

## VibroAcoustic Therapy

### **What is VibroAcoustic Therapy?** **(Vibrational Sound Therapy)**

"VibroAcoustic therapy is a form of Sound Therapy, utilising advanced technology, which allows sound waves to be not only heard through the auditory canal, but also felt within every cell of ones being. This modality was developed by a Norwegian Olav Skille in the 80s. The therapy is utilising the concepts based in Physics of Resonance, entrainment and invoking the relaxation response. The therapy has profound effects on every level of human functioning - from relaxation, activating the vagus nerve, shifting and stabilising brainwave functioning, retuning and rebalancing at the cellular and molecular levels of the body, promoting deep peace and serenity and allowing one to have deeply spiritual experiences."



"Vibroacoustic therapy is the therapeutic use of Vibroacoustic (VA) equipment and software that emit low frequency sound signals mixed with special audio's. It is a process in which vibrations are applied directly to the body in the form of low frequency sinus tones in combination with selected music.

The therapy has overall physiologic effects, such as the reduction of the activity level of the sympathetic nervous system & improvement of blood circulation, giving more oxygen to various organs and enhancing transportation of bodily waste products from cells and intercellular areas.

### **How Does Vibroacoustic Therapy work?**

When a person lies down or sits on the specifically designed furniture, the sound vibrations flow into the body, which is composed of approx 70% water.

When sound waves travel through water they are five times more efficient than when they travel through air, making VibroAcoustic therapy an excellent way to achieve deep cellular stimulation. (2)

*VibroAcoustic therapy uses sound waves to stimulate the body's cells and tissues, promoting relaxation, reducing stress, and improving overall health. It has been shown to have a positive effect on the autonomic nervous system, which plays a key role in regulating bodily functions such as heart rate, breathing, and digestion.*



When the body's cells react and interact with vibrations, the following actions occur:

- The nerve bundles of the spine, brain stem and limbic system are stimulated.
- The medulla, located in the brain stem, is stimulated by the sound activating the auditory nerve, which is connected to all of the body's muscles.
- The body receives a signal to relax.
- The brain is flooded with chemicals that have a positive effect, lifting the person's mood.

In addition, the low frequencies cause the body's tissues to relax, blood vessels to dilate & the lymphatic pathways to open.

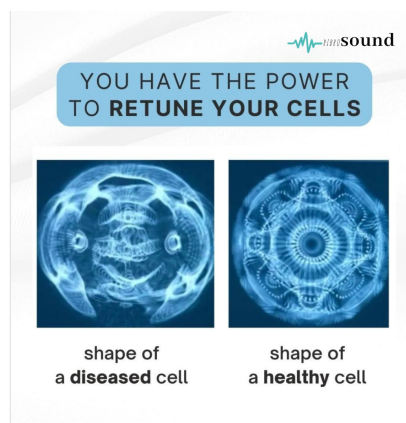
All of the body's responses to the vibrations increase its ability to heal! (3)

## 7 Health Benefits Of Vibroacoustic Therapy

(listed by "wake up world")

1. The limbic system is singled to return to a calm state, and over time helps the body to become better at self-regulation & more resilient to stressors
2. The relaxation response is activated, which creates a cascade of positive physical & emotional health benefits.
3. The heart rate slows & heart rate variability (HRV) improves, which is an indicator of stress resilience.
4. Blood pressure lowers, which reduces the risk of stroke & heart attacks.
5. Muscles relax, which in turn can reduce pain from tension and spasms.
6. Pain lessens through a combination of increased relaxation and an increase of "happy" hormones.
7. Circulation increases, which nourishes the cells and organs.

"When the mind & body are in a calm state, all kinds of health benefits can occur"



*When working with Sound and Energy Therapies we can shift these labels of disease & simply ask the “out of tune cells” to shift and resonate back to their highest vibration of vitality, health, homeostasis and balance!*

The below list of health concerns, is listed as an indication of the types of cases for which we can expect **therapeutic effects** using VA therapy. (1)

Note: We have no way of knowing if the underlying causes of the conditions described are affected in any way. We are simply giving observations of some positive effects on the patients' symptoms.

Rett Syndrome  
Autism  
Spasm Conditions  
Asthma  
Cystic Fibrosis  
Abdominal Pain  
Colic Pain  
Cerebral Palsy  
Digestion  
Neck/Shoulder pain  
Pre-Menstrual/Menstrual Pain  
Low Back Pain

Stress-Induced Depression  
Sports Injuries  
Muscle Cramps  
General Stress Discomfort  
Insomnia  
Polyarthritis  
Circulatory Deficiencies  
Emphysema  
Fibromyalgia  
Parkinsons  
Muscular Psoriasis  
Multiple Sclerosis  
Varicose Veins

#### References:

- (1) <https://academic.oup.com/musictherapy/article/8/1/61/2756994> : **Download PDF to read full article)**  
(2) Referenced by Canyon Vista Recovery Centre: <https://canyonvista.com/vibroacoustic-therapy-and-addiction-recovery/>  
(3) “wake up world” ([https://wakeup-world.com/2016/03/18/7-health-benefits-of-vibroacoustic-sound-vibration-therapy/?expand\\_article=1](https://wakeup-world.com/2016/03/18/7-health-benefits-of-vibroacoustic-sound-vibration-therapy/?expand_article=1))

Reference: OLAV SKILLE DIRECTOR OF RESEARCH AND DEVELOPMENT,  
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