

Dr. D's Body Vibe®

WHOLE BODY VIBRATION THERAPY

- **INCREASES CIRCULATION**
- **STIMULATES LYMPHATICS**
- **REDUCES CELLULITE**
- **LIQUIFIES FAT**
- **IMPROVES BALANCE**
- **DECREASES CORTISOL**
- **INCREASES ENDURANCE**
- **NON-IMPACT EXERCISE**
- **INCREASES SEROTONIN**
- **INCREASES BONE DENSITY**
- **INCREASES MUSCLE MASS**
- **INCREASES CELLULAR OXYGEN**
- **LOOSENS JOINTS & MUSCLES**
- **DECREASES FLUID RETENTION**
- **SPEEDS TRAUMA (STROKE) RECOVERY**
- **INCREASES HGH & TESTOSTERONE PRODUCTION**
- **10 MINUTES EQUALS 4 MILES JOGGING**
- **CONTRACTS & RELAXES MUSCLES 50 X/SEC.**



Congratulations!

You have just purchased the finest home exerciser for young and old alike.

Let's help you get started using the **Body Vibe®**.

1. Be sure it is set up on a firm surface and is not uneven. If necessary because of uneven floor, use a shim to level the Body Vibe®.
2. Plug the Body Vibe® into a 110 volt socket.
3. You may leave it plugged in as the Body Vibe® shuts off automatically when the time period chosen to operate runs out.
4. Standing on the machine you will face a simple control board:

Power - Consider that your **on/off** switch. When you depress the power button, 05 will automatically appear. This is the amount of time the machine will operate before automatically stopping. If you desire **more time** press the (^) "up" key and you will increase your time by increments of 5 minutes. Should you accidentally put on more time than you wish, you can **decrease the time** by depressing (v) "down" key and it will decrease by 5 minutes with each depression.

Intensity - The Body Vibe® has 8 levels of intensity with 3 pre programmed levels of use and a "**manual**" setting. The pre programmed settings are designated by "**P1**", "**P2**" and "**P3**". **The manual setting is "P4"**. It is highly suggested that you try them in order on your first three uses of the Body Vibe®. They all have their usefulness and take you through the whole cycle of intensity of the Body Vibe®. The manual setting "P4" may also be used but we recommend you discover the various

levels of intensity first so that you can find that which suits you most before trying this setting. Going through the pre programmed settings also gives you the advantage of all the various intensities, rather than concentrating on one or two.

To **choose your intensity setting, press “Mode”** - each depression will move the red light to a different setting.

The **“Enter” setting is your “start the action” button.** Once you have made your setting for time and intensity, you are ready to begin. **Depress the “Enter”** button and your action will begin. There is no need to grip the handle bars firmly - just resting your hands on them is adequate.

TIPS:

- 1. The Body Vibe® rubber plate you stand on has over 1,000 tiny projections to stimulate the acupuncture points, energy meridians, reflex points, etc. Remove your shoes for best results. Stand on the Body Vibe® with your feet comfortably apart.**
- 2. It is recommended that you visit the bathroom before using the Body Vibe®.**
- 3. Start out by using the Body Vibe® for 5 minutes twice daily, later you can increase to 10 minutes twice daily. Not on a full stomach!**
- 4. Modify your position on the Body Vibe® - lock your knees in a military stance and you will feel the vibration intensely in your spine. Flex your knees by varying degrees for a lower leg vibration. Shift your weight to your toes for another feel. Just standing is fine too. For those with low back problems, you can try sitting on the Body Vibe®. If you cannot stand, sit on a chair and place your feet on the plate.**

WHAT OTHERS HAVE SAID ABOUT WHOLE BODY VIBRATION

DR. KEITH DEORIO: “Increased blood flow combined with mechanical cell vibration leads to improved distribution and bio-availability of vitamins, nutrients, herbs and minerals. Total body vibration causes the muscles, lymph and cells of the body to contract and relax rhythmically, aiding detoxification as well as nutrition. I also believe it helps balance the body’s energy meridians so important in many health practices.”

ENOS SELIGMAN, Olympic Trainer: “For more than two decades the Russians have used vibration therapy for its profound enhancement of muscle strength, performance, conditioning, overall health and wellness, in addition to its integral role in rehabilitating injuries and improving the quality of life for those suffering from injuries or debilitating conditions such as multiple sclerosis or arthritis.” (Note: It was the Russian space program that turned to whole body vibration therapy to combat the degenerating effects of zero gravity on bone and muscle tissue with great results.)

CHRIS VERNA, Trainer: “Whole body vibrational therapy works from the inside out without the strenuous physical rigors of conventional training methods, activating muscle tissue conventional fitness machines overlook. It is incredible in its ability to increase flexibility, strength and critical blood flow while reducing joint discomfort. I’m amazed at how effective it has been for my arthritis clients who are severely limited in terms of available fitness alternatives.”

