
VIRTUAL GYM BODY
ABDOMEN, HIPS, BUTTOCKS, THIGHS
CHANNEL 1
CHANNEL 2
CHANNEL 3
CHANNEL 4
CHANNEL 5
CHANNEL 6
CHANNEL 7
CHANNEL 8
START
TIME SET
TREATMENT TIME
STOP

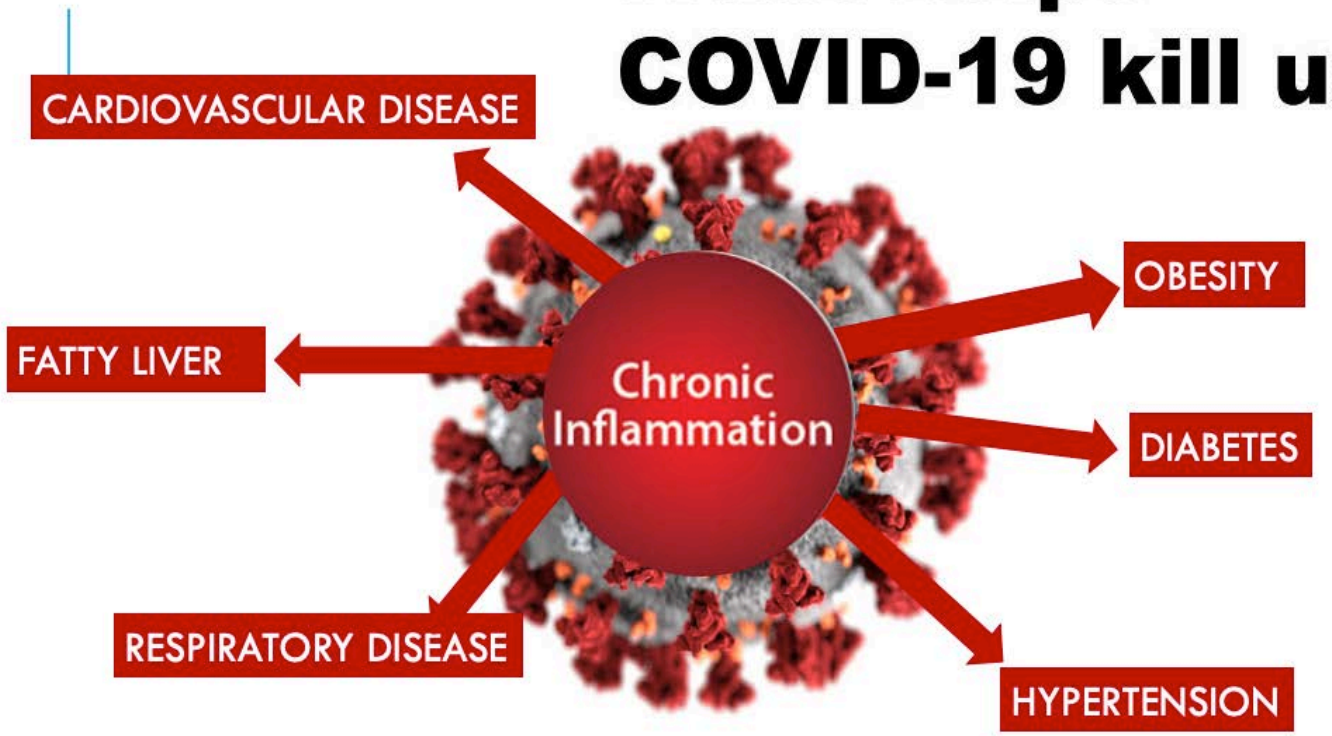
The Upgrdade

