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MUSIC, THE BREATH AND HEALTH -- A NEW BOOK ON ADVANCES IN INTEGRATIVE MUSIC THERAPY

May 26, 2009 -- The act of taking in and releasing air is -- for most -- automatic, unnoticed and taken for granted. Its impact on health is the subject of a new book, *Music, the Breath and Health: Advances in Integrative Music Therapy*, the first anthology of its kind on the breath, which was produced under the auspices of Beth Israel Medical Center's Louis Armstrong Center for Music and Medicine (LACMM) and supported by a grant from Johnson & Johnson/Society for the Arts in Healthcare.

Editors Joanne V. Loewy, DA, LCAT, MT-BC, and Ronit Azoulay, MA, LCAT, MT-BC, also contributed chapters, along with Beth Israel colleagues pulmonologist Jonathan Raskin, MD, and music therapist Brian Harris, MA, LCAT, MT-BC, and contributions from other physicians, allied therapists, creative arts and music therapists.

Through description, research and case studies, the book addresses essential aspects of the breathing function as a critical indicator of health. "Increasingly, medical practitioners and therapists are realizing the importance of the breath as a connecting mechanism which integrates all systems of body function," said Dr. Loewy, LACMM Director, "and music, with its varied rhythms, has a unique effect on the breathing function."

Active music-making using the breath, such as in wind playing and singing, may influence respiration while supporting stress release, vitality and enhancing quality of life across a variety of clinical settings." added Ms. Azoulay, LACMM music therapist.

"The breath is the focus of many ancient healing traditions. In this book, we see this ancient wisdom realized in a form suitable for integration in health care delivery for the 21st century," said Prof. Dr. David Aldridge, Fellow, Royal Society of Medicine, UK.

In addition to *Music, The Breath and Health: Advances in Integrative Music Therapy* other titles available from the Louis Armstrong Center include: *Music Therapy and Pediatric Pain*; *Music Therapy in the NICU*; *Music Therapy at the End of Life*; *Caring for the Caregiver: The Use of Music and Music Therapy in Grief & Trauma*; and *Music Therapy & Trauma: Bridging Theory and Clinical Practice*. Books are available for purchase through www.musicandmedicine.org or by calling 212-420-2704.