

## EVERYONE'S TALKING ABOUT... ALPHA MUSIC

**What is it?** A unique type of music that encourages the brain to produce alpha waves. These slow frequency waves are automatically produced when you're feeling relaxed and calm, meditating or dropping off to sleep, so they're highly conducive to good health. Alpha music has been developed over the last four years by Australian John Levine who has studied music, brain function, meditation, psychology and the metaphysics of illness. 'It achieves more than new age music, which just seeks to relax,' says Levine. 'And it's actually pleasant to listen to.'

### What can it do for me?

'When your brain is in the alpha state, you feel happier and healthier, and you think and learn better,'

says Levine. These effects are largely brought on by hormones which the brain releases. Listening to alpha music is reputed to help insomnia, ease stress and anxiety, increase concentration, boost creativity and calm hyperactive kids. It's even been used to reduce pain felt by cancer patients, due to the meditative state reached.

**What happens?** You put on headphones and listen to your chosen CD. How long you listen depends on what you're using it for but, according to Levine, it can affect a change in minutes. 'I've seen kids go from tantrum to angel in 60 seconds,' he says. 'Research shows it takes 30 days to change a habit so use the CD daily for a month, or whenever you feel the need.' Just not when you're driving! **For a CD or more information, visit [www.silenceofmusic.com](http://www.silenceofmusic.com).**



## The search is over

You're looking for a spa holiday, possibly a retreat, but feel overwhelmed by the thousands of options. How are you supposed to know who offers the best yoga tuition, the tastiest food, the most qualified therapists and the finest surroundings? Well, now you don't have to, because the independent team of experts at Wellbeing Escapes have hand picked the best range of holistic holidays for you, and they promise to find your ideal break. Call 0845 602 6202 or visit [www.wellbeingescapes.co.uk](http://www.wellbeingescapes.co.uk).