LOSE UP TO 8000 CALORIES

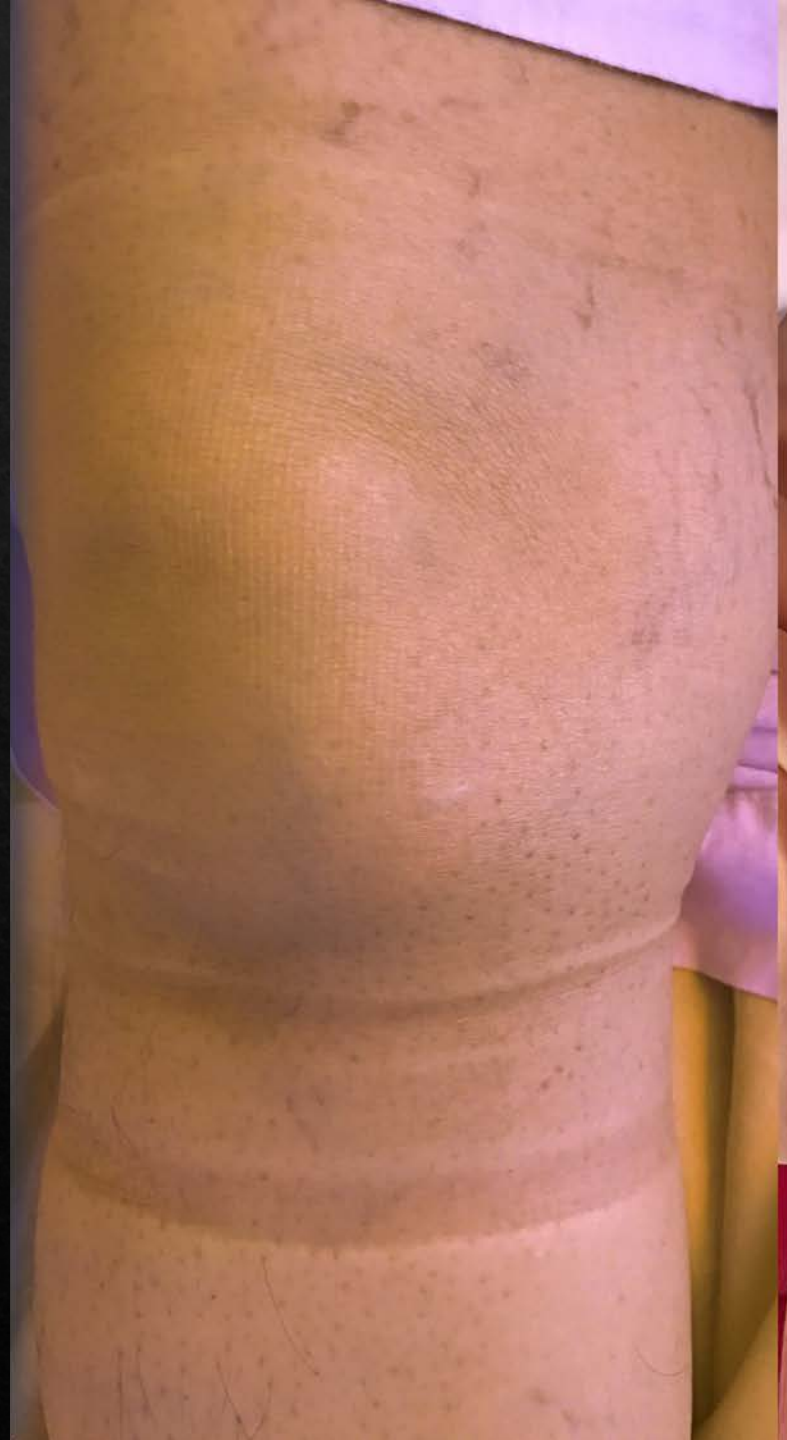
The old

LOSE UP TO 5000 CALORIES

What helps COVID-19 kill us



VIRTUAL GYM
ANTI-INFLAMMATORY
TECNOLOGY



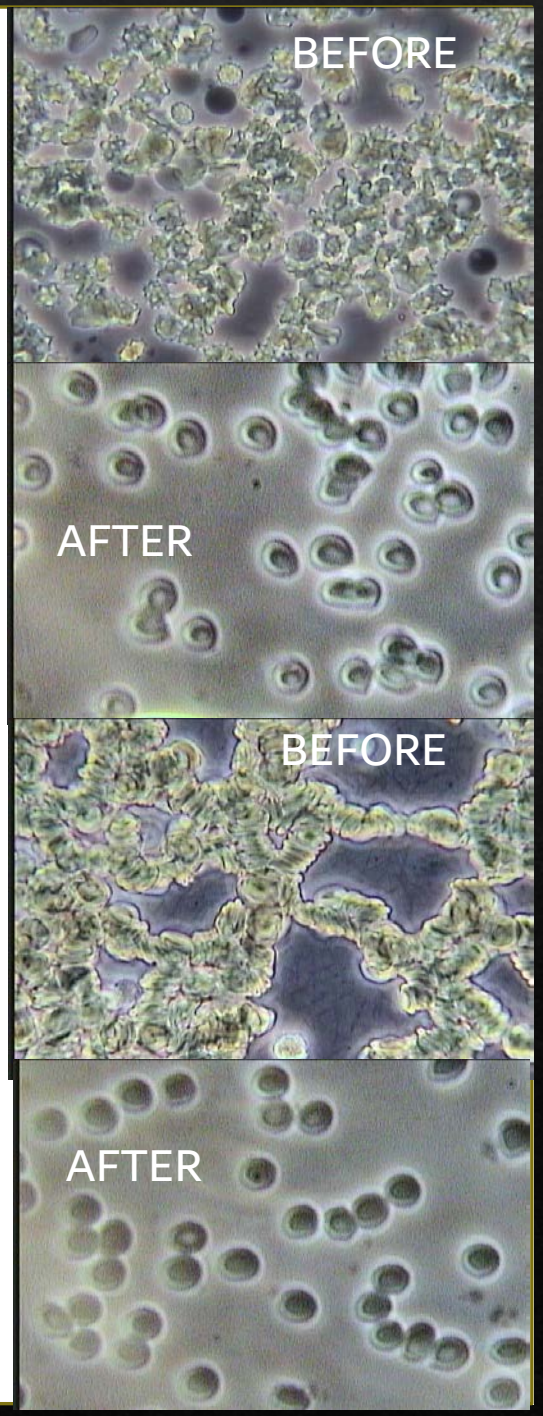
ONE TREATMENT

INFLAMMATION

