

Getting to Know the Magical Music Therapy



Treating Diseases with the Five Notes of Traditional Chinese Music

The theory of "treating diseases with the five notes of traditional Chinese music" was put forward in The Medical Classic of the Yellow Emperor, a classic historical record of Chinese medicine over two thousand years ago. According to it, there are five notes in heaven, namely, Jue, Zhi, Gong, Shang and Yu; there are five elements on earth, namely, wood, fire, earth, gold and water; man has five major organs, namely, liver, heart, spleen, lungs and kidneys. The Book of Music in Historical Records has it that "Music enables your blood to vibrate and your spirit to thrive. Specifically, Gong relates to the spleen, Shang relates to lungs, Jue to the liver, Zhi to the heart and Yu to kidneys". Resonance will come when the vibration of music matches that in the human body (heart rate and rhythm, breathing, blood pressure and pulse), which serves as the physical and mental basis of "treating diseases with the five notes of traditional Chinese music".



Introduction to Somatosensory Music Therapy

Vibration frequency varies among the cells of organ tissues, meridians of blood vessels and nerves, protein enzymes, DNA and RNA, mostly below 100Hz. The working principle of somatosensory music is, based on traditional music, to convert the 16 ~ 160Hz part of music into physical vibration of tens to thousands of microns. The vibration is then transmitted to the human body, generating resonance with the organs, cells, macromolecular substances of life to adjust the function state of each part of the body, improve blood circulation, gastrointestinal motility, digestion and absorption. Furthermore, the therapy helps the body and the brain perceive melody and regulates the sympathetic nervous system in secreting "α-endorphin" to help overcome anxiety, depression, nervousness and other negative emotions. Thus, the therapy is conducive both physically and mentally.

Functions of Somatosensory Music Products



The vibrations generated by somatosensory music help induce relaxation faster, stimulate the paleocortex and biological instinct of the brain and deliver a great appreciative effect for the body and the mind. Thus, such products are perfect supporting tools for hypnosis training, mental adjustment and music therapy;



Somatosensory music vibrates together with human cells, playing its role of giving massage and improving gastrointestinal motility and digestion;



A combination of musical vibration and far-infrared heat dissipation delivers hot compress to acupuncture points, dredges channels, activates internal organs and accelerates blood circulation and metabolism;



Somatosensory music enables the body and the brain to perceive melody at the same time. The music can also adjust the sympathetic nervous system in secreting "α-endorphin" to help overcome anxiety, depression, nervousness and other negative emotions, freeing the user from insomnia and "cancer personalities".