

The amazing wellness benefits of Whole Body Vibration Therapy

**Finally - a comprehensive guide to the facts about
whole body vibration therapy.**

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Table of Contents

- Introduction
- The history of Whole Body Vibration Therapy
- The 30 key wellness benefits of Whole Body Vibration Therapy
- The truth about weight loss and Whole Body Vibration Therapy
- Actual case histories
- Different types of Whole Body Vibration
- What you need to know before you buy Whole Body Vibration Equipment or Services
- What you need to know before you use Whole Body Vibration
- Who should NOT use Whole Body Vibration Therapy
- Additional resources

Introduction

Whole Body Vibration Therapy is one of the most amazing and most beneficial technologies that has been developed and released to the public in recent years. It's such an amazingly beneficial technology that we truly believe that *everyone* should experience the benefit of whole body vibration on a daily basis (unless they are unable due to specific health conditions - see "Who should not use WBV").

Whole body vibration therapy, when used correctly, will help you to gently and safely ease into a higher level of fitness, health, well-being and weight loss in far less time than with conventional exercise. Even better - this wonderful wellness technology is now affordable enough that you can enjoy it in the privacy and convenience of your own home!

In this guide, we will give you the *facts* about whole body vibration. We'll tell you about when and how it was first used and the kinds of results you can realistically expect when you use it.

There is so much hype out there today that it's difficult to know what is fact and what is fiction - or at least what is a typical result versus an exaggeration or hyped up claim.

You deserve to know the truth. In this ebook, we've provided a balanced and objective overview of the technology, the products and the information. It gives you all you need to decide if this is something that you feel will truly enhance your wellness and your lifestyle. Although this book has been commissioned by Vibetronix, we want to make it clear that its purpose is to provide you with verifiable facts on the technology and available products. Information which you can check. It is not a sales pitch for Vibetronix - although of course, we'd be delighted if you decide to own a Vibetronix platform.

Because we actually use whole body vibration therapy ourselves, we can speak from personal experience about the technology and the results you can expect. We will also dispel some of the crazy claims and inaccurate information you may have heard in the past.

In actual fact, we were complete sceptics when we first heard of whole body vibration. Then we researched and tested it ourselves. In this ebook, we'll share the reasons we changed our minds and became firm believers in the benefits of whole body vibration technology.

Please enjoy this ebook. Pass it onto your friends and family. All we ask is that you leave the links and contact information intact.

Where did Whole Body Vibration come from?

Whole body vibration is not a new technology. Many sellers of whole body vibration equipment say that the technology was developed by N. A. S. A. This is incorrect. The technology began being developed long, long ago... and N. A. S. A. only later began testing it with a view to incorporating it into their space program.

Vibration as a therapy is first mentioned in records from Ancient Greece. It was used as a therapy to enhance the performance of the body when specific areas were not functioning well. The Ancient Greeks were very concerned with physical performance (remember, they were the ones who invented the Olympics!) and were did a fair amount of medical research.

Somehow, they discovered that vibration helped enhance muscle performance and they experimented with this concept by wrapping a saw in a cotton padding, then running the saw back and forth over the part of the body where they wanted to enhance performance. They found that this was beneficial.

The next instance that we're aware of where vibration was experimented with as a health therapy was in a sanitarium in Battle Creek, Michigan where Dr. John Harvey Kellogg (yes, it is the guy who invented cornflakes!) practised some experimental therapies. He focused primarily on exercise and nutrition. He also advocated phototherapy and hydrotherapy. Although Kellogg's ideas were at times rather strange, he was onto a winning idea with vibration therapy.

During the 1960's, the effect of vibration on the body was being researched simultaneously in East Germany by Dr. Biermann and in Russia by a Dr. Nazarov. Nazarov's interest was in the effects of vibration on athletes. The Russians realized that vibration therapy was not only beneficial to their athlete's performance, but it was also of huge benefit to their astronauts who were experiencing severe loss of muscle mass and bone density from spending long periods of time in a zero gravity environment.

Muscle strength and bone density are created by the friction caused by exercise. We all know that exercise strengthens muscles, but many are not aware that the action of muscle movement increases bone density, keeping bones strong and healthy. This is it's so important to exercise, especially the older you get . Women particularly lose calcium as they age, and if they do not do vigorous exercise regularly will often end up with osteoporoses or osteo

arthritis. Anyway... back to our history...

