

## Benefits of Drumming

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The health benefits of drumming are increasingly being researched and documented. Scientific studies has shown that group drumming on a regular basis:

- Boosts the immune system
- Decreases anxiety and stress hormones
- Synchronizes the left and right brain hemispheres
- Supports the production of endorphins for a general feeling of wellbeing and endogenous opiates to control chronic pain
- Increases alpha waves which allows relaxation
- Releases or transform negative feelings
- Invites present moment awareness
- Improves self-esteem
- Promotes connectedness with others

More specifically, in regard to drumming and Parkinson's, studies showed:

- Drummers significantly increased their Quality of Life (QOL) scores
- Improved walking performance (slightly faster)

**Most importantly, IT'S JUST PLAIN FUN!!!**

Drumming is being used in a wide variety of health care settings to help people with cancer, Parkinson's, Dementia, Alzheimer's, ADD, addiction, depression, and trauma.

Drumming is also an excellent tool for supporting wellness in individuals and communities.

The origin of the word rhythm is Greek meaning "to flow". When our lives are experiencing dissonance and disharmony, we limit our capacity to resonate with natural rhythms of life. Drumming gives us a way to feel the beat, pulse and groove needed to feel connected and balanced rather than isolated and out of whack.

**Rhythm is our internal gage for harmony. Drumming is the tool.**

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