

Whole Body Vibration

The Future of
Good Health

Whole Body Vibration helps reverse osteoporosis,
increases muscle strength, decreases fat . . .
and, most of all, it is energizing!
— C. Norman Shealy, MD, PhD



New Research • New Machines • New Benefits

Becky Chambers, BS, MEd

Praise for Whole Body Vibration: The Future of Good Health

In *Whole Body Vibration*, Becky Chambers explains the considerable science behind vibrating for health. Testosterone and growth hormones increase, and cortisol (stress hormone) decreases significantly! WBV helps reverse osteoporosis, increases leg strength, decreases fat in muscles, and improves bone density of spine and legs. It is equal to resistance training in improving leg strength and performance. *And, most of all, it is energizing!*

—C. Norman Shealy, MD, PhD

President, Holos Institutes of Health Neurosurgeon,
Author, and Worldwide Speaker

I am impressed with how thorough yet easy-to-read this book is, presenting complex information about whole body vibration (WBV) in an accessible and easy-to-read style. I intend to recommend this book and WBV therapy to my associates, and suggest to my clients that they read it. I feel sure that then they will have all the information they need, not only about WBV but all of the supporting lifestyle [changes] necessary for the best results as well. I am also impressed by how many issues a WBV practice addresses!

Becky Chambers is right; WBV has powerful effects all throughout your body, including [reducing] inflammation and detoxification. I was overenthusiastic the first day that I used the platform; I did seven minutes, thinking, “Oh, this is no big deal . . .” Boy was I wrong! Twenty-four hours later, every muscle in my body hurt! I remembered Ms. Chambers’ book, and took charcoal and began to have relief within twenty minutes. I am

grateful for the information in this book; it is deeply helpful, especially for stubborn know-it-alls!

—Rain Juvoli, ND, Retired

Whole Body Vibration is a compelling and entertaining look at the myriad and amazing benefits of WBV. I, myself, use my vibration plate every day because, simply put, *it just makes me feel good*.

—Frankie Boyer, Radio Personality,
The Frankie Boyer Show

During more than twenty years of hosting *Strategies for Living Radio*, I've been privileged to talk to many innovators, and Becky Chambers is definitely one of them. Ms. Chambers' work has been instrumental in changing the way we look at being "healthy" in the twenty-first century. Pioneers such as Ms. Chambers are putting healthcare back where it belongs—in our own hands. Pardon the pun, but I get good vibrations from Becky Chambers and *Whole Body Vibration: The Future of Good Health*; I recommend you read it and consider its important message.

—David McMillian, LPC-S, LMFT,
Marriage and Family Therapist

Becky Chambers presents state-of-the-art information on the exciting new technology of whole body vibration in her book *Whole Body Vibration: The Future of Good Health*, and I am happy to endorse it. I have been very impressed with whole body vibration since I first learned about it when looking for treatment for a patient with severe osteoporosis who had no ability to exercise. WBV worked beautifully, resulting in a dramatic increase in bone density for my patient in just one year. The more I learn about WBV, the more impressed I am.

WBV can be used in both sickness and health. It can increase muscle strength and improve muscle tone and influence mood by improving neurotransmitter balance. It can have a positive impact on people with Metabolic Syndrome (increased blood pressure, high blood sugar levels, excess body fat around the waist, and lipid abnormalities). WBV is used by physical therapists, as well as professional athletes, to help heal injuries and improve conditioning. It even seems to have a positive impact on the endocrine system by increasing testosterone levels and decreasing cortisol levels (suggesting that it can reduce the impact of stress on us). I expect we will see much wider use of WBV in the future.

—**John Bordiuk, MD,**
Internist and Medical Director,
Inner Balance Integrative Medicine

I highly recommend whole body vibration for detoxification, lymphatic health, and bone health in my medical and surgical practice. Becky Chambers' book is a great source of information on this innovative health modality that even patients with significant health conditions find easy to incorporate into their routines.

—**Susan E. Kolb, MD, FACS, ABIHM,**
Plastic Surgeon, Author of
The Naked Truth about Breast Implants,
and Host of *Temple of Health Radio Show*

I had the pleasure of interviewing Becky Chambers on the *Nancy Ferrari Show* last year to talk about her book *Whole Body Vibration: The Future of Good Health*, and I was very impressed with her knowledge and expertise on the technology and benefits of using WBV machines. Becky Chambers' passion about living a healthy life is truly what is needed by us all!

—**Nancy Ferrari, CEO,**
Nancy Ferrari Media and Mentoring

More than ever, many of us are interested in living healthy, vibrant lives—especially as we age—and just like Becky Chambers, my life mission has become about feeling good, feeling strong, and incorporating healthy habits and practices into my everyday life. I am so grateful to Ms. Chambers for sharing her knowledge about breakthrough body and mind energy therapies. It certainly gives me hope now and for the future.

