



AMANDA'S TIP OF THE WEEK



Rx: A good song!

Have you ever heard a song on the radio that lightened your mood and just made you feel good? As research into this concept continues to develop, numerous studies have come out supporting the positive effects that music can have on your brain. Music therapy can be an intervention for a wide variety of patients, ranging from premature infants in the Neonatal Intensive Care Unit (NICU) to patients in hospice receiving end-of-life care.

Doing something as simple as playing an upbeat song can alter the neurotransmitters within your brain that are responsible for the release of certain hormones. Research has shown music lowers the levels of the stress hormone, Cortisol, and increases the levels of the “feel good” hormones, Serotonin and Dopamine, within your body. Incorporating music and song into your daily routine may in fact have a positive impact on your overall health and well-being.

Music therapy is becoming more common in a variety of settings and has proven to be beneficial for various diagnoses including Parkinson's disease, Fibromyalgia, Autism and Depression. The list of diagnoses that can benefit from adding music therapy to the treatment regimen continues to grow as research evolves. Fortunately, it has no potential for toxic side effects!



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