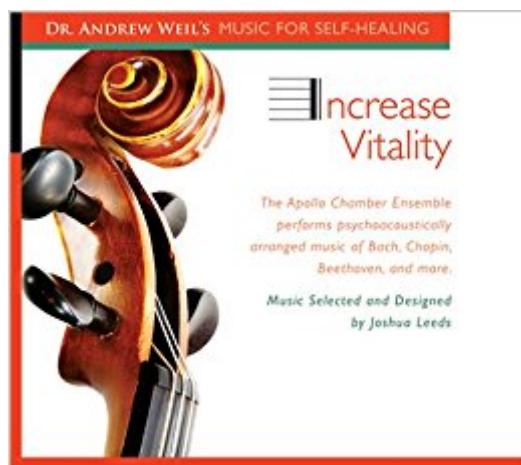


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# Increase Vitality: Dr. Andrew Weil's Music For Self-Healing



## **Synopsis**

Most of us have experienced how certain music naturally stimulates the body and mind. Today, medical science is identifying the optimum styles that create these effects. Dr. Andrew Weil and sound researcher Joshua Leeds now "prescribe" an energizing collection of classical compositions.

## **Book Information**

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## **Customer Reviews**

Andrew Weil, one of America's best known advocates of alternative medicine and holistic healing, attended Harvard Medical School. He has worked for the National Institute of Mental Health and the Harvard Botanical Museum. He is the founder of the Program in Integrative Medicine at the University of Arizona Health Sciences Center and Associate Director of the Division of Social Perspectives in Medicine, University of Arizona. Weil's books include Spontaneous Healing and Natural Health and Eight Weeks to Optimum Health.

Dr. Andrew Weil is the equivalent of a first-class rock star in the field of Integrative Medicine. His selection of music is great.

Love all of Dr Weils stuff.....he doesn't disappoint!This is a lovely CD, beautiful classic music that does help to get you going when you are feeling pooped out!

Its too short!

"Increase Vitality is designed to arouse the body's primary pulses--heart rate, brainwaves, and breath. There are three twenty-minute sequences where tempos accelerate, melodic complexities multiply, and musical fun abounds! As a consequence, heart rates speed up to match the external rhythms, breath quickens to keep up with the heart, and brainwave activity increases as vital energy flows through the system." -- From the liner notes

According to Joshua Leeds, an expert in psychoacoustics, there are three psychoacoustic techniques used in Increase Vitality:

1. Resonance - The impact of one vibration upon another
2. Entrainment - A natural process whereby heartbeat, breath and brainwaves speed up or slow down to match an external rhythm
3. Auditory Pattern Identification - Passive hearing techniques designed to relieve the mind of the tendency to "work" to figure out musical patterns

While this CD is designed to "kick your brainwaves in higher gear", it jangle my nerves instead! Now, I wake up with enthusiasm for life and for my projects--so it's not like I need a fire lit under me or anything. But I thought I'd try this CD just for peppy, pleasing classical music to play while I worked. Big mistake! What I didn't realize is that Joshua Leeds and Andrew Weil SPECIFICALLY recommend AGAINST playing this CD while working (didn't realize that until AFTER I played it)! They don't really say why, but I can attest that I used this CD one day while writing reviews and scanning pictures--and I kept getting distracted and confused. So NOT me! So I read the liner notes to see about the science behind Increase Vitality when I read that it's not recommended when you need to concentrate. ?! Isn't one of the states of vitality clarity and focus? I mean, it is for me! So why this CD left me agitated and distracted, I can't be sure. I have a guess, though. See, I benefit from the Relax and de-Stress: Rest, Re-Balance, and Replenish with Classical Music for Healing CD, also by Joshua Leeds and Dr. Andrew Weil. I'm thinking that this is because my personality/state of being is already vivacious and alert. Now, for someone who has a personality that's WAAAAAAAY laid back, Increase Vitality may be just what the doctor ordered. (My husband is such a personality but, honestly, I found this CD so aggravating that I didn't even give it to him to try!) The flute and cello pieces are especially nice on this CD--but the frog noises are irritating. I didn't find the musical arrangements to be as beautiful as the Relax and De-Stress CD, either.

Increase Vitality has three specific sequences:

- Sequence 1: Easy Does It (20:26) 80-100 beats per minute
- Marcello Sonata Andante transcribed from Cello Suite No.3
- Haydn Sonata in F
- Bach Suite in G, Gigue
- Bach Suite in B minor, Polanaise
- Bach Suite in G, Sarabande
- Marcello Allegro transcribed from Cello Suite No.3

Sequence 2: Get Up & Go (19:31) 90-110 beats per minute

- Doppler Fantasie
- Pastorale Hongroise
- Gossec Gavotte
- Gossec Tambourin
- Mozart Sonata in A Major, K. 331
- Back Flute Sonata in Eb Major, Allegro
- Rachmaninoff Prelude in G minor, Op. 23 No. 5

Sequence 3: Have Mercy! (20:13) 120-140 beats per minute

- Traditional Irish Reel
- Monti

CsardasBeethoven Sonata in E flat Major, Op. 31No. 3 Scherzo: Allegretto vivaceBach Prelude in D Major, WTC Bk, 1 #5Chopin Fantasie-Impromptu in C Sharp Minor, Op. 66Monti CsardasPerhaps you'll have better success with this CD than I have. For me, the last thing I need is over-stimulation--especially with such unpleasant results!Janet Boyer, author ofÂ The Back in Time Tarot Book: Picture the Past, Experience the Cards, Understand the PresentÂ (coming Fall 2008 from Hampton Roads Publishing)

"The animated music of Increase Vitality is designed to invigorate and energize. Using specific psychoacoustic techniques, beautiful classical music has been recorded, sequenced, re-arranged, and orchestrated with one purpose--to increase your physical and mental vitality." ~ Joshua Leeds, authority in the field of psychoacousticsIncrease Vitality is an energetic infusion of music to enliven through increasing heart rate, brainwaves and the breath.The music is divided into three sequences:Sequence 1: Easy Does It (20:26)Marcello Sonata Andante transcribed from Cello Suite No.3Haydn Sonata in F AllegroBach Suite in G, GigueBach Suite in B minor, PolanaiseBach Suite in G, SarabandeMarcello Allegro transcribed from Cello Suite No.3Sequence 2: Get Up & Go (19:31)Doppler Fantasie Pastorale HongroiseGossec GavotteGossec TambourinMozart Sonata in A Major, K. 331Back Flute Sonata in Eb Major, AllegroRachmaninoff Prelude in G minor, Op. 23 No. 5Sequence 3: Have Mercy! (20:13)Traditional Irish ReelMonti CsardasBeethoven Sonata in E flat Major, Op. 31No. 3 Scherzo: Allegretto vivaceBach Prelude in D Major, WTC Bk, 1 #5Chopin Fantasie-Impromptu in C Sharp Minor, Op. 66Monti CsardasThe first sequence offers a gentle wake-up for recuperation, while the second is more like "aerobics" for the ears with mid-level tempo and milder levels of complexity. The third sequence is very enlivening with especially upbeat selections. Piano, cello, oboe, English horn and flute provide beautiful music that moves from slow and simple to fast and complex. The one hour enlivening experience seems to go by very quickly and you are left feeling energized and ready to accomplish tasks that require mental clarity.~The Rebecca Review

I enjoy this CD often. Although it is not the typical classical music, as a whole range of soothing sounds are integrated into some of the songs, it definitely provides a relaxing listening experience.

I have listen to it only one time. It relaxed me, and felt something moving,difficult to explain. I shall be listening to it again soon to really understand the effect it has on me.

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