



Effects of whole body vibration using the Vibrant Health Power 1000 in retrospective observational survey

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*(unpublished data, 2019)*

Vibrant Health  
Power 1000  
Vibration  
Machine

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# Specifications for the VH Power 1000

- Type of vibration machine: Vertical vibration (entire plate moves in the same direction, up and down, at the same time)
- Amplitude = 1.25 mm
- Frequency = 26-45Hz (increasing in 1 Hz increments)
- Max g-force = 1.85g.
- Following Becky Chambers' "Slow & Careful" method

# Survey Metrics

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**53 respondents (28% response rate) in 2 weeks, no compensation.**

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**88% were 50-80 years of age.**

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**58% female, 42% male**

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**80% in average, good, or excellent health, by self rating.**

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**Most reported eating a healthy diet, and taking few to no drugs.**

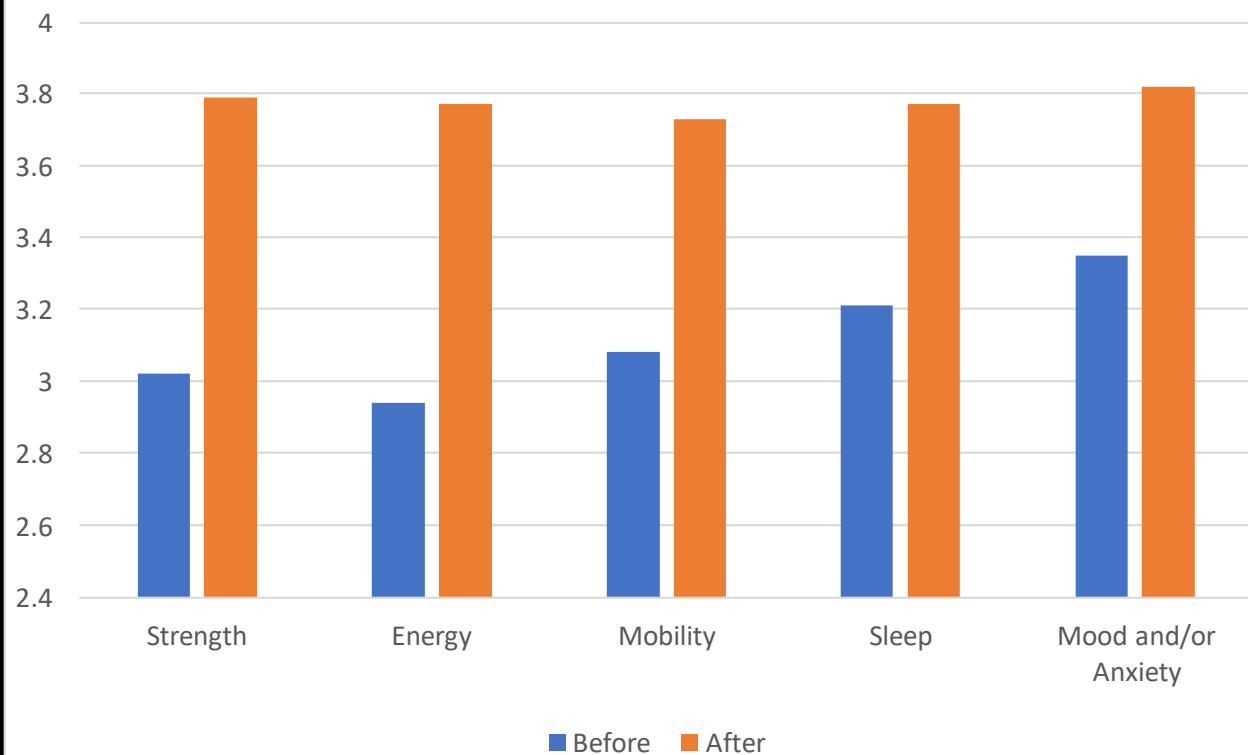
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**55% of the respondents had their machine 1-2 years, 43% for 1-12 months.**

