



# Good Vibrations for the Whole Family

by Ed Laningham

At a time when the over use of medication with children is under scrutiny, many parents are looking for alternatives when treating younger family members. Homeopathic and herbal remedies are available at the local health food market. And changes in diet and environment help ease chronic conditions. Another option receiving recent attention is Vibroacoustic Therapy.

Vibroacoustic Therapy combines the physical vibrations of relaxing music with the vibrations of pulsed low frequency tones. It was first developed in the 1980's by the Norwegian teacher, Olav Skille. He explored the use of Vibroacoustic stimulation for severely disabled children with whom he worked. Skille discovered that the physical vibrations of sound had a significant therapeutic effect. He worked extensively with this new modality and found that it was beneficial for a variety of medical conditions and symptoms including asthma, autism, cystic fibrosis, cerebral palsy, insomnia, pain and Parkinson's Disease.

Vibroacoustic Therapy is now practiced in many different countries and research has established it as a useful therapeutic treatment. The process of giving Vibroacoustic Therapy involves the use of recorded music, played through an amplifier and delivered to the body via a Vibroacoustic bed or chair that has speakers underneath the surface. The physical

vibrations of both music and the low frequency sine tone are felt in the body and, as Skille wrote, the body receives an "internal massage".

In the USA, Butler studied patients undergoing open heart surgery and found that the post-operative use of Vibroacoustic Therapy significantly reduced the time over which patients required respiration on a ventilator. The overall length of hospital stay was decreased from 9 days to 5 days. The fact that this study was recently featured on Good Morning America is a testament to Vibroacoustic Therapy gaining acceptance in the medical community and the move toward a more holistic approach to healing by both doctors and hospitals across the country.

So whether you have a high school student with a pulled muscle from a basketball game or a young student struggling to manage chronic asthma, you might consider using "good vibrations" as an alternative to or in conjunction with medication. And of course, let's not forget the rest of the family – more flexibility for a Grandmother with arthritis will mean more playtime with the grandchildren...and what parent couldn't benefit from lower blood pressure, greater stress reduction and relief from the aches and pains of keeping up with a busy family schedule? Sounds like music to my ears!

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