

Tune Up Your Brain Module Two, Lesson Two

Humming

This is an incredibly easy, free therapy that you can use anywhere, any time, and humming is the most powerful vibroacoustic sound we can create.

When we hum, it vibrates our bodies like an internal massage.

What are Vibroacoustics?



Vibroacoustics are sounds that go into our body and vibrate every cell in our body. I am a [vibroacoustic](#) therapist, which means I use specific frequencies delivered through a device like a bed or chair that turns those sounds into vibration. After 20 plus years of treating people with this modality, I can attest to the power of vibration for healing.

But the great news is that you don't need an expensive device to make this happen. All sounds that we hear have some vibroacoustic ability, but there are specific sounds that are extremely excellent for vibrating the physical body and affecting our cells.

Those sounds that are self-created are actually the best sounds to create an internal massage, affecting our different glands, organs, and bodily systems. Of all the self-created sounds, the most powerful for vibroacoustic resonance is humming.

Humming stimulates the parasympathetic nervous system, which is the system that triggers the relaxation response. This response is the opposite of the fight-or-flight response initiated by the sympathetic nervous system.

The immediate response for many people is that they notice the muscles in their face, jaws and shoulders relaxing while they hum. Thoughts slow down, and people often experience an increased ability to focus. It can reduce anxiety and dispel agitation. Humming may also release tension held in the

abdomen, leading to a soft, relaxed belly instead of a stomach churning with anxiety.

Beyond these visible physiological changes, there are also internal benefits that occur when we hum.

1. Lowered blood pressure and heart rate: Studies suggest that the vocalization and vibration created by humming produces a positive effect on both heart rate and blood pressure. In one study, when participants hummed the sound “Om”, many experienced a significant drop in blood pressure, particularly the diastolic pressure after only five minutes. There was a slight, but noticeable, decrease in heart rate as well.
2. Increased levels of melatonin, the sleep hormone, and since sleep is essential for handling stress AND for brain health, this is an important benefit.
3. Decreased levels of stress related hormones, release of endorphins, and the release of oxytocin, the "love" hormone. This is where the parasympathetic nervous system action comes into play.
4. Increased levels of nitric oxide, (NO), a molecule associated with vasodilation and the promotion of healing.
5. Humming is being used in the treatment of Alzheimer's and other neurological disorders such as strokes and brain trauma. The hypothesis is that humming can actually create new connections in the brain. Humming has also effectively been utilized for PTSD.
6. Increased oxygen in the cells—enhancing health and wellness.
7. Increased lymphatic circulation, which means you're clearing more toxins from your body.

It's pretty remarkable, how many benefits come from the self-created sounds of conscious humming!