



# Whole Foods presents Health Benefits of Drumming

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With a venerable history as a healing art, it's no surprise that scientists are now finding measurable positive benefits of drumming for body, mind, and spirit.

## **1. Strengthen Immune System**

Group drumming increased Natural Killer (NK) cell activity. (Bittman, *Alternative Therapies*, 2001)

## **2. Exercise**

Drumming is equal in metabolic units burned (METs) to the seated exercise bicycle.

## **3. Spirituality**

Traditionally, the world have drummed for prayer, ceremony and connecting to the Divine.

## **4. Joy!**

Employees showed a 42% improvement in mood & reduced burnout after drumming.

(Bittman, *Advances in Mind-Body Medicine*, 2004)

## **5. Creativity**

Drumming opens the soul to the inner creative spirit, igniting all aspects of life and work.

## **6. Self-expression**

Drumming taps into the power to communicate beyond words.

## **7. Energy**

Drumming is a truly holistic and energizing experience. (Alexander, *Care and Feeding of Your Chi*)

## **8. Cardiac Health**

Kaiser Permanente tested a pilot drum program for cardiac rehab patients. (2003, Ritterman)

## **9. Being in the NOW**

Drumming is a form of active meditation that brings people into the present moment.

## **10. Unity**

Major corporations now use drumming as a teambuilding experience to unify employees.

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Christine Stevens is the author of *The Healing Drum Kit*, published by Sounds True, available at Borders Books, Wild Oats, and Amazon.com. She is the founder of UpBeat Drum Circles™, offering keynotes, diversity training, corporate teambuilding and wellness programs. Visit [www.upbeatwellness.com](http://www.upbeatwellness.com)