—**Ann Quasman, Chief Fulfillment Officer**
and Creator of *WomanTalk Live*
and the *Conscious Conversations Café*

Also by Becky Chambers

Whole Body Vibration for Calming Inflammation

*Whole Body Vibration for Mental Health: Natural
Methods for Finding Peace Amid Chaos*

Whole Body Vibration for Seniors

*Homeopathy Plus Whole Body Vibration: Combining
Two Energy Medicines Ignites Healing*

Whole Body Vibration

The Future of Good Health

Second Edition

Becky Chambers, BS, MEd



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To Victor

A challenging gift that led to great growth

Acknowledgments

I want to thank the many people who have helped me learn and write about whole body vibration (WBV). First, I want to thank my many wonderful clients who, over the last twenty-five years, have helped me learn how best to use WBV to help people. I'd like to particularly thank the brave clients who have generously allowed me to use their experiences and names to personalize and enliven this book.

For the photos of WBV in action, I thank Ula Zielińska, Gail Leavitt, Evans Asante, Yuting Qi (models), and Rick Dorrington, the photographer.

A heartfelt thanks goes out to my family and friends who have supported and encouraged me throughout the years. Special thanks and love to my mother, Claire V. Smith, who provided editorial skills and financial backing, and to my father who always believed in me no matter how desperate the situation.

I want to thank all the medical professionals who helped me recover and learn about natural health methods, particularly Dr. Keith DeOrio, an early expert in whole body vibration (WBV) and energy medicine. Thank you, Dr. Jaswant Chaddha, for your help and for lending your medical and research expertise to my company's (Vibrant Health) WBV Survey.

I thank Jeanne Mayell for her continuing wise advice in developing this book, including the idea to write the book in the first place!

I thank the following people for their essential and excellent professional services: editor, Sue Vander Hook; interior book designer, Farhan Shahid, cover designer, Darryl Khalil, and publicist, Mary Ann Bohrer.

Author's Note

Like the world itself, the whole body vibration (WBV) field is rapidly changing. Since my last update of this book, there have been many advances in the field of WBV, both in research and on applications, benefits, and technology. That has resulted in better machines.

Our world is sometimes a frightening and challenging place. We must take as good of care of ourselves as possible, physically and mentally, to overcome these challenges, to survive, and to even thrive. Whole body vibration is a critical tool to help you in this quest. It is a powerful way to invigorate your body and mind—strengthening every part of you and boosting your mood and immune system—all in the safety and comfort of your own home.

This Second Edition of *Whole Body Vibration: The Future of Good Health* includes new research on how whole body vibration lowers inflammation and triggers the regeneration of tissues, benefits that apply to most chronic health diseases. New, more versatile machines have also been developed. While once you had to buy two machines to have everything you needed (no matter your state of health or age), now you only need one.

With so much new information—several thousand research studies—and such a broad range of applications, whole body vibration is a topic for more than one book. This book will introduce you to WBV and give you a solid understanding of it and all you need to know to get started with your own whole body vibration program. My other books (see beginning of the book) will provide you with additional information and help with subjects such as using WBV for calming inflammation, for working out, for physical therapy, for seniors and children, for mental health, and as a form of energy medicine.

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Preface

I am a classic “canary in the mine.” Fifty 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, depressed child and then became chronic and at times severe. They 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 200 pounds. By then, I also had rampant allergies, painful digestive problems, immune system weakness, and numerous disabling joint and nervous system problems.

Back then, I was an isolated freak of nature, but today, what I experienced is becoming commonplace. Chronic health issues are skyrocketing. Nearly fifty years ago I began my search for health and happiness. I hope my hard-earned knowledge and experience saves you 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. There was little progress for years, and by my early twenties, the physical complaints urgently demanded attention. Out of desperation, I began considering natural health. Like many people, I grew up believing Western medicine was the only option, so it took me a long time to try other methods. By then, many systems in my body were involved, and the situation was so complex that I was a difficult case.

For example, I had a terrible case of *Candida* (yeast) overgrowth. This is a gut flora disorder that in severe cases can become systemic, causing multiple symptoms and great distress. I would improve with diet changes, 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 reaction, I was called a “universal reactor” and eventually ended up allergic to more than 300 different foods. For many years, I could only eat by taking daily allergy desensitization drops and rotating all foods so no food was repeated within a five-day period.

I tried many natural health approaches and saw many doctors. My treatment included 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 took months to heal. My liver was so overwhelmed that I developed multiple chemical sensitivity (MCS). I could eat only organic food and could not tolerate drugs of any kind. I thought I would eventually get some kind of serious infection and probably die because antibiotics only made me worse.

A key turning point was when I discovered whole body vibration (WBV) about twenty-five years ago and experienced its vast potential to improve health. Using WBV in combination with nutrition, supplements, and homeopathy, I finally began to truly heal. Eventually, I started using WBV in my natural healthcare consulting practice and became 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 very powerful instrument, if it isn't used properly, it can cause problems. I have written this book to help people take advantage of the many benefits of WBV without stumbling into the pitfalls. As a natural health practitioner, I have seen that WBV works best when we understand the basic natural health concepts of nutrition, the impact of toxins on our bodies, and chi energy, or our life force.

