



# HEART BEAT

## THE POWER OF MUSIC AND SOUND

The first sound we hear is our mother's heartbeat. Music and sound are an essential part of our human existence. But, can sound be used to solve some of humanity's greatest medical challenges? Driven by inspiring real-life stories, we're about to take you on an immersive and surprising journey into the world of music, frequency and vibration.

**Heart Beat Sizzle** *password: heartbeat*

***Heart Beat, the Power of Music and Sound, will change the way you feel about sound and music forever.***

Everything in the known universe is composed of vibrating atoms. Sound has an intrinsic relationship to the human body and directly affects our biology. Recent scientific discoveries have found that sound and vibration can transform of a whole range of common medical conditions.

Scientists around the world, including the John Hopkins Center for Music and Medicine and Nordoff Robbins, have been highlighting the medical benefits of sound and music on those with conditions like Parkinson's and Alzheimer's, as well as cancerous tumors, depression, stress and other medical impairments far beyond what was previously understood.

In this groundbreaking film, we examine and reveal the most extraordinary techniques and meet the inspirational people whose lives have been transformed by the power of sound.

# An intense journey

On 15<sup>th</sup> April 2012, director Michael Boidy suffers a crushed skull and broken back in a dramatic helicopter crash. After spinal surgery, he experiences extreme back pain, memory loss and bouts of depression. The pain continues for years, until Michael attends a music festival in the desert. Within days, he experiences a profound change.

*“During that one week I could feel my body physically changing. My aches, pains and depression began to vanish.”*

Thus begins our life-changing filmic journey, to find others who have been healed by sound and music and uncover the revolutionary science and the practitioners behind this.

We follow the powerful stories of those who have turned to music and sound to help them overcome their own challenges: cancer survivors, crash victims and patients of neurological diseases. We join the pioneering scientists at the vanguard of this exciting new frontier.

# Music

is medicine

We discover how music and sound waves can:

- Lower heart rates
- Sharpen awareness, memory and cognition
- Increase dopamine production in the brain to relieve anxiety and depression
- Alleviate Alzheimer's, dementia and PTSD
- Reduce tremors in Parkinson's patients
- Scientists are even exploring the potential to shatter cancer cells with oscillating frequencies



# *How is this possible?*

We investigate the cutting edge science which is just beginning to unlock the healing properties of sound and music. It's a potential that reaches far beyond anything previously imagined.

- In the Ohio State Wexner Medical Center, Dr. Vibhor Krishna uses focused Ultrasound (FUS) – an incisionless neurosurgical treatment for patients with movement disorders and chronic pain.
- At John's Hopkins Center for Music and Medicine, Dr. Alexander Pantelyat combines music therapy with electroencephalogram (EEG) and brain stimulation (tDCS) to help patients with atypical Parkinson's.
- In Los Angeles, the SingFit choral group explores how singing fosters improvement of neurologic function and communication in patients with dementia.
- In San Diego, leading neurologist, neuroscientist Dr. Kulreet Chaudhary takes us on a journey through the structure of the mouth, ears and brain to understand how sound is translated from acoustic vibrations into meaningful neurological impulses and explores the physiological effects of sound vibration, from altering mood to healing disease.

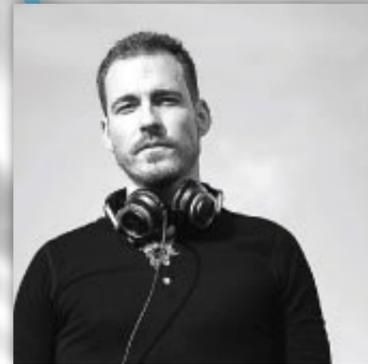
*Are some of medicine's greatest unanswered questions about to be solved?*

# Survivors

*who used the healing power of sound & music  
to change their lives*



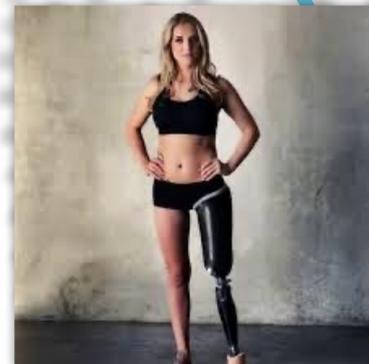
MICHAEL BOIDY  
Survived near-death  
helicopter crash



