



BENEFITS OF AFRICAN DRUMMING

1. Reduces stress

[African drumming: a holistic approach to reducing stress and... : Journal of Cardiovascular Medicine \(lww.com\)](#)

2. Reduces symptoms of PTSD

[Drumming through trauma: Music therapy with post-traumatic soldiers - ScienceDirect](#)

3. Increases white brain matter and cognitive functions

<http://www.ncbi.nlm.nih.gov/pubmed/25300331>

4. Boosts immune system

<http://www.ncbi.nlm.nih.gov/pubmed/11191041>

5. Reduces depression and anxiety

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0151136>