Reduce Mental, Emotional & Physical stress in a SilentSoundSpace

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Abstract

Though there are many ways to reduce stress and CDC studies show grows in population awareness and usage of massage, meditation and yoga, stress is still a very dominant negative process which impacts everybody, everywhere and manifests in any age group, occupation and regions around the world. Why is that? The reason is that stress takes place in mental, emotional and physical systems in parallel. It may start in one system, yet fuels the other system. Unattended stress daily, generates chronic stress which elevates other chronic conditions such as pain, insomnia and anxiety. It weakens the immune system, damages performance, decreases effective communication and results bad decision making. The problem is that an overwhelmed bodymind of negative thoughts, emotions, sensations, memories and imagination, is drained of energy (vitality) and attentiveness. In such negative conditions an individual cannot make the efforts to reduce stress daily. Some people escape it by adopting bad habits as a way to cope.

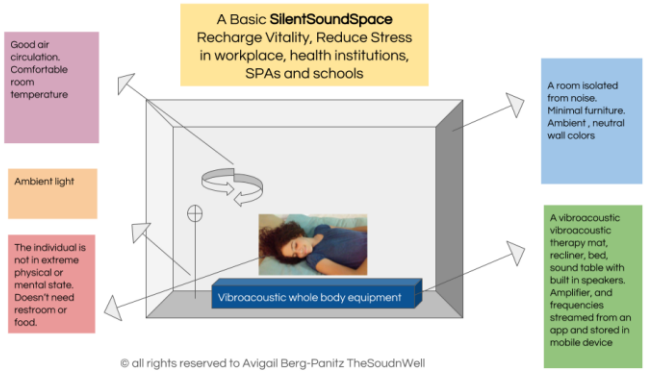
A SilentSoundSpace based on vibroacoustic therapy equipment could be an effective solution to end the stress mess daily. Vibroacoustic therapy was invented by Olav Skille from Norway. Skille noticed the release of tension in deep tissues in handicuped children as he was playing his bass very close to their bodies. They became more relaxed, and in a better mood. He realized it was the impact of the harmonic low sound frequencies. He composed several frequencies in the range between 30hz-120hz . He found the correaltion between specific frequencies and reduction of pain and stress.

A SilentSoundSpace could be a beneficial space for wellness at work in corporations, SPAs, Rehabs, Hospitals, Hospices, Gyms, Schools, Academia, Airports.

In a SilentSoundSpace individuals reset, rebbots and recharge systems. They calibrate, balances, and harmonizes mental, emotional, physical and spiritual systems in an effortless way in silence. Dynamic equilibrium is essential to optimize the usage of vitality.

Research and articles about Vibroacoustic Therapy

1. M Bergström-Isacsson, B Lagerkvist, U Holck, C Gold Neurophysiological responses to music and vibroacoustic stimuli in Rett syndrome Research in developmental disabilities 35 (6), 1281-1291
2. Lili Naghdi, MD CCFP,[1,2] Heidi Ahonen, PhD MTA,[1,3] Pasqualino Macario, DC,[2] and Lee Bartel, PhD[1,] **The effect of low-frequency sound stimulation on patients with fibromyalgia: A clinical study https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4325896/**
3. Berg-Panitz A, Health&wellness Magazine(2019) Vibroacoustic Therapy
   Berg-Panitz A, Health &Wellness Magazine (2019) Reducing insomnia with Vibroacoustic Therapy
4.. Berg-Panitz A Oral presentation at the Neurology and Brain Disorder conference September 21-22 , 2018





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Avigail Berg-Panitz is a wellness expert, social entrepreneur, Vibroacoustic Therapist, life coach, energy healer, meditation facilitator, and the owner of TheSoundWell.

Avigail approach to *lifestyle as Medicine* is to closing the gap between therapeutic modalities and self-help tools and encourage people to be proactive in adopting preventive lifestyle, balancing bodymind, moving body, sleeping better, eating healthy and reducing mental, emotional and physical stress daily.

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Notes/Comments:

Author of an eBook about Vibroacoustic therapy
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