# Sound as Medicine: Vibroacoustics, the Nervous System & Whole-Body Regulation Transcript

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## Introduction to sound and vibroacoustic therapy

Vibroacoustic therapy isn't just an add-on or a last resort. It's foundational. So that sound and vibration create this sense of safety. And doesn't everyone want to feel safe?

Of course, there's compression and weight and sound, vibration, so it all makes complete sense. Thank you for intriguing my mind on some of these thoughts.

I love it. Hello and welcome to another episode of Root to Rise. My name is Dr. Emily Spickle, your host. In today's episode, we are going to take an exciting exploration into the science and power behind sound.

Now, before I bring my guest on, I'm going share a little bit about her background. So today I am joined by Jamie Pasalilla, who is a pediatric physical therapist and the chief health strategy and clinical officer at Solodome.

SolarDome is a company that is pioneering immersing spatial audio and vibroacoustic wellness technology. Solar Dome's cutting-edge sound environments go beyond traditional listening, creating deep resonance experiences that support relaxation, focus, recovery, and nervous system regulation.

Jamie brings a unique perspective at the intersection of sound science, wellbeing and human performance. In this episode, we will dive into how sound and vibration can influence our physiology, mindset and sensory experience.

So this is an underappreciated tool for whole body health and resilience. Welcome to the show, Jamie. Thanks, Dr. Emily. Thank you so much for having me.

Of course. I am so excited. We had just heard about your product and just this concept of vibroacoustics with another guest, Doctor Sean Drake. So it is exciting to dive into this more.

And I know my listeners are going to enjoy it. Absolutely. I want to start by kicking off the episode by talking about the science of sound and just what does that mean?

Can you give us a little bit more about those words and what that means to you? So I'd love to look at this from the pediatrics standpoint. As you mentioned, Dr.

Emily, I'm a pediatric physical therapist by trade, but spent the majority of my career in pedics within physical occupational speech and behavioral therapy.

In that space, progress from the pediatric standpoint is rarely limited by a child's physical ability alone, but it's more often regulated and limited the nervous system readiness.

So vibroacoustic therapy, it utilizes low frequency sound that's delivered through the body to provide consistent rhythmic sensory input.

## How sound supports nervous system regulation

Unlike verbal cues or cognitive strategies, Sound doesn't require language. That's the beauty of it. or effort or interpretation. It communicates directly with the sensory and autonomic nervous system, so that flight or fight.

Meeting a child where the body is, not where we wish it could be. So it's especially important in the pediatric practices and adult, but mainly because many children can't process that verbal recognition, their communication

skills, they struggle with regulation strategies.

They struggle to tolerate touch or movement, and are either hyper responsive or under responsive to that sensory input. And experience frequent like autonomic lockups we would say or interpret language and learning and participation a different way.

So that sound and vibration create this sense of safety and doesn't everyone want to feel safe. Right. So the nervous system recognizes rhythm and repetition as predictable then which lowers the threat and lowers that fight or flight and supports regulation.

They're better able to engage in movement, tolerate challenges, stay protected and present in their bodies, and recover more from dysregulation. So in my clinic alone, vibroacoustic therapy isn't just an add-on or a last resort.

It's foundational. And that's where, you know, many of us, back in the day, we didn't use this form of therapy or treatment or sound, but it's one of our inputs and it is one our sensory inputs.

So it has become this foundational in preparing the nervous system so that traditional therapeutic interventions that we all still engage in and that are so important of And when regulation comes first, that therapy stops feeling like a struggle and starts becoming meaningful, connected and productive.

And as you know, as a clinician, we all love when we can be productive, Yes. So just because I love it all, but I just want to make sure it's very, very clear to the listener on what we are talking about.

If you super simplify sound, just talk about sound. What is sound? How does your nervous system perceive sound, what is the stimulation of sound and then therefore why is that connecting to the autonomic nervous?

Yeah, so sound vibroacoustics is a low frequency essentially sound wave that the body feels and doesn't just. Now why does the Is it because it's vibration?

Vibration through the muscles and joints and the nervous system. And that's why people, especially those with sensory, super sensory sensitive states, it's one of the fastest ways that we can shift the nervous system without needing any cognitive efforts.

It's really one the biggest sensory inputs on top of vibration and muscle stem, so all of that is in there. The input to vibroacoustics and sound and therapy is intentionally designed to be able to produce these patterns that the body can feel at all different levels with joints.

