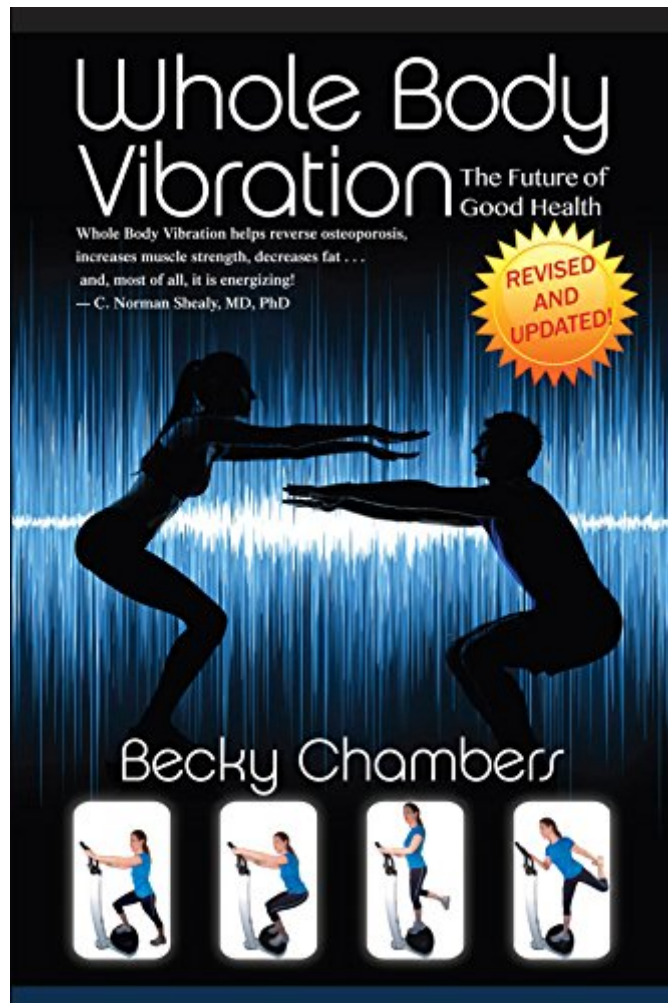




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# Whole Body Vibration



## Synopsis

In Whole Body Vibration, natural-health practitioner Becky Chambers gives us a comprehensive guide to WBV, including the effect of vibration on muscles, the myriad benefits of WBV, and a guide to WBV machines. WBV boosts energy, mood, sleep, and libido, all while increasing muscle strength, bone density, balance, and flexibility. It helps you lose weight and offers dramatic physical therapy for many joint and mobility issues. With her engaging and accessible style, Chambers presents a well-documented book that includes additional resources for the reader. Whole Body Vibration provides the answers you have been seeking to achieve wellness on every level. Becky Chambers is a naturopath, teacher, author, and the president and owner of Vibrant Health where she specializes in the breakthrough body, mind and energy therapy of Whole Body Vibration.

## Book Information

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## Customer Reviews

I purchased this book in June of 2015 because I had read about whole body vibration in a health newsletter. I really don't like bouncing on rebounders so I was pleased to learn whole body vibration was an easier way to get the health results of rebounder. I had learned about whole body vibration machines from Dr. Mercola's website. He sells a very expensive machine with two motors. I was

