Have you heard how Sound Therapy can enhance your Ear and Brain Health for life?
Do you have trouble **HEARING** in noisy environments?

Studies show that improving auditory processing through sound stimulation can help you to hear and comprehend better in a noisy environment[^1]

Are you bothered by **TINNITUS** (ringing in the ears)?

Research on brain plasticity has shown that re-mapping the auditory pathways with sound can relieve tinnitus and reduce sound sensitivity.[^2]

Do you suffer from **DIZZINESS** or **BLOCKED EAR**?

A new theory of ear function is that the middle ear and Eustachian tube muscles function better as a result of stimulating certain auditory centres in the brain, giving a permanent solution to certain forms of dizziness or ear pressure.[^3]

Do you need to improve your **FOCUS**, **MULTI-TASKING**, **MEMORY** and **CREATIVITY**?

Science has proven that certain types of music enhance brain function by increasing connections and integration between numerous brain centres.[^4]

Would you like to reduce **STRESS** and increase **ENERGY**?

Dr Tomatis found that the complex and varied high frequencies and harmonies in Sound Therapy enhance brain energy and reduce stress.[^5]
Do you suffer from **INSOMNIA** with busy mind and **ANXIETY**?

Studies show Sound Therapy leads to deeper, more beneficial sleep, so you need less sleep to be energized, calm and well rested.  

Do you experience **DEPRESSION** and poor **SELF CONFIDENCE**?

Researchers have found that Sound Therapy, like meditation, activates certain centres in the left forebrain which create feelings of optimism, serenity and wellbeing.

Do you have **LANGUAGE OR LEARNING** difficulties or **AUDITORY PROCESSING** problems?

Do you have trouble listening, paying attention, understanding what you read, pronouncing big words, communicating your thoughts or remembering information?

Studies show that learning and language skills are improved by Sound Therapy.
A Message from the Founder

I discovered Sound Therapy when it helped my mother to overcome her hearing problems, sound sensitivity and insomnia. I never knew how widespread these problems were until our self help program was released.

That was over 20 years ago. Since then I have written and published three books on Sound Therapy and spoken to hundreds of community and professional groups. I feel grateful to be able to bring this program to thousands of people, creating enhanced listening and bringing relief for a raft of ear and auditory processing problems.

It is exciting and rewarding to be on the cutting edge of such a program which has the capacity to solve many problems that do not respond to other treatments.

Please explore our information, and then I sincerely hope you will give Sound Therapy a try and find out how it can help you too.

Rafaele Joudry MSc (Psych)

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"I recommend Sound Therapy to all my tinnitus patients because I find it is the most effective solution for improving our perception of sound."

Dr Donna Segal, AuD

Sound Therapy: What is it?

VIBRATION

Sound is vibration and Sound Therapy is sound that has been specially processed to provide a more useful kind of vibration to the ear and brain.

STIMULATION

One of the key elements of Sound Therapy is that it contains specific patterns - or algorithms - of high and low sound to produce unique stimulation of the ear mechanisms and brain pathways.

BRAIN PLASTICITY

Science has shown that the brain can be changed by the right stimulus. High frequency sound causes firing of nerves and building of new pathways in the brain.

NEURAL FEEDBACK

The brain receives messages from the ear, and in turn, the brain then sends messages back to the ear to improve its function.
How to use it

Backed by over 60 years of clinical practice and development, Sound Therapy provides numerous benefits for ear and brain performance, and is used by people in all walks of life.

Listening at low volume during daily activities or sleep means it takes no time out of your day to do Sound Therapy.

Many listeners experience changes in the first week and these may continue for several months.

First conceived in France, adapted for portability in Canada and now based in Australia, the Sound Therapy International program has been developed by a team of health and technical professionals, and offers you a unique program that is portable, affordable, accessible and easy to use.

Sound Therapy is a revolutionary way to enhance your ear and brain performance and improve your life.

Creating Enhanced Listening Around The World…

Sound Therapy is currently being used and recommended by:

- Some leading audiologists and ENTs
- Physiotherapists and fitness trainers, athletes and sports people
- Thousands of happy listeners
- Spa centres, retreats and natural therapists
- Remedial teachers, special needs schools and speech pathologists
- High performing corporate leaders
How Sound Therapy works

Enhancing brain plasticity with audio stimulation

Ear and brain health is not something we give much thought to until we have a problem. Most people think of the ear as being just for hearing. We seem to think our ears are invincible – we expose them to constant noise abuse, and then are surprised when something goes wrong with them. And we never think much about the connection of the ears and the brain.

