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## **Cellular Music**

MANDARA CROMWELL, founder and board chairman, International Sound Therapy Association, explains to SAKINA YUSUF KHAN how sound therapy works  
**Can sound really heal?**

Absolutely. When our body is in good health, our cells sing a perfect song. But when you have an illness, injury or stress, some cells get out of tune. If we don't rescue them in time, they get completely out of tune, manifesting in disease. We can use sound therapy to restore our organs to good health.

Jim Gimzewski, UCLA professor and research scientist, was the first to study how sounds affect us at a cellular level. Later, professors of biological engineering in Missouri University developed photoacoustic listening at the cellular level. Our body cells are constantly emitting sound and by listening to them, we can find out whether the body is healthy or not. If the cells don't sound right, it means something is amiss in the body. We use a lot of sound in medicine today — ultrasound to detect tumours, lithotripsy to pulverise kidney and gall stones and sonic scaling for dental care.

### **If the cell is not singing the right tune, how do you set it right?**

Mitchell Gaynor, an oncologist in New York, was the pioneer in this field. He was helping his patients recover from cancer — the pain and stress — using guided meditation. One day, a Tibetan monk brought him a Tibetan bowl as gift. He decided to incorporate it into the meditation. He was amazed to find that what took two years to accomplish with guided meditation, combining with the bowl took just two sessions.

There are also crystal bowls which stimulate the nerve's immune response and correlate with the crystalline properties in the blood. We use this in our practice. We try and match the frequency of the sound we administer with the frequency of the healthy organ. Sound has the ability to bypass the logical mind and get the body into a deep, relaxed state. When the body relaxes, it starts its own defence system. It takes in nutrition and expels the accumulated toxins. But if the body is not relaxed, it has no opportunity to get rejuvenated. I take the frequency programme and create therapeutic applications. My device AMI 1000 has been nominated for the Edison award in science and....

How do you administer the healing frequency?

Disease is mostly an inflammatory process resulting in pain. In about 20 minutes of using the device which emits the right frequency of sound, pain and inflammation dissipate. For example, a tendon tear is healed within six weeks of using the right sound frequency.

The right combination of sound frequencies to relieve pain and inflammation and for restoring circulation to the area is used.

**How is the device used?**

The therapist assesses the need. Since there are over 700 sound commutations, the right combination of sound is administered either sitting in a chair or with the device strapped on to the body.

**What are the common health complaints you encounter in patients?**

We see all kinds of patients, but are particularly successful with cancer, diabetes, Alzheimer's, dementia, anxiety, depression, pulmonary fibrosis, traumatic brain injury, fibromyalgia, autism, weight loss, detoxification and de-addiction.

It is a very easy therapy which is safe even for children. In some challenging cases, the patient is allowed to take the equipment home for use.

**How long does the therapy take?**

It depends on the condition. Each session is of 20 to 30 minutes. The cost is generally a dollar a minute. Most patients start responding by the second session. The cellular symphony is restored within a few weeks.

**Can sound therapy benefit the hearing-impaired?**

Oh yes. We don't just imbibe sound through our ears. It's the vibrations that rejuvenate our cells. So it works even with those who don't believe in it!

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