

Maintaining Fitness with Sound-Based Therapy

By Dorinne S. Davis

Fitness is a way to keep our bodies functioning well, or in balance. One way to determine if we are ‘fit’ or in balance is to maximize the connection between the voice, the ear, and the brain (A series of 5 laws indicating that the voice produces what the ear hears and the ear emits the same stressed frequencies as the voice—“*The Tomatis Effect*” and “*The Davis Addendum to the Tomatis Effect*”ⁱ). Our bodies emit energy in the form of frequency, creating our own unique symphony of sounds. This symphony sounds best (and the body functions best) when the frequencies are ‘in tune’. Fitness can then be equated with being ‘in tune’.

Side Quote: “Each celestial body, in fact each and every atom, produces a particular sound on account of its movement, its rhythm or vibration. All these sounds and vibrations form a universal harmony in which each element, while having its own function and character, contributes to the whole.” Pythagoras 550 BC

The best way to determine which frequencies or sounds are ‘out of tune’ is by testing the connection between the voice, the ear, and the brain. By finding out where and how the voice, ear, and brain do not maximally support each other, a program of sound-based therapy(ies) is introduced.

Sound-based therapies have been defined as introducing sound vibration to the body using special equipment, programs, modified tones/beats, the need for which is identified with appropriate testing.ⁱⁱ There are many different sound-based therapies and when starting a program, the correct order of the application of the therapies will provide maximum change.

The therapy application process utilizes *The Tree of Sound Enhancement Therapy*®ⁱⁱⁱ. This tree analogy reflects the ‘sense of hearing’ in the Roots of The Tree, general sound processing skills in the Trunk of The Tree, specific auditory processing skills in the

Leaves and Branches of The Tree, and body maintenance and support in the Head surrounding The Tree. By encompassing all pieces, the person remains fit and in balance.

There are many different possibilities of sound-based therapies to support maintaining fitness. Some of the sound-based therapies that are available are:

Auditory Integration Training: a listening program developed by Dr. Guy Berard, France, that repatterns how a muscle in the middle ear sends sound vibration to the inner ear. This method is especially helpful for people with one type of hearing hypersensitivity. Once the hypersensitivity has been eliminated, the person is more comfortable with sound input, processes sound more clearly, and can perceive the subtleties of the rhythms, pitches, and inflections of external sound, especially language.

This therapy supports fitness by re-establishing ‘hearing responses’ to sound input which can help the person feel better about themselves and the world around them.

The Tomatis® Method: a listening program developed by Dr. Alfred Tomatis, France, that retrains how the ear and the body receive, process, and utilize sound stimulation for all aspects of living. It has applicability for people of all ages because it provides stability for the body’s foundational connections. It uses air and bone conduction response to sound and works towards stabilizing the body’s response with voice control.

With the Voice-Ear-Brain connection, the voice produces what the ear hears and if either one is changed, the other will also change. The brain then responds and maintains the process. This method is very valuable for maintaining fitness because the body’s energy is being repatterned and recharged.

BioAcoustics™: a listening program developed by Sharry Edwards, Ohio, that uses low frequency sound stimulation determined through vocal analysis. The frequency interpretation was developed from the theory that the body is a mathematical matrix of predictable frequency relationships. By determining the specific frequency that is ‘out of tune’ by computer analysis, a listening protocol is established that supports the body toward natural form and function—a key element for maintaining fitness.

(The following examples could be used in side quotes or within the body of the article.)

Examples of combining the therapies to maintain fitness:

1. A 70 year old man with spinal stenosis who walked into the office with a cane, and left only needing it for minimal support. Over time, he regained more balance control and said he felt like he was reborn. His balance was restored, his thinking was clearer, and his energy was improved.

2. A mother in her 40's suffering from depression, who after doing a listening protocol, said it was nice to feel happy again. She was less tired, able to function better in every day life, and felt more alive.

3. A young athlete who performed well but never was top in his game, who after doing a listening protocol, not only succeeded to the top of his game, but commented that the extra energy he experienced, also made him feel more 'whole' overall.

Sound therapy helps the body maintain fitness but 'retuning' how the body receives and emits our natural frequencies. The 'retuning' occurs when the laws of the Voice-Ear-Brain Connection are applied. Joshua Leeds, in his book "The Power of Sound" says, "Sound is an ally; it always has been. The question is whether we are ready to embrace it as such."^{iv} When looking for a natural approach to maintaining fitness, connecting the voice, the ear, and the brain with a sound-based therapy is an alternative approach waiting to be embraced.

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ⁱ Davis-Kalugin, D. *The Davis Addendum to the Tomatis Effect*. Acoustical Society of America Conference Presentation. San Diego, CA. 2004.

ⁱⁱ Davis, DS. *How sound-based therapy can help the Isodicentric 15 Individuals*. Schaumburg, IL: Isodicentric 15 and other Chromosomal Imbalances Conference. June 24, 2005.

ⁱⁱⁱ Davis, DS. *Sound Bodies through Sound Therapy*. Kalco Publishing, LLC, Landing, NJ 2004.

^{iv} Leeds, J. *The Power of Sound*. Healing Arts Press, Rochester, VT. 2001:219.