

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.**



WHAT HAPPENS WHILE I'M 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. 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:

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**.

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

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.

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

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.

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

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.

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

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.

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

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.

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

Distributed by:
Let's Talk Health
Chula Vista, CA
1-888-950-2190
www.letstalkhealth.com