In fact good ear/brain performance is essential for us to be able to communicate, to be oriented in space, to have balance and coordination, for spoken and written language, for family relations, career advancement, independent living, sport, recreation and travel, optimism and self confidence, sleep and brain renewal and a myriad of other daily functions.

All of these functions are controlled by the way our brain processes sound. Thanks to brain plasticity (the fact that the brain can change and be molded – like plastic) we are capable of improving our functioning in all these areas, and Sound Therapy can help us do that.

Sound Therapy uses classical music that has been filtered through a specialist device – the Electronic Ear – using specific algorithms and activation filters so that it becomes a concentrated program to stimulate the entire auditory pathway, from the eardrum to the auditory cortex.

Ear and brain performance is comprised of six essential elements, namely: Hearing, Auditory mapping, Balance, Brain energy, Emotional balance and Auditory processing. By helping to enhance all of these elements, Sound Therapy can address many communication and integration difficulties, and for healthy individuals, can help raise their condition to sparkling.
# The Six Elements of Ear and Brain Performance

## Hearing — Sound reception

Is the ability to convert external air vibration into an electro-chemical signal that reaches the brain.

For sound to be perceived accurately requires the healthy functioning of several parts of the ear. The middle ear has bones and muscles for vibration and tuning. The inner ear has tiny receptor cells which resonate to different frequencies. Sound Therapy introduces complex tones and high frequency rich sounds (above 8,000KHz) which encourages the brain to improve the ear’s responsiveness. While a hearing aid will make sound louder, only Sound Therapy can actually improve the way we process sound. It is often used successfully in combination with hearing aids.

## Auditory Mapping — Sound perception

Auditory mapping is the patterns we learn to recognize through repeated firing of certain groups of neurons in our auditory cortex.

Sound only makes sense to the degree that the brain can perceive the sounds it receives, and this depends on our auditory mapping. Ear damage, brain injury or head injury can lead to hearing distortions which may result in confused sound perception or tinnitus (ringing/noise in the ears). This means the auditory maps are faulty and the brain is not accurately perceiving sound. Sound Therapy causes neural firing in complex patterns which engage many different sensory and perceptive areas such as the auditory cortex, hypothalamus, and limbic system. This introduces change, enabling the auditory mapping to become more accurate and useful.

## Balance — Spatial awareness

Our balance depends on our perception of the movement or angle of the head.

The vestibular system is part of the ear, so ear health also affects our balance. The fluid in the inner ear chambers is affected by muscle spasms or blockages in the ear. Rehabilitation of the muscles of the middle ear and Eustachian tube, along with remapping of the perceptual pathways can assist to relieve certain forms of ear related dizziness and vertigo.

## Brain Energy — Focus

Focus and concentration require sufficient energy in the brain for neurons to fire at a certain speed, sequence and intensity.

The brain is recharged by sound. Dr Tomatis (the ear doctor who first developed Sound Therapy) said the brain needs 3 billion stimuli per second for four and a half hours per day in order to function at maximum potential. High frequency sound is the most efficient type of sensory input to stimulate the brain because sound is registered at all three levels of the brain – the brain stem, mid brain and cortex. Use Sound Therapy during study or creative work to optimize your brain’s performance.

## Emotional Intelligence — Happiness

Several brain centres are involved in how we feel and keeping our moods stabilized.

Music affects our moods through rhythm, melody and harmony. Sound Therapy has great complexity in these three areas, leading to the engagement of various brain centres. Stimulation of certain centres in the left pre-frontal cortex has been shown through EEGs to lift the mood, causing feelings of peace, serenity and optimism. Regular Sound Therapy has been found to help resolve emotional memories linked to early auditory experience in the womb or childhood. As the neural pathways are opened to higher frequencies and better sound processing, emotional trauma associated with old models of auditory processing can be released.

## Learning — Auditory processing

To learn we must be able to efficiently process words and letters, whether through writing, speaking or thinking.

