



White noise Rumore bianco. Le proprietà antidolorifiche del suono. CD Audio.

By Brera, Franco

RED Edizioni, 2009. Book Condition: new. Milano, 2009; br., pp. 16, cm 14x19. (Musica. 74). Il rumore bianco è il suono prodotto dalla somma di tutte le frequenze udibili, ed è chiamato così per analogia con il bianco ottico, a sua volta somma di tutti i colori dell'iride. Si è ipotizzato che il rumore bianco possa avere un effetto antidolorifico e rilassante, piuttosto efficace nel caso di dolori quali le doglie del parto, la cefalea a grappolo e il mal di denti. Il rumore bianco esiste anche in natura: è il mare che si infrange sulla battigia, il soffio del vento, lo scroscio della pioggia durante i temporali. Sono tutti suoni che suscitano nel nostro organismo la produzione di adrenalina e di endorfine, agendo come "stupefacenti" naturali, per nulla nocivi. Le musiche contenute nel CD, dolci e rasserenanti, sono arrangiate con sottofondi di suoni naturali e hanno un effetto distensivo e rilassante.



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