RESEARCH STUDIES

Controlled Whole Body Vibration To Decrease Fall Risk And Improve Health Related Quality Of Life Of Nursing Home Residents. Arch Phys Med Rehabil. 2005 Feb;86(2):303-7

Conclusion: The use of controlled whole body vibration can and does improve the elements of fall risk such as gait, balance, timed up and go test and a considerable improvement in quality of life as measured by Medical Outcomes Study.

Short-term Effects Of Whole-Body Vibration On Postural Control In Unilateral Chronic Stroke Patients. Am J Phys Med Rehabil 2004 Nov; 83(11)867-72

Conclusion: Patients showed an increase in their weight-shifting speed without any adverse effects. It is concluded that whole-body vibration may be a promising candidate to improve proprioceptive control of posture in stroke patients.

Effect Of 6-Month Whole Body Vibration Training on Hip Density, Muscle Strength, and Postural Control In Postmenopausal Women: A Randomized Controlled Pilot Study J Bone Miner Res 2004 Mar;19(3):352-9

Conclusion: Vibration training improved isometric and dynamic muscle strength and also significantly increased the bone mineral density of the hip. No such improvements were noted in the controls who used resistance training. These findings suggest that whole body vibration training may be a feasible and effective way to modify well-recognized risk factors for falls and fractures in older women.

Strength Increase After Whole Body Vibration Compared With Resistance Training Med Sci Sports Exerc 2003 June;35(6): 1033-41

Conclusion: Whole body vibration therapy and the reflexive muscle contraction it provokes, has the potential to induce strength gain in knee extensors of previously untrained females to the same extent as resistance training at moderate intensity. It was clearly shown that strength increases after whole body vibration therapy training are not attributable to a placebo effect.

Hormonal Responses To Whole Body Vibration In Men Eur J Appl Physiol 2008 Apr;81(6):449-54

Conclusion: The results show significant increases in the plasma concentration of testosterone and growth hormone and a decrease in cortisol levels. We can conclude that whole body vibration leads to beneficial hormonal changes as well as an improvement in neuromuscular performance. The effects are similar to those produced by explosive power training.

WHAT HAPPENS FIRST WHEN I AM STANDING ON THE BODY VIBE®?

The first thing that happens is that **all of the muscle fibers in you body begin to tense and relax** at the same rate as the Body Vibe® is vibrating - about **30 to 50 times per second.**

YES - ALL YOUR MUSCLES ARE TENSING AND RELAXING MANY TIMES A SECOND WHILE YOU ARE ON THE BODY VIBE®.

THAT MEANS TRUE WHOLE BODY EXERCISE!

10 MINUTES ON THE BODY VIBE® IS EQUAL TO:

60 MINUTES OF WEIGHT LIFTING

3-4 MILES OF JOGGING

AND YOU ARE JUST STANDING THERE!

DR. D'S BODY VIBE® IS THE PERFECT ANSWER TO THE HOUSEBOUND, THE ELDERLY, THE CHRONICALLY ILL, AND YES - EVEN THE LAZY ONES - WHO FIND IT DIFFICULT TO EXERCISE.

WHAT HAPPENS NEXT?

Secondarily many other responses occur:

1. IMMEDIATELY AN **INCREASE OF BLOOD FLOW** OCCURS IN THE WHOLE BODY.
2. **INCREASE IN SEROTONIN AND NOR-EPINEPHRINE**, NEUROTRANSMITTERS THAT MAKE YOU CALM AND HAPPY.
3. **CORTISOL**, THE STRESS HORMONE, BEGINS TO **DECREASE**.
4. REGULAR USE PRODUCES SIGNIFICANT **INCREASE IN BONE DENSITY**, REVERSING OSTEOPOROSIS.
5. **HUMAN GROWTH HORMONE, TESTOSTERONE AND INTRINSIC GROWTH FACTOR 1** INCREASES OCCUR.
6. **CELLULITE** BEGINS TO BREAK UP.
7. **T CELLS**, THE IMPORTANT IMMUNE CELL, BEGIN TO **INCREASE**.
8. CHRONIC INJURIES BEGIN TO HEAL.
9. **DAMAGED AND NON-FUNCTIONAL NERVE CELLS** BEGIN TO ACTIVATE.
10. **SATURATION OF CELLS WITH OXYGEN**.

Body Vibe® Cautions

1. If you are pregnant, do not use the Body Vibe® without the permission of your doctor.
2. Do not use the Body Vibe® while inebriated.
3. Do not use continuously for more than 20 minutes without competent advice. Shorter periods are far more effective and beneficial.
4. Do not use the Body Vibe® if you weigh more than 260 lbs, you may damage the machine.
5. Do not use the Body Vibe® immediately after eating.
6. Place your feet about six inches apart and balance your weight on both feet for best results.
7. The Body Vibe® carries a 12 month warranty for parts and labor should it fail to function any time during the twelve months due to parts failure due to regular use.

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Technical Info

Max Horsepower	1.5 HD
Voltage Input	110v / 50Hz
Power Input	100 watts
Amplitude	0-100 mm
Load Capacity	265 lbs
Assembled Size	2.3' x 2' x 4'
Net Weight	81.5 lbs