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**Most had never used a vibration machine before.**

5 Modalities Before and After WBV on 1-5 Scale

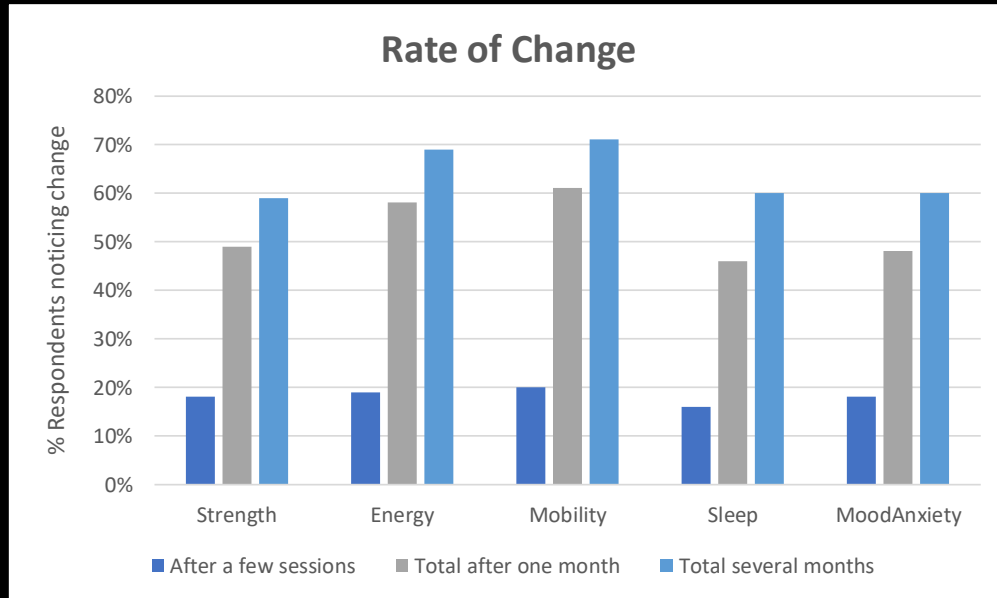


Strength  
Energy  
Mobility  
Sleep  
Mood/Anxiety

**All modalities improved with WBV**

*Scale from 1-5:  
1 - weak/low/poor  
5 - very strong/high or excellent*

## Improvements were rapid for Strength, Energy, Mobility, Sleep, and Mood/Anxiety:



- 15-20% improved after a few WBV sessions
- 45-60% total within a month
- 60-70% total within several months

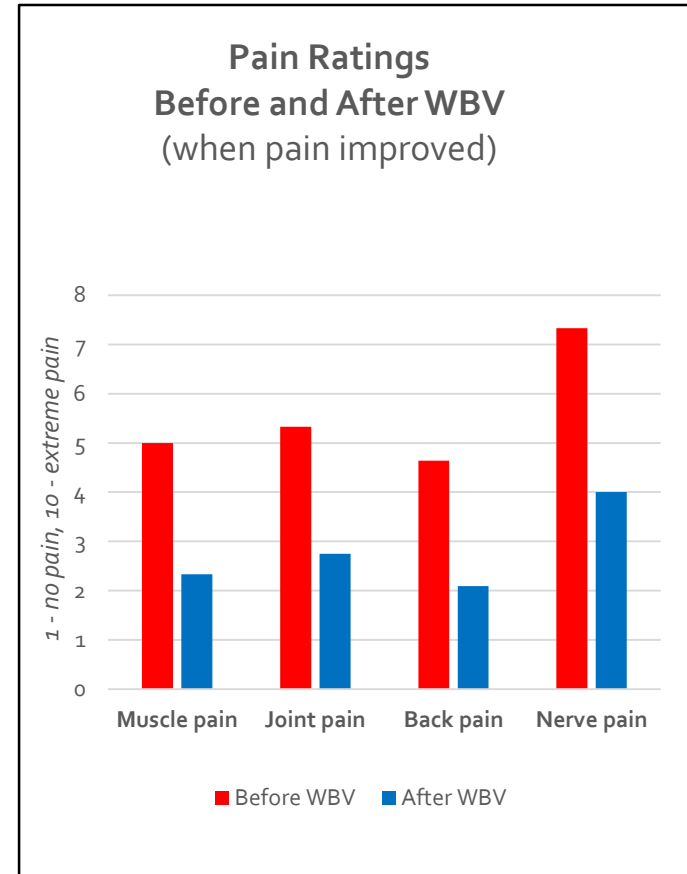
# Pain levels dropped for numerous types of pain: muscle, joint, back, and nerve