The Russians experimented with what is known as “biomechanical stimulation” in which vibration was applied directly to the muscles and tendons that were being treated. This is different to today’s application of whole body vibration in that in whole body vibration, vibration is applied to the entire muscular skeletal system through standing on a vibration platform.

It wasn’t long after the Iron Curtain came down that this research caught the attention of both the European Space Agency as well as N. A. S. A. Soon Russia’s western counterparts were also investigating how to use this vibration for the benefit of their respective space programs. The eventual result was the development of whole body vibration platforms.

For some time now, whole body vibration platforms have been used by Olympic athletes, major sports teams, universities, celebrities, chiropractors, physiotherapists, gyms, weight loss clinics, spas and other wellness organizations.

Unfortunately, until recently, whole body vibration platforms were high priced items, affordable only to larger organizations or the very wealthy. But the good news is that recently, more and more platforms are available at prices which make them accessible to ordinary people like you and me.

We’ll discuss more about what’s available in “Different types of Whole Body Vibration Equipment”.

The 30 key wellness benefits of Whole Body Vibration Therapy

For the past several years, whole body vibration has been recognized as a highly desirable therapy with many wonderful benefits including:

- muscle toning and strengthening in as little as 3 weeks
- increased bone density in approximately 6 - 8 weeks
- increased production of
 - human growth hormone
 - serotonin
 - neurophin
 - endorphins
 - testosterone

all of which contribute to keeping you looking and feeling younger, fitter and more vital.
- decrease of cortisol (hormone produced when we are stressed)
- decrease of cellulite
- tightening of skin
- lowering of blood pressure
- increased metabolism and fat-burning
- increased blood circulation (causes the blood flow to virtually double and widens the diameter of the capillaries.)
- provides cardio stimulation because of increased blood flow
- increased flexibility
- increased mobility
- improves co-ordination
- improves balance

- stimulates lymphatic system (which is involved in removing toxins and cannot be stimulated except by walking, running or massage.)
- assists in removal of toxins
- relieves joint and back pain
- can relieve headaches
- relieves stress

Besides these benefits, whole body vibration has also been found to help

- prevent and treat osteoporosis and osteo arthritis
- prevent and treat incontinence in as little as 6 weeks
- treat peripheral neuropathy in 6 - 8 weeks
- weight loss
- treat depression
- treat Parkinsons disease
- recovery from injury and surgery

Whole body vibration truly appears to be a 'miracle' therapy that enhances quality of life and brings wellness to almost anyone of almost any age in almost any physical condition. As a general rule, anyone over the age of 12 years should be able to benefit from whole body vibration.

Whole body vibration is especially beneficial to people over 60 who can now 'reverse' common symptoms of aging such as stiffness, osteoporosis and osteo arthritis, incontinence, decreased mobility, lack of flexibility and other symptoms that make life very difficult.

Having said that, it's our belief that EVERYONE should use whole body vibration therapy. Whatever your age, physical well being is extremely

important. Some of us are fitness buffs and will very much appreciate the benefits of whole body vibration in speeding up our results, enhancing our performance and increasing our physical power when used as a warm up to prepare our muscles for intense physical activity such as sports or gym workouts.

Others of us are busy all day, almost every day, in sedentary occupations. For us, our days consist of rushing to get ready for work, rushing at work to do our daily assignments, then rushing home to spend our precious 'home' time with family and friends. For us, exercise is often a luxury. Some of us don't even enjoy exercise because we have so little time for it that it generally results in a lot of pain, sweat and general discomfort. For us, whole body vibration is an absolute blessing because it is sweat and pain free, quick and easy.

Just 10 minutes of wbv and we enjoy the benefits of a vigorous 60 minute workout. What could be better? No time - no problem. We can all find at least 10 minutes 3 or more times a week.

For those of us who are older and perhaps suffering the consequence of lack of exercise, we can now enjoy freedom from incontinence, increased mobility and much more flexibility in as little as 4 - 6 weeks. Beats surgery and pharmaceuticals hands down if you ask us!

When you consider the physical and financial consequences of not exercising and staying active, whole body vibration presents an affordable and even enjoyable alternative. One of the most pleasing things we've discovered about whole body vibration is that not only does it provide amazing benefits, but it is also very easy, relaxing and enjoyable.

