

As research, he bought some relaxation tapes but was disappointed by what he heard.

"It was just a lot of irritating dolphin sounds and pan pipes," he says. "But thanks to my education in music composition, I was able to analyse it and pick out all the reasons it didn't work. I decided to put together some recordings myself that would recreate the feeling I got when I meditated."

His aim, however, wasn't just to make another standard relaxation tape — there was enough wallpaper music out there already.

"I wanted to literally slow the brainwaves down to induce relaxation," says John. "I put together my own set of principles. Some came from my formal classical education in composition, but some of those rules I broke."

His starting point was to use an instrument that people in Western society would identify with: in his case, the piano. Next was to record in a scale that evoked a feeling of wellbeing.

"If you use a minor scale, to the Western ear it is interpreted as melancholic," he says. "So I was careful not to. Ironically, that was the scale used in most of the relaxation tapes I heard."

He tested the hour-long recording on friends and all claimed that it helped them to sleep better and feel happier. But without any contacts in the health industry and uncertain what to do with the recording, John tucked the tape away in a drawer to be forgotten about for the next 15 years.

It wasn't until 2000, following the break-up of his marriage, that he found the recording again — just when he needed it most.

"I was at a real low point in my life," he says. "I had moved to Poland with my wife and three kids in 1993, but then she met someone and went with

him to Sweden, taking our children with her. I was a broken man."

Depressed and suicidal, John stumbled on the recording in an old storage box. He listened to it again and again, and the dark cloud that had been hanging over him began to lift. Realising its power, he took every penny he had, hired a studio and musicians

**Depressed and suicidal, John stumbled on the recording in an old storage box. He listened to it and the dark cloud over him began to lift**

and recorded a whole album — his first CD, *Silence of Peace*. To prove that the therapy worked, he arranged an EEG (electroencephalogram) test to measure brain activity on a stressed, chain-smoking GP.

"Every time he listened to the music, his brainwaves went from the beta to alpha, so from excitable to calm and relaxed, within four minutes," says John. "It was remarkable."

Soon afterwards, a health magazine in Poland looking to give away a relaxation CD to readers contacted John

and asked him to make a recording for them. He created *Orange Grove Siesta*, specifically to help women sleep. It sold 100,000 copies. Word began to spread and after recording further albums, John visited the UK regularly between 2004 and 2010 to promote his therapy at health and wellbeing shows. Soon GPs, counsellors, nurses and even hospices were talking about the effect the recording had on patients.

One of them was Dr Roderick Fahey at the Portumna Health Centre in Co. Galway, Ireland. Noticing a rise in the number of patients suffering from stress-related disorders, he wanted to offer the music as an alternative to medication. He created a wellbeing room at the practice where patients could sit in a massage chair and listen to alpha music.

"Whenever patients came in complaining of insomnia, anxiety attacks or depression, instead of immediately dishing out a prescription, I offered them three sessions a week in the wellbeing room," says Dr Fahey. "Those who opted for it had a 100pc success rate. Some showed huge improvement in just two weeks. It was the equivalent of taking 20mg of Prozac per day."

Dentist Dr Nader Malik tried alpha music therapy because he was concerned about the possible negative side effects of dental sedation on patients and staff. He now plays the music in the waiting room of his private practice.

"Quite a few of my anxious patients have found that the music relaxes them sufficiently to not require drugs such as nitrous oxide sedation or IV sedation," he says. "A few of them have also fallen asleep during their appointments."

The treatment brought surprising results with schoolchildren's performances, too. A study by Cambridge



John Levine has been interested in sound as a relaxation aid since the 1980s

PICTURE: DAVID JOHNSON

graduate Rob Bridgman investigated the impact it might have on hyperactive and disruptive behaviour in schools. Lessons among boys aged 12 and 13 accompanied by John's alpha wave CDs had a decrease in distractions of more than 60pc.

John's music was also played between acts at the memorial concert for Diana, Princess of Wales in 2007. And in 2009, nurses at the Birmingham Children's Hospital epilepsy ward used alpha music therapy to get patients off to sleep quickly so they could measure their brain waves.

"We are so quick to resort to medication these days whenever we are

feeling ill or have an emotional problem, but there are more natural things we can do that involve no side effects," says John, who has recorded 29 albums, which have sold to more than 200,000 people. "Perhaps it's about time we started using them."

With the use of antidepressants rising significantly in Ireland since 2007 — 29pc increase in use in 2011 compared to 2007 (NACD) — it is certainly worth considering.

See [silenceofmusic.com](http://silenceofmusic.com) for more information on John's music.

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# Omega-3 Fish Oil

## The Foundation of a Healthy Pregnancy

With science increasingly recognizing the role of omega-3s (EPA and DHA) in brain, visual, and nervous system function, pregnant mums and their babies have much to gain from getting enough of these essential fats, particularly DHA.

### What is DHA?

Docosahexaenoic acid (DHA) is an essential nutrient for the childbearing years. It is a naturally occurring omega-3 fatty acid found in cold-water fish such as Arctic cod. Because the body cannot produce omega-3s, women must

consume them through diet or supplementation.

### The "Fat" Facts of Life

DHA is the predominant structural fatty acid (building blocks) in the brain and retina. Hence, both a developing fetus and a newborn infant have particularly high requirements for DHA. They depending on mum for their intake, via the placenta during pregnancy, and through breastmilk after birth. Scientific research continues to highlight and stress the importance of DHA for pre and postnatal development:

- Maternal DHA supplementation resulted in improved eye-hand coordination at 2.5 years of age, and improved attention skills at 5 years.

- Infants whose mothers had higher blood DHA levels showed better sleep patterns.
- Children of women who took cod liver oil during pregnancy and while nursing had higher IQs at age 4 than children whose mothers received a placebo.
- When mothers took cod liver oil during pregnancy, their offspring had a lower risk of diabetes.

### Do You Know the Importance of DHA?

The Kelton Study findings:

- 50% of women surveyed did not know about the need for DHA (did you?).
- 68% said their doctor did not tell them about DHA.
- 72% said they had no idea how to get DHA.
- Only 17% said they were aware that fish is a source of DHA.
- 92% would include DHA in their diet once they were advised of its benefits.

### Is There Something Fishy with Fish?

Is it safe to consume fish due to the presence of environmental

contaminates, such as heavy metals, PCBs & Dioxins? Today, the benefits of eating fish are increasingly viewed as outweighing their risks. International recommendations suggest a **minimum daily intake of 300 mg of DHA** when pregnant and nursing. Supplementation with a premium purified fish oil product is an ideal solution for ensuring adequate levels of DHA, while further eliminating the risk of toxins.

### Why Nordic Naturals?

- Exceed International Pharmaceutical Standards (14 times better than the limits set by the European Pharmacopoeia Standard), achieving unsurpassed, award-winning levels for exceptional purity and freshness, which results in superior efficacy, safety and taste.
- Proven superiority, by 3rd party certificates of analysis for every batch.
- True triglyceride form, for up to 70% better absorption than synthetic ethyl ester form fish oils, used by so many brands.



**"During the last trimester of pregnancy, the DHA content of the developing brain increases by 3 - 5 times, which triples in size in the first year!"**

- The official omega-3 supplement of the American Pregnancy Association, its the No.1 selling prenatal fish oil supplement in the US!

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