## Respondent comments:

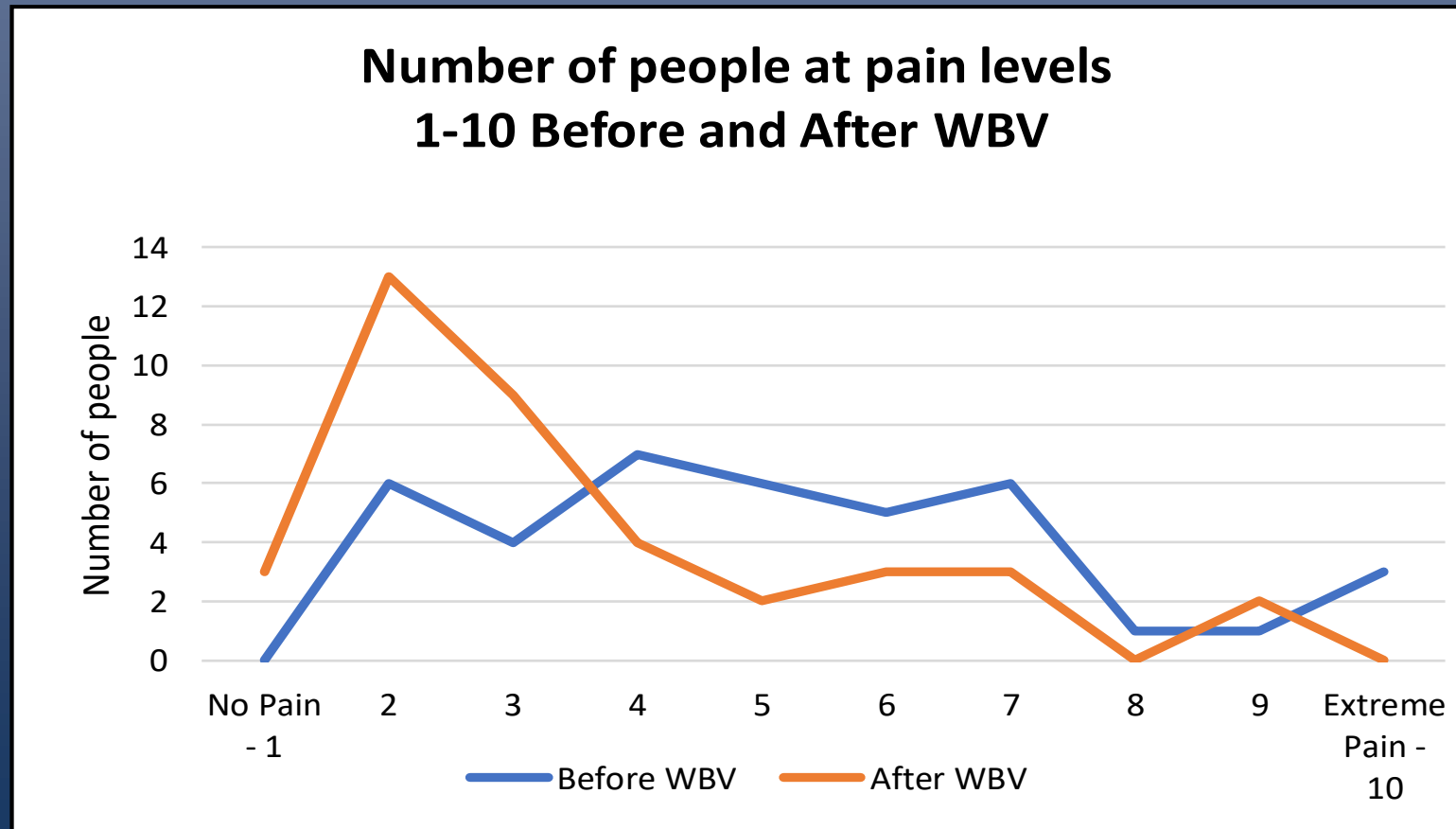
*"I am recovering / reversing from Neuropathy. The WBV brought immediate results."*

