



Regina Murphy has been teaching and producing user friendly sound therapy for over ten years. Currently her work is being studied and used in four Hospitals with amazing results for Premies, Respiratory and Anxiety. Our newest program for Pneumocystitis has proven to be highly significant. That targets fungal infections and sensitivities in the lungs in infants and those with compromised immune systems.

Regina

www.soundsforselftreatment.com

www.thesecretsofsoundtherapy.com

www.babyheartsongs.com

Easily Distracted? Here's Help

Our bodies, especially our brains are affected by EMF, radio, light and sound waves. Have you ever been held captive by the flickering of a beautiful fire? Brain waves are what keep you up at night; put you to sleep at church and get you ready to create a masterpiece. Learning, meditation and depression all involve altering your brain waves. As more and more people become aware that they are easily distracted, the desire to change that is growing.

You may already have the perfect diet of Omega oils and use ginkgo biloba but still find yourself unable to complete boring or challenging tasks. I present to you a simple solution being used by millions. It is called "Brain Entrainment". It was once believed that you needed headphones on for it to work, but research has shown that it is not necessary. Headphones accelerate the effect but it still works through the air and skin-

So many research studies have been done and are on the internet that it is impossible to recommend a particular study. The bottom line is that you have it at your disposal the resources to become more focused anytime you are at your computer or even within hearing distance of the programs playing softly in the background. I know it may surprise you that you can even play these programs from your TV with a DVD player or Apple TV.

Once you become aware of the power sound frequencies and the effect they have on all matter and biology, the field Sound Therapy becomes very fascinating. The Tacoma Narrows

Bridge collapsed from the vibrations from resonant frequencies caused from the wind in less than eight minutes. ([See it on You Tube](#)).

Scientists discovered that you can grow fruits and vegetables faster and without pesticides and the best winery in Spain uses sound frequencies to help his grapes become Gold Metal Wines ([Article](#)).

The emerging field of Vibroacustics which gets sound into the body has been studied for 35 years at the National Institute of Health with amazing results for pain and anxiety. Specific frequencies can effect every different cell un the body, both negatively and positively. One of the reasons it is not very popular is that sound cannot be patented, copywriter or owned.

Combing sound frequencies with vibroacoustic low tones, putting positive images on DVD videos, learning CDs or meditation videos spearheads the technology of self healing and empowerment. This new technology is being studied and used in NICU's and hospitals. On the internet and You Tube are free programs and websites from the best in the field od Sound Therapy to help educate is about the amzing effects of this technology.

We all have a "Food Diet". Don't miss out on a "Sound Diet" that can help with pain anxiety, infection and everything from pregnancy to hospice. These programs are downloadable as audio and video files as well as being able to chooce CD/DVD options. Your TV can be a whole house prescription for anxiety, learning disabilities, pain, infection, heart health and PTSD. The possibilities are endless!

Regina