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Eng. Alberto Jaimes

THE IMPACT OF MUSIC ON HEALTH

Effects of Music on the Brain

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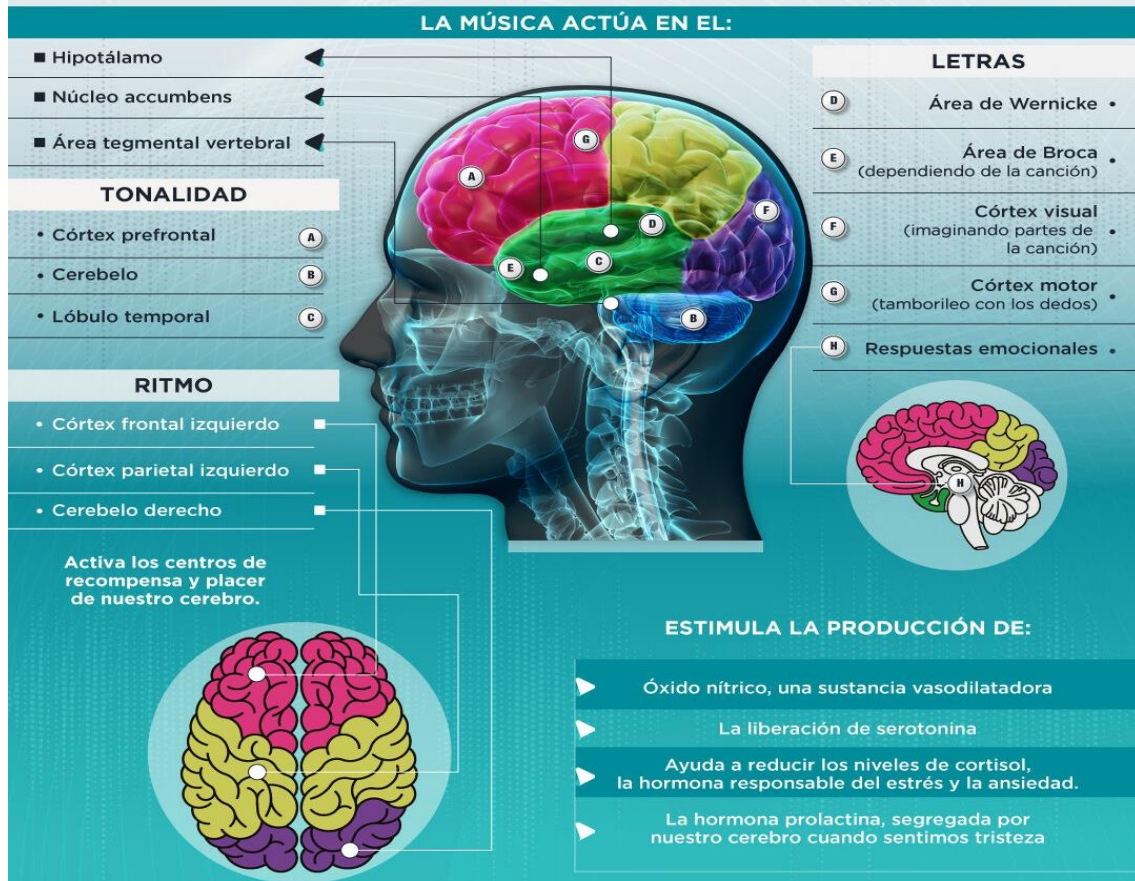
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EL IMPACTO DE LA MÚSICA EN EL CEREBRO

La música activa más partes de la mente que ningún otro estímulo humano.



Brain areas affected by music

Music has a profound impact on the brain, activating critical areas responsible for memory, movement, and mood. It is even capable of stimulating multiple brain regions simultaneously, provided it is kept at an appropriate intensity, as excessive volume can be harmful to our auditory system.

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This phenomenon occurs not only when listening to music but is significantly enhanced when singing or playing an instrument. These activities act as a workout for the brain, stimulating it and strengthening long-term memory.

Brain Areas Involved

Music interacts with our cerebral architecture for various reasons:

- **At a General Level:** It involves the Hypothalamus, the Nucleus Accumbens, and the Ventral Tegmental Area (pleasure centers).
- **Tonality:** Processed in the Prefrontal Cortex, the Cerebellum, and the Temporal Lobe.
- **Lyrics and Narrative:** These act upon Wernicke's Area and Broca's Area, connecting with the Visual Cortex (when imagining the song) and the Motor Cortex.
- **Rhythm:** Activates the left Frontal and Parietal Cortex, along with the right Cerebellum.

In addition to activating reward centers, music promotes concentration and stimulates the production of vital substances:

- **Nitric Oxide:** A vasodilator substance that improves circulation.
- **Serotonin:** The neurotransmitter of well-being.
- **Cortisol Reduction:** Lowers levels of stress and anxiety.
- **Prolactin:** A hormone that, in this context, acts as a natural soothing agent for grief or sadness.



Direct Benefits for Integral Health

Maintaining a constant musical practice generates measurable positive effects:

1. Improved cognitive performance.
2. Reduction of chronic stress.
3. Mood stabilization.
4. Strengthening of memory.

Because of this, music is a key tool in the rehabilitation of neurological issues. For example, in patients with **Parkinson's**, rhythm helps coordinate movement; and in people with **dementia**, childhood songs manage to evoke memories thought to be lost, reducing anxiety and agitation.

In conclusion, understanding the effects of music on our daily lives allows us to redefine our brain processes. We are not passive spectators; we are **engineers of reality and directors of attention**. The future belongs to you, and your integral health is our priority.

Eng. Alberto O. Jaimes Barreto
Educational Director

Train as a Performing Musician.

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