Introduction

Whole body vibration (WBV) is exploding in popularity worldwide because of its remarkable capacity to enhance health and well-being. WBV has been shown by extensive research over the last fifty years to be intensive exercise. Movement is what we are designed for—it is the true fountain of youth. Still, 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 weight lifting, 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 its total effect on health and well-being.

Ten minutes of WBV training will give you the benefits of one hour of conventional weight lifting, including increased muscle strength, bone density, flexibility, coordination, balance, and weight loss.

WBV machines were initially invented for the Russian 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 many companies are making them.

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 and documented extensively by fifty years of research. There are also millions of satisfied users worldwide, including top athletes such as Shaquille O’Neal and Trace Armstrong, sports franchises such as the Denver Broncos and the Miami Dolphins, and celebrities such as Madonna, Clint Eastwood, and Tony Robbins.

Chapter 1 focuses on the effects of vibration on your muscles. All your muscle fibers are activated involuntarily, 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 the revolutionary result. Ten minutes of WBV equals one hour of conventional weight lifting.

In Chapter 2, we’ll look at one of modern life’s most hotly pursued goals—losing weight! Just like traditional exercise, WBV increases your metabolism and muscle strength, which help you burn more calories and lose weight. Cutting-edge research now shows powerful anti-inflammatory effects from WBV, including balancing gut flora with implications for many chronic diseases such as obesity and obesity-related diseases such as diabetes. Just as important, WBV raises serotonin levels, which has powerful antidepressant effects and improves mood and sleep. Since many people overeat for emotional reasons rather than physical hunger, this

effect can be critical in the battle to maintain or achieve a healthy weight.

Chapter 3 addresses the issue of bone density loss and WBV's capacity to stimulate bone growth. We know that WBV was originally developed fifty years ago in Russia to counteract the devastating effects of zero gravity on cosmonauts in outer space. And it turns out that vibration transmitted to the bones through muscle is precisely the signal your body needs to increase bone density. This is exciting news for millions in this country and worldwide who are facing the dangers of weakened bones and the lack of safe and effective treatment.

Another life-changing aspect of WBV is described in Chapter 4—its effects on the nervous system and brain. WBV rapidly raises the levels of two neurotransmitters—serotonin and norepinephrine—thus boosting your mood and energy levels. A positive mood strengthens and invigorates your whole body, including your immune system. In addition, exercise has been shown to be the most crucial factor for brain health, powerfully stimulating neural cell growth and strength. This is a godsend for everybody—certainly people facing neurological disease and disability, but truly, all of us. Who couldn't use a bit more brain power?

Are you feeling a lack of energy and zest? WBV may be just what you need. Chapter 5 looks at the numerous physiological effects of WBV that increase energy, including rising 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. The antidepressant effect also sends new energy through your mind and body.

WBV works in ways similar to acupuncture to stimulate electromagnetic energy. This is acknowledged by Western medicine and Eastern traditions as being the basis of our neurological system and thus connected to all parts of our bodies.

There's nothing quite like pain to motivate you. If pain is an issue for you, Chapter 6 will be particularly interesting. In this chapter, I focus

on the many types of pain that WBV can help alleviate. We'll look at the intriguing question of how WBV can lower pain so quickly and effectively, and how to maximize your results.

Chapter 7 focuses on three common casualties of aging: sex, beauty, and mobility. The rejuvenating effects of WBV on these areas can be attributed in part to increasing levels of stem cells— progenitor cells that can turn into different types of tissues. Another major rejuvenating WBV effect is increasing the human growth hormone, the body's major repair, regrowth, and anti-aging hormone. This effect, plus the increases in testosterone, circulation, and electromagnetic energy, can give you a whole new lease on life.

In Chapter 8, we will look at how WBV stimulates the circulation of your blood and your lymphatic system. Together, these two systems bring nutrients, oxygen, and infection-fighting warrior cells to all your tissues and remove toxins and waste products. WBV has a powerful effect on the lymphatic system, causing so much detoxification that I suggest caution. Start slowly with just a minute or two, and increase gradually. In this case, less is truly more. Can you imagine an exercise program where the biggest problem is doing too much?

In Chapter 9, we will look at the plethora of available WBV machines, the parameters of the various machines, what to look for, and what to avoid. Which one is best for you?

Chapter 10 is a how-to section that gives you specific guidelines (gleaned from my twenty-five years of experience) for achieving the best results with WBV. There is a day-by-day plan for beginners, tips for more challenging workouts for advanced users, and thirty photographs of different exercise, stretching, and massage positions.

WBV is a powerful tool in the search for health and happiness. It has an unprecedented ability to simultaneously work on physical, mental, and energy levels. In a ten-minute session, you can essentially get the benefits

of a workout, a massage, acupuncture, and a powerful detoxification treatment, as well as achieve life-changing benefits for many aspects of physical and mental health.

WBV is revolutionary in its capacity to help stimulate your body to heal itself, but also because you are in control. You can do it on your own, in your own home, at your own convenience. There's no need to wait for experts, pay exorbitant sums of money, deal with side effects from prescription drugs, or experience trauma from surgery. I believe there is a place for both Western medicine and natural approaches in healthcare. Consult with your doctor for safety and emergencies, but whenever possible, give your body a chance to heal itself with whole body vibration and other natural methods.

