

PREFACE

I have been using whole body vibration (WBV) for twenty years now, during which time I have become a senior citizen. I have seen WBV grow from a complete unknown in this country to a booming industry, and I am happy to have encouraged and been a part of that growth!

My journey with WBV began many years ago when I was unable to get well using Western medicine. At the same time, I have a strong scientific background, with a Bachelor of Science degree in biology, and six years of working in a research laboratory. After immersing myself in complementary medicine, I found a healing path that worked. Whole body vibration was central to my healing, and it turned me into an international expert and pioneer.

WBV seems deceptively simple, but it works on many levels—body, mind, and spirit—and to use it most effectively, you need to understand it on all of these levels.

I am a classic “canary in the mine.” Forty-five years ago, my body began rebelling against the stresses of modern life by developing a host of chronic health issues. Those issues started when I

was a young child with depression, which became chronic, at times severe, and continued for thirty years. I also had crippling insecurities and self-esteem issues. I developed addictive and emotional eating behaviors, including bulimia, and by my early twenties, I weighed two hundred pounds. By then, I also had rampant allergies, painful digestive problems, immune system weakness, and numerous disabling joint and nervous system disorders. Back then, I was an isolated freak of nature. Today, my experiences are becoming commonplace, as chronic health issues are skyrocketing. Forty-five years ago, I began my search for health and happiness.

Listen to my hard-earned knowledge and experience, and you may save yourself time, money, pain, and misery. You may even find joy, love, and success.

I began my search in my teens, using Western medicine and psychiatric care. For years, there was little progress, and by my early twenties, the physical complaints urgently demanded attention. I began to consider natural health, but by then so many systems in my body were involved and the situation was so complex that I was a difficult case.

For example, I had a severe case of *Candida* (yeast) overgrowth. This is a gut-flora disorder that, when severe, can become systemic, causing multiple symptoms and distress. I would improve with diet changes and products or drugs to control the yeast, but within weeks I would be sick again because I had become allergic to whatever product I was taking. Because of this extreme reactivity, I was called a “universal reactor” and eventually ended up allergic to more than three hundred different foods. For many years, I was only able to eat

by taking daily allergy desensitization drops and rotating all foods so that no food was repeated within a five-day period.

I tried many different natural-health approaches and doctors: special diets, nutritional supplements, herbs, Chinese medicine, chiropractic care, acupuncture, homeopathy, heavy metal removal by intravenous and oral chelation, allergy desensitization, and more, but I was still going downhill. By my thirties, I could barely eat anything and had lost 80 pounds, ending up a slim 120 pounds of unhealthy, depressed, and lonely misery. My immune system was so overworked and weak that the slightest nick in my skin would inevitably lead to an infection that would take months to heal. My liver was so overwhelmed that I had developed multiple chemical sensitivity (MCS); I could eat only organic food and could not tolerate drugs of any sort. I figured I would eventually get some sort of serious infection, and because antibiotics only made me worse, I would probably die.

A key turning point came when I discovered whole body vibration (WBV) twenty years ago and experienced its potential to improve health. Using WBV in combination with nutrition, supplements, and homeopathy, I finally began to truly heal. Eventually, I began using WBV in my own natural healthcare consulting practice, Vibrant Health, becoming the first person in the northeast to use and supply WBV to the public. Without a doubt, WBV has enormous potential to help people, but like any powerful instrument, if it is used improperly, it can cause problems.

As a natural health practitioner, I have seen that WBV works best with an understanding of cutting-edge brain science, natural health concepts of nutrition, the impact of toxins on our bodies,

and chi energy—our life force. I have written this book to help people, especially those older and otherwise challenged, to take advantage of the many benefits of WBV without stumbling into the pitfalls.