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(unpublished data, 2019)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
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
53 respondents (28% response rate) in 2 weeks, no compensation.

88% were 50-80 years of age.

58% female, 42% male

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

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

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

Most had never used a vibration machine before.
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.
Joints all over the body improved, especially knees, shoulders, and hips, but also elbows, wrists and hands, and ankles and feet.
**Rapid relief for Muscle, Joint, Back, and Nerve pain**

### First noticed an improvement

<table>
<thead>
<tr>
<th>Respondents</th>
<th>First session</th>
<th>Few sessions</th>
<th>Two weeks</th>
<th>One month</th>
<th>Several months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle</td>
<td>20%</td>
<td>10%</td>
<td>80%</td>
<td>60%</td>
<td>20%</td>
</tr>
<tr>
<td>Joint</td>
<td>10%</td>
<td>30%</td>
<td>50%</td>
<td>40%</td>
<td>60%</td>
</tr>
<tr>
<td>Back</td>
<td>30%</td>
<td>20%</td>
<td>40%</td>
<td>70%</td>
<td>30%</td>
</tr>
<tr>
<td>Nerve</td>
<td>40%</td>
<td>50%</td>
<td>30%</td>
<td>20%</td>
<td>10%</td>
</tr>
</tbody>
</table>
Almost half of those who wanted to lose weight, did lose weight.

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