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 another qualified health provider if you have a medical condition or have any questions regarding a medical condition or medical symptoms.

Please check the list of whole body vibration contraindications in Appendix 2, and consult your doctor before beginning whole body vibration.

Chapter 1

The Ten-Minute Workout

The Revolution of Whole Body Vibration (WBV)

We all know we should be exercising, right? The problem lies in actually doing it. There was a hilarious ad on TV a while ago about a couple who join a health club but never go. Every day they have a new excuse—too busy, had to work late, too tired, forgot sneakers, lost hairband, mother called! It gets increasingly ridiculous, and we laugh because we've all been there.

But what if exercising was so quick, enjoyable, relaxing, and conveniently located in your own home (or nearby) that it was the highlight of your day? What if you could hardly wait to get to it every day and had to restrain yourself from doing too much? It is possible. Whole body vibration has arrived—and just in time! We are a nation and a world in desperate need of the many life-changing benefits of WBV.

Exercise: The Fountain of Youth

Our bodies are designed for physical activity, and they thrive on it. For example, exercise increases circulation, bringing essential nutrients and oxygen to every body part, including your brain, and removing waste products. Amping up this process helps every cell and organ in your body function at a higher level. And just by exercising, you increase your body's ability to drive the circulatory system. Your heart, which pumps your blood through the arteries on its outgoing journey, becomes stronger. Exercising builds more muscle, which in turn massages the veins in the gentler but essential pumping action that moves the blood on its return trip to the heart. Exercise, whether in a more traditional form or now with WBV, is also critical to maintaining muscle tone, bone density, and a healthy weight.

*Our bodies
are designed
for physical
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thrive on it.*

Exercise and Your Brain

Just as important, exercise helps your mood and brain. If you are so depressed and lethargic that you can barely get out of your chair and exercise, your life might seem like an insurmountable mountain. The good news is that the very act of exercising will increase the levels of natural chemicals in your brain called neurotransmitters, which will raise your spirits, energize you, and help your brain function better. Exercise has actually been shown to increase the number of neurons and neural connections in your brain. These are important components of intelligence, so you will actually be getting smarter as you exercise.

TESTIMONIAL

Dear Becky Chambers, I could not wait to tell you the great news I received from my doctor. I had my annual blood work done, and my HDL had increased. My doctor was so impressed and happy because the only way to increase it is with exercise. She was praising me and then it dawned on me. I had torn my knee and I was actually doing less exercise. My daughter even got me a walker because I was unable to just walk. Of course, this was not an emergency, and it was during the COVID lockdown, so I had to wait for it to heal. I felt weak from lack of exercise, and my daughter recommended the Vibrant Health Power 1000. I got it, and that was the only exercise I did. I started out slow like you recommended, and it was amazing.

I do standing, sitting, and upper body exercises every day. I felt very calm and centered. It even helped with my depression. My doctor was shocked when I told her I wasn't walking but using my vibration platform instead. She is a big believer in exercising and asked me to send her the website with info on the Power 1000. I cannot wait until my next blood test to see my results. I use it every day to start my day with prayer and meditation. Thanks for such a great product! Woe to the person who interrupts my vibe time!

—Maria A.

The Ten-Minute WBV Workout

Now that you're rearing to go and ready to start your new life as a fit, slim, brilliant citizen of the world, what should you do first? WBV is an excellent place to start, or you can use WBV in addition to any fitness program you already have in place. Why? It is a quick, highly adaptable workout that can be tailored to any level of fitness—from the sedentary couch potato to the occasional jogger, from the tennis player to the weekend warrior, from the amateur athlete all the way to the elite professional competitor.

At the easiest beginner level (and on extra-lazy days), you simply stand on the gently vibrating plate and receive a vibration that will feel like a massage. Through the involuntary automatic activation of your nervous system and thus your muscles, you will be experiencing a mild workout. At the other end of the spectrum, ten minutes of exercising while vibrating equals one hour of conventional weight lifting.

At first that may seem impossible—just too good to be true—but it is true. While the exact ratio does depend on which machine you use and how you use it (whether you work out intensively, gently, or just stand on the plate), forty years of research and the devotion of thousands of professional athletes and elite users, including Shaquille O'Neil, Jane Fonda, Madonna, the Denver Broncos, and the Tennessee Titans, attest to WBV's effectiveness.

*Ten minutes of
WBV equals
one hour of
conventional
weight lifting.*

TESTIMONIAL

I was mountain biking in the fall of 2017, hit a root, fell off my bike, hit the ground, and fractured my little finger. In the fall of 2018, after using my WBV machine for about four months, I was mountain biking in the same woods and hit a root. This time, as my bike was falling, I was able to jump off and land on my feet. I felt very strong and in control, had increased core strength and balance, and had quad and calf strength. I felt great! I felt like I was an agile twenty-year-old again. Also, a year after using Becky Chambers' Vibrant Health Power 1000 vibration machine, my calves were bigger, evidenced by my ski boot buckles needing to be adjusted! This past ski season in 2019, I had a serious ski fall that could've been deadly; however, no major injuries, no broken bones, and my body healed quickly from bruises and sore muscles and knee! I was fifty-three at the time but felt like a young athlete. Additionally, I want to mention that going through menopause is a great time to use the WBV machine as it helps to maintain muscle tone, which in turn helps boost mood and body image as things begin to shift from changes in hormones.

