



Paulette Milewski, director of corporate customer service for West Music, Coralville, Iowa, drums with Remo, Inc.'s HealthRHYTHMS division manager, Alyssa Janney.



Ang Seng Bin, physician, Amelia Neo Hwee Mian, teacher, and Reverend Dr. Dorothy Bohntinsky attend a HealthRHYTHMS Facilitation Training.

The Healing Beat of HealthRHYTHMS

Contrary to the old expression, everyone has rhythm. It's the mission of HealthRHYTHMS to teach others about the therapeutic value of drumming to put an upbeat tempo into becoming healthier and happier.

Henry Mayo Board Member Plays Role at Remo, Inc.

Douglas R. Sink, a member of the board of directors at Henry Mayo Newhall Memorial Hospital, also plays a critical role at Remo, Inc. As Remo's chief financial officer, Sink assists the company in reaching its goal to help make the world a better place.

"Doug has been involved in the community and in service activities that benefit the community for years," says Alyssa Janney, manager of HealthRHYTHMS, the music therapy and wellness division of Remo, Inc.

HEALTHRHYTHMS is a research-based group drumming protocol, which uses the drum as a tool for communication and personal expression.

Remo Belli, chief executive officer and founder of Remo, Inc., one of the world's leading drum companies in Valencia, launched the HealthRHYTHMS division after noticing the profound effects that music had on people. His wife Ami Belli, MD, a physician who specializes in integrative medicine, is also a strong believer in the power of music therapy to heal the mind, body, and spirit.

Not long after, Barry Bittman, MD, a neurologist and medical researcher, asked Remo to sponsor a research project to determine whether group drumming offered any biological benefit. Remo's sponsorship and subsequent research studies have resulted in the discovery that group-drumming utilizing the HealthRHYTHMS protocol, can help strengthen the immune system, improve mood, reduce burnout, and reverse stress on the genomic level.

"Seven years and at least five research studies later, that original research is even more valid than anyone in the industry realized back then," Belli says. "I think that in the future, accompanying studies will continue to validate that music is vitally important to us. It is more hardwired into us than we originally thought."

DRUMMING HEALS

Belli's and Dr. Bittman's insights instantly impressed and inspired others to join Remo's team of musical healers.

"People talk about how their lives have been touched because of these programs," says Alyssa Janney, manager of HealthRHYTHMS, Remo's music therapy and wellness division. "There's just something about the drum."

While research has shown that any variety of music-therapy applications can produce healthful benefits, Belli says the drum may be more effective because it's easy to learn and play.

"Drumming is the most accessible form of making music to the greatest number of people because it's immediate," Belli says. "It can be done leisurely, in a recreational manner, in a much more complete way than other instruments. It allows individuals to participate in groups, which makes the average person feel more relaxed and involved in something musical."

The program uses rhythmical entertainment, with the use of the drum for nonverbal communication, and integrates it with other wellness strategies, creating an opportunity to release stress, anxiety, frustration, and other emotions that can have negative health effects. It has been utilized to help people battle drug and alcohol addiction, cope with domestic violence and sexual assault, soothe patients with Alzheimer's disease, and encourage cancer patients on their journey to healing.

David Van Dorn experienced HealthRHYTHMS Group Empowerment Drumming for the first time during his late wife's battle with metastatic breast cancer. David calls the program "a blessing," saying it allowed them to be in the moment to the extent that they did not know it was her last day until it became her last day. Now a HealthRHYTHMS Endorsed Facilitator, David recently facilitated a session in North Hollywood for patients with multiple sclerosis. After the session, David invited participants to gather around a four-foot-diameter table drum. At first, they approached the drum cautiously, tapping on it with their fingers. Next, they began putting their hands and elbows on the drum head. Finally, one participant climbed underneath the drum to see what that was like and was joined by several others while David continued to play the drum. When the drumming stopped, David asked them to describe the experience.

"It touched me in places where I'm challenged," said one participant. "It felt like a hug from God," said another.

REACHING OUT TO OTHERS

So far more than 1,200 people have been trained to facilitate HealthRHYTHMS in 17 nations, which has helped initiate HealthRHYTHMS wellness programs around the globe.

"We open our training with a 60-to 90-minute HealthRHYTHMS Group Empowerment Drumming Session. Typically during that session 40 to 60 participants join the group as strangers and transition in that brief time to sharing with one another like close friends," Janney says. "It creates a level playing field and a safe place to share feelings, communicate, and give and receive support. In fact, in a recent survey of those trained, 80 percent of respondents said facilitating HealthRHYTHMS has changed their lives in a meaningful way."

The research-based protocol makes the program replicable and thus viable in group settings by those who care for people in hospitals, assisted-living facilities, and treatment centers.

The program has also been utilized in other settings. The extensive network of HealthRHYTHMS-trained facilitators includes people from all walks of life including: teachers, human resource professionals, corporate and nonprofit leaders, nurses, doctors, music therapists, counselors, ministers, and musicians.

"Group drumming is now helping us work with at-risk populations and in schools," Belli says. "In the future, I believe great segments of people worldwide will be involved in music-making as a life-enhancement activity. We're going to have recreation facilities with ball fields, tennis courts, and buildings where we gather and recreate in a musical sense."

For more information about HealthRHYTHMS or Remo, Inc., visit www.remo.com or call (661) 294-5600.



Remo Belli, chief executive officer and founder of Remo, Inc.

Beat the Blues, Stave Off Stress

If you need to elevate your mood or alleviate tension, here's a health tip: make drumming part of your personal prescription for wellness. Medical researcher and neurologist Barry Bittman, MD, of Meadville, Penn., demonstrated in a study published in *Alternative Therapies* in January 2001, that group drumming using a specific (HealthRHYTHMS) protocol can help strengthen the immune system and has been shown to reverse stress on a genomic level. The study found that participating in a Recreational music-making activity reversed 19 of 46 genomic markers associated with common diseases. "Those results show what we knew anecdotally to be true for a long time," says Alyssa Janney, manager of HealthRHYTHMS, the music therapy and wellness division of Remo, Inc., the leading manufacturer of professional drum heads and drums made from recycled materials, located in Valencia. "The research-based protocol demonstrates the effectiveness of music to increase a capacity for healing—and it brings people together for social support, allowing them to express themselves both verbally and nonverbally."