

Good Vibrationsz LLC

WHOLE BODY VIBRATION Shake, Rattle and Roll With Sound Wave Technology

What is it?

It is an exercise therapy called whole-body vibration, which consists of low-amplitude, high frequency stimulation of the body for a host of physical benefits. Whole-body vibration (WBV) has been used since the early 1900's but has been developed since the 1970's when the Russians used this technology in the development of their athletic programs as well as their Russian Space Programs.



How Whole Body Vibration works

When a muscle fiber is stretched, it will contract by reflex. By standing on the WBV machine, pure vertical vibration is transmitted throughout the whole body. This causes thousands of muscle contractions, which increases muscle tone. The movement of the vibration plate stimulates the body to respond with a strong involuntary muscle contraction similar to when your doctor taps on your knee with a reflex hammer.

Usage consists of standing upright on the WBV platform. It produces low impact, true vertical vibrations from 1 Hz to 50 Hz with variation of amplitude from 0 to 100. Vertical vibrations are transferred through the body, stimulating all areas: cells, blood vessels, organs, muscles, etc.

The WBV platform is the newest leading edge technology that goes beyond the standard mechanical vibration machines and implements the technology of sound. This provides an improved vibration throughout the entire body where you can specify not only the speed of the vibration (Hz), but also the amplitude of each wave.

What will Whole Body Vibration do for You?

Degenerative disease and accelerated aging have all been attributed to insufficient cellular stimulation. As living cells struggle with poor nutrition, low oxygen levels, environmental toxins, and stagnation of lymphatic fluids, disease conditions develop and accelerate aging. The solution has arrived in the form of low impact, vertical, whole-body vibration.

No matter how young or old you are and irrespective of your level of fitness or health, WBV offers individual therapeutic and exercise opportunities for almost everyone. (Some contra-indications do apply). The whole body or a part of the body can be stimulated and trained. WBV accelerates the body's natural healing response by increasing cellular oxygen, enhancing cellular nutrient uptake, stimulating cellular fluid movement, and facilitating cellular waste removal. As a result, the new cells are more resilient, vibrant and function together more cohesively as a healthier, longer lasting body.

WBV sessions last ten minutes and have been reported to provide a person with approximately the same benefits of a one-hour workout at the gym. It is fast, convenient, doesn't require changing clothes and a person will not be stiff and sore. Here is a list of benefits, by not means exhaustive:

Increase in bone density - Drainage of the lymphatic system - Increased circulation - Relieves stress and anti-aging
- Reduces aches and pains - Strengthens muscles - Rapid inch loss - Better posture - Improved balance -
Improved sleep patterns - Improved mood

Who can benefit from whole body vibration?

WBV is recommended by HEALTH CANADA and the SURGEON GENERAL of the United States as one of

the therapies that can be used in the fight against Osteoporosis. Osteoporosis is a disease that affects millions of women in North America alone. Bones become fragile and more likely to break if left untreated. Bone density will increase significantly if WBV treatments are taken three times per week over the course of twelve months.

Athletic Performance - Safer resistance exercise - reduced injury risk. When combined with resistance exercise, WBV increases the rate of lean muscle mass development. From another perspective, this also means that smaller weights can be used to achieve the same results. Smaller weights improve safety and makes resistance exercise more accessible and effective to people whose physical disposition is not conducive to this form of exercise. Professional sports – improved range of motion. WBV, especially low frequency (below 6Hz) improves flexibility and balance. As a post-workout cool down, WBV stimulates the body's fluid balance and detoxification mechanisms, reducing lactic acid build-up and reducing stiffness.

Seniors, and others unable to exercise regularly benefit. WBV is a low impact, non-strenuous activity that provides multiple benefits. Age and illness related exercise challenges can be expedited through the use of the whole body vibration technology. By increasing circulation throughout the body without any cardio strain, the senior client is developing muscle strength, flexibility and is assisted in the recovery and regeneration of damaged tissues.

WBV is proven to help increase blood circulation, flexibility and range of motion without putting stress on the joints. It is a non-strenuous form of exercise that has been reported to dramatically ease the pain and discomfort of arthritis, osteoarthritis and rheumatism.

People suffering from chronic fatigue syndrome and fibromyalgia have found that WBV has had a dramatic affect. They have reported increased energy levels, reduced aches and pains, and lifts in mood.

Weakened back muscles respond very well to the benefits of WBV. By engaging and activating the muscles, they become stronger and less prone to injury. WBV also significantly strengthens the core stabilizer muscles, which assist in reducing strain on the weakened back muscles. A short 10-minute treatment prior to receiving therapeutic massage greatly enhances the therapy as the massage therapist is working with muscles that are already warmed up and fluid.

WBV works several ways to help dissolve excess body fat; it increases metabolism, which burns calories more rapidly; increases blood circulation and lymphatic drainage thereby removing toxins faster. Human Growth Hormone secretion increases dramatically (460%). Excess body fat melts away effortlessly. People who use WBV for 10 minutes, three times a week, lose significantly more fat than those who engage in aerobic activity for one hour three times a week!

Patients with MS and ALS are unable to exercise or train properly because the brain is no longer capable of communicating with the muscles. Without proper exercise the muscles will eventually atrophy and cause the person to become reduced in their ability to function. WBV allows these individuals to experience strengthening of the muscles, improved balance and coordination.

Modern life is stressful, causing the release of toxic stress hormones such as cortisol and epinephrine, which throw the immune system out of balance and destroy brain cells by the millions. Low impact vertical vibration increases human growth hormone and serotonin (the "happiness, relaxation and well-being hormone") secretion, lowers cortisol and epinephrine secretion 31%, and enhances circulation, all of which counteract the effects of stress on the body and spirit.

Contraindications: The contraindications listed below are typical for average vibration settings and are necessarily conservative. It is always recommended that you check with your healthcare provider.

Pregnancy - Acute thrombosis - Serious cardiovascular disease – Pacemaker - Recent wounds from an operation or surgery - Hip and knee implants (recent or problematic) - Acute hernia, discopathy, spondylolysis - Severe diabetes – Epilepsy - Recent infections or abscesses - Severe migraine – Tumors - Recently placed IUDs, metal pins or plates - Electrolyte imbalance - Phlebitis or other risk factors associated with pulmonary embolism (blood clots) - Gall bladder problems relating to lymphatic drainage - Existing retinal detachment or any predisposition to retinal detachment

For further information, see our website: www.good-vibrationz.biz