If our auditory processing is inaccurate, sounds do not reach the brain in the right order. Left ear dominance leads to confusion, as sounds first go to the right hemisphere and then have to cross over to the left hemisphere to reach the main language processing area. This fractional delay can cause dyslexia (word reversals) or stuttering. If the speed of auditory processing is slow, children (or adults) will have trouble keeping up with language. Sound Therapy improves right ear dominance and opens the perception to high frequencies, increasing the speed and accuracy of language abilities.
There are many treatments for different aspects of ear and brain function. This table shows ratings of a variety of treatments for some of the common conditions that Sound Therapy may help.

### How does Sound Therapy compare to other treatments?

<table>
<thead>
<tr>
<th></th>
<th>HEARING Communication</th>
<th>TINNITUS Auditory mapping</th>
<th>BALANCE Spatial awareness</th>
<th>BRAIN ENERGY Focus/Sleep</th>
<th>EMOTIONS Mental well being</th>
<th>LEARNING Auditory processing</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sound Therapy</strong></td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
</tr>
<tr>
<td>Hearing aids</td>
<td>✓ ✓ ✓ ✓</td>
<td></td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
</tr>
<tr>
<td>Masking /white noise</td>
<td>✓ ✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assistive listening devices</td>
<td>✓ ✓ ✓</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Sleep</td>
<td>✓ ✓</td>
<td>✓ ✓ ✓</td>
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<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>Meditation</td>
<td>✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>Supplements</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>Diet</td>
<td>✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>Exercise</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
</tr>
<tr>
<td>Counselling /therapy</td>
<td>✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>Lip reading</td>
<td>✓ ✓ ✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Speech therapy</td>
<td>✓</td>
<td></td>
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<tr>
<td>Tutoring</td>
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<tr>
<td>Speed reading</td>
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<td>✓ ✓ ✓ ✓</td>
<td></td>
<td></td>
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</tr>
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<td>Coloured lenses</td>
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<tr>
<td>Behavioral optometry</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Memory exercises</td>
<td>✓ ✓ ✓</td>
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<td>Massage</td>
<td>✓ ✓</td>
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<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>Walking supports</td>
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<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Medication</td>
<td>✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓</td>
</tr>
</tbody>
</table>

**The ratings are:**

- *No ticks = no effect*
- ✓ = Very Poor
- ✓ ✓ = Poor
- ✓ ✓ ✓ = Good
- ✓ ✓ ✓ ✓ = Very Good
- ✓ ✓ ✓ ✓ ✓ = Excellent
Did you know…
Just listening to normal classical music does not mean you are achieving the retraining of Sound Therapy. The specific frequencies and contrasting tones in Sound Therapy stimulate the neural pathways to trigger a response in the middle ear muscles which leads to a gradual reconditioning of the auditory system and regeneration of brain energy.

History of Sound Therapy
The use of sound for healing goes back many centuries as sacred chant has been used by cultures such as India and Tibet, and by all major religions.

In the 1950s and 1960s Sound Therapy, or “Audio Psycho Phonology” (the psychology of speech and hearing) was developed by the French ear specialist, Dr Alfred Tomatis in France. Working first with singers and patients with industrial deafness, he then extended his field to include children with auditory processing problems related to dyslexia or autism.

Tomatis demonstrated that while ear and brain performance can be damaged by noise, it can also be improved by the right sort of sound.

In the 1980s Patricia and Rafaele Joudry developed the self help Sound Therapy system for use on portable audio equipment. Since then our understanding of brain plasticity has developed Sound Therapy in new directions. The method has been applied by thousands of individuals and professionals to relieve ear related disorders that are affecting communication, stress, hearing and balance.

When using the self training Sound Therapy programs it is simply a matter of listening, through ear phones, during daily activities or sleep, to low volume music which reconditions the auditory system.
The Physiology of Sound Therapy

After a certain amount of listening time – usually 100 to 300 hours – perception changes; there may be an improvement of muscle tone and an adjustment of the pressure chambers. The ear becomes more open and receptive to high frequencies, so the inner ear and brain pathways can be stimulated more effectively.

Sound Therapy and the Ear

Ear Muscles and Sensory Cells

The middle ear muscles (hammer and stirrup muscle) have for a long time been considered passive, as they do not respond in an obvious way to sound.

However, the theory of Sound Therapy suggests that these muscles can be toned and improve their performance in response to motor stimulus from the brain.

If the ear muscles are chronically weak or over-contracted, they will be ineffective in controlling the type of sound that reaches the inner ear. Improvement is subtle over the course of therapy so is difficult to measure.

However, the results are easily observed as better ear/brain performance.
The ear and brain form a feedback system which can be gradually re-educated through sound.