And specifically, what you can utilize is, and we'll talk about this later, is like the cell and at the cellular level, which is crucial and something that we've been able deep dive into.

Okay, so when we are talking about sound, sound therapy, the science of sound it's really about bringing the power of vibration to the system through the entire being and not just through ears because I think that's a really powerful aspect as well.

So can you talk about why Experiencing sound full body is different than just listening or experiencing sound through the ears. That difference, I think, is very powerful and takes the idea of sound at first thought would be auditory as much more effective on the nervous system.

Yeah, so I guess the best explanation I can give is that When we listen, we're hearing sound through our ears, but what it's really doing is it getting to that granular nervous system, the muscles, joints, cells, how they communicate and adapt and stabilize.

It's getting that foundational nervous and the regulation of our overall physiological state.

## Full-body sound, frequency, and rhythm

It's an input that's consistent and supportive, that is going beyond just the ears and coming into the body. It is the vibration piece. And as I sit in this solar dome chair and would put a frequency or sound on, I would be able to feel that within my body, not just hear it.

Yes, i can hear, but I can also feel it Got it. And then, so tell me about frequencies. So, and I'll just share real quick for the listeners and for you on context.

I work a lot with whole body vibration platforms, which vibration, sound is vibration. Obviously on a whole-body vibration platform, you experience these vibrational waves through the entire body.

your device is doing similar, but there's different frequencies at which you can set the plate to. And then by using those different frequency, you're essentially hitting different muscle compartments.

Can you talk to me about how frequency plays into sound, the effect on the system and that whole body experience? Yeah, so if we look at frequency through…

So I think it's important to understand that, like you said, your body naturally copies certain rhythms they hear or feel, right? So when something moves in a steady pattern, you brain says, I know how to do that.

That's called frequency following response. Your brain and body, naturally match the rhythms around them. So we, A lot of people discuss neural beats and this, but our belief is that the use of waves.

And instead of sending different sounds to each ear with headphones, we feel that a certain speaker will create rhythmic waves in the space. So your whole body feels that rhythm, not just your ears.

Your body essentially can feel rhythm everywhere. tiny sensors in your skin, muscles, nerves, and your cells respond to vibration and movement. So when your body feels these waves, your brain, nervous system, cells, respond together from the outside in.

And that to me is the difference with the frequency and vibration is your is feeling it from outside, in, what a remarkable thing. Everything responds to frequency, sound, light, movement, energy, they all work in rhythms.

So your body already responds to music, motion, and essentially gentle vibration, but rhythm teaches the body how to organize that. Got it. So the power from your perspective, the of sound and vibroacoustics is more about the rhythm than the frequency.

Would that be correct? Correct. Got it. Okay. Um, so is the sound that someone has experienced and that you're referring to, is it more just beats? So I love to listen to like shamanic beats when I'm doing different meditations.

Is it, more that, or could it be my favorite song I loved to dance to? Does it matter? Like, what is, the actual characteristics of the, sound, that is therapeutic?

So obviously there's different theories and different science behind it, and there is a ton of research supporting it. But the waves, the sound waves gently change so your body doesn't tune out, right?

So if a truck driver is listening to the same music over and over again at certain high frequencies, they wouldn't be alive listening continuously. So your bodies needs to adapt and essentially stop responding.

Especially in this, when I utilize, and I really like to utilize especially with my patients, the Solotone app, it keeps the frequencies moving so the brain and body stay engaged, right?

So your body adapts in seconds, not minutes. That's what you need it to adapt to in second, stop minutes, And over time, the changing waves help the brain become more organized and calmer.

Essentially, I guess my best comparison would be like instruments and orchestra tuning together. But unlike music

or MP3s, like you talk about of listening on that, In order to deliver that's not a condensed or track music source, that when you put it on certain apps and things, it condenses it and makes it less audible, less able to hear those sounds, The high frequencies, the high resolution signals, not the compressed audio, so that there's nothing lost.

And within Solotones, we're able to not compress the audio and make those high-resolution signals so you're not losing those pieces. it becomes clear, effective, and available instantly right when you need it.

So the science behind listening, behind different devices and things like that is the purest of either in an earbud or as a chair like this of delivery mechanism so your whole body and sound is appropriate is listen.

It really also depends on what you're listening at. And so on this solo tone, which is a new app or delivery mechanism for solo dome is you would essentially pick the outcome of what you were trying to achieve.