Simply stand on the platform and experiment with speed and posture. Different speeds target different muscle groups. Lower speeds target higher in the body while higher speeds target lower on the body. Adjusting your foot position and posture you'll find that you feel the vibration in different areas of the body. It's like having your own personal masseuse at your beck and call.

If that's too tame for you, don't worry, you can do a vigorous work out incorporating stretches, push ups, weights and all your other exercise

routines - all of which will have a much more powerful effect when combined with whole body vibration. Whole body vibration actually accelerates your work out exponentially!

The truth about weight loss and Whole Body Vibration Therapy

Many people first become interested in whole body vibration because they hear that using it will help them lose weight.

While this is true, it is *not true* that you'll experience dramatic weight loss within a few days or even two weeks. Here's why:

Weight is lost when you burn more energy than you consume. Whatever you eat or drink is in fact either latent energy or if not burned, will be stored as fat. Activity burns energy. Being alive is an activity in itself that uses energy i.e. burns fuel. Muscles burn energy. The greater your muscle mass, the greater amount of energy that is burned.

As with conventional exercise, it takes time to build muscle mass. Of course, with wbv, you'll see results a LOT quicker than with conventional exercise. But even so, you will not see weight loss for the first little while.

What you *will* see is that after a week of using wbv for 10 minutes a day, you will feel stronger and fitter. You'll notice increased ability to bend and stand up from sitting down. You'll find that you have more energy and more stamina. You'll be able to walk faster and further. You won't get tired so quickly. You'll feel more alert. You may even notice that your muscles are feeling tighter and more toned.

Within about 10 days, you should notice that your clothes are fitting better. If you measure your upper arms, thighs, calves, waist and hips both before you begin using wbv and again every few weeks, you'll see that you may already have gone down in size.

Within a month, you'll feel much healthier and you'll certainly be noticing a leaner, slimmer looking body.

During this time you may weigh yourself on a weekly basis. Don't panic if your weight does not go down or increases a bit. The reason for this is that muscles weigh more than fat. As you increase muscle mass you will weigh more. You would have to lose much more volume in fat than you put on in muscle in order to begin seeing your weight drop on the scale.

This is why you'll lose inches before you lose pounds. Rather than being too

concerned with what your scale says, look at your measurements. Take note of how you feel and how you look. *That's* where you'll see the biggest differences to begin with.

Of course, if you use wbv as a means to maintain your weight while you increase what you eat - or begin to add all kinds of junk food, desserts and other unhealthy things to your diet, you may even find that your weight increases. This is not a good idea. For your own health, it's a good idea to adopt a healthy eating program while you enjoy the benefits of whole body vibration.

Personally, we have found a healthy, balanced, low carbohydrate eating plan together with whole body vibration exercise produces remarkable results very quickly. These results do include weight loss, but all increased wellness and well being. But as with anything, it has to be a consistent program - a lifestyle rather than a crash program a few weeks prior to a big event such as a vacation or a social occasion.

Actual case histories

There's nothing like a bit of proof to demonstrate the veracity of claims made about a product or service. With the types of claims about whole body vibration, we feel it's a good idea to include some case histories of real people who have used this technology.

Of course there is a lot of scientific evidence available and you'll find studies on the subject that you can download at <http://vibetronix.com>.

Here are 2 case histories that we can personally verify. That's because they are our personal experiences:

1. 50 year old male:

Statistics:

Weight: 180lb (about 10lb overweight)

Height: 5'10"

Condition: unfit, beginning to develop pot belly, hardly ever exercised, beginning to look and feel old.

Began using whole body vibration platform 10 minutes a day approximately 5 days a week. A week after beginning wbv exercise, I decided to replace retaining wood borders around garden perimeter using large landscaping rock. Was able to physically carry rocks, place them and move them down a steep slope without strain. No muscle strain or pain afterwards. No fatigue. Worked consistently at this task for several days. Would not have been able to do this as quickly or easily without wbv and would've suffered severe muscle pain and fatigue.

Not only did I feel fitter and healthier but also very quickly dropped 10lbs and began to sleep better.

2. 49 year old female:

Statistics:

Weight: 135lb (about 20lb overweight)

Height: 5'1"

Condition: extremely unfit. 20lbs overweight, flabby upper arms, heavy jowls, sagging neck / chin line, always fatigued, beginning to show age.