—Marliana Cataldi, RN, age 53

How Whole Body Vibration Creates Intensive Exercise

- ◆ Holding weight against vibration increases the effects of gravity. Because of this physical reality (described mathematically as gravity equals mass times acceleration), when suddenly vibrating, your muscles must hold two to three times your actual weight, the exact amount depending on the amplitude of the vibration.
- ◆ Every muscle fiber will automatically tense and relax at the same rate the machine is vibrating, usually twenty to fifty times per second. That adds up to 1,000 to 3,000 tiny reps per minute—much more work for your muscles than holding a position (static or isometric exercise) or typical repetitive workouts.
- ◆ One hundred percent of your muscles will be working, while in traditional exercises, only some of your muscles are engaged. For example, in a non-vibrating squat, only about 40 percent of your leg muscles are working. But if you are vibrating, 100 percent of your leg muscles will be firing.

Holding weight against vibration increases the effects of gravity. Every muscle fiber will automatically tense and relax at the same rate the machine is vibrating, usually twenty to fifty times per second. One hundred percent of your muscle will be working, while in traditional exercises, only some of your muscles are engaged.

The combination of these three factors results in an intensive workout, and by the end of one minute, your muscles may be begging for relief. If it is still not hard enough, you can carry weights, which will rapidly increase

the effort as the gravitational force from the vibration doubles or triples the effect of any weight increase.

You can also vary the type of exercise position to change which muscle groups must work to hold your weight. For example, you can do push-ups for upper body strength or sit on the plate in a V shape (see photos in Chapter 10) to work the abdominal muscles. There are endless variations of positions to engage different muscle groups. A typical workout includes one-minute intervals in numerous positions to achieve the effect of a full-body workout in ten minutes.

Circulation does increase with WBV, which is partly due to the massaging action of the muscle fibers as they tense and relax. WBV does not provide intensive aerobic exercise, so you should incorporate some type of aerobic exercise in your total fitness plan such as walking, biking, running, swimming, and more. You will probably find it much easier to do that when you are using WBV due to its powerful energizing and mood-elevating effects.

WBV Research for Strength Training

The intense muscle strengthening effect of WBV is clear with younger people¹, and this effect is a primary reason WBV is used so extensively by athletes around the world. Recent research on using WBV with other populations, especially older people and those with health issues, has been less clear. Some studies are seeing increases in strength, and others are reporting little or no increase.²

I believe the problem with this more recent research is that it is not being done properly. The proper type of machine may not be used, and/or there is not a slow enough buildup of time and intensity of the vibration. With the knowledge gained from a lifetime of dealing with health issues, I have had great success using WBV for seniors with health issues. In fact, I find that older, ill, and otherwise less fit and less strong people are the very ones most likely to see dramatic improvements.

In 2019, my company, Vibrant Health, conducted a research survey³ of our customers using Vibrant Health's Power 1000 machine, which comes with a user manual and my recommendations on how to use it. Ninety percent of the survey respondents were over fifty years of age, and 62 percent were sixty to eighty years old. The survey included fifty-three respondents. The results were unequivocally positive. On average, respondents reported a 25 percent increase in strength and a 28 percent increase in energy within weeks of beginning their WBV program. Almost 20 percent of respondents reported increased strength within a few days of beginning WBV and 49 percent within one month. (See Appendix 1 for a summary of all survey results.)

Respondents reported a 25 percent increase in energy within weeks of beginning their WBV program. Almost 20 percent reported increased strength within a few days, 49 percent within one month.

TESTIMONIAL

I am sixty-eight years young and have had several chronic diagnoses for over thirty years. After over a year of immobility due to low back stenosis pain and chronic hip issues, my biggest concerns were loss of ability, endurance, and vitality. Conventional treatments were not geared for my age and disability from chronic conditions. In the spring of 2018, I started using Becky Chambers' Gentle 500 vibration machine. I felt a boost of confidence in my body and myself as I gained energy and my pain decreased. I consulted with Becky again and upgraded to the Vibrant Health Power 1000 in January 2019. I used to think I was going to end up in a wheelchair; now I am swimming every other day, and I recently added using a light weight lifting machine routine to my gym workouts. The increased confidence from my growing endurance and strength is priceless.

I am forever grateful to have found my way to whole body vibration and Becky Chambers.

—Sandy Gong, age 68

Losing Weight with Whole Body Vibration

Why Vibration?

Whole body vibration helps you lose weight by speeding up your metabolism, increasing energy levels, elevating your mood, strengthening muscles, lowering inflammation (which is a driving force for many chronic diseases, including obesity), and signaling your body to create bone and muscle rather than fat, even if all you do is stand on the vibrating plate. Scientific research has shown increased weight and fat loss with WBV, along with many other benefits, and my own extensive experience with clients and myself makes it clear that WBV is a huge plus in any weight loss program.

