humming in a deep persistent tone "vibrates the mucus layer...so that the mucus is thinner and more liquid... and allows for better cilia movement."

Humming also encourages you to take deeper breaths and to push more air out with each breath. This increases the overall air exchange within your lungs, making better oxygenation available throughout your body and with the added benefit of helping

## Health Education Lecture

### "How Dental Health Can Affect Your Overall Health"

Dr. Sharon Jin, D.M.D.  
from Chestnut Dental  
will present this very  
informative lecture.

Please join us on  
Wednesday,  
October 16, 2019  
10:30am—11:30am  
Auditorium Center



## Flu Clinics

For Residents living in  
Cluster Homes, Badger Terrace and  
Winthrop Terrace.

**WHEN:** Tuesday October 15, 2019  
**TIME:** 9:00 am - 11:30 am  
**WHERE:** Auditorium Right

&

**WHEN:** Thursday October 17, 2019  
**TIME:** 9:00 am - 11:30 am  
**WHERE:** Auditorium Right

No appointment is necessary