

In *Whole Body Vibration*, Becky Chambers explains the considerable science behind vibrating for health. Testosterone and growth hormones increase and cortisol (stress hormone) decreases significantly! WBV helps reverse osteoporosis, increases leg strength, decreases fat in muscles, and improves bone density of spine and legs. It is equal to resistance training in improving leg strength and performance. *And, most of all, it is energizing!*

—C. Norman Shealy, MD, PhD  
President, Holos Institutes of Health  
Neurosurgeon, Author, and Worldwide Speaker

*Whole Body Vibration* is a compelling and entertaining look at the myriad and amazing benefits of WBV. I, myself, use my vibration plate every day because, simply put, *it just makes me feel good.*

—Frankie Boyer  
Radio Personality  
*The Frankie Boyer Show*

During more than twenty years of hosting *Strategies for Living Radio*, I've been privileged to talk to many innovators, and Becky Chambers is definitely one of them. Becky's work has been instrumental in changing the way we look at being "healthy" in the twenty-first century. Pioneers such as Becky are putting healthcare back where it belongs—in our own hands. Pardon the pun, but I get good vibrations from Becky Chambers and *Whole Body Vibration: The Future of Good Health*; I recommend you read it and consider its important message.

David McMillian, LPC-S, LMFT,  
Marriage and Family Therapist

Becky presents state-of-the-art information on the exciting new technology of Whole Body Vibration in her book, *Whole Body Vibration: The Future of Good Health*, and I am happy to endorse it. I have been very impressed with Whole Body Vibration since I first learned about it when looking for treatment for a patient with severe osteoporosis who had no ability to exercise. WBV worked beautifully, resulting in a dramatic increase in bone density for my patient in just one year. The more I learn about WBV, the more impressed I am.

WBV can be used in both sickness and health. It can increase muscle strength and improve muscle tone and influence mood by improving neurotransmitter balance. It can have a positive impact on people with Metabolic Syndrome (increased blood pressure, high blood sugar levels, excess body fat around the waist, and lipid abnormalities). WBV is used by physical therapists, as well as professional athletes, to help heal injuries and improve conditioning. It even seems to have a positive impact on the endocrine system by increasing testosterone levels and decreasing cortisol levels (suggesting that it can reduce the impact of stress on us). I expect we will see much wider use of WBV in the future.

—John Bordiuk, MD  
Internist and Medical Director  
Inner Balance Integrative Medicine

I highly recommend whole body vibration for detoxification, lymphatic health, and bone health in my medical and surgical practice. Becky Chambers's book is a great source of information on this innovative health modality that even patients with significant health conditions find easy to incorporate into their routines.

—Susan E. Kolb, MD, FACS, ABIHM, Plastic Surgeon,  
Author of *The Naked Truth about Breast Implants*,  
and Host of the *Temple of Health Radio Show*

I had the pleasure of interviewing Becky Chambers on the *Nancy Ferrari Show* last year to talk about her book, *Whole Body Vibration: The Future of Good Health*, and I was very impressed with her knowledge and expertise on the technology and benefits of using WBV machines. Becky's passion about living a healthy life is truly what is needed by us all!

—Nancy Ferrari, CEO, Nancy Ferrari Media and Mentoring

More than ever, many of us are interested in living healthy, vibrant lives—especially as we age—and just like Becky, my life mission has become about feeling good, feeling strong, and incorporating healthy habits and practices into my everyday life. I am so grateful to Becky for sharing her knowledge about breakthrough body and mind energy therapies. It certainly gives me hope now and for the future.

—Ann Quasman, Chief Fulfillment Officer and Creator  
of *WomanTalk Live* and the *Conscious Conversations Café*