

FOREWORD

Why Vibe?

Only 10 percent of Americans get thirty minutes of exercise five days a week! Ninety percent are couch potatoes and have the same risk of heart attack as someone who smokes a pack a day. For overall health, exercise is at least as critical as sleep and good nutrition. Actually, the average American dies twenty years younger because of overall human misbehavior and willful ignoring of commonsense health habits.

Indeed, if you just stood and walked about three minutes six or seven times day, it would improve health and energy tremendously. More importantly, if you did vibratory movement exercise ten minutes daily, you would improve health, mood, weight, and energy and decrease risk of heart disease, diabetes, hypertension, obesity, osteoporosis, hip and knee replacement, arthritis, etc. Vibration improves circulation and digestion, reduces muscle and joint pain, and, most important, improves overall energy. It is even good for memory and decreases inflammation.

Watching TV does nothing to improve health or mood. In fact, if everyone threw out the TV and replaced it with a Vibe device

(and used it), health and mood would improve more than any other change known. Although there are many other alternatives, such as Qi Gong, Tai Chi, etc., all of them take much more time and have fewer benefits than Vibe!

Walking briskly, biking, running, treadmill, racquetball, and many other exercises are all good, but the vibe device is at least as good and does more for all over health. One of my favorite cartoons says, "Which feels better, to exercise an hour a day or being dead 24 hours a day?" Are you ready for health and vitality?

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