Documented Medical Benefits of Drumming

Stress
Blood samples from participants of an hour-long drumming session revealed a reversal of the hormonal stress response and an increase in natural killer cell activity (Bittman, Berk, Felten, Westengard, Simonton, Pappas, Ninehouser, 2001, Alternative Therapies, vol. 7, no. 1).

Depression
Stanford University School of Medicine conducted a study with 30 depressed people over 80 years of age and found that participants in a weekly music therapy group were less anxious, less distressed and had higher self-esteem (Friedman, Healing Power of the Drum, 1994).

Cancer
Subjects who participated in a clinical trial using the HealthRhythms protocol showed an increase in natural killer cell activity and an enhanced immune system. While this does not indicate a cure for cancer, such results may be of benefit for those facing this disease. (Bittman, Berk, Felten, Westengard, Simonton, Pappas, Ninehouser, 2001, Alternative Therapies, vol. 7, no. 1).

Alzheimer’s Disease
According to Clair, Bernstein and Johnson (1995), Alzheimer’s patients who drum can connect better with loved ones. The predictability of rhythm may provide the framework for repetitive responses that make few cognitive demands on people with dementia.

Parkinson’s Diseases and Stroke
Rhythmic cues can help retrain the brain after a stroke or other neurological impairment, according to Michael Thaut, director of Colorado State University’s Center of Biomedical Research in Music. Researchers have also discovered that hearing slow, steady rhythms, such as drumbeats, helps Parkinson patients move more steadily (Friedman, Healing Power of the Drum, 1994).

Chronic Pain

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www.ttmws.com
336-774-3898
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By: Debbie Bunch, February 2001  Pgs: 52-56

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By: Joseph R. Dunn Ph.D., May 2001

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By: James W. Pennebaker, Summer 2001  Pg: 201

Up Front: Research: Drumming Boots Cancer-Killer Cells  
By: Barry Bittman, M.D., January 2001  Pgs: 16 & 180

The Christian Science Monitor: Lost in the Rhythm  
By: Sara Terry, May 2001  Pg: 14

Percussive Arts Society: Should Drums Be Sold in Pharmacies?  
By: Christine Stevens, October 2001  Pgs: 85-86

Alternative Therapies: (Research Copies) Composite Effects of Group Drumming MTx  
By: Barry B. Bittman, MD, Lee S. Berk, MPH, DrPH, David L. Felten, MD, PhD, James Westengard,  
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Percussion Notes: Drumming for Health  
By: Robert L. Friedman, April 2001  Pgs. 55-57

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By: Anita Manning, April 2001

Los Angeles Times Family Section: Fun for Little Drummer Boys and Girls  
By: Brenda Rees, Thursday July 25, 2002  Pgs: 43-44

Daily News Santa Clarita: Kids Drum up Excitement in Class  
By: Naush Boghossian, Thursday August 1, 2002  Pgs: 1 & 4
Health Extra : Drums Deliver Healthy Rhythms
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By: Claudia DoCampo, January 2001

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The Signal: Young Students Feel the Beat
By: Patti Rasmussen, Friday August 2, 2002 Pgs: 1 & 3

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By: Mariel Garza

Orange County Register: The Power of Rhythm
By: Lisa Liddane, June 2001

Washington Post: A Pound of Prevention
By: Beth Baker, January 2001

Pittsburgh Post Gazette: Healing Rhythm? Doc finds that drumming helps
By: Christopher Snowbeck, Pgs: D-1 & D-4

Daily News-South of the Boulevard Today: Getting fit to the Beat of a different Drummer
By: Frieda Wills, January 2002 Pg. 24

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By: Josie Glausiusz, August 2001 Pgs: 71-75

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By: David Pencek, July/August 2001 Pg: 16

Health: Don’t Feel Funky, Be Funky!
March 2001 Pg: 24

Prevention: Drum Up Your Immunity
By: Sara Altshul, June 2001 Pg: 54

Time Magazine: Drumming Circles
By: Harriet Barovick, May 2001

In Touch : Drumming Up Good Health
By: Diane Cole, July 2002  Pgs: 44-47

Percussive Notes : Reclaiming the Rhythm-An interview with Rick Allen
By Christine Stevens, August 2002  Pgs. 54 & 56, Volume 40 No. 4

Oprah Magazine : Water, It Frees, It Heals, It Nurtures...
By: Marisa Fox , June 2001  Pgs: 172-173

Spirituality & Health : Fighting Cancer? Bang the Drum Joyfully
Summer 2001 Pg: 17

Examiner : Beat the Blues-Drumming Circles are New Wave
By: L.A. Justice, June 2001

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