

Vibroacoustic Therapy International

How Vibroacoustic Therapy Helps in Stress Management

At Vibroacoustic Therapy International, we use a non-medical vibroacoustic system that uses sound vibration within the range of human hearing directed to the client's body through a system of transducers imbedded in furniture.



This therapy delivers natural stimulants in a non-invasive process that exercises the brain and central nervous system with the specific intent of balancing, optimizing and harmonizing the body and brain.

How it works

Every organ, bone and virtually every “cell” in your body vibrates at its own resonant frequency. Together, the individual frequencies make up a composite frequency not unlike that of a symphony orchestra. When an organ in your body is out of tune, it can affect the health of your entire body! Since our bodies always naturally seek the most efficient vibration, it takes far less energy to vibrate at the correct frequency than the incorrect one.

During a VAT session, sound waves programmed at very specific frequencies generate an “internal massage” at the cellular level. In this way, organs deep within the body which cannot be reached by traditional methods – nerves, glands, heart, lungs, deep-lying blood vessels, myofascial and brain tissue - are gently stimulated through sound vibrations.

VAT is direct communication with the nervous system, bones, muscle tissue and fluids of our bodies. As each sound wave “washes” into the body, it is transferred as vibrations to these components of the body. The body absorbs the energy from the sound waves.

While the experience of VAT is perceived consciously as relaxing, the primary physical effect of VAT is that it adds subtle mechanical stress to our organism.

You can compare it to a workout – running, or cycling. Just as we add stress to our body when we are working out, the effect on the body afterward is a feeling of relaxation and well-being. That’s why people sometimes experience a “runners’ high” after a VAT session.

During a VAT session, the brain starts producing stress hormones. By stimulating the body via sound, we change the production of stress hormones, Beta-Endorphin, ACTH and Cortisol, in a positive way. The stress-hormone peak comes after about 15 minutes. This is one of the reasons it is so good for people who are unable to exercise due to

physical limitation, or who are confined to beds or wheelchairs. The stimulation of VAT substitutes for the physical movement that creates these hormones. This is also powerful for those who are neurologically challenged – from a stroke, Parkinson’s disease or any number of similar afflictions.

Vibroacoustic therapy also stimulates that all-important information super-highway between the brain and the rest of the body... The Vagus Nerve. When the vagus nerve is not healthy, when it is not adequately stimulated, your brain and body don’t communicate well, and that can create problems with everything from digestion to sleep to stress response.

After the utilization of sound therapy, most people report a feeling of total relaxation and improvement of overall function, balance and feeling of lightness.

Important Note:

A particularly positive side benefit of using VibroAcoustics to get into the relaxation response is the long-term benefit. The more you use this technology under the guidance of a trained therapist, the more you will learn to recognize the state of relaxation and over time, become able to reach relaxation at will.

Vibroacoustic therapy is a great way to learn how to relax, recognize when you are stressed and not, and to develop relaxation as a daily habit!

Ask your Vibroacoustic Therapy Specialist for more information or visit www.VibroacousticTherapy.com

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