

[TakeLessons Explores the Benefits of Music in Everyday Life](#)

Most music fans are aware of its benefits for young children and brain-damaged patients - but science has also proved its positive effects in everyday life. TakeLessons explores the benefits for students and music fans alike.

Online PR News â€“ 06-December-2011 â€“ In a world where Ke\$ha's Tik Tok single has sold more copies than any Beatles single, some music critics have expressed concerns about where the music industry is headed these days. But as it turns out, according to scientific research in a Lifehacker.com article, club hits like that may be the perfect antidote to warding off that winter cold.

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TakeLessons (<http://takelessons.com>), the nation's fastest growing music lessons provider, explored this topic on the TakeLessons blog, showing readers just how music can help in one's everyday life.

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The following is an excerpt from the blog post:

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"Boosting Your Immune System:

The idea that listening to music can boost your immune system might sound a little crazy on the surface, but the science backs it up. Soothing music is known to decrease stress, and when it does that, it decreases the level of the stress hormone cortisol. Its not just soothing music though, even upbeat dance music is known to increase the level of antibodies in your system. Dr. Ronny Enk, who lead the recent research about musics effect on the immune system suggests, We think the pleasant state that can be induced by music leads to special physiological changes which eventually lead to stress reduction or direct immune enhancement.

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Now that the cold season has set in, its a good idea to keep this in mind throughout the day. If youre feeling stressed out or if youre starting to feel ill, listening to music might be the extra help you need to stay well.

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Fighting Fatigue & Increasing Productivity:

The effect of using music to increase productivity is still inconclusive, even though a few studies were done on the subject. Regardless, it certainly doesnt hurt, and it seems the best option might be to use music without words so it doesnt affect the language parts of your brain. The theory is similar to using upbeat music to amp up your workouts, as faster music might keep you and your brain working hard.

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That said, if you have a monotonous job, music is a great way to increase your mood while performing boring work. For the same reason it helps with exercising, it can also help with fighting fatigue, especially if you change up the music often. Studies have also shown that almost all music increases your mood, because it causes a release of dopamine, so if you're feeling tired, bored, or depressed, a good pop song might be the cure you need. (Feel better about Ke\$ha now?)"

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By sharing the news with blog readers, TakeLessons hopes to continue engaging current students and help with any musical goals they may have. Readers are invited to share their thoughts by commenting on the TakeLessons blog, where fans can also learn about helpful breathing exercises, and comments are also welcomed on Facebook (<http://facebook.com/takelessons>).

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About TakeLessons

Headquartered in San Diego, CA, TakeLessons is America's full-service music and voice lessons provider. With private lessons taught by TakeLessons Certified instructors in cities nationwide, students of all ages can start living their dreams through music. Founded in 2006 to help people discover their creativity and pursue their passions, TakeLessons also offers turnkey music programs for schools and community centers.

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