

# Weekly Wisdom

*Grow the Green for You and Your Team*



*“Music can change the world because it can change people.” -- Bono*

## Music as Medicine

Music has so much power to heal and nourish our souls – why don’t we rely on it more in our daily lives?

Neuroscientist (and musician) Daniel Levitin has spent decades studying the healing power of music. “Music is a natural regulator of emotions...and can help people self-soothe in moments of exhaustion and stress.”

When moms sing to their babies, the soothing neurohormone prolactin is released, the same substance released in breast milk.

Did you know?

- Researchers have found that music is better than Valium at reducing anxiety in an operating room.
- Music has been used to treat injuries, illnesses and mental disorders.
- Legislation has been introduced to allow Medicare to pay for music therapy.
- The Lullaby Project pairs caregivers with musicians to provide a creative outlet for families facing major life challenges.
- Music has benefits for maternal health & childhood development.