



The VibraSonic is truly sound actuated, with a precise frequency range from 4 – 20,000 Hertz. The base plate is actually driven by powerful magnetic voice coils. This means you are moving up and down in pure sound waves, much like standing on powerful speakers.

What can just 15 minutes on a Vibrasonic do to enhance your treatment?

- Strengthening and Repair of soft tissue.
- Increased muscle mass and bone density
- Lymphatic Drainage
- Increased Range of Motion
- Inflammation and Pain Relief
- Increased Joint mobility
- Faster Recovery

With every beat of the heart, subtle vibrations are sent through the body, the movement stimulating a higher degree of circulation and a higher level of overall health. Vibration exercise is said to amplify the effects of the vibrations made each time the heart beats. These vibrations produce a level of blood flow that is uninterrupted, allowing oxygen and other important substances to circulate freely.

The lymphatic system acts as a network of pipes that pushes toxins out of the body. The Vibrasonic forces the fluids through the body in a way that is efficient, constant, and gentle enough not to cause any harm while being forceful enough to discard toxins and other potentially dangerous buildup. If you don't have proper lymph drainage, it's a major cause of poor health, fatigue, depression, and weight-gain. VibraSonic Whole Body Vibration is profoundly effective at stimulating both lymphatic movement and detoxification. In addition to acting as a catalyst for lymphatic drainage, a vibration exercise machine also sparks the activity of the lymph nodes, which are key components of the immune system. Therefore, the movement allows individuals to both rid their bodies of toxins that they already possess and prevent them from contracting illnesses from new ones.

Sonic technology also helps shorten recovery from workouts by releasing lactic acid build up in your muscles and improving your training results. VibraGenix does a remarkable job at speeding up recovery time. This is due to many factors that directly affect the area of injury; increase of circulation, reduction of inflammation, increase of cell voltage and enhancement of cellular repair. The sooner you use the VibraGenix frequencies after a pulled muscle or sports related injury, the faster it seems to recover.

The effects of the VibraSonic are very similar to traditional exercise – weight loss, increase of lymphatic movement, cell voltage, circulation, bone density and muscle mass, as well as effective movement of energy blockages. Just 10 minutes gives the effects of an hour of cardiovascular exercise, such as brisk walking – and the same energy movement as 90 minutes of Tai Chi! How is this possible? By simultaneously stimulating every cell in your body with sonic/sound waves – and you have nearly 100 trillion of them!

Lastly, **Breathe deeply!** When you have all of your 100 trillion cells in motion, they are screaming for Oxygen to help burn the increased number of calories being spent. Be sure and breathe deeply.

