



Music And Smart Sugars Can Change Brain Activity For Good Together they orchestrate improvement of attitude and healing.

Glycoscience Lesson #1

by JC Spencer

Neurological conditions, like Parkinson's, can cause essential tremors and an imbalance that may dissipate with music. As the music plays, some experience improvement of balance and their inability to walk turns to dance. Alzheimer's, stroke, brain injury, anxiety, and depression have all been helped by music. ADHD, anger, stress, autism, and virtually every health challenge can benefit from good music.

Great music and good sugars resonate with your brain to communicate and manifest expressions of tapping your foot or taking leaps of joy in graceful dance. It is up to each of us to conduct the timing for soft gentle music to sooth the soul and to plan the exciting crescendos that make life more enjoyable.

There is music and there is racket that some call music. Your brain knows the difference between dissonance and harmony. The mood created by the rhythm and beat can delight beyond words. Euphonic sounds from a master can move you to tears of joy. Music can change the activity of the brain to set the stage for improved quality of life.

Music motivates cooperative activity and creativity. This is orchestrated predominately in the right brain that flows over into the left lobe and on into your total being as motor skills and mental skills are impacted. Daniel J. Levitin, in his book [This Is Your Brain On Music](#) says that music involves practically every part of the brain. And, I say, "Yes, *music involves every cell of your body.*" Every strand of DNA responds to your attitude influenced by music as each DNA strand becomes more relaxed or more tightly coiled.

Ambidextrous responses can be the results of music that help guide motor skills of right-handed and left-handed people. This expanding neuroplasticity characteristic brought by music can become therapy for neurological benefits. Exercising the brain's ability to change and develop actually increases the size of the auditory and motor cortex.

The character of great music is that of expectation. You anticipate the next note. You become expectant for the next moment. Bond this characteristic of great music to expectation for healing, expectation for the next moment to be better, and you have the formula for an improved

environment today and more victories tomorrow. Music stimulates activity throughout the whole body and soul. Music not only helps regenerate the brain; it improves the mind.

I have a fascination to understand why different types of music affects different areas of the brain. Perhaps five pitches per octave in the minor scale (pentatonic) activates the left lobe while seven notes per octave in the major scale (heptatonic) play more to the right brain. Japanese have programmed their left lobe to process music; yet, the same music is processed by the right brain by Westerners according to Passion Jun, MD.

Add a little Smart Sugar to the music

Music is the universal language for bonding and nurturing that can alleviate fear and bring calm affection. An unborn child receives benefit or harm from the sounds heard long before birth. Bonding and nurturing throughout life (age plus nine months) can be enhanced by good music. Nature's plan for a newborn baby is to have the best environment possible and that includes a supply of Smart Sugars found in mother's breast milk.

Harvard University recently published a paper showing that a child can have a 4 point higher IQ when the baby's lactation period is twelve-months instead of the normal six months.

Glycoscience and great music go hand-in-hand to improve quality of health from conception throughout life. Suggestion: Increase the volume of quality music and add at least One Smart Sugar to your food.

Source:

<http://brainworldmagazine.com/music-rhythm-and-the-brain-2/>

Harvard Study: <http://www.endowmentmed.org/content/view/full/1307/1>

www.OneSmartSugar.com/video.html

www.GlycoscienceNEWS.com
Introducing SMART SUGARS

Expand Your Mind - Improve Your Brain

<http://www.endowmentmed.org/ExpandYourMind/MindEbook3.html>

Change Your Sugar, Change Your Life <http://DiabeticHope.com>

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<http://www.GlycoscienceNEWS.com/pdf/Lesson1.pdf>

http://EzineArticles.com/?expert=JC_Spencer

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