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#### RELATED MUSIC RESEARCH AREAS

Music has been clinically proven to:

1. PROVIDE A POSITIVE DIVERSION FROM NEGATIVE EMOTIONS – NOT COMPATABLE WITH WORRY
2. ALLOW THE MIND AND BODY TO RELAX AND ACT AS A NON-ANALGESIC SLEEP AID (with no side effects)
3. INCREASE THE POSITIVE EFFECTS OF MEDICATIONS
4. DECREASE THE PERCEPTION OF PHYSICAL AND EMOTIONAL PAIN
5. DECREASE BLOOD PRESSURE, HEART RATE AND RESPIRATION RATE WHILE INCREASING OXYGEN TO THE BLOOD
6. DECREASE STRESS LEVELS (increasing endorphin levels, our body's natural opiates)
7. BOOST OUR IMMUNE SYSTEM – AFTER A 30 MIN MUSIC EXPERIENCE ENZYMES IN OUR SALIVA, THAT AID IN DIGESTION (thus boosting our immune system), ARE PRODUCED, NAMELY IMMUNOGLOBULIN A (IgA); ALSO PRODUCED, INTERLEUKIN 1 WHICH IS A PROTEIN THAT ALSO AIDS IN BOOSTED IMMUNE RESPONSE
8. AID IN TISSUE REGENERATION (repair)
9. AID IN SURGERY SETTINGS BY: DECREASING THE AMOUNT OF ANESTHESIA NEEDED; DECREASING BLEEDING AND SPEEDING UP RECOVERY TIME
10. PROVIDE REALITY ORIENTATION AND OFFER A POSITIVE DIVERSION FOR THOSE EXPERIENCING HALLUCINATIONS OR DELUSIONS
11. BE AN EFFECTIVE “HELPER” DURING EXERCISE/FITNESS TIMES BY ACTING AS A MOTIVATOR, POSITIVE DIVERSION FROM EXERTION, PACE SETTER, ETC.
12. REDUCE THE CONDITIONED SIDE EFFECTS OF CHEMOTHERAPY, i.e., NAUSEA AND VOMITING
13. ACT AS AN EMOTIONAL STIMULUS, ELICITING INSTANT FEELINGS AND EMOTIONS (primary cognitive experience)
14. INCREASE COGNITIVE (brain) AND PHYSICAL ENERGY AND DECREASE FATIGUE

***\*\*\*The above mentioned benefits of music are more readily attainable when we utilize music in a purposeful manner, i.e., preferred music used often with no or minimal distractions.***