

INTRODUCTION

Whole body vibration is well established for adults, particularly young adults and athletes, as an intense workout system and physical therapy system, but it may have its greatest impact in revolutionizing aging. All of the remarkable healing properties that have been shown to work for younger people can also work for the elderly, and then there is more. . . .

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In a 2019 Vibrant Health survey of my customers over the past two years, 90 percent of whom were over the age of fifty and 64 percent over age sixty, they reported significant improvements in strength, energy, mobility, sleep, and mood (25, 28, 20, 17, and 14 percent, respectively). These improvements were rapid, often beginning immediately or within a few days of their first WBV session. At the same time, 74 percent of the survey respondents who

were in pain reported an average 52 percent decrease in pain levels—some while also decreasing their pain meds (a summary of all

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the survey results is in the appendix). My vibration machines and method should be examined with double-blind research studies, but, until then, this survey can serve as an inspiration for seniors and as a guide to future research.

Of the published studies that have been done with seniors, some have shown encouraging results while others have not seen much change, but the researchers are not using the right approach. With the proper approach, seniors can achieve a youthful vigor and health they may not have felt in decades.

Researchers try to use whole body vibration (WBV) as a workout system for seniors, not realizing its powerful impact on the entire body. They end up using WBV with seniors like a bull in a china shop. As an older person, you need a different approach. Ours is a football culture where more is better, but the elderly are not a football players.

I have developed machines and a method designed especially for seniors. With this system, they can reverse health and aging issues that conventional knowledge and medicine say can't be helped—bone-density loss, decreasing energy, loss of libido, maybe even neu-

rological diseases. Studies don't yet support WBV helping with MS and Parkinson's, but with a gentler machine and approach, perhaps WBV can help.

You are a senior now, and maybe you used to be very strong and had energy to spare, but perhaps there came a point when you hit a wall. You got a diagnosis, and the doctors said it can't be helped, you are just getting old. Well, in many cases, you can get better; you can use whole body vibration, and it can be successful—but not with the football culture-type machines. I will tell you how, and I will show you studies.

WBV has been shown by extensive research over forty years to be a form of intensive exercise. Movement is what we are designed for—it is the true fountain of youth, but it 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 weightlifting, including increased muscle strength, bone density, flexibility, coordination, balance, and weight loss.

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

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WBV machines were initially invented in Russia for their 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, from youngsters to seniors, including: top athletes such as Shaquille O’Neal and Trace Armstrong; celebrities such as Madonna and Clint Eastwood; many health professionals, including chiropractors, physical therapy centers, and Dr. Norman Shealy (renowned pain specialist and holistic doctor); motivational experts such as Tony Robbins; and sports franchises such as the Denver Broncos and the Miami Dolphins.

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ularly with older people and those with health challenges that you see the greatest improvements.

Western science and medicine approaches WBV with a narrow, mechanistic view of the body. This approach leads to poor results with seniors. Our bodies and minds work as a whole. Complementary medicine understands this, giving much more attention to the role of our thoughts and emotions. Nutrition and detoxification are also important, but they are so well accepted, with many resources already available to guide you, that I don't need to dwell on these subjects. I will cover these areas briefly, focusing more closely on mental stress and the power of our minds, which creates our energy, and how these elements interact with WBV.

In recent years complementary medicine methods such as yoga, meditation, and acupuncture, which deal with our minds and energy, have been recognized as highly effective in numerous health areas, such as pain and inflammation, mental health, and immune system function. They have gained in popularity such that millions of Americans are enthusiastic users of these methods, and many Western medicine hospitals have complementary medicine clinics where these therapies are offered.

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But an integrative medicine approach, where both Western science and complementary medicine are used, has not been taken with WBV research. Without this, the full promise of WBV will not be realized. On the positive side, this is a golden opportunity for a light to shine on the power of our minds—a unique force in our lives that deserves greater attention in medicine. Using an integrative approach, I have written this book to particularly help seniors, and others with health challenges, reap the benefits of WBV.

Chapter 1 focuses on the effects of vibration on your muscles. Involuntarily, all 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 a quick and surprisingly enjoyable workout.

In chapter 2, I look at one of the most hotly pursued goals of modern life, even for seniors: losing weight! We may have gained wisdom, but losing weight is now even harder. Don't despair, whether you want to lose a few pounds or a lot of weight, WBV can help. Like any 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 devel-

oped 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 a powerful signal to your body 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.

Pain and inflammation are highly motivating! Luckily, used correctly, WBV is remarkably effective at rapidly and sometimes dramatically lowering pain, especially joint, muscle, and nerve pain. I have seen many people get on a vibration machine in pain and get off it a few minutes later with their pain reduced or even gone. Chapter 4 looks at this phenomenon and why the current scientific research is not able to reliably produce these kinds of results.

Chapter 5 is about the many life-changing ways WBV interacts with and affects 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 for people facing neurological disease and disability but for all of us really. Researchers have seen benefits from WBV for many neurological diseases, but there is room for improvement.

Chapter 5 will also look at the potential of WBV to help us by calming and synchronizing our stressed minds, helping us to move into a slower brain wave meditative state where our brain can focus on healing our bodies. Like acupuncture, WBV also works

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 common casualties of aging: energy, sex, beauty, and mobility. Feeling a lack of energy and zest? WBV may be just what you need. There are numerous physiological effects of WBV that increase energy, including raising 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. The rejuvenating effects of WBV in all 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 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?

Chapter 9 is a “how-to” section, giving you specific guidelines, gleaned from my twenty years of experience, for getting started with a WBV program. There is a day-by-day plan for beginners and tips for more challenging workouts for more advanced users. Included also is a guide to using WBV as physical therapy for numerous joint, muscle, or tendon injuries, and other types of disorders.

Read on to learn how you, too, can enjoy the remarkable rejuvenation and benefits of WBV!