

*Stress Management Through the Use of Biotuning or Sound Therapy*

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Abstract

The present study researched the effectiveness of biotuning to alleviate stress within a population of sixty subjects. Among them are patients with vitiligo, cancer, and candidates for organ transplant or already transplanted. These subjects on the experimental group received the biotuning treatment with all its components and the control group received biotuning with some of its components. After measuring heart rate, temperature, and four stress situations in both groups, no statistical significant difference was found between these two groups. Recommendations for research in this new area of study center on methodological issues, including the selection of subjects with the same pathology. If these two issues are managed properly, the probability to find differences between the control and the experimental groups might increase confirming the alternate hypothesis which states that sound therapy or biotuning can significantly influence stress symptoms on subjects.