

Encouragement letter to use VAT as an added therapy to reduce pain and stress

I have been practicing family medicine for many years and working with different cases of chronic pain disorders such as Fibromyalgia , etc. everyday. As a physician I always wanted to be able to recommend a therapy that would help to reduce the pain and discomfort with the least possibility for side effects and drug interactions and for it to be beneficial for most of the patients with different causes of chronic pain.

I was introduced to Vibroacoustic therapy when I attended "Music Care Conference" in Ontario, Canada in 2011 for the first time. I tried VAT very briefly and decided to learn about it even further. Interestingly, I found out that many clinics, rehabilitation centers and hospitals in Nordic countries use Vibroacoustic Therapy (VAT) or as they call it in Finland - "Physioacoustic therapy" to reduce and eliminate symptoms of different chronic diseases including pain and insomnia, etc.

By evaluating and studying different research papers and documents, I came across Olav Skille's basic frequencies and manual in VAT which was very interesting to me. I attended his " 7 basic frequencies" course in Palm Beach, Florida which was presented by his representative in the US, Avigail Berg-Panitz, who provided me with the tools, knowledge and the skills to use VAT as an adjunct to the routine treatment modalities.

The added value of VAT has been reported by patients and therapists in academic research, applied research and case studies for over 20 years in Nordic countries (Sweden, Norway, Denmark, Finland Iceland):

Pain reduction	Increases calmness of the mind	Increase attentiveness
Stress reduction	Increases clarity of the mind	Recharges energies
Muscle relief	Insomnia reduction	Boost optimism
Increase blood circulation	Inner feeling of harmony	Effective tool for meditation

At the present time, I am in the process of doing a research study on the effectiveness of VAT in patients suffering from Fibromyalgia and MS.

You are welcome to contact me to learn more.

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