Weight loss is a national obsession, and there are good reasons. It is clear that weight gain and obesity are significant health risks and have a long list of associated diseases. In modern times, with our sedentary lifestyles and easy access to unhealthy but addictive and high-calorie foods, weight gain has become an enormous problem. The psychological toll of this societal obsession can be devastating, and I urge keeping things in perspective. Fat is a natural element of our bodies that is important in small amounts for

good health. Historically, fat has been essential to our survival as a species and can make for lovely, soft, smooth contours. However, if you feel you are over your ideal weight and you want to tone your body and lose fat, whole body vibration can help you.

Remember that what is *beautiful* and *attractive* is mostly blooming, vibrant health. That means you'll be around for a long time, creating a wonderful life and helping your loved ones live similarly long, happy lives. The great gift of WBV is that it will help you not only lose weight but also improve your physical and mental health in many other ways at the same time.

How Whole Body Vibration Helps You Lose Weight

- ◆ WBV can be an intense workout, and like any workout, it will increase your metabolic rate so you burn more calories and lose weight more easily. And the time required to achieve the same results with traditional exercise is much less. Remember, ten minutes of WBV equals one hour of conventional weight training.
- ◆ WBV lowers inflammation and balances gut flora,^{4,5} which can help you lose weight. Inflammation has been linked to many chronic diseases, including obesity. Gut bacteria have roles in digestion, fat storage, hunger, mood, and food cravings, and all those can significantly impact your weight. Balancing gut flora also calms gut inflammation, which leads to a drop in water retention and bloating, giving you quick improvements on the scale.
- ◆ Vibration signals progenitor stem cells to develop into bone cells rather than fat cells, leading to leaner muscle mass and bone, and less fat.⁶ Stem cells are cells that possess the unique ability to develop into other types of cells, making them an invaluable part of your repair and regeneration systems.

- ◆ The workout will also build lean muscle mass by increasing the size and length of your muscle fiber cells. Greater muscle mass will burn more calories all day long. Lean muscle mass can account for 60 percent of your energy and calorie expenditure while at rest.
- ◆ WBV raises serotonin levels in your brain, which has a powerful antidepressant effect (see Chapter 4). With your mental state happier and calmer, it will be easier for you to eat properly and exercise. Everybody knows they should eat well (probably in lesser quantities) and exercise more to lose weight; the problem is actually doing it. WBV helps you be in that calm, relaxed, but energized mental state where you can focus and achieve your goals.
- ◆ WBV gives you strength (increased muscle power) and energy (see Chapter 5). So when you do go out to exercise, now more often because you have more energy and are in a better emotional and mental state, you will work harder, consequently burning more calories.
- ◆ WBV lowers cortisol levels.⁷ Cortisol is a significant stress and aging hormone that promotes fat production and storage. Lowering cortisol levels helps promote fat burning and proper fat metabolism.
- ◆ WBV improves joint health and lowers pain in numerous ways (see Chapters 6 and 7) so you have greater mobility and can exercise more.

TESTIMONIAL

I am thrilled with my vibration machine. Combining vibration with diet changes and a Candida yeast program, I have lost forty pounds in six months, after many years of trying to lose weight with little success. My legs are no longer swollen, and I am off my diuretic medication. I also

have had high cholesterol my entire adult life (everybody in my family has high cholesterol), and I have been on Lipitor for years. My cholesterol has now dropped eighty points, and I am off Lipitor. My triglycerides were very high (332), and they have dropped over a hundred points to 214. My gas, bloating, and heartburn have disappeared, and my face is clear. The puffiness, poor color, and minor acne are gone.

—Angelica Fiorenza, 57

TESTIMONIAL

I've been trying hard to lose weight and tone up for two years, really watching what I eat, working out at the gym and even with a personal trainer for almost a year. I never lost a pound without gaining it right back the next week. Now, after one month, I've lost at least six pounds, and during the holidays too! My clothes all fit much better, and my friends are noticing how toned I am. My daughter poked my stomach last week and said, "Are those your abs? Oh my God!" The biggest thing for me, though, is that I am sleeping! One week after I started, I slept straight through the night, only waking up once. I hadn't done that in ten years, and I am continuing one month later to sleep much better than before.

—Mary Jane Langone

Scientific Research

A 2018 systematic review of eighteen research articles, with a total of 321 human subjects, looked at using WBV with adult overweight and obese patients. The results showed increased metabolism and weight and fat loss, along with improvements in other issues known to be related to obesity such as heart health, peripheral and central circulation, glucose regulation, and inflammation levels. The combined results of these studies led to the conclusion that “six to twelve weeks of WBVT [WBV Training] in obese individuals generally led to a reduction in fat mass and cardiovascular improvements.”⁸

Eight studies in the 2018 review reported a body weight decrease from 5–10 percent,^{9,10,11,12,13,14,15} with one twenty-four-week study showing continued weight loss. That long-term study, a 2010 study of sixty-one overweight and obese adults, saw significant weight loss with a combination of WBV and diet, with the best long-term results obtained for those participants who combined WBV with aerobic exercise and diet. Below are their conclusions:

The combined results of these studies led to the conclusion that “six to twelve weeks of WBVT [WBV Training] in obese individuals generally led to a reduction in fat mass and cardiovascular improvements.”