Began using whole body vibration platform 10 minutes a day approximately 3 - 4 days a week just standing on platform plus 3 minutes at moderate speed sitting on platform with palms down on platform and arms bent outwards.

At this time subject was not dieting and was actually eating all kinds of things that they shouldn't have been eating such as breads and desserts. If they had eaten more healthily we believe that these results would be even more dramatic. Take a look at this:

	20th May	20th June	30th June
Upper arm (left)	33cm	29cm	28cm
Upper arm (right)	32cm	30.25cm	30cm
Waist	78cm	79cm	76cm
Thighs (left)	54cm	52cm	49cm
Thighs (right)	55cm	51cm	49cm
Calf (left)	37cm	32cm	31.5cm
Calf (right)	34.5cm	33.5cm	33cm
Weight	136lb	132lb	130lb

3. 48 year old female:

Statistics:

Weight: 126lb

Height: 5'2"

Condition: No exercise until using wbv. Works all day on computer so very sedentary. Could not walk up flight of stairs or a small hill without panting and feeling dizzy. Used PowerVibe 6 times a week for 10 minutes per session for 30 days. Went on trip to Ecuador and was able to walk uphill in temperatures of 26 degrees C for over 45 minutes without getting tired or out of breath.

Different types of Whole Body Vibration Equipment

There have been several hundred studies done on whole body vibration by various medical and academic organizations. You'll find a few of these on the Vibetronix site: <http://www.vibetronix.com>.

Essentially whole body vibration platforms allow one to target specific muscle groups - in other words, it will allow you to train your skeletal muscles which produces a variety of effects as we've previously discussed.

There are a number of whole body vibration platforms on the market. Some are great quality while others aren't. Some will produce the results you want while some will not. Different platforms vibrate differently, so it's important that you select a machine that will produce the results you want, bearing in mind that every human being has muscles with a different frequency which means that you will need to work the platform at different frequencies until you find your own particular 'sweet spot'.

One of key characteristics of using wbv as an exercise activity is that it exerts no 'load' on the musculoskeletal system. In other words, it does not create strain and is actually good for joints.

There are two specific factors that play a role in the effectiveness of a platform. They are amplitude and frequency or hertz.

As human beings, our bodies are designed to operate under gravity which by extrapolation means that we can absorb vertical vibrations reasonably well. Most of the vibration platforms available fall into the following categories:

- sideways (x)
The sideways (x) vibration which provides vibration sideways as well as up and down, this method has not been researched in terms of long term side-effects.
- front and back (y)
- up and down (z)

Of these, the most desirable is the up and down vibration which is available in three primary forms.

- **Triangular Oscillating**

The first is what is often called 'triangular oscillating' which means that the platform moves in a see-saw motion where one side goes up and the other down i.e. left down, right up. This movement mimics your natural walking action and is therefore works with your body's natural mechanics.

This movement has the largest amplitude: usually 1 - 10 mm. These platforms normally operate at frequencies of 5 - 35 Hz.

- **Vertical:**

The second up and down vibration is where the platform surface remains perfectly horizontal moving up and down like a piston. This means that as you stand on it your feet move up or down simultaneously. This produces a very harsh action which can be extremely uncomfortable - reminiscent of standing on a jackhammer. The amplitude is less than with triangular oscillating platforms, but the frequency is usually higher: 20 - 50Hz.

- **Sonic:**

Then you have the sonic or sound vibration which uses sound to transmit vibration throughout the body. In this case, the platform is actually stationery.

Personally, we much prefer the triangular oscillating movement as it is a more natural and far more comfortable action with plenty of documented research to substantiate the benefits of this type of vibration therapy in strengthening bones, muscles and joints.

What you need to know before you buy Whole Body Vibration Equipment or Services

As we've mentioned, there are many whole body vibration platforms on the market. The prices range from around \$1,000 to about 15 times that amount, or sometimes even more, for heavy duty commercial models, especially ultrasonic models.

In our opinion, for normal home use it's not necessary to spend over \$2,000 - there are a few very good quality models available for under that price, while, of course, there are many junky models available for less than \$2,000 as well as for more.