*"My best results - a major decrease in sciatic pain!"*

*"I feel like my body and muscles are more flexible."*



There was an overall shift for respondents toward lower pain levels.

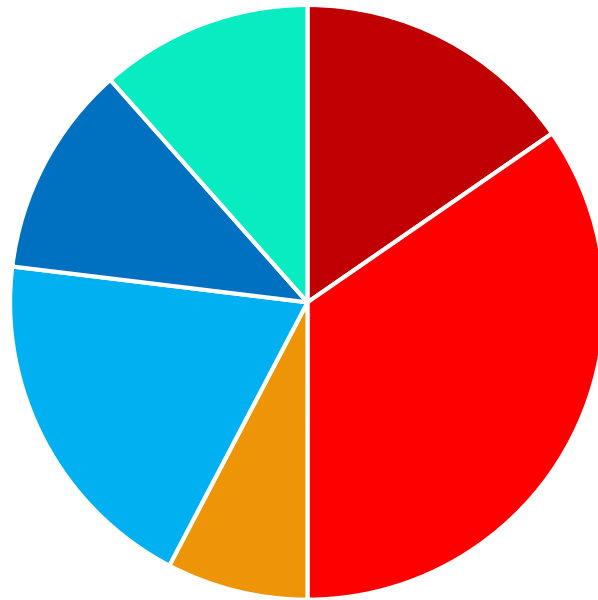




**Most respondents took  
no pain medications.**

**After beginning whole body vibration,  
20% of respondents reduced their pain  
medications, or switched  
to less powerful meds.**

Which joints (other than your back) had pain that improved with Whole Body Vibration?



