

## Case Study – The Listening Program®

### Linda, Age 62, Fibromyalgia, Arthritis, Migraine Headaches

Submitted by: Betsy Anderson  
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Name: Linda  
Gender: Female  
Chronological Age: 62 years  
Clinical Diagnosis: Fibromyalgia; Arthritis; Migraine headaches

#### BACKGROUND INFORMATION

Linda is a 62-year-old female who suffers from physical pain. She has taken a lot of medication for her different ailments. Along with prescriptions, one of her favorite pain relievers for her migraines has been a 2-3 Advil taken with a Pepsi. One of her desires was to get off of most of her pain medication. Linda also carries around a lot of financial stress. Through the use of The Listening Program and a change of diet we hoped to accomplish that goal.

As a child, she had a history of many ear infections. She had Radium treatments as well as having both ears lanced. She states this has affected both ears, but I have observed the sensitivity to sound mostly to her right ear. If the music is too loud, Linda will automatically want to plug her right ear. She also answers the phone with the receiver up to her left ear. She claims that she has sensitivity to high-pitched sounds. If the radio is too loud and/or too busy, she has a tendency to want to turn it off. She states that too much background 'noise' affects her ability to focus in on the task at hand. Linda said she finds herself wanting things a certain way and being rigid about change.

When traveling, Linda would find it very difficult to follow driving directions. She would frequently need to turn off the radio or pull off to the side of the road to read and understand directions. Her sense of direction was very blurred. She also suffered from short-term memory loss. When on the way to accomplish a task, quite often she would forget what the task was. She would enter into what she called 'fibro/migraine fog' in which she would forget things quickly and would find it difficult to communicate during that time. She would want to retreat to isolation in dealing with the pain. Linda is an interior designer and was feeling a loss of creativity with an inability to think clearly on projects. She would find herself extremely exhausted at the end of a workday with wanting to come home to go straight to bed. Linda is my mother in law and lives with our family. She became aware of The Listening Program through my son, Caleb, whom I have been implementing the program with for over a year.

Linda was desirous of the pain management possibility offered through The Listening Program. One of the goals I saw was to retrain the right ear to become dominate. Another goal was to enhance her auditory processing to enable her to focus and to improve her short-term memory. Seeing the need for Linda to relax, we agreed that the 30-minute listening sessions would be good 'therapy'. Through The Listening Program we hope to find her dealing with pain and stress at a much higher level.

## TREATMENT

Linda's hearing is normal, although she has not had any hearing tests in the recent past. She has taken pain medication when needed and has been on Mannatech Wellness Program for approximately 6 months to help with the Fibromyalgia. She has regular checkups with her physician. She would get Migraine headaches approximately 2 times a week. Her treatment that we began along with the Listening Program was a change in diet. She began to eat more fruits and vegetables, decreasing her dairy products and processed foods.

## PROGRAM IMPLEMENTATION

The listening schedule Linda followed was the condensed schedule, listening 30 minutes per day at one time. She completed Cycle One in which she listened to one CD per week. Cycle Two immediately followed this, which was also the condensed listening schedule. After Cycle Two was completed the client listened to some of the specialty CDs: one week of Sensory Integration Kids followed by 2 weeks of High Spectrum.

Cycle One: Within the first 2 weeks, Linda reported thoroughly enjoying the music and how it seemed to 'center' her. She didn't feel so consumed by her financial stress as well as some lessening of her pain. During weeks three to five, Linda felt an increase of her energy level. She was able to accomplish some tasks after coming home from work. Her pain was decreasing and she felt better overall. She was sleeping much better and not waking up so frequently during the night due to pain. By week eight, she had noticed an improvement in her short-term memory. While at work, she was able to remember stock numbers without writing them down.

Cycle Two : Linda completed Cycle Two this fall. She had continued progress in the improvements from Cycle One. She noticed continued success in her short-term memory. She reported that she didn't have to write down any stock numbers at work. She found that she was able to follow driving directions without having to turn the radio off and didn't feel so 'lost' when driving to new locations. She has been concentrating on answering the phone with her right ear up to the receiver, and has seen improvement in being able to tolerate loud music with her right ear. The high-pitched noises still affect her, but she feels she is able to tolerate it more. She has seen a dramatic decrease in her migraine headaches: from 2 a week to about 1 every two weeks. This has also been affected by a change in her diet to more fruits and vegetables and less processed food. She has decreased the amount of Pepsis that she drinks.

PRE/POST TLP: There are no test scores to report.

SUMMARY OF CHANGES:

Most significant changes are:

- Improved ability to handle stress
- Decrease in migraine headaches
- Pain Management improvement/decrease in her pain medication
- Better range of movement with less pain
- Higher level of energy
- Improvement in short term memory
- Improvement in coping with noises
- Improved sense of direction
- Overall improved health

FOLLOW-UP RECOMMENDATIONS: Maintenance – repeated cycles of the Listening Program. She has and will continue to supplement her listening with the Sound Health Series as well as some of the specialty CDs. She will continue to listen with taking 2-3 months off in between.

SUMMARY OF PRE AND POST TEST SCORES: No test scores to report

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End of Case Study

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