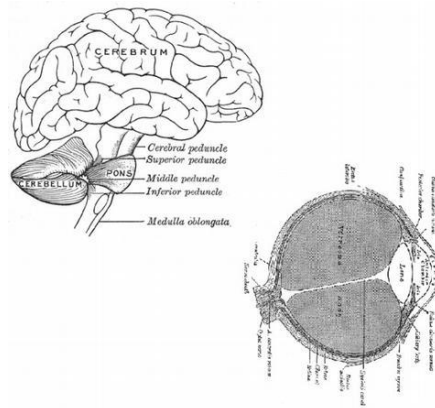
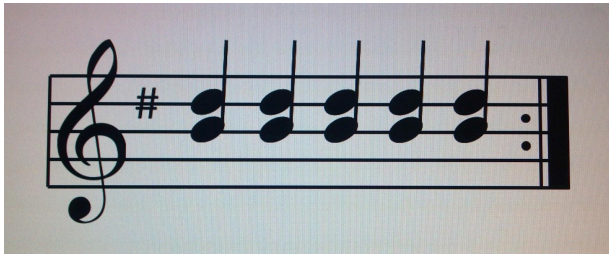


What's the best type of music for your brain?

Studies show classical music is the best for your brain. This type of music is good for your mind, mood and energy levels; it has sounds and rhythms to sooth you, slow you down and help manage stress. Because classical music gives you a better attention-span and filters out other distractions it gives you the ability to learn easier and more accurately. It is also shown to keep you focused and improve your self-esteem. It is proven that women who play classical music to their unborn child have a higher chance of a highly intelligent child. Classical music also affects your brain's organization and abilities to memorize and store information. The rhythm patterns raise the brain's serotonin level which greatly improves your mood and puts your mind at ease. This music stimulates cadencies of the body such as lowering blood-pressure and breathing rates. The sounds and rhythms of this music has a lot of effect on your brain. Known effects of the music is enhancing spatial IQ and benefiting children's cognitive skills. The smooth melodies of classical music allows you to concentrate and the rhythm synchronizes with your own body's vital rhythms. Modern music doesn't provide enough balance and may also be distracting for your brain. Overall, classical music is the best for your body and brain and causes you to be successful; for example, Einstein who was a violinist is one of the most brilliant minds of all. With the help of classical music your brain will be strong and have the ability to make you a better and more happy person.



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