Sensory nerves stimulate and re-map the brain, resulting in improved auditory processing and sound perception. The brain, in turn, sends signals back to the ear to improve its function. These motor signals (originating in a part of the brain stem called the Superior Olivary Nucleus) are part of a continuous feedback loop.

This system is responsible for the auditory reflex activities of the hammer and stirrup muscles of the middle ear. It provides maximum tone to these muscles continually monitoring the tension being applied to the ear drum and providing protection to the hair cells from excessive levels of stimuli. It also feeds information back to the hearing organ in the inner ear, causing a mechanical fine tuning effect on attention and sound localization.\(^\text{10}\)

Stimulation of cilia and nerves
Stimulate receptor cells, enhance nerve signals and improve sound transmission.

Auditory remapping
Rebuild and re-structure more useful auditory pathways in the brain.

Improved ear muscle tone
Muscles are re-conditioned by new instructions via motor nerves from the super olivary complex.

Normalise fluid balance
Muscular action relieves blockages and fluid imbalances in the inner ear chambers.
Research on Sound Therapy

Hearing improvement

- Re-mapping of the auditory system can improve central auditory processing, meaning a greater ability to hear and differentiate sound in noisy environments.

- Music enriched with high frequency sound enhances cortical sound processing and causes regular, rhythmic activation of the ear muscles, which assists to normalise their function.

- The same nerves that control vocalization, facial expression, heart rate and breathing, also control the tensor tympani and stapedius muscles in the middle ear.

Tinnitus/dizziness

- Tinnitus begins with auditory system injury, and the resulting repeated firing of neurons occurs in the brain.

- Auditory remapping can reduce tinnitus and improve the function of the auditory system.

- Sound Therapy can bring about auditory remapping and also reduce the stressful effects of sound and tinnitus.

Tensor Tympani Syndrome has symptoms of fullness, tinnitus and reduced hearing, with a high relation to tension headache and vertigo. It is characterised by spontaneous tonic tensor tympani muscle activity. Sufferers complain of pressure in the ear and difficulty hearing what people say.

Auditory processing

- The left brain is the seat of language. Therefore left brain stimulation improves the efficiency of sound transmission routes.

- Music enriched with high frequencies assists language development and improves linear sequential processing speed.

- Classical music improves inter-departmental brain communication.

- Language disorders often underlie communication and learning difficulties.

- Sound Therapy stimulates auditory processing and therefore improves learning and behaviour.

Research on Sound Therapy

Gladys Irwin, West Pennant Hills, NSW Australia

“After a hearing test three years ago, I was fitted with hearing aids, which proved helpful. After several months the tinnitus in the right ear was so strong that the aid was useless.

When I learned about Sound Therapy I purchased the book which I found fascinating, so I tried the program. For several months I persevered with the treatment and I now realise my hearing has improved so that I can now do without the aids.

This was confirmed recently when I was examined by an ear, nose and throat specialist, who said that I had the hearing of a woman forty – I am eighty-seven! Now I can hear the Bell Birds unaided.”

Darrell Johnson, Delisle, Saskatchewan, Canada

“About four years ago I started getting ringing in the left ear, followed by light-headedness and dizziness. Sometimes I couldn’t stand without falling. This I was getting once or twice a month, soon twice a week and not long later three or four times a day. My doctor told me I had Meniere’s Syndrome, and said I would just have to put up with it. Being my age was 53, I knew I would be quite some time putting up with this problem.

Then I heard about Sound Therapy and started the program. Now, four months later, I have no light-headedness and dizziness, and the ringing in my left ear has gone. The hearing in my left ear has also improved.”

Joyce Saben – Vancouver, Canada

“Our son has been on the Sound Therapy program for two years and it has helped him to overcome his learning disabilities. He started off listening all day and all night to complete his first 300 hours. He is allowed to listen in his classes at school. His letter grade at school has increased from a C to where he is now on the B Plus Honour roll.

Liz Rayner – Sydney, Australia

“My son Jason, has benefited greatly from the use of the Sound Therapy and the nutritional supplements for his ADHD. Jason listens at night and has never complained or not wanted to listen. His behaviour in class and his schoolwork have improved immensely along with his self-esteem and confidence. Words cannot express our relief and gratitude at finally finding a natural solution for our son.”
"Sound Therapy" differs from "music therapy" because it uses special filtering algorithms to process the sound for a specific impact on the ear and brain.