Here is a run down on some of the models you'll see most often:

MODEL	PRICE	RATING	TYPE
EOS-6600 Body Master	\$13,000 +	Good /, commercial	tri-oscillating
Pila-Vibe Vibrating Fitness	\$12,000 +	Reasonable/commercial	vertical
Proellixe Vibration	\$5,000 - \$12,000	Weak construction	tri-oscillating
Power Plate Vibration	\$6,000 - \$10,500	Harsh action/commercial	vertical
M-Power Fitness Plate	\$9,000 +	Reasonable	vertical
VibroGym Exercise Plate	\$8,500 +	Good / commercial	vertical
Galileo Vibration Exercise	\$8,000 +	Reasonable / commercial	tri-oscillating
TurboSonic Vibration	\$12,995 - \$15,995	Good / commercial	sound
Vibraflex Vibrating Equip.	\$6,500 +	Middle of the road	tri-oscillating
VibraSlim Vibration Fitness	\$1,699 - \$4995	Good / home/commercial	tri-oscillating
CrazySlim / Crazy Fit	\$1,000 - \$4,300	Lower quality	tri-oscillating
K2 Vibration Plate	\$4,000 +	Lower quality	tri-oscillating
Vibetronix B100/PowerVibe	\$799 - \$3,998	Good/home/commercial	tri-oscillating

Of all of these models, we feel that the Vibetronix PowerVibe is the best value for money for home use. It is not a cheap Chinese machine and is well constructed with heavy duty steel and a strong motor. It's two year warranty speaks volumes when compared with the vast majority of other models which have only a 1 year warranty.

Here are some of the criteria that you may want to research before making your final decision regarding the exact model you'll buy:

1. what kind of use will the machine receive? Is it for you alone or will you share it with your family or even your friends? The more people that use the machine, obviously the harder the motor will work. If more than 5 people will use it per day, it would probably be better to buy a commercial grade machine with a motor that can handle high volume use.
2. What is the weight of the user? Remember to check the user weight specifications . The lower priced models will usually handle up to 120Kg whereas the heavier duty commercial models can carry users of up to 180kg. Be sure not to exercise false economy in this regard as you may burn the motor out or break the mechanical parts if a user exceeds the weight limit for the particular model.
3. How much space do you have? some models take up more room than others. For instance, the Vibetronix B100 has been specially created to provide a large platform with a low profile. It has not handles or large console. Controls are built into the platform. It's ideal for apartments or if you have little space. It will even fit under a bed when not in use.
4. Are you unused to exercise? Older people who are not currently very mobile, or people who never exercise, may prefer a smaller model such as the Vibetronix B100 as it has a slightly gentler action than the larger models and ramps speeds up and down gently which makes it easier when you are not used to this kind of exercise.
5. Athletes or people who want a more vigorous workout should consider larger models such as the Vibetronix PowerVibe which has a larger motor and handles that have been placed to allow for maximum exercise options - some models with handles are nearly impossible to use for workouts as the handles restrict movement.

How much money do you want to spend? if money is no object then some of the higher priced, commercial rated models may be more appealing. If you're on a limited budget then look for a machine that offers you the best workout within your own parameters while providing peace of mind that quality construction brings.

What you need to know before you use Whole Body Vibration

As we mentioned before, using whole body vibration for exercise, therapy and general improved wellness is one of the best things you can do for yourself and your family.

Not only will you lower your risk for all kinds of debilitating issues such as osteoporosis, but you will also feel better and enjoy life more.

However, whole body vibration is not a silver bullet. It's not a magic wand. Just because you own a whole body vibration system does not mean that you will automatically experience all the benefits.

In order to experience the benefits of whole body vibration, you actually have to use it - and by 'use it', we mean follow a consistent program on a regular basis.

Just the same as buying a gym membership will not make you fit unless you actually pitch up at the gym and systematically exercise - using whole body vibration will only work if you work it.

The best thing that you can do is to get hold of an exercise chart for your platform that demonstrates the different exercise options. Decide what results you want and then target your use of the platform to achieve these results.

Your work out can be as aggressive or as passive as you like. The thing that's most important is that you do whatever routine you decide upon regularly.

For us, that means 10 minutes first thing in the morning. Those 10 minutes can be broken into segments devoted to different exercises or it can simply mean standing on the platform. Aim at doing this at least 3 to 5 or 6 times a week.

