

Introduction

What If?

What if there were a natural and safe way to lower inflammation? What if when you were given a diagnosis of diabetes, or high blood pressure, or IBS (irritable bowel syndrome), or any of the numerous other inflammation-driven chronic health conditions, your doctor told you that *you could heal yourself*, that you do not need to take potentially dangerous drugs for the rest of your life. That day is coming, and whole body vibration, with its booming popularity and long list of health benefits, including lowering inflammation, is leading the way.

In today's world, where stress and other lifestyle factors have led to high rates of chronic diseases linked to inflammation and the transmission of infectious viruses and other diseases can be breathtakingly rapid and potentially deadly, keeping your health and immune system in top working order is a must. Rather than depending on drugs that just put a bandage on the problem while causing more problems elsewhere and starting a downward slide, the best approach to your health is to calm

inflammation and strengthen your body and immune system with natural health methods.

This is where whole body vibration can be a beacon in the darkness. New research is confirming that whole body vibration (WBV) lowers inflammation and invigorates and stimulates your immune system at the same time. How does it do this? By helping your body to do what it does better than any man-made drug will ever be able to do—maintain, heal, and repair itself. WBV gives you the stimulation, on multiple levels (physical, mental, and energetic), that your body was designed to thrive on.

Ten minutes on the vibration plate will feel like you have run a mile. Your blood zings through every blood vessel, your brain lights up, hormones increase, energy and mood rise—all of which boosts your immune system along with other critical aspects of health. WBV makes you feel alive—ten minutes, and your body will be tingling head to toe. It is common sense, especially for people who are sedentary and getting little stimulation, that WBV would be good for your health.

What if, when you went to the doctor, he or she told you to get a vibration machine and learn how to calm the inflammation in your body that is aggravating or causing your health issue? What if you are just beginning the best years of your life? WBV has the potential to help us all turn our lives around.

NOTE: The information in this book is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your doctor or other qualified health provider if you have a medical condition or have any questions regarding a medical condition and/or medical symptoms.

Please check the list of whole body vibration contraindications in appendix 5 and consult with your doctor before beginning whole body vibration.