Combining aerobic exercise or WBV training with caloric restriction can help to achieve a sustained long-term weight loss of 5–10%. These preliminary data show that WBV training may have the potential to reduce VAT [visceral adipose tissue, or fat] more than aerobic exercise in obese adults. . . . Only FITNESS and VIBRATION [participants] managed to maintain a weight loss of 5% or more in the long term.¹⁶

A 2021 systematic review and meta-analysis of thirteen controlled trials sought to give a definitive answer to the question of whether WBV really works for weight loss. Details of the study can be found in the article “Does Whole Body Vibration Therapy Assist in Reducing Fat Mass or Treating Obesity in Healthy Overweight and Obese Adults?” in the journal *Disability and Rehabilitation*.¹⁷ The conclusion states, “This systematic review and meta-analyses indicate a positive effect of Whole Body Vibration therapy on reducing fat mass (%/kg), especially when combined with conventional weight loss interventions specifically, diet and exercise.”¹⁸

My research and extensive experience with clients make it clear that WBV is a huge plus in any weight loss program. In Vibrant Health’s 2019 survey using the Vibrant Health Power 1000 machine,¹⁹ 50 percent of those who wanted to lose weight reported that they did, indeed, lose weight. This is a high success rate in an area where success rates are usually low. Our research aligns with other research that show modest but long-term weight loss with WBV.

TESTIMONIAL

I feel like I have always been trying to lose weight. . . . Then, two years ago, my daughter came home from college and said she was going to lose some weight over the summer. I decided to join her. To my utter dismay I weighed in at 178 pounds—way too much for my 5’ 2” petite frame. At first, I struggled to lose any weight. After reading Becky Chambers’ book, I purchased the Power 1000 vibration machine and began to lose some weight. But then, right before COVID hit, I fell and broke my arm; then came COVID and I lost my job after 24 years with the company. My father died a month later, and I realized this was a

lot of traumas all at once. I decided to look at the time off as a blessing and focus on taking care of myself.

I got serious. . . . I went to see a functional medicine doctor who helped balance my hormones, I ate a very clean diet and exercised every day, and I vibrated every day for fifteen minutes and incorporated a dry sauna into my routine. I am happy to report, two years later, that I now weigh 128 pounds – a loss of 50 pounds! My daughter says I am aging backwards!

I really believe the Power 1000 was instrumental in helping me lose weight and keep it off, and a side benefit of vibrating every day is that the pain in my feet and ankles that I was plagued with for years is gone. I noticed that the pain was gone around two months after I started using my machine daily. I was out walking with my son, and he asked me how my foot pain was, and I realized it was gone, TOTALLY!

Thank you, Becky Chambers, for your dedication. You have really helped turn my life around. I am so looking forward to your next book!

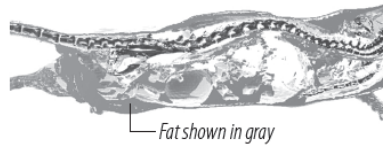
—Sandy O'Brien, age 58

The early studies with animals and WBV are very encouraging. In one of those studies in 2007, mice that received fifteen minutes of daily vibration for 14 weeks ended up with 27 percent lower amounts of fat and corresponding increases in bone density than the control mice that didn't get any vibration.²⁰ In the photos from this study, the dark areas are fat. As you can see, the mice who received vibration are visibly considerably leaner and have fewer dark fat areas.

Mice Exposed to Vibration



Normal Mice



Source: Clinton Rubin; PNAS. Used by permission of Dr. Clinton Rubin. *The New York Times*.

This research was done with an extremely gentle type of vibration called Low-Intensity Vibration (LIV), which is barely noticeable except in your feet. This is not an intense workout, which led to the discovery that vibration signals stem cells in your bone marrow to turn into bone-building osteoblast cells rather than fat cells.²¹ As many of us have experienced, a sedentary lifestyle and a poor diet send these critical stem cells in the opposite, fat-producing direction.

Vibration signals stem cells in your bone marrow to turn into bone-building osteoblast cells rather than fat cells.

This extremely gentle type of vibration does not provide an intense workout, which is more helpful for weight loss. For older or more fragile people who cannot use a more powerful machine, LIV is a good option (see also Chapter 3: Increasing Bone Density).

