

Mechanical Cleaning of Brain Cells & Muscle Cells by Sound Vibration

by: Dr. Karel F. Jindraks

The American doctors Karel F. and Heda Jindrak have published a postulate concerning the mechanical cleaning effect vocalization (song, speech and humming) has on brain cells. In their book "[Sing, clean your Brain and stay Sound and Sane](#)" they explain how the vibrations of the human sound production organs are transferred to the skull, and via the structures of the skull into the brain itself. They also describe the cleaning mechanisms such vibrations are activating within the brain. In the book they also describe the possible positive effects these vibrations may have on health and illness. The theory concerning the cleaning effect of sound vibrations is generally little known.

In Vibroacoustic context the Jindrak postulate gives a possible explanation why we can expect positive effects of this therapy, - positive effects which have been amply described, but inadequately explained. It is therefore important to include an extensive summary of the logic behind this postulate if we want to go in depth into the theories Drs. Jindrak have set forth. They are concentrating their theory on the effect of vocal vibrations on the human brain. Vibroacoustic stimulation is affecting the whole body - including the brain. The mechanical effect of sound vibrations on cells must necessarily apply to any sound inside the body - or supplied to the body by external means.

The main purpose of this manual is to show how Vibroacoustic stimulation can be at least as important for normal functions in the brain - and other cell systems in the body as the coughing reflex is for normal functions in the lungs.