

WHAT IS ALL THE VIBRATION ABOUT IN SAN CLEMENTE??

Therapeutic Whole Body Vibration is a modality our astronauts have been using for years to maintain bone and lean muscle mass, and the therapy is now available for the general public. The benefits are astounding, and have been proven throughout the years. In the sixties, Russian astronauts had the ability to stay in outer space 4 times longer than our American Astronauts. Then there were the Olympics in the seventies and eighties, where the Russian athletes utilized Whole Body Vibration in their performance training to maintain a competitive advantage over the rest of the world's athletes.

Therapeutic Whole Body Vibration was created to allow all individuals, from ages 8 to 80, who are with or without medical challenges, to utilize it and start deriving the wonderful benefits it offers. The general public now has the ability to obtain the many benefits which may include but are not limited to: bio-mechanical adjustments, improved bone density, increased circulation, reduction of chronic pain, increased energy, creation of lean muscle mass, improved flexibility and range of motion, improved sleep, improvement in respiratory ailments, aerobic and anaerobic stimulation, lowered blood pressure and improved over-all sense of mental well being.

The most amazing part of this therapy is not only that it only takes 10 minutes a day, 3 times a week to start realizing the benefits, but also that it can be used by almost anyone. There are some contraindications that must be addressed, but if you are able to stand with some support from the bars on the machine, you can start taking advantage of this cost effective therapy. The investment in comparison to physical therapy is minimal, but the results are comparative and go beyond conventional modalities that have been made available in the past.

Even people who are active and are able to work out daily will still benefit from TWBV as it addresses your internal organs, and detoxifies the body. Many people get an immediate euphoric feeling once finishing a session; others feel relaxed due to the machines ability to provide what some refer to as a deep tissue massage result.

The actual function of the machine is compared to that of the trampoline. The vertical up and down motion, in addition to weight bearing activity, provides the results. It is amazing something so simple and quick can assist with so many health issues we are faced with today, but more importantly can be a safe and alternative approach to feeling better.

For more information contact o2-wellness.com.