Don't overdo it. You may wish to do a 10 minute session in the morning and another in the evening. But do not exceed this. For most people, 10 minutes 3x per week is enough.

If you have some disability and you're using wbv as therapy, get your doctor's advice on the length of time and the frequency per week that you should use it. Some conditions such as incontinence improve with just a few sessions of a few minutes per week.

Who should NOT use whole body vibration

There are a few conditions which may preclude you from using whole body vibration therapy. If you have any of these conditions, please do not use a whole body vibration platform unless you receive specific approval from your doctor.

- if you have a thrombosis or have had one recently
- if you have open wounds or have very recently had surgery with open wounds that may be disturbed, or if you have stitches.
- If you are pregnant
- advanced arthrosis, arthropathy, acute RA
- Artificial Joints (recent)
- Nephrolithiasis
- Pacemaker and Implantable Cardioverter Defibrillator
- Foot, knee or hip implants
- Type I Diabetes
- Recently Paced IUD's, Metal Pins, or Plates
- Epilepsy
- Acute Hernia, Discopathy, or Spondylosis
- Severe Migraines
- Retinal Detachment, Known Retinal Conditions
- Tumors (cancerous)
- Head Injuries, Known Neurological Conditions
- Pulmonary Embolism
- Lumbar disc problems

- Acute inflammations or infections
- Serious Cardiovascular Disease / complaints e.g. valve disorder
- Poor Samato Sensory Receptor on Feet Planar Surfaces

Warning:

Please consult a physician or physical therapist before using the whole body vibration machine if you suffer from any of the conditions listed above. This device may not be suitable for all users. Strong vibration affecting the neck and head can occur when using positions other than standing, consulting a physician for approval is recommended. Failure to use appropriate caution could result in serious injury. Misuse of this machine may result in serious injury. User weight must not exceed 350lbs. Failure to follow these safeguards may result in serious injury or health problems.

Caution:

Stop exercising if you feel pain, faint, dizzy, or short of breath. Begin using the whole body vibration platform at lower speeds until you have become used to it. Make increases slowly and if you begin to feel at all uncomfortable stop use immediately by pressing the orange button on the remote control. Ensure the control is pointed toward the LED console otherwise it will not work.

Additional Resources:

<http://www.vibetronix.com>

http://en.wikipedia.org/wiki/Whole_body_vibration

Acute physical effects of wbv

http://www.wholebodyvibrationsystem.com/Acute_physical.pdf

Adaptive responses of skeletal muscle to wbv

<http://wholebodyvibrationsystem.com/191/more-studies/adaptiveresponsive/>

Overview of studies of long term wbv exercise

<http://wholebodyvibrationsystem.com/191/more-studies/chart-of-results-from-tests/>

Overview of studies of short term wbv exercise

<http://wholebodyvibrationsystem.com/191/more-studies/chart-of-results-of-studies-long-term/>

Effect of wbv on performance and balance

<http://wholebodyvibrationsystem.com/191/more-studies/effectofwbv/>

Effect of wbv on muscular performance, balance and bone

<http://wholebodyvibrationsystem.com/effectofwbvonmuscular:bone.pdf>

Effect of wbv on incontinence

<http://wholebodyvibrationsystem.com/191/more-studies/effectonincontinence/>

Hormonal responses to wbv in men

<http://wholebodyvibrationsystem.com/191/more-studies/hormonal-in-men/>

Influence of wbv on mechanical behaviour of skeletal muscle

<http://wholebodyvibrationsystem.com/191/more-studies/influenceofwbvonskeletal/>

Treatment of chronic lower back pain with wbv

<http://wholebodyvibrationsystem.com/191/more-studies/lowerbackpain/>

New trends in training science

http://wholebodyvibrationsystem.com/191/more-studies/new-trends-in-training-science_/

International journal of sports medicine study

http://wholebodyvibrationsystem.com/191/more-studies/oxygen-uptake-in-wbv-exercise_-influence-of-vibration-fael/

Comparison of strength increase after wbv / resistance training

<http://wholebodyvibrationsystem.com/191/more-studies/strengthincrease/>

University of Texas - Medical Branch study

<http://wholebodyvibrationsystem.com/191/more-studies/texasuresearch/>

Harnessing electric and magnetic fields for healing and health

<http://wholebodyvibrationsystem.com/191/more-studies/medicinalm-emfs/>