



Experience
BioSound™
Healing
Therapy

The Integration of:

- Biofeedback
- Music therapy
- Sound frequency message
- Guided imagery

The Benefits are:

- Reduces stress and anxiety
- Relieves withdrawal symptoms
- Promotes better sleep
- Reduces muscle tension

The BioSound Healing Bed Combines the Following:

Massage Therapy

The vibrations are created by special transducers that turn low sound frequencies, typically between 20hz and 600hz, into healing vibrations that give the body a sound massage. The most popular vibroacoustic system used today is Full Frequency Music (FFM) and this is because these systems are the easiest to use and offer a wide range



of applications in medical and wellness facilities.

The many benefits of vibroacoustic therapy include a reduction in anxiety, pain, depression, fatigue, muscle tension, and headaches. Vibroacoustic therapy helps induce the body's natural relaxation response resulting in a deeper sleep and is used to assist in the rehabilitation process.

The BioSound healing bed also incorporates **Binaural Beats** which entrains the brain into a variety of brainwave states. Binaural Beats are two frequencies embedded in the music and the difference between the two notes creates a 3rd frequency which is below our normal hearing level. This 3rd frequency entrains your brain into delta (deep sleep or meditation), theta (creative day dreaming), or alpha (relaxed awareness). When you listen on headphones you get the extra added benefit of left and right brain synchronization through the Corpus Callosum, which connects the left and right brain.

Biofeedback

The BioSound healing bed also integrates a practical and entertaining biofeedback program based on decades of scientific research on the psychophysiology of stress, emotions and interactions between the heart and brain. The program is a user friendly interface that

measures heart rate variability (HRV) with a finger pulse sensor.

Sound Frequency Healing

The vibroacoustic therapy creates an environment using sound and vibration to create a restful surrounding that can distract patients from the discomfort of their illnesses. In addition, vibroacoustic music therapy engages the mind and may change internal mechanisms such as blood pressure, breathing rate, and heart rate, with benefits to patients' physical and emotional state. Nurses can advocate for the introduction of vibroacoustic therapy in areas where this type of therapy might be useful for patients.

Music Therapy

Recent advances in the field of neurology have proven that coordination, spatial calculation and response speed can be enhanced when auditory processing is improved. Music integrates a wide range of automatic functions in your body. Sound therapy can single-handedly assist with athletic performance — especially those athletes who deal with chronic pain or nagging injuries. Not only that, but it can maximize an athlete's preexisting capabilities, making them sharper and more alert on the field of play, it greatly improves flexibility.

Guided Imagery for Healing

The program provides software which teaches the client to use certain techniques in order to attain a more coherent state and consistent heart rhythm patterns. As they practice deep breathing and positive emotional thoughts, they are encouraged through entertaining games and visualizations to generate improved heart rhythm patterns. When we are generating a coherent heart rhythm, the activity of the two branches of the ANS is synchronized and the body's systems react with increased balance and harmony; i.e. being "in the zone."



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