

Creating sound health

Monday, 21 January 2008

All of us, children and adults, are bombarded every day by noises and sounds that have deleterious effects on our nervous systems and well-being. Even when we consider our houses to be quiet, there is often a hum from the lights, refrigerator, and other electrical appliances. We have to work hard to "tune out" extraneous sounds in order to focus on conversations, our studies, or the task at hand. One practical solution to this modern problem is to create healthy sound to mask the irritating environmental noise pollution. Developed by Advanced Brain Technologies, Sound Health grew out of the work of the National Academy for Child Development (NACD) over a twenty-year period. NACD researched and experimented with many ways to create a better sound environment and Sound Health, which helps to enhance mental function and serve as a shield against sound pollution, was created. Sound Health is unique in the marketplace. Much of this uniqueness comes from the accumulated experience of the team involved in its production. We want to give you a basic idea of the main elements involved and why we believe they make Sound Health so effective.

BY A. N. JAMALUDDIN

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Selection is done by integrating a great deal of experience and research. Bulgarian psychiatrist Dr. Lozanov researched the effects of Baroque slow movements on learning and memory. English composer Cyril Scott wrote extensively about the effects of different composers and how their music affected the society of their day. French Medical Doctor Alfred Tomatis experimented using different composers and found Mozart was the most effective for his specific research with hearing and its affect on the brain. Dr. John Diamond has done extensive research into both the effects of listening to certain composers and the intention of the conductors and musicians performing and how this affects the energy they exude. The list goes on. I have spent over 20 years studying the effects of music on the human body and psyche. I've also performed extensive classical repertoire in various orchestras and chamber ensembles in Europe, Canada, and the Tomatof experioma forost ,Even htaffects dassndars of musiintoro peand itsat acearch with

particular recording. But there are a number of criteria that stay fairly constant. Arcangelos musicians, chosen for both their technical skills and their interest in music and health, are encouraged just to have a good time playing and enjoy themselves. We want their happy, positive energy to be reflected in their performance. To prove it, we even have out-takes of their laughter! If there are some imperfections, they are taken care of in the post-production process or if they would not be noticed by the general public, sometimes they are left in. In a sense, it is often the slight imperfections that give something its character and richness.

Whenever possible we chose a beautiful, live acoustic setting to record, such as a monastery or chapel. This relaxes the players and provides a beautiful tonal quality to the recordings. These places often have a wonderful tranquil, spiritual atmosphere, which also has its effect on the players.