KELLY KELLAM\*  
Survived two near death motorcycle  
accidents



FELICIA ACCOMAZZO\*  
Survived stage 4 cancer



KRISTIE ENNIS  
U.S Marine Survived Helicopter Crash  
Electric Forces Program



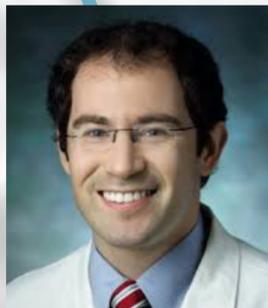
SCOTT YO RIDER\*  
Survived cancer

\*Access Confirmed

# Experts



DR. KULREET CHAUDHARY\*  
Neurologist | Author of *Sound Medicine*



DR. ALEX PANTELYAT  
Co-Director John Hopkins Center  
For Music & Medicine



JOHN STUART REID\*  
Cymatics Researcher | Cymascope  
Inventor



SARAH HOOVER  
Co-Director of John Hopkins Center  
For Music & Medicine



ERIC RANKIN\*  
Frequency Expert | Sonar Specialist  
Creator of Sonic Geometry Series



DR. VIBHOR KRISHNA  
Brain Surgeon using Focused UltraSound  
Ohio State Wexner Medical Center



JONATHAN GOLDMAN\*  
Sound Expert | Best Selling Author



EILEEN MCKUSICK\*  
Sound Researcher | Educator | Best  
Selling Author | Inventor of  
Tuning the Human Biofield

\*Access Confirmed



Spring Films is a twice Oscar nominated, Emmy, BAFTA, Peabody, Grierson and RTS award winning production company. We specialize in high-end documentary and non-scripted content for clients such as Netflix, Apple TV+, Channel 4, A&E, BBC, HBO, Discovery+ and many more. Highlights include: Joshua Oppenheimer's Oscar nominated *The Act of Killing* and *The Look of Silence*, André Singer's Emmy winning *Night Will Fall* and Werner Herzog's Emmy nominated *Into The Inferno*.

**Executive Producer André Singer OBE** has made hundreds of hours of factual programmes including 15 films with legendary director Werner Herzog. André was awarded an OBE in the 2020 Queen's Birthday Honours List for his services to Anthropology and the Documentary Film Industry.

**Executive Producer Figs Jackman's** work includes Netflix's Emmy Nominated *City 40*, Rudolph and Werner Herzog's *Last Exit Space* for Discovery + and the upcoming exclusive access portrait of Werner Herzog with Nicole Kidman, Chloe Zhao, and Christian Bale: *Radical Dreamer*.



Heart Beat: The Power of Music and Sound is produced in partnership with AARP

*Heart Beat's* co-director and executive producer, **CAROL CARIMI ACUTT**, is the co-founder of Safari Films. She is an **award-winning documentary filmmaker, Emmy-nominated television producer and Emmy-winning editor**. She has a variety of experience in television and documentary projects. Carol has carved out a niche in making entertaining and dynamic science driven content such as *Shut It Off Asap!* (YouTube) and *Non-Fungible Planet*. Carol has also produced a wide range of award-winning documentary content. *Planet Primetime*, a series examining culture through television in 13 countries, was **nominated for an Emmy** (Travel Channel). *Eat, Race, Win* (Amazon), a behind-the-scenes documentary series about Tour de France performance chef Hannah Grant who biohacks racers' diets, was **Emmy-nominated for Best Culinary Series and won an Emmy for Best Single Camera Editing**. She enjoys telling complex stories like *The Deported* (YouTube) which features families facing deportation. It was **awarded Best Humanitarian Documentary** at the Flickers Rhode Island International Film Festival. Her directorial debut, documentary film *Been Down that Muddy Road*, about a rock 'n roll musician from the Louisiana bayou country, **won several awards** including **Best Feature Doc** at the Flickers Rhode Island International Film Festival. She has worked on over 60 television series.

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