

Music is therapeutic for the heart

Run time - :34

LEDE: The next time someone suggests listening to your favorite song to do your body good, you may want to oblige. Tim Ditman reports on an OSF HealthCare cardiologist and his research on heart and music.

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*NAT: Brandenburg Concertos*

Doctor Abraham Kocheril played music like that during procedures and monitored the variability of the song and the patient's heart rate. He found some heart rate variability, which is good.

*SOUNDBITE: "I think a lot of these geniuses who created music were in touch with their heartbeat."*

Doctor Kocheril says any genre will do as long as it benefits you. One good choice, he says:

*NAT: A Hard Day's Night by The Beatles*

I'm Tim Ditman.

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