■ hips

■ knees

■ ankles/feet

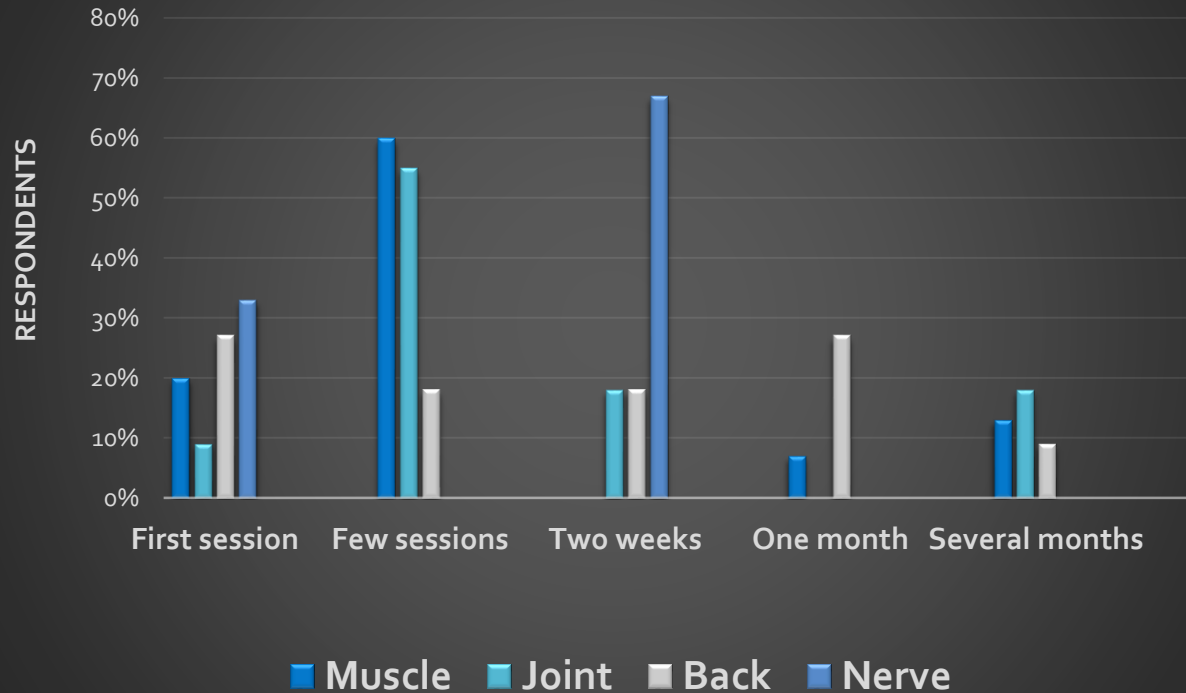
■ shoulders

■ elbow

■ wrists/hands

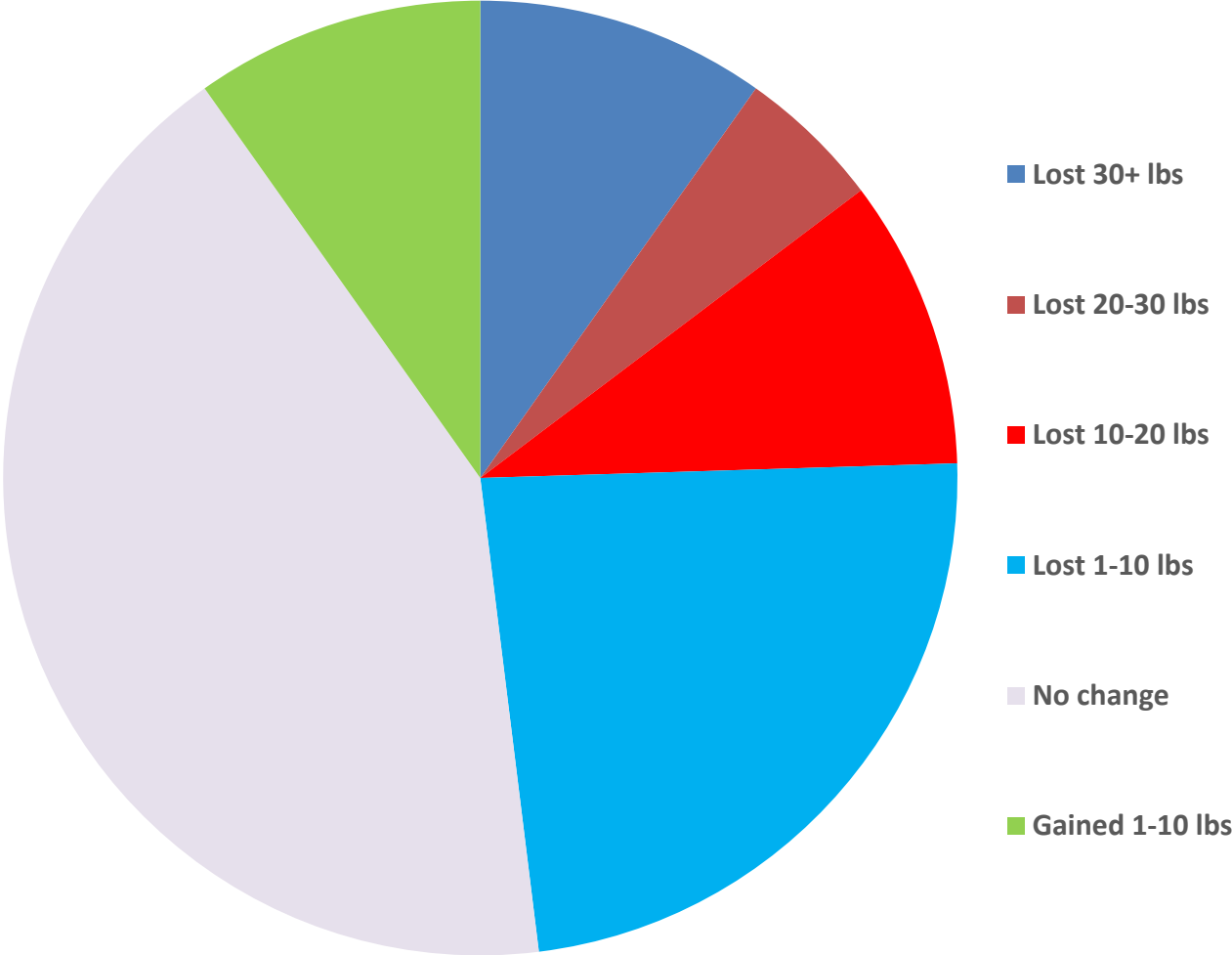
**Joints all over the body improved, especially knees, shoulders, and hips, but also elbows, wrists and hands, and ankles and feet.**

