

The logo for TheraMusic, featuring the word "theramusic" in a stylized, lowercase font with a registered trademark symbol. The letters are in a light purple color with a subtle gradient and shadow effect.

“If you are among the majority of people who experience stress it is important to get it under control and TheraCalm can help. This CD is based on music therapy principles and research on sound and music and will be useful in helping you to reduce your stress level.” - Amy Clements-Cortés BMT, Mus M, MTA

Juno award winning composer **David Bradstreet** has launched *TheraCalm*, a highly effective stress relief CD. After working for over two decades in this field and gaining an international reputation with the success of “*TheraSleep*”, and with Solitudes® projects such as “*Natural Stress Relief*” and “*Natural Sleep Inducement*”, and receiving JUNO Nominations and Gold and Platinum Awards for these acclaimed recordings, David Bradstreet has initiated a recording company specifically focused on music for health: Theramusic.com



Stress can result from a variety of sources and pressures such as watching the news, juggling the demands of family and work, money worries and even sitting in traffic. Stress does not only result from unpleasant events such as losing a job, it can also occur alongside positive changes such as moving to a new house. An individual's vulnerability to stress is a combination of a large number of multifaceted factors such as personality, coping strategies adopted, past experiences, ethnicity, gender, social supports, needs and wants. What is stressful to you might be completely different than what is stressful to your neighbour, friend or co-worker. Sometimes there is no particular reason or incident for developing stress, but rather it arises from a series of smaller irritants. Other top stressors include such things as family conflicts, bereavement, and pressure at work or school. It is important to get stress under control - and this CD can help.

David Bradstreet- Composer

David is widely known as a composer, songwriter and vocalist, with twenty albums bearing his name; a high profile Juno Award early in his career; subsequent Juno nominations and music credits including film and television scoring; talent discovery and record production for a variety of artists from Jane Siberry to Colleen Peterson. He has toured extensively as a singer/songwriter; one of his songs ('Renaissance') became a standard through a hit version by Valdy; he recorded with A&M, which led to the Juno for Best New Male Vocalist 1977. He was co-producer of the CD compilation, "Tears of a Thousand Years", a benefit project for Sept 11th. He has created music for films, including the short *Collateral Damage*, which received a Genie nomination, as well as the excellent TSN tele-documentary on sports, *For the Love of the Game*, which garnered for him a Gemini Nomination. He produced a series of instrumental albums with noted nature recordist Dan Gibson which led to three other Juno Nominations in the Best Instrumental Album category. British Airways created a channel on all of its airplanes featuring Bradstreet's relaxation music exclusively. "Natural Stress Relief" achieved Platinum status in 2002 and "Natural Sleep Inducement" has achieved Gold. TheraMusic is his new label with two releases: *TheraSleep* and *TheraCalm*. His most recent song CD, "LIFELINES" was released March 1, 2006. www.davidbradstreet.com

Amy Clements-Cortes- Researcher

Amy is a graduate of the Honours Bachelor of Music Therapy Program at the University of Windsor where she graduated first in her faculty receiving the Board of Governor's Medal as a voice major. In June 2005, She graduated from the University of Toronto with her Masters in Music. Amy is the owner and operator of the Notes By Amy Vocal Studio which is in it's 11th year and has worked as an instructor at Performing Arts Programs, and teaches music theatre workshops. She is a member of the Baycrest Music Ensemble, Pierre Perron singers and works at Baycrest Centre as a music therapist. Amy has had many community placements working with a variety of populations to further promote music therapy. She has volunteered and worked in five nursing homes, a school for Autistic children, Southwestern Regional Centre, Children's Rehabilitation Centre, and Canadian Mental Health Association. Amy is an accredited member of the Canadian Association for Music Therapy and also belongs to the Music Therapy Association of Ontario (MTAO), Toronto Association of Music Therapy, and the American Music Therapy Association. She is the music therapist researcher for -TheraMusic including work on *TheraSleep* and *TheraCalm*. www.notesbyamy.com

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