



Interdisciplinary Society for Quantitative Research in Music and Medicine

**2015 Conference Abstracts, Immaculata University**

## **Flutes: Health And Healing**

Clint Goss, Ph.D.

### **ABSTRACT**

How does playing wind instruments relate to healing and health? Can it be used as a modality for general health benefits? And can it be used for specific clinical conditions? We explore the state of the science and art as it stands today, and propose a specific practice – distinct from the goals of music performance in our society – to maximize the personal health benefits of playing wind instruments. [The author can be reached at [clint@goss.com](mailto:clint@goss.com)]