

Contents

Foreword, by Dr. Peter Bongiorno	xvii
Preface	xxi
Acknowledgments	xxv
Introduction. What If?	xxvii
CHAPTER 1	
Your Natural Anti-Inflammation Plan	1
CHAPTER 2	
Introduction to Whole Body Vibration	11
CHAPTER 3	
Cutting-Edge Inflammation Research	25
CHAPTER 4	
Whole Body Vibration and Pain	39
CHAPTER 5	
Losing Weight with Whole Body Vibration	49
CHAPTER 6	
A Healthy Gut = A Calm Immune System	65
CHAPTER 7	
A Quick and Easy Anti-Inflammation Food Plan	77

CHAPTER 8	
Balancing Gut Flora	93
CHAPTER 9	
Detoxing with Whole Body Vibration	113
CHAPTER 10	
Exercise	125
CHAPTER 11	
Meditation, Yoga, and Other Therapies to Reduce Stress	131
CHAPTER 12	
Choosing a Whole Body Vibration Machine	137
CHAPTER 13	
Getting Started with Whole Body Vibration	161
Appendix 1. Vibrant Health Research Survey Summary	177
Appendix 2. Brain Synchronization	187
Appendix 3. FODMAP Diet Foods	191
Appendix 4. Severe <i>Candida</i> Yeast Overgrowth	193
Appendix 5. Contraindications	197
Notes	201
Resources, Suggested Reading, and Additional Research Studies	215