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# Music As An Alternative To Opioids: Pain Management Stretches To New Paradigms

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Music is the essential ingredient that nourishes the universal experience of being human. It is the great glue that ties listening to a favorite piece at concert, to the joy of dancing to a favorite song, to the feeling of being moved by a piece of art, to the feeling of being in our mother's lap accompanies us everywhere we go. Music is the glue that ties everything together.

Music is the glue that is woven so deeply into the fabric of our existence that sometimes we don't even realize the presence or feeling it brings into our lives. We take it for granted. We never stop to appreciate the transformative power of music and how it touches our lives and our body. Jane's life changed in ways she never imagined. Jane's life changed when she attended a concert performed by Grammy Award-winning musician Jeff Coffin in Manchester in May of 2016.

When she heard Jeff perform Michael's concert, Jane had been living with a 30-year history of chronic pain and was medication to treat the pain for her rheumatoid arthritis. Her pain was from the disease that affected her joints and tendons. Her pain was so severe that it was a constant source of comfort and joy, coupled with a tremendous amount of pain medication. Jane's life was at a point where she was bedridden and was unable to walk without the aid of a walker