## First noticed an improvement



**Rapid relief  
for Muscle,  
Joint, Back,  
and Nerve  
pain**

Pounds lost by those who wanted to lose weight



Almost half of those who wanted to lose weight, did lose weight.

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Only 10% gained (1-10 lbs)



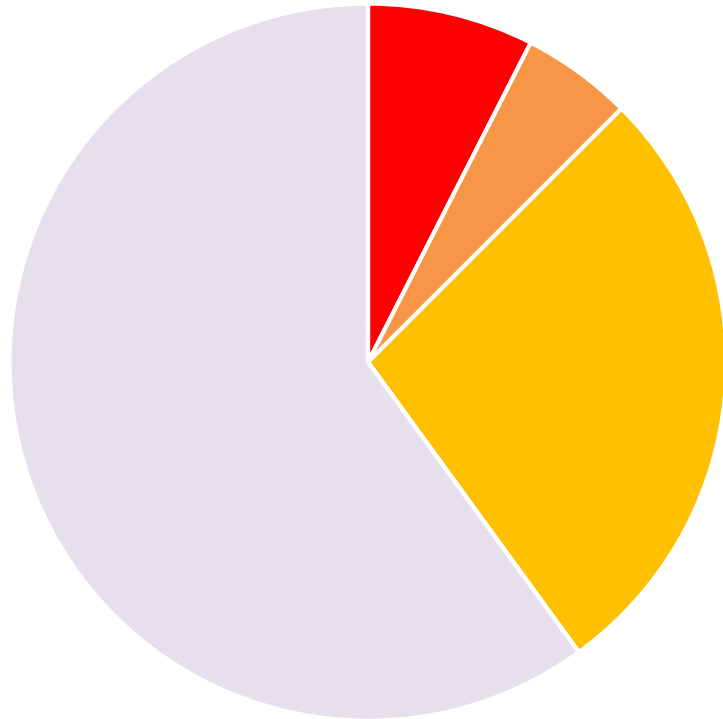
**Virtually all of the respondents (98%) were not taking weight loss supplements or medications.**