pleased to learn in this book that a one motor machine would be much better for me. I went onto to price machines. People reported very good health improvements from the one motor machines but I was concerned about the problems people were reporting with their quality. By reading this book, I came to trust that Becky really knew what she was talking about and that buying a machine from her would be my best chance of getting the right machine for me. I called Becky and she helped me choose between the ones on her website. Her service selling me the machine was excellent. I actually did have a problem with the computer and she immediately sent me another console. I was glad I had purchased the machine from her because her service was so good. My health has improved from using the machine and my physical body is definitely getting stronger. I have asthma and lots of phlegm in my lymphatic system. My breathing is so much better since using this machine. I am delighted to have it be so easy. The book was extremely informative about the health benefits of using these machines. Ms. Chambers is a health care professional – a natural health advocate and homeopath – who seems to be the go-to person on whole body vibration. She provides as much research as is out there on these machines. Unfortunately, there is a need for more research. Her thesis is that whole body vibration has astonishing health benefits, and the reasons make sense – vibration stimulates the electromagnetic nervous system and keeps us vibrant. She also explains that not just any vibration is going to be good for you, so beware of cheap machines that jiggle your body, and your cells, and your nervous system in a non-synchronous way. She, of course, obviously put her whole life into using and prescribing these machines for her clients, and wants to get the correct word out. On the down side, she does sell the machines, so it's possible she's not completely objective, but then again, if the cheaper machines are just as good, she stands to make a lot more money selling them. However she doesn't sell them because she finds them to be less effective at best and hurtful at worst. I'd say this is a must read if you are interested in understanding vibration.

I think this book is an imperative for someone who is thinking of getting a TBV machine. She gives lots of insights to the safe use of TBV and discusses information that you will not get from your manufacturer or any of the websites selling machines. What I found most useful was the admonition to start out slow: 1 minute the first day and then increasing by 1 minute/day, to avoid your body being overwhelmed with the effect of toxins being mobilized. I found that even doing that, I had minor flu-like symptoms the first couple of days, so I cannot imagine what would happen if someone just started in at 10 minutes or more per day. My machine has a dual motor and she also discusses

the problems with using them both simultaneously, etc. I'm glad I bought this book.

Pretty good book. It made me want to know more. It seems that solid abundant information is hard to find. This book is rudimentary but did offer good advice on selecting a vibe machine. Dual motors are bad and is the type that my trainer has put me on. At high settings, I would be sick for days. Now I know why thanks to this book. I purchased it in the kindle format. It seems fine.

The information is good for beginners. Start slow. My decision on what machine to purchase came directly from comments out of the book. The book is a quick read and anyone who has been introduced to full body vibrations should buy the book for the information and suggestions. The verdict is still out. If I will get any relief from my back pain. I also suffer from nerve damage after my back surgery. Which causes my feet to burn 24-7. The VA and pain specialist have recommended many prescriptions (pills) that have not worked with very bad side affects. I am done with the pills. My hope is the machine will help me in mind (chi) and body (weight and strength) to have some quality of life. It has been six years since my surgery and nothing, except for some stretching, has help me.

The book covers different benefits to WBV. I'm always glad to take a look at any book on the topic of Whole Body Vibration (WBV), because not much is written about it in 'book' form, although research studies are available from time to time if you search for them. If nothing else, Becky Chambers' book reminds me to use my equipment, which has helped me greatly over the years that I've been using my PowerPlate. For that reason, the book was worth it to me. There are references in the 'Endnotes' and 'Additional Research Studies' sections that are worth checking out. I got my PowerPlate when I had two broken arms. Doctors recommended surgery for both, but also were not very optimistic about the results. They told me I would always have pain. I refused the surgery and bought myself a PowerPlate WBV machine instead. I only had been having pain in one arm, and it went away quickly and permanently. People told me it would always 'flare up' again during changes in the weather. It hasn't. I have had times when I've had the normal aches and pains from over-exercise and just getting older. Whole body vibration (WBV) has helped me dramatically. I like to read about new and ongoing research, which is one reason I'm always searching out and reading anything I can find on the topic of WBV. I'm also very concerned about bone density loss, or osteoporosis. It seems very smart to work to avoid loss of bone density. WBV has made a verifiable difference---as long as I use it regularly. When I don't, the numbers show it. Chapters include 1 The

Ten-Minute Workout2 Losing Weight with Whole Body Vibration3 Increasing Bone Density4 Get Smart and Protect Your Brain5 Boost Your Energy6 Rejuvenation: Sex, Beauty, and Mobility7 Detoxing with Whole Body Vibration8 Choosing a Whole Body Vibration MachineEndnotesAdditional Research StudiesResources and Additional Reading

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