



Listen To The Music

Researchers at the University of California, Irvine have done studies on how listening to music affects cognitive function. They administered standardized IQ test questions to 3 groups of college students. One group was listening to Mozart during the testing, another group to relaxation music, and the third group was in silence. Mozart was the winner- the study consistently showed that listening to music boosted the scores!

Music is a stress reducer - In a study performed in New York on how music affected surgical patients, it was proven that listening to music of choice before, during, and after surgery can help lower the blood pressure and keep the patients "feeling calmer." The surgeons also showed fewer signs of stress and demonstrated improved performance while listening to self-selected music.

Music can elevate your mood - Bright, cheerful music makes people of all ages feel happy, alert, and energetic. Even people with depressive illnesses can lift their moods by listening to music. A 2006 study of adults with chronic pain found that music was able to reduce their pain, depression, and disability. A study performed in 2009 found that music-assisted relaxation can improve the quality

of sleep in patients with sleep disorders.

Music can help prevent falls – One out of every three people over 65 experiences at least one fall a year. It was proven that listening to music may even be able to assist with this! A 2011 study was performed on 134 men and women ages 65 and older who were at risk of falling, but who were free of major neurological or orthopedic problems. Half of the people in the study were trained to walk and perform various movements in time to music while the other half performed their usual activities. At the end of six months, the "dancers" had better gait and balance and also experienced 54% fewer falls than their peers. Music also appears to improve the mobility of patients diagnosed with Parkinson's disease.

Music has many other health benefits Other health benefits of listening to music are decreased heart rate, breathing rate, and oxygen demands. Joyful music can increase your blood flow much like aerobic exercise does. But if the music you are listening to produces stress (people with teenage children can relate), your blood flow can be decreased. Energizing music can boost strength and endurance during exercise. Going to cultural events such as plays and concerts might even increase the length of your life!

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As per William Shakespeare, "If music be the food of love, play on."

In the days of Apollo, Plato stated "Music is a moral law. It gives soul to the universe, wings to the imagination, and charm and gaiety to life and to everything else."

"Life is one grand, sweet song, so start the music." ~Ronald Reagan

So, as you go through this life, take time to always....."Listen to the music."

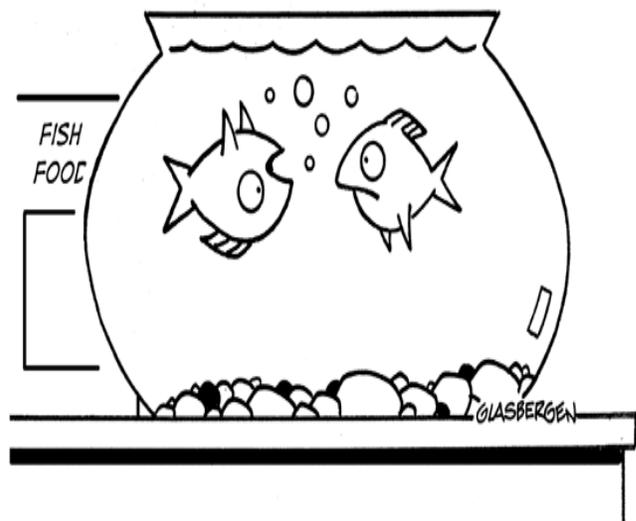
If drinking water does not work, try sucking on a lozenge or chewing some gum - both create saliva which is the body's natural way to fight excess acid. Just remember to avoid peppermint and spearmint as they can cause the muscles in the esophagus to relax and allow acid to rise into the throat and cause a burning sensation.

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.
-- James Dent

Water To The Rescue!

Next time you experience heartburn, try drinking a little water. Just 4 ounces of water can dilute stomach acid and prevent reflux, according to Dr. David Peura from the Division of Gastroenterology and Hepatology at the University of Virginia Health Sciences Center.

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"I try to live each day as if it were my last."