

# Introduction

Whole Body Vibration (WBV) is exploding in popularity around the world because of its remarkable capacity to enhance health and well-being. WBV has been shown by extensive research over forty years to be intensive exercise, and movement is what we are designed for—it is the true fountain of youth but is often missing from our busy and sedentary modern lifestyles. As hard as it is to believe without actually experiencing it, ten minutes of WBV training will give you the benefits of one hour of conventional weight lifting, including increased muscle strength, bone density, flexibility, coordination, balance, and weight

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loss. These benefits alone are enough to drive WBV's great popularity, but, in fact, they are only the tip of the iceberg when it comes to the total effect on health and well-being.

WBV machines were initially invented for the Russian space program in the 1970s to counteract the effects of zero gravity and as a training method for their Olympic athletes. In the 1990s, after the fall of the Iron Curtain, commercial machines were developed and rapidly spread throughout Europe. Ten years later, vibration machines arrived in California and began to be available across the United States. Currently WBV is predominately known and used for its dramatic effects on the musculoskeletal system, and there are many companies making vibration machines.

When you stand on a vibration plate, you can feel the vibrations going through your body with a sensation similar to a massage. It seems so simple, but every cell and molecule in your body vibrates, leading to a cascade of effects so astounding that I am regularly met with, "It's too good to be true!" It is true, though, and has been documented extensively by forty years of research. There are also millions of satisfied users worldwide, including top athletes such as Shaquille O'Neal and Trace Armstrong, sports franchises such as the Denver Broncos and Miami Dolphins, and celebrities such as Madonna, Clint Eastwood, and Tony Robbins.

Chapter 1 focuses on the effects of vibration on your muscles—involuntarily, all of your muscle fibers will be activated,

tightening and relaxing at the same speed the plate is vibrating—twenty to fifty times per second. That effect, plus the increase in gravity as your muscles hold your weight against the vibration, leads to the revolutionary result: ten minutes of WBV equals one hour of conventional weight lifting.

In chapter 2, I look at one of the most hotly pursued goals of modern life: losing weight! Just like exercise, WBV increases your metabolism and muscle strength, both of which help you burn more calories and lose weight. Just as important, WBV raises serotonin levels; this has powerful antidepressant effects and improves mood and sleep. Since many people overeat for emotional reasons rather than physical hunger, this effect can be a critical element in the battle to maintain and/or achieve a healthy weight.

Chapter 3 addresses the issue of bone-density loss and WBV's capacity to stimulate bone growth. WBV was, in fact, originally developed forty years ago in Russia to counteract the devastating effects of zero gravity on their cosmonauts in outer space. It turns out that vibration transmitted to the bones through muscle is exactly the signal your body needs to increase bone density. For millions in this country and worldwide who are facing the dangers of weakened bones and the lack of safe and effective treatment, this is exciting news indeed.

Another life-changing aspect of WBV is described in chapter 4: its effects on the nervous system and brain. WBV rapidly raises the levels of two neurotransmitters, serotonin and norepinephrine, that have positive effects on mood and energy levels. In addition, exercise has been shown to be the most important

factor for brain health, powerfully stimulating neural cell growth and strength. This is a godsend for everybody—certainly people facing neurological disease and disability but for all of us really. Who couldn't use a little more brain power?

Feeling a lack of energy and zest? WBV may be just what you need. Chapter 5 looks at the numerous physiological effects of WBV that increase energy, including rising levels of testosterone (linked to both men's and women's sexual libidos and energy levels). WBV also increases circulation, bringing nutrients and oxygen to all cells, and the antidepressant effect also sends new energy through your mind and body. In addition, WBV works in ways similar to acupuncture to stimulate your electromagnetic energy, now acknowledged by Western medicine as well as Eastern traditions as the basis of our neurological system and thus connected to all parts of our bodies. For example, like acupuncture, WBV often rapidly lowers pain and inflammation levels.

Chapter 6 focuses on three common casualties of aging: sex, beauty, and mobility. The rejuvenating effects of WBV in all of these areas can be attributed in part to increasing human growth hormone, the body's major repair, regrowth, and anti-aging hormone. This effect of WBV, plus the increases in testosterone, circulation, and electromagnetic energy, combine to give you a whole new lease on life.

In chapter 7, I address the role of toxins in health and how WBV helps your body to eliminate toxins. In fact, because WBV has such a powerful detoxification effect, it is usually the limiting factor for most people using WBV. I suggest caution; start slow, with just a minute or two, and increase slowly. In this

case, truly, less is more—but can you imagine an exercise system where the biggest problem is not to do too much?!

In chapter 8, we will take a look at the plethora of WBV machines now available: what the parameters of the different machines are, what to look for, and what to avoid. Which machine is best for you?

WBV is a powerful tool in the search for health and happiness, with an unprecedented ability to work on physical, mental, and energetic levels all at once. In a ten-minute session, you can essentially get the benefits of a workout, a massage, acupuncture, and a powerful detoxification treatment and achieve life-changing benefits for many aspects of physical and mental health.