Would that be accurate? And then based off of that, you have science-based frequencies and rhythms that would be experienced through directly the ear and How would that be used?

Would that daily, 5 minutes, 10 minutes? How do you recommend that?

## Therapeutic sound delivery and session timing

We say in 10 to 15 minute increments, it depends on the delivery system, right? So you talk about the dome in and of itself, you might get that faster than using the app on your phone in your ear.

But our recommendation is that 10-15 minutes. And it's truly getting to that cellular level. And on the app, you can pick, maybe you're feeling that it is a nervous day and you want to target the nerves.

Or maybe, just had a hard workout and want recover your muscle. and so you're hitting that muscular system. So you have the ability to pick and choose.

And we're also working on the pediatric side because there's frequencies that are more appropriate for pediatrics than are for adults so that we can hit them at different levels.

I bring that up and I'd love to deep dive into a child and what a parent may experience on a day to day and then kind of deep dive into how sound has changed that, like not only in my personal practice, but, you know, how we deep drive into sound from that perspective.

Okay. So if you can give an example then of a pediatric case, because I know I definitely want to speak about MS, which is another powerful application.

But if could share one of these cases. Yeah. So I'm going to redefine you into this role. OK? So, I want you to picture yourself as a mom of a neurodivergent child.

People often ask what it's like to be a mother of neuro-diversant child, and the honest answer is it is something you can't fully understand unless you've completely lived it.

Your day doesn't start with your normal coffee with some creamer. It starts with assessing your child's nervous system, right? You're asking, did they sleep?

How regulated are they? What does their body need today? Something as simple as Can they get dressed and did it go smoothly or did completely derail the morning because maybe the fabric felt funny or their socks weren't aligned and the interior felt weird and so we had to inside it out.

So leaving the house becomes the strategy you're thinking about. noise, crowds, transitions, how long your child can tolerate being out. You don't just pack a bag, you pack large, large suitcase with snacks, headphones, comfort items, backup plan, and essentially an exit strategy.

As a neurodivergent parent, you always know where the door is. So public spaces can be really hard. If your child melts down, people stare. Some judge.

Let's be honest, most judge, some whisper. They don't see that it isn't a bad behavior or poor parenting, that's it's a nervous system overload. You're not embarrassed of your children.

Your protective, but it still hurts. Then you go to school that brings on its own stresses you have to become an advocate a translator and sometimes the only one who truly understands your child you worry about them being misunderstood labeled pushed around whatever that you know may look like and it's tough and then there's this therapy piece and so.

So much of what I've dedicated my career on is, you know, occupational therapy, physical therapy speech, but that starts to fill your calendar. And it starts become you celebrate the small progress and the moments that matter, a smoother transition, maybe a calmer bedtime routine.

Maybe the child being able to say, hey, mom, I need a break. At home, everything is intentional, right? The lighting, the routines, and the environment.

You learn your child's cues. The look, slow breath, increased breathing, silence that tells you regulation is slipping away. So you step into what you know is going to be a meltdown.

And then it becomes not about discipline. It becomes about the body's ability and your ability to co-regulate with your child. So there's this emotional weight that being a parent with a neurodivergent child takes on.

You grieve quietly. But the ease isn't, you're grieving of the easy that you once imagined life would be, right?

## Pediatric regulation and neurodivergent support

You worry about their future, their independence, how the world will treat them. You question yourself constantly, but yet at the same time, You love them fiercely.

So there's this joy then that emerges, right? You always have it, the deep joy, you see strengths others overlooked, like creativity, empathy, resilience.

You definitely celebrate those victories that most people don't even notice. And when your child feels safe, we're going to go back to the safe piece because it's so important, regulated and understood.

Those moments become everything. So what moms, dads, parents, caregivers really need is more, they don't need, is advice or judgment, right? We dont need all those pieces.

We just need support. You need the tools that work in real life, and they need clinicians who are able to see the whole family and systems that understand the nervous system regulation.

How do we support these children and families and adults? Because we all have, you know, nervous system over, under stimulated and just be able to help change the daily life of an entire family.

So that's a walk into where we're at in this state of where I sit in both phases of, hey, there's an app out there that can help with that. There's chair that you can have with all that, and then as a clinician, of hey there is hope and there are additional therapeutic interventions, which as clinicians you know we absolutely love any additional therapy intervention.

And then there's this space of, hey, we can take this to the next level and be able to provide that at home, on the go, in a clinic, and a cafeteria, a classroom.

