



Making Music Can Be Part of a Wellness-Based Lifestyle

L.I.F.E. *Style*

April 2015

Stop Stressing... *Start Playing*

Stress reduction is a primary goal for many of us and is an important component of our overall well being. Elevated levels of stress have been shown to have numerous negative effects and contributes to a wide variety of ailments (*heart disease, infections, diabetes, autoimmune disorders...*).

Ground breaking scientific research¹ has recently revealed a potent link among music making, stress reduction, and general health that clearly demonstrates the many benefits of making music, *in addition to it being very enjoyable*.

Recreational music making has been shown to dramatically reduce stress levels on a very basic human level. The significance is that specific genomic markers for stress are positively affected through recreational music-making activities. No therapeutic drugs or other medical therapies were applied to the participants in the study that revealed these results. Furthermore, the participants were not experienced music makers and considered themselves to be non-musical.



Music makers may experience reduced levels of stress, anxiety, depression, and feelings of loneliness. Improved physical coordination, mental concentration, memory, and elevated mood may occur.



¹ *Recreational music-making modulates the human stress response: a preliminary individualized gene expression strategy*
Barry Bittman, M.D. principal investigator

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P.D.

by: Bil Curry

I often get song suggestions for this article or the quarterly L.I.F.E. gift. Many of the song ideas have not been done because the song was not in the Public Domain (written before 1923). The copyright fee (mechanical) for recordings of songs can easily be paid online; however, licensing sheet music for these songs is very difficult.. This year songs from 1939 would be P.D. but on October 27, 1998, President Clinton signed the “Sonny Bono Copyright Extension Act” into law which extended most copyrights by 20 years. That said, thank you to those L.I.F.E. members that send the song suggestions and other ideas. I really enjoy them so please don’t stop. Your song ideas often lead to other songs and articles. On that note, here’s a song called “P.D.” that’s not in the Public Domain but the composer gave full permission to use it so we hope you enjoy this detective/spy sounding song.

Setup: Basic Rock or 8-Beat Rock with Style Setup/Rhythm Preset #4. On the “A” and “SE” series Lowreys add AOC or Polka harmony and play the song one octave higher than written.

Turn OFF the Orch Plus button and do NOT use the Intro but begin with just the chords written for the first four measures and add a Fill/FX in the last measure.

P.D. (Public Defender) by: Bil Curry

Em C G B7b9 *Fill (FX)* B7

Em C G Eb

F B7 Em G

G A F G B7 B7b9 B7

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C Gm Eb G

E Fmaj7 B7 Em

Am7 F#m7b5 B7 B7b9 *Fill (FX)* B7

Em C G Eb

F B7 Em G A

F G B7 B7b9 B7 C

B7 Em6 *Press Ending* Em



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