

Improve Your Health Through Relaxation Music

Everything in our environment has an impact on our individual well-being. The amount of sunlight we see, the quality of the air we breathe, the kinds of food we eat and the things we hear all affect our mental, emotional and physical health. Since we need at least a little sunlight, food and air just to survive there have been a lot of studies on how these things affect us and most people know the value of sunscreen, healthy eating and clean air. But a much smaller number of people know the far-reaching effects that our audio environment has on individual well-being too. However, hundreds of years of experience have shown that beautiful music can help you sleep, grow, heal, relax and be happy. As early as the ancient Chinese empires, people have noticed the positive effects of music on afflicted persons. Then, in the seventeenth century, Robert Burton proclaimed that, "besides that excellent power it hath to expel many other diseases, it [music] is a sovereign remedy against despair and melancholy, and will drive away the devil himself." Research on the benefits of music still continues today. Many physicians have conducted studies to test the effects of music on pain relief, depression and healing and they consistently find that music facilitates all the positive changes they are trying to cultivate. Unlike many drugs that are used to help restore emotional balance or relieve pain, relaxation music accomplishes the same tasks without any negative side effects like drowsiness and chemical addictions. It is also more affordable and accessible than medication. You don't have to be a musician to enjoy music and it lasts longer than medication because the same CD or tape that you listen to can be played again and again over the years. Another great attribute of relaxation music is that you can benefit from its effects while participating in other tasks. Listening to music doesn't require your hands or all of your attention. Still, just having it play in the background can alleviate stress and spark enough activity in your brain to increase your mental capacity. Replace the ambient noises of your office or home and note how much smoother your days and weeks go by. Many businesses, like restaurants and spas, also add to the beauty and appeal of their atmosphere with peaceful music. This is partially because different kinds of music are more suited for enhancing certain activities than others. Whether you want to get more sleep, heal faster, be happier, increase your concentration, get rid of stress, or even make people feel more hungry, chances are there a type of music that can make it happen.

About the Author

Nuphonics (<http://www.nuphonics.com>) specializes in relaxation music and other types of music to match up with a person's individual needs. The author, Art Gib, is a freelance writer.

Source: <http://americanahost.com>