**Most followed healthy, low carb diet regimes.**

**86% did not change their diets.**

**There was virtually no change in the amount of other exercise after adding whole body vibration.**

Bone density changes



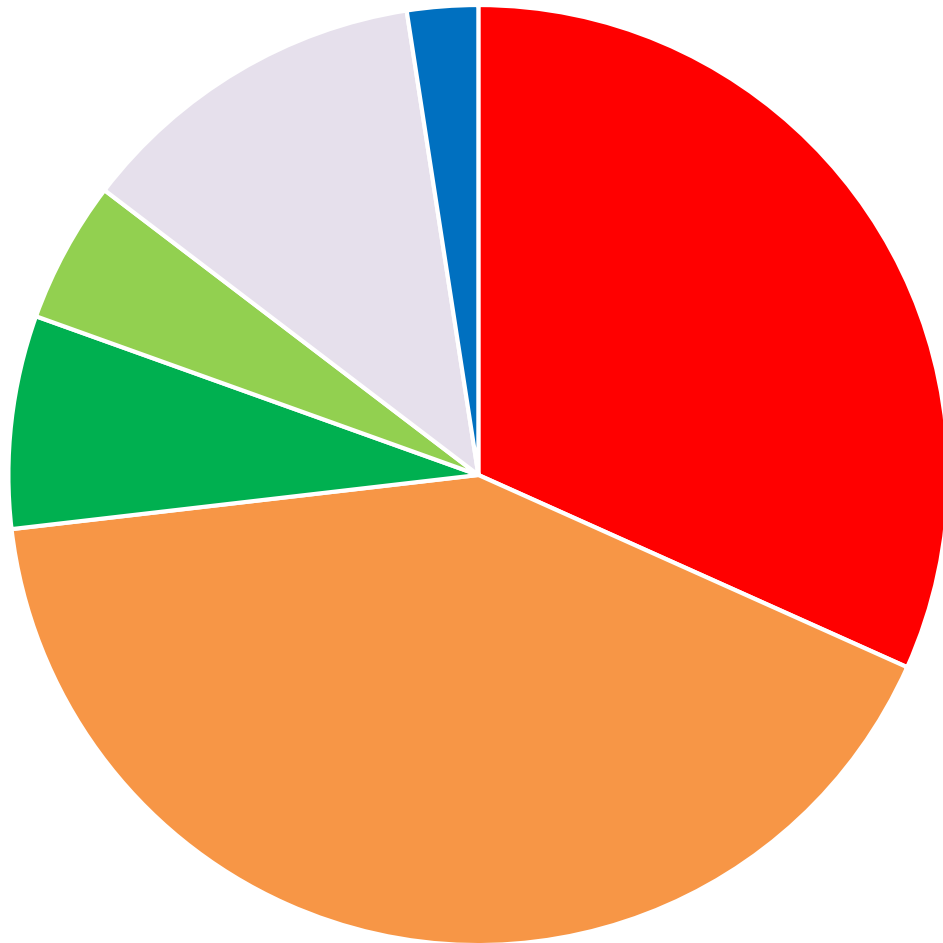
■ Significantly better ■ A little better ■ No change  
■ A little worse ■ Significantly worse ■ N/A

40% of respondents increased their bone density, or did not lose bone density.

Zero respondents reported a loss of bone density.

60% answered N/A:  
The study did not cover a long enough time period to answer the question

### How often do you use your VH Power 1000?



- Daily
- 2-4 times per week
- Once a week
- Occasionally
- Intermittently
- Never

Most respondents (80%) use their Vibrant Health Power 1000 at least once a week, 40% use it daily.

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# Respondent Comments

*I love the muscle strength and increased mood it has provided.*

*I feel that it was a wise investment.*

*Noticed an increase in my upper body muscle development.*

*I love the gentle, deep massage feeling the machine provides. It is very relaxing, and I love doing qigong on my platform.*

*Love it. I like to do the exercises on it .*

*Great product. My girlfriend and I use it for 5 minutes twice a day while brushing our teeth. :)*



# Respondent Comments

*Great investment - really helps me and my grandkids love it too!*

*I really recommend its use to improve your health and quality of life.*

*The most obvious response I have experienced is increased energy!*

*Exercise/mobility is vital to quality of life. I want to live, not exist.*

*This machine is the missing piece to my health recovery.*

*It is the easiest thing to do and get results.*

*Love it!*