

## *Foreword*



# Norm Shealy on Whole Body Vibration

All healthy movement is good; some is superb. We were meant to move hours each day. Unfortunately, modern life has reduced by 90 percent the physical effort of day-to-day living. And although it is well proven that a *minimum* of thirty minutes of daily exercise is a basic health essential, only 10 percent of Americans get that! Just watch babies. They move a majority of the time they are awake. Fortunately, I have always felt a need to move and enjoy moving. At eighty-two years of age, I exercise a minimum of ninety minutes daily, and more on some days.

Ten years ago, after learning about what I have called vibratory exercise, I purchased a whole body vibration machine, which I use as part of my routine a minimum of five days a week. I miss it when I travel. Some days, in the late afternoon, I indulge in a second session of whole body vibration. It reenergizes me.

There are well over fifteen hundred scientific articles on the benefits of whole body vibration, including:

- improved trunk muscle strength

- improved physical function in patients with knee osteoarthritis
- improved gait speed and standing in cerebral palsied children
- improved functional exercise capacity and quality of life in those with chronic obstructive lung disease
- improved cardiac output
- decreased pain and disability in those with chronic low back pain
- better performance of distance cyclists who do WBV at their interval rest stops instead of just resting
- improved blood levels of sclerostin, critical for bone health
- improved blood sugar regulation in diabetics
- improved gait and stability in the elderly
- improved functioning in those with ADHD

Interestingly, those who need it the most benefit the most, but almost everybody will both enjoy it and benefit from doing it. Combine this with the overall energetic balancing of homeopathy, and you have a winner. For two hundred years, homeopathy has been used in the United States and around the world as the safest known alternative to drugs. Continuing scientific research makes this an ideal time to look further at the benefits of this unique and fascinating health enhancer. For those who really are couch potatoes and need movement, I urge you to read and heed the wisdom of this book. For everyone else, just enjoy adding either therapy, or both, to your health routine.

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