- Western classical music taps into innate, hardwired brain structures.
- Prolonged noise exposure constitutes stress factors which impair brain function and pose a threat to health.
- Greater activation of the left pre-frontal cortex leads to reduced stress and more positive emotions.\(^{14}\)

Research found that listening to Mozart dramatically increased brain wave activity along with a significant increase in spatial-reasoning performance.\(^{15}\)

Stressful experiences can be locked into the auditory system.

- Auditory memories can trigger emotional reactions via links to the brain’s limbic system.
- The anterior cingulate cortex plays a role in processing sound, and in our self esteem and emotional wellbeing.
- Left brain stimulation achieved by Sound Therapy has similar effects to meditation helping to lift depression and improve emotional wellbeing.\(^{16}\)

Studies have shown that...

**Stress reduction**

- The ear is the gateway to the brain.
- High-frequency sound is beneficial for the brain.
- Complex music builds new brain connections.
- Sound Therapy creates links between many parts of the brain.
- Left hemisphere stimulation improves brain function.

Research found that listening to Mozart dramatically increased brain wave activity along with a significant increase in spatial-reasoning performance.\(^{15}\)


**Focus and brain energy**

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- High-frequency sound is beneficial for the brain.
- Complex music builds new brain connections.
- Sound Therapy creates links between many parts of the brain.
- Left hemisphere stimulation improves brain function.

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**Emotional Intelligence/happiness**

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- Auditory memories can trigger emotional reactions via links to the brain’s limbic system.
- The anterior cingulate cortex plays a role in processing sound, and in our self esteem and emotional wellbeing.
- Left brain stimulation achieved by Sound Therapy has similar effects to meditation helping to lift depression and improve emotional wellbeing.\(^{16}\)

Linda Taylor Anderson, Florida, USA

“After less than sixty hours of listening, suddenly, incredibly, new sounds were singing in my ears. I am now acutely conscious of sound, all sound, including my own voice which I can now control. Further amazement came when properly energized, the body can function on very little sleep. I have always required eight hours of heavy duty sleep. Now I often wake up in the night, after only three to four hours sleep, snap my eyes open, stretch and feel ready to tackle whatever may be coming my way.”

Sarkis Doueihi, Sydney, Australia

“In the first week I must have listened to in excess of 70 hours, I was so excited I literally lived with my Sound Therapy. When I slept, I slept like a rock. Then my ears started to ache, all the dizziness and deep bone soreness! As suddenly as all the symptoms came, they one by one disappeared, but as each disappeared there was a gift of some new ability.

The fatigue, for example, was not only alleviated, it was totally gone, with energy to burn. There was this new intensity to my workouts, my work had a new spark, and my life felt energised. When the ear aches dispersed there came a new sense of balance and proprioception. There was clarity in my brain, not just in my mind.”

Courtney Milne, Saskatoon, Canada

“Since the Sound Therapy has taken effect for me, I no longer know what anxiety is. As a photographer, lecturer and writer, I am travelling continually and am bombarded with more than average demands. Even at the times of greatest pressure I feel an inner calm, a peace and tranquillity that lifts me above the stresses of the moment. Sound Therapy also puts attention on caring for myself. It has had an influence on my eating and drinking habits and my desire for regular exercise — a strengthening of the positive life wish.”
### Conditions Sound Therapy Helps … and why we think it works

