

Zac Harmon - Music Is Medicine (2012)

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1 *Miss American Girl* 2 *Blue Pill Thrill* 3 *Running From The Devil* 4 *Grandma's Prayer* 5 *Drowning In Hollywood* 6 *Country Boy* 7 *I'd Rather Be With You* 8 *Talk To Me* 9 *Wounded* 10 *I'm A Hater* 11 *Joanna* Butel - Bass Ralph Forrest - Drums Cedric Goodman - Drums, Vocals Zac Harmon - Drums, Guitar, Guitar (Bass), Keyboards, Vocals Lavell Jones - Drums Corey Lacy - Keyboards, Vocals BR Million - Guitar James Strong Bass Christopher Troy - Drums, Keyboards Gregg Wright - Guitar

Music is Medicine represents Zac Harmon's "take" on the Blues. It is purposely and decidedly a portrayal of what he was feeling when he wrote and recorded the songs and with that, the listener is well rewarded. As a longtime, successful writer and producer, Zac is uniquely blessed with the ability to craft songs for others and after decades on duty, he certainly knows how to deliver for himself. This CD is a total experience in feeling good; from "I'd Rather Be With You" to "Talk to Me" to "Joanna". It takes you on a laid-back, rhythmic ride with "Miss American Girl" and "Drowning in Hollywood" and soothes your soul with "Wounded", "Grandma's Prayer" and "I'm a Healer". His guitar is represented well throughout the album, especially on "Blue Pill Thrill", "Country Boy" and "Running from the Devil". ---zacharmon.com

Blues as a curative is not unknown to our family, personally I have just gone thru, yet another experiencing of this fact. Mr. Zac Harmon is a cognoscente in this matter and has provided us with a release that not only speaks to the fact but also proves it beyond a doubt.

With 'Blue Pill Thrill' Mr. Harmon sets us up with an Albert King styled intro (that carries through

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the track) as he visits what certainly has become both the saving grace and the bane of modern couples. Aptly stated referencing the fairy tale "it's what Jack gave Jill when they went up the hill, the Blue Pill Thrill' all set to a sweet and funky blues beat. I can hear this playing on my 70" flat screen during the football season, actually yeh why not!

Music as a healer stands besides the eternal conflict of the artist being torn between the Devil and the Lord. Zac deals with that subject with `Running From The Devil' as he weaves a chant-like chorus intermixed with tasty guitar work as the keyboards offer a solid base for him to work his funky mastery on.

Not all funk, stomp and blue pillin', Mr. Harmon shows his ability on several softer cuts. `Wounded' starts as a slow breathy duet with Ms. Sueann Carwell that ramps up into a spilling out of accusations and exposed hurts as they lead to a cathartic conclusion of passion and pain. Take note - the guitar intro on this burner must have had Jimi Hendrix channeling thru Zac, as it played much like `Castles Made Of Sand' but as only could be expressed thru Zac.

As close to a title track is `The Healer' which serves as the absolute truth with the great line "...music is medicine...it's an overall cure, chicken soup for the soul'. This is played out in a sweet, funky minor key testimonial to his beliefs that he has been anointed by his Father's hand and offers us some soul exposing guitar work to back up the claim.

`Joanna' has the feel of late seventies soul drenched R&B that came out of Memphis or Detroit. Horns playfully punctuating the deep fried soul of Mr. Harmon's vocals and snappy guitar work that rides us into a wonderful piece of keyboard artistry by Mr. Corey Lacy. This closes out the disc which of twelve original and provoking tracks that address all sides of the rubix that is the heart of this release. "Music Is Medicine" will certainly prove to be the alimnt not only for your ears but for that much deeper spot, deep down inside your soul. ---Chefjimi, amazon.com

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