

Sing your way to better health

*****SOT*****

Dr. Alina Paul, OSF HealthCare family medicine physician

"It has changed the way I treat patients. Singing and playing guitar is medicine. It's medicine for the soul." (:10)

*****SOT*****

Dr. Alina Paul, OSF HealthCare family medicine physician

"We're using our lungs to sing. We take deep breaths. Certain movements of the chest wall help with lung function." (:08)

*****SOT*****

Dr. Alina Paul, OSF HealthCare family medicine physician

"That's amazing. We see a lot of patients with dementia. When you incorporate singing or even sing to them, their memory seems to improve. They're happier." (:13)

*****SOT*****

Dr. Alina Paul, OSF HealthCare family medicine physician

"Don't take it as an exercise. Don't do it because you have to. Do it because you want to do it." (:09)

*****SOT*****

Dr. Alina Paul, OSF HealthCare family medicine physician

"Anybody can sing. Make a point to sing. It's like meditation. It's very beneficial." (:11)