



MUSIC THERAPY

Music relaxes, soothes but not only: it would also bring back more or less old memories. According to a study by the Journal of Alzheimer's Disease (<http://www.j-alz.com/>) it could slow down brain breakdown.

It would also reduce depressive symptoms in some patients.

Patients who were musicians sometimes still know how to use their instruments when they no longer communicate with those around them.

If this therapy has not been scientifically tested, more and more retirement homes are using it and are seeing improvements in patients.