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hearing</td>
<td>Stimulates auditory pathways and enhances central auditory processing in the brain</td>
</tr>
<tr>
<td>Tinnitus</td>
<td>Re-maps brain pathways and reduces repetitive firing of neural noise loops</td>
</tr>
<tr>
<td>Dizziness/Vertigo</td>
<td>Resolves pressure imbalances in inner ear and stimulates vestibular processing in the brain</td>
</tr>
<tr>
<td>Blocked ear</td>
<td>Restores normal function to Eustachian tube muscles so tube can open and relieve pressure</td>
</tr>
<tr>
<td>Sound Sensitivity</td>
<td>Resolves normal function to muscles, nerves and neural processing of sound</td>
</tr>
<tr>
<td>Stress and fatigue</td>
<td>Replenishes brain energy by re-charging the cortex of the brain with high frequency sound</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Calms limbic system and increases activity in left pre-frontal cortex</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Acts on hypothalamus and other brain centres associated with attention and busy mind</td>
</tr>
<tr>
<td>Memory</td>
<td>Enhances brain connections to the hippocampus and increases processing speed</td>
</tr>
<tr>
<td>Focus and concentration</td>
<td>Enhances neural synchrony of gamma oscillations in the pre-frontal cortex improving brain integration</td>
</tr>
<tr>
<td>Multi tasking</td>
<td>Enhances sensory integration and increases data processing speed</td>
</tr>
<tr>
<td>Depression and grief</td>
<td>Increases brain activity and provides new positive focus through increased neural links</td>
</tr>
<tr>
<td>Anger</td>
<td>Builds new links with limbic system and reduces habitual triggers related to amygdala</td>
</tr>
<tr>
<td>Auditory processing/language skills</td>
<td>Activates numerous language centres and builds more efficient connections between right ear and left brain hemisphere</td>
</tr>
<tr>
<td>Stroke/brain damage</td>
<td>Re-builds brain pathways creating new ways to link motor skills and memory</td>
</tr>
<tr>
<td>Self confidence</td>
<td>Stimulates anterior cingulate cortex and other brain centres associated with self image and communication</td>
</tr>
<tr>
<td>Learning/study skills</td>
<td>Improves concentration, focus and memory retention by stimulating pre-frontal cortex</td>
</tr>
<tr>
<td>ADHD</td>
<td>Speeds up processing and enhances judgment by integrating pre-frontal cortex with other centres</td>
</tr>
<tr>
<td>Autism</td>
<td>Improves sensory integration by stimulating the cerebellum and the sensory cortices</td>
</tr>
<tr>
<td>Downs syndrome</td>
<td>Enhances language skills and reduces ear problems such as wax impaction and ear infections</td>
</tr>
<tr>
<td>Epilepsy</td>
<td>Reduces stress and calms hyperactive neuronal firing – potentially bringing relief from seizures</td>
</tr>
<tr>
<td>Music and voice</td>
<td>Stimulates numerous brain centres used for musical expression. Improves tonal perception.</td>
</tr>
<tr>
<td>Speech problems</td>
<td>Improves efficiency of ear/voice feedback loop, helping auditory processing, dyspraxia and stuttering</td>
</tr>
<tr>
<td>Dyslexia</td>
<td>Reduces letter reversals by encouraging right ear dominance and more direct auditory pathways</td>
</tr>
<tr>
<td>Pre-natal listening</td>
<td>Reduces stress for mother and passes on benefits of serenity and better sleep to child</td>
</tr>
</tbody>
</table>

“There are sounds which are as good a pick-me-up as two cups of coffee.” *Dr Tomatis*
Sound Therapy International Programs

Our self help program is unique
- Our customer support materials are second to none
- Talk to a trained consultant any time
- You own your program – for life
- Tailored programs for every need
- A broad selection of the best music for Sound Therapy
- 20+ years of experience in home based Sound Therapy programs
- Providing Sound Therapy since 1984
- Gradual progression to meet your needs
- On line and off line support
- Prompt and caring customer service
- Filtering levels for every condition
- Long term use for better results - for life!

Features of self-help Sound Therapy
- Portable: Use it anywhere, anytime
- Affordable: Approximately one tenth the cost of clinic based treatments
- Accessible: We ship all over the world
- Easy: No concentration, no skills or practice, just press and go!
- Takes no time: Played at low volume during normal daily activity
- Empowering: Study our materials and become your own expert

Products

Sound Therapy Books

Sound Therapy Programs
- Mini Mx1
- Ultra Light
- Listening Foundation Program
- Natural Hearing Improvement
- Brain and Learning Program
- Emotional Intelligence Program

Support Material
- Workbooks
- DVDs
- Email and phone support

Sound Therapy International Programs include:
- Ultra Light Sound Therapy - No weight, no wires, no worries!
- High fidelity sound with full frequency range
- All programs mastered from original analogue recordings
- Self assessment for self-directed, tailored listening program
- Books, DVDs, Workbooks and other written support tools
- 3 months personalised phone and email support with each program
- Music is filtered and spectrally activated to create active stimulation of the auditory system
- Comprehensive personal development support tools
References

6 Joudry, 2009.
16 Davidson, 1998.

Getting Started

To learn how Sound Therapy can help your specific condition, or to talk with a qualified Sound Therapy consultant, contact:

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Or for more personalized service contact your Independent Consultant below

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