And so being able support that through sound, through Sound Therapy has really been this wide-open, door-

opening experience, not only for myself as the clinician, but for other clinicians that I work with and utilizing this sound therapy.

So it's completely created this open door and open world for, yes, neurodivergent and including so many other patients that we see and diagnoses that that see.

So I'm sure that you've seen the, because of the benefit on the neurodivergence, on regulation of autonomic nervous system, that then demonstrates the carryover to non-neurodiversion children and adults.

So I love that, and that totally makes sense. In the space of neurodivergence and regulation of the nervous system, of course, sensory is one of most powerful ways to do that.

At Noboso, we use our textured products to help regulate neuro-diversion children. Of course there's compression and weight and sound, vibration, so it all makes complete sense, And I think using a variety or a a stack, kind of a mix of different sensory stimulation so they can use them simultaneously.

I would absolutely see a child barefoot or wearing the Noboso socks using the solo dome. And then it's really kind that combination of sensory simulation to help regulate the nervous system.

So I love that. Um, I do want to switch gears from the pediatrics just because one area where I work a lot with is in movement disorders, including multiple sclerosis.

Can you share a little bit of what you've observed with the MS individual and why what your scene is so important to the way that they are navigating their diagnosis?

Yeah, so, you know, as you it's a tricky, it is a tough diagnosis and it something that, Therapeutic interventions can provide hope, even if it's a little sense of hope.

And as you said, every little thing becomes a tool in our toolbox. I like that analogy a lot. What we've seen from the vibration influence is the ability to improve relaxation, reduce better tolerance for sensory input, we go back to that nervous system, is better able to calm the nervous and relax and be able calm that overactivity, oftentimes through the arms or consistent arm or leg movements, and support that rest and repair response.

Um, it's also, I find that it also reduces the sensory overload and the nervous system noise to just quiet. even if it's just for a few minutes, is to quiet that.

And oftentimes, depending on obviously the degree of MS or what diagnosis specifically is, that quiet moment doesn't often happen. So we've seen that quite moment, the face calm, Still, to this day I can repeat that story multiple times and the chills that it brings, you know, for it to create that hope, too, of just like, I'm relaxed, in this calm state.

I haven't felt that way in years. Right. Now, is there something very specific with MS or would it be any chronic neurological conditions such as Parkinson's?

Of course, there's dystonias, which are spasticity, post-stroke, spinal cord injury. So just collectively, Is it theoretically any Chronic Neurological Condition or is There something within MS?

Now, we are working on getting the data for a variety of diagnoses and seeing, and we have a lot of testimonials at this point of patients with MS or patients Parkinson's.

Our aha moment within the company became this person that worked for the Company and they had Parkinson. The founders were audio guys and so they put Robbie in the chair with Parkinson's and they noticed that the calm tremors he was still.

And so that for him, he started crying in a chair. He had had that response so there you go again with that nervous

system responses. And so we're seeing it in a variety of diagnoses.

We've just, you know, started our journey down and really, our focus is within that pediatric space, as well as, with MS and Parkinson's, to start down that.

As you now, there's so many diagnosis and we can't even scratch the surface at this point, but know that, what results we've seen so far and we feel very confident that we can help through a lot of those responses.

Love it. Have you seen or applied it to say veterans, PTSD, diagnoses around that?

## Sound therapy for MS, Parkinson's, and PTSD

Yeah, so another one of our clients that then, you know, is a veteran and he sat in the chair and so he said, hey, I want to buy one for myself and The testimonial around it, it shakes you of, I was able to calm, to have this sense of comfort, safety.

Especially with that PTSD, that vision of safety is rarely there. We are, it is on the plan. We have spoke to a lot of veterans. They have utilized the chair.

It is our plan to dock it for research and development. Because we see such, we've had veterans sit in the Chair and we have had such a great response, even tearing up and saying, I haven't felt this way.

And so, once again, We've just scratched the surface on where it needs to be, but you're right on and exactly where we're going. I love that. It makes me think of polyvagal theory, Dr.

Stephen Porge's poly vagal and he speaks of how the different vagus nerves innervate the inner ear and when there is perception of threat that the tone of the in ear muscles actually changes and we focus on and hear different frequencies high or more more attuned than other frequencies.

I would be very curious if using the chair you're actually noticing a shift in the tone of the inner ear muscles that allows the individual to actually hear safer frequencies?

