

From Cellulite Reduction to
Increasing Bone Density

The Amazing Health Benefits of Whole Body Vibration

Whole Body
Vibration
(WBV) tech-

nology has over 35 years of research and was originated from a need experienced by NASA to ensure the health of their astronauts. It is far more effective, fun, and easier than traditional exercise.

A special machine produces vibrations in all planes including the vertical plane, increasing threefold the gravitational load on our cells. The vibrations stimulate muscles to contract 40 times per second. Ten minutes on the machine is equivalent to an hour workout with even greater health benefits. Although, some may think it's almost too good to be true, research and results support the claims. One research study about the effects of vibration technology on cellulite demonstrated a dramatic 25.7% reduction of cellulite on the thighs and buttocks after two to three sessions a week, each session having lasted 8–13 minutes. Traditional exercise only stimulates a few muscles at a time, whereas WBV stimulates the bodies entire muscular system.

Some of the many results you will experience include fat and stress reduction, an increase in flexibility and mobility, cellulite and blood sugar reduction, and body detoxification. With WBV technology, you will also build muscle, increase energy, and improve your balance.

The brain is positively affected by the increase in oxygenation and specific vibration frequencies, resulting in a better balance between our hormonal and endocrine systems, a deeper more restful sleep, and greater mental clarity and focus throughout the day.

Worldwide top professional athletes and sports teams from the NFL, MLB, NBA, and NHL are using this advanced technology. Even seniors, including those with limited mobility and those who are wheelchair bound, can experience an array of anti-aging and health benefits offered by WBV.

Patients love the quick, no sweating workout that they can do in their street clothes. The WBV system is an effective tool along with other treatments such as mild hyperbaric oxygen therapy, infrared sauna, foot detox bath, cold laser, and individualized nutrition in treating a multitude of health problems.

Dr. Jeff Hansen, DC has been in practice for over 17 years and has a chiropractic and wellness clinic in Yorba Linda. For more information, you can call (714) 779-1605. You can also visit them on the web at www.hansenchiropractic.com ♦

