

# Client Services Entry (CSE) Bureau

## Hum for your health: Why humming is so healing & how to do it



When was the last time you hummed along to your favorite song? Did you know that while you were humming, you were also boosting your immunity and improving the health of your nervous system? Research shows that humming is an incredibly powerful process for healing for three main reasons:

### 1. Humming significantly increases nasal nitric oxide

**Nitric oxide** (NO) is a neural transmitter released as gas to sterilize the air you breathe, protecting your body by sterilizing airborne pathogens. Nitric oxide also increases arterial oxygenation and has been shown to reduce blood pressure. The more nasal NO, the better!

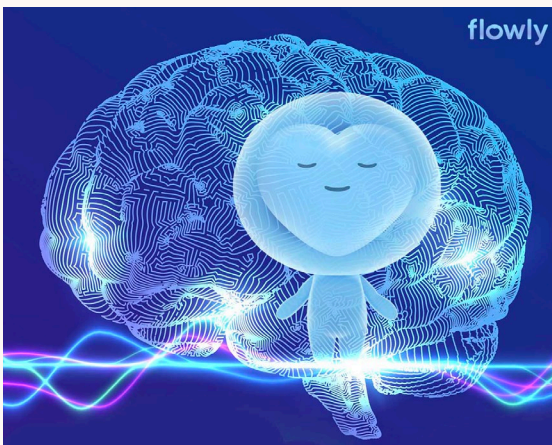
### 2. Humming stimulates your vagus nerve

This plays a crucial role in activating the parasympathetic nervous system—your “rest and digest” state. Because your vagus nerve runs through both the larynx and pharynx in your throat, humming creates a vibration that stimulates your vagus nerve and can increase your vagal tone (aka the health of your

vagus nerve!).

### 3. Humming can improve heart rate variability


Heart rate variability, or HRV, is an important metric that shows how well you can deal with and recover from stress. When you hum, you induce parasympathetic dominance, which means you move from “fight or flight” stress mode into relaxation.



Humming stimulates your vagus nerve.

#### How to Incorporate Humming into Your Life:

- One of the best things about humming is that anyone can do it! Try humming along to a song and see how you feel. Because humming often increases the length of exhalation for each breath, you may find that humming combined with deep breathing is an easy way to de-stress wherever you are.
- Want to learn more about why humming works and the science behind it? Check out [The Humming Effect: Sound Healing for Health and Happiness](#) by Jonathon Goldman and Andi Goldman. This book also



includes excellent resources for adding humming to your daily routine!

- If you want to see how humming affects you in real-time, hop into Flowly's [Humming World](#) to incorporate real-time biofeedback and Virtual Reality with the healing benefits of humming.