Have you done research around that and explore that aspect? Haven't yet. I love it. And, you know, I think that that is we're working with some brain mapping at this point, but I will add that to the list because I thank you are absolutely right and to figure out where it is coming from and how you can really hone in on those different areas.

Yeah. Have you done any studies or just comparative of let's say like breathwork versus vibroacoustics and the efficacy of down regulating someone into like that parasympathetic state?

And then any comparisons of vibroacoustics and say like a sound bath with the crystal bowls or something. I'm just trying to think of other ways. And is there something unique and powerful to your frequencies or your rhythm or you're delivering mechanism that helps guide the individual faster or easier into this regulated state?

So we have another part of our app that focuses on gems. And she's fantastic. Our representative there is fantastic at it. That's not my lane. So I feel like that's for another episode here.

But when we talk about solitones, It's truly procedurally generated sound patterns that are designed to interact at the cellular level, which makes it different than, quite frankly, most of the things that out on the market right now.

Which essentially what that means is the input can influence multiple systems in the body, right? Because the nervous system is a gateway. and it affects extend through muscle tissue, connective tissue broader physiological regulation.

So that is like our delivery system is built to bring vibroacoustic therapy to a much broader and more accessible audience because it procedurally generated sound patterns And those patterns can be delivered through a phone

or a computer, essentially making it so that that true sound can access for regulation whenever somebody needs it.

I love that. So to experience Solotones, this is just an app that someone would download? Yeah, so it's an app that somebody downloads. We're in our beta right now.

So it is fresh out there. Um, we've made some fine tuning along the way and we are very confident of where it today. It's at solotones.com, um, it app and you can download it and do the adult and then pediatric.

And it just depends on what the needs are. I say download for the whole family because You know, if we can stay as a family and work together and if you're calm, your kids are calm and vice versa.

And so working together through that. Oh, I'm totally going to download that does it have to be listened to in headphones or could it be played on speakers?

It can be played on speakers. It could be through a phone. The best delivery mechanism is through the solar dome chair because we've built the audio in the chair to be at the best value.

But earbuds are probably best, too, because then that's just as close. but the beauty of it is it can delivered anywhere. There are best uses, but there are also all the ways that you can do it.

And so that's the beauty of this because once again, you go back to that neurodivergent child and the mom situation and you could be at the grocery store and throw the app on for 10 to 15. Then that child becomes calm.

You can be in school or in the middle of a stressful moment and that delivery mechanism is able to be interpreted and talk about you know, therapeutic interventions on the run, right?

So, you really works. I love that. Could I play it in my car when I drive my daughter to school? Okay, I'm totally going to do that. I love it. Normally I play affirmations.

She doesn't even know what's happening. But I like I played affirmation every morning when we're driving to school. And I was subconsciously imprint you my love.

Oh my goodness. So I do want to ask with the solo dome chair, because I am very intrigued by this, is does the actual chair vibrate or is it through the sound that the sounds waves are creating the natural vibration?

Yeah, so in this chair that I'm sitting in, the speakers are behind me and on the sides of me. And so it is the vibration and essentially the sound. So it depends on what frequency you're at, right?

If you can hear that frequency, maybe it's so low that you don't hear it, but you feel that vibration. It's both hearing and vibration, I also love it to sit in the chair and listen to music because I've never been so more immersed in it.

## Delivery methods, sensory deprivation, and future vision

Listen to Octopus's Garden, I'm a big Beatles fan, so I listen it and I never felt so emerged in this song and all the feels. It brings you to this other state where you're not only feeling the vibration of the music, but you are hearing it too.

The colliding of those two worlds is truly like nothing else. I'm so intrigued. So where does someone get a chair? Well, that's available at Solodome Audio, but there are, so if you're in the Florida area, you can come by me and I'll definitely be able to let you experience the chair.

We have chairs, we're based out of California, there's chairs all over California. And then we often use Dr. Shondrake, he's so kind to Clients, customers experience the chair before buying or just to have that experience.

So he has one. But if you reach out or DM us, we are happy to get you and to that have experience because to

experience it is truly nothing else. i'm sure i do have a side question which and then i'll come back over to the vibroacoustics because it's total 180 on this side what are your thoughts of then sensory deprivation like a sensory depravation tank which is doing the opposite of everything that we've been speaking about i've never tried it um because I probably should, because personally, I don't, the thought of being in a silent room, it doesn't work for me, but you know, being a clinician and things, like all I do is talk to people all day long.