Inflammation and Hormonal Changes

Recent research on the effects of whole body vibration on gut flora and inflammation levels in the body has triggered a surge of new research since there are implications for many chronic diseases. Chronic inflammation is recognized as a driving force in health conditions as diverse as obesity, diabetes, heart disease, hypertension, arthritis, autoimmune diseases, allergies, asthma, Alzheimer's, numerous digestive issues, and others.²²

In 2017, there was great excitement when researchers Meghan E. McGee-Lawrence and colleagues at the Medical College of Georgia in Augusta showed that inflammation markers were significantly reduced in type 2 diabetic mice.²³

Those results confirmed similar results in an earlier study.²⁴ *Science* magazine, one of the most highly respected scientific journals in the country, greeted the new research with a hopeful article that reported, “Now, a new study of obese mice reveals that whole-body vibration provides similar metabolic benefits as walking on a treadmill, suggesting it may be useful for treating obesity and type II diabetes.”²⁵

Whole body vibration improves gut flora in the digestive system and key immune system cells in the gut (M2 macrophages) that produce anti-inflammatory molecules such as the anti-inflammatory cytokine, interleukin-10 (IL-10).²⁶ Beneficial changes in the gut are like knocking over the first in a row of dominos since gut health is one of the major origins of inflammation. Gut inflammatory diseases will be alleviated by these changes, but the results also have implications for diabetes and obesity,²⁷ as well as many other serious diseases driven by inflammation.

A study by the U.S. Military released in 2020 compared the anti-inflammation and regenerative healing effects of WBV to that of standard exercise and found WBV to be superior in several important areas. Inflammation marker levels for IL-10 and IL-6 improved significantly with WBV. Lesser effects were seen with either exercise alone or exercise and WBV.²⁸

Whole body vibration improves gut flora in the digestive system and key immune system cells in the gut. The results have implications for diabetes and obesity, as well as many other serious diseases driven by inflammation.

TESTIMONIALS

Becky Chambers combines vast knowledge and experience. In just a couple of weeks with the help of whole body vibration, her counseling, changing my diet, and restoring balance to my gut flora, I actually woke up feeling great, and three inches were off my waist too! Over the next four months, with continuing my program of counseling and WBV, I've lost a total of forty-five previously very stubborn pounds and five inches off my waist, and my mood and energy are better than ever.

—Dr. D. L. Camhi, chiropractor, age 60

I tried everything in the last six months. I was running and doing aerobics. I changed my diet. I even had a personal trainer, and I never lost more than one or two pounds without it coming right back the next week. Since starting at Vibrant Health, in three weeks I lost fourteen pounds, and I feel healthier.

—Andrea Higgins

The large 2018 review of obesity research mentioned earlier also reported a large decrease in fasting insulin levels, which indicates improving insulin and glucose metabolism, lowering the risk of insulin resistance, prediabetic and diabetic conditions, high blood sugar levels, and hyperglycemia.²⁹

Leptin and adiponectin levels (two other hormones important for weight loss) also became more balanced. Leptin, which decreased, is involved in appetite regulation and thermogenesis (heat production), and it is typically elevated in obese people. Adiponectin, another hormone that helps control glucose regulation and fatty acid oxidation (generally low in obese patients), increased. Improvements in these hormone levels help reduce body weight and fat.

Troubleshooting

While I have seen excellent results with many clients and myself (once 200 pounds and now 120 for many years), there can be other issues that need to be addressed. If you are not losing weight and inches while using WBV, aerobically exercising, and eating a healthy diet, possible reasons include the following:

1. ***Too much vibration too soon:*** This is the most common mistake. Vibration is a very powerful detoxification system (see Chapter 8), so many people need to start at just one minute on a gentle machine and slowly build up the time and vibration frequency. Too much vibration too soon can stress your body and lead to temporary detoxification overload so you do not see the beneficial effects. Though it is hard to believe, the first thing to try if you are not seeing weight loss is to vibrate less. Everybody wants to vibrate more, thinking more exercise will help. But in this case, less is more because the detoxification effect is so significant. I see the best results with my clients when we start with one minute and increase slowly.
2. ***Candida yeast:*** Candida yeast overgrowth is an epidemic in this country and can cause gas, bloating, and water retention, as well as sugar and carbohydrate cravings and many other symptoms (see Resources and Additional Reading for further information). Used properly, WBV will help eliminate yeast because WBV is such

a powerful health-enhancing system. *The more you strengthen your overall health, which is linked to your immune system, the less yeast and other bacterial or viral pathogens will be able to survive.* But because WBV is also a powerful detoxification system that can create stress for your body, too much WBV can temporarily weaken your immune system, leading to yeast levels increasing, along with the associated symptoms.

Everybody wants to vibrate more, thinking more exercise will help. But in this case, because the detoxification effect is so great, less is more.

So again, it is important to start with just a small amount of WBV, sometimes just thirty seconds to one minute a day, and increase slowly. Exactly how much WBV a person will be able to tolerate without aggravating their symptoms varies greatly depending on their overall state of health and the amount of toxicity in their tissues. Thus, it's useful to work with a qualified professional.

- 3. Hormonal and metabolic imbalances:*** If you have eliminated the first two reasons, which are most likely the causes for not losing weight, you are left with hormonal and metabolic imbalances. Numerous hormonal and metabolic issues can make it difficult to lose weight. (Consult the Resources and Additional Reading list and/or a qualified health professional to address these issues.)

Whole Body Vibration

The Future of Good Health