But I believe that could reduce the acute sensory overload, right? Also lower stress and create this, I guess spaciousness for reflection, right? Just being in a space and hearing our own thoughts.

Cause as you know, with kids, like even as a mom of three boys, when was the last time I sat in quiet? Like I'm going into my tank. This sounds amazing.

So the thought of it sounds great. I've never tried it. If I probably should go outside my box and try it, so I'll do this holiday season. Yeah, I know there's a lot of research behind it with regulation of the autonomic nervous system.

I just find it so interesting that some of my conversations, because I'm in the space of sensory integration similar to you, and I want people to feel their body and the texture and vibration, the compression and weight.

And then over here is But how, what happens to your system when you pull all of the noise away and you are left to kind of regulate on your own. So it's just, uh, it was something that I was thinking about with all this conversation of sound and vibration.

I'm like, Oh, What about a float tank? I guess my overall, and I don't know because they haven't tried it, but it would be like, does your body become less tolerant of it?

Do you become a void in space then? So I'd have to experience it myself as well. You know what, I would actually consider that intentional disassociation, which I think is different than non intentional distracted high tech AI stressed out cortisol disassociation and we are in the business of getting people to feel their body again and to connect as a way to regulate so Hmm.

That's the way that I'm kind of thinking about that. Thank you for intriguing my mind on some of these thoughts. I love it. So I do want to ask, as my last question, what do you see as the future of vibroacoustics, solo tones, solodome?

Where do your want it to go? where do see the next year or two? And what's ultimate vision? Oh, good question. I'd really like to look at this, if we look it from a pediatric therapy perspective or even an adult therapy prospective, is regulation should be first care, right?

We know that, as you said, when you're in the business of sensory input and you are trying to get people to understand their body, that comes through regulation.

Regulation should first for people for their bodies. You know, for for I think there needs to be this sound based interventions need to. Be accessible, scalable.

And have this inclusivity, right? And so it is vibroacoustic therapy is inclusive. The solar down the solar tones, it's inclusive for everybody. Anybody can sit in that chair.

It doesn't it it doesn' matter what the diagnosis is, what you know condition it. Is inclusive, And then obviously evidence driven innovation as we speak.

I'd envision it that I mean if I had my hopes and dreams that every clinic, every hospital, and every classroom would have the sound based regulation as a standard.

Of course, being in the evidence-based practice world, we can be tracked and we're fine, but I'd love it to extend into therapy and to daily life. It becomes part of our ADL, it doesn't become part our home exercise program that

we are offering.

And that families, wouldn't it be amazing if families and patients would be true partners in their care? And so they get that through the accessibility of an app and listening to it.

And sound doesn't replace therapy, right? It just enhances it and makes it more, what do we say, like effective and sustainable or just overall. But that's where I would see it going and my love and what I love to, you know, future state.

So. Oh, I loved that. Sound based regulation. I love that. Oh my gosh. That is that is the name of this episode. Sound based regulation. I, that actually gives me goosebumps because I loved when it's like really dialed in of what, what you're trying to achieve.

So sound based, regulation, and I don't think enough people are talking about sound at all. I 100% agree with you, which is why I set everything aside and said, hey, I truly believe in this.

I've experienced it. My friends experienced. It I am willing to go all in and just educate and make sure that everybody knows about this because it's so healing.

And it needs to be an intervention that everyone can be involved in, and take part in. Yeah, no, I absolutely love that. Thank you so much for sharing the power of sound.

How do the listeners learn more about what you are doing? Solar domes, solar tones, just all of the links and Instagram, YouTubes apps, if you could share that?

Yeah, so Solotones.com is essentially the app where you can get all the sound. Solodome Audio is where the chairs can be purchased. And you find us at SoladomeAudio on Instagram.

And, you know, I'm Jamie Passaglio. You can DM me. I'll be happy to give you a trial or get you to where you need to be or set you up on the Solotones app so you can truly experience sound the way it should be interpreted.

Wonderful. Thank you so much. And I am downloading that app as soon as we get off and I've going to do it every day on a drive to school. So thank you for that.

You'll have to let me know what your daughter says. Yeah, no, absolutely. Thank you so much. This was incredible. And then to everyone, if you did not listen to the episode with Dr.

Sean Drake, please listen. He is sitting in a solo dome as well during that episode, and he is a huge fan of the power of sound and sound based regulation.

I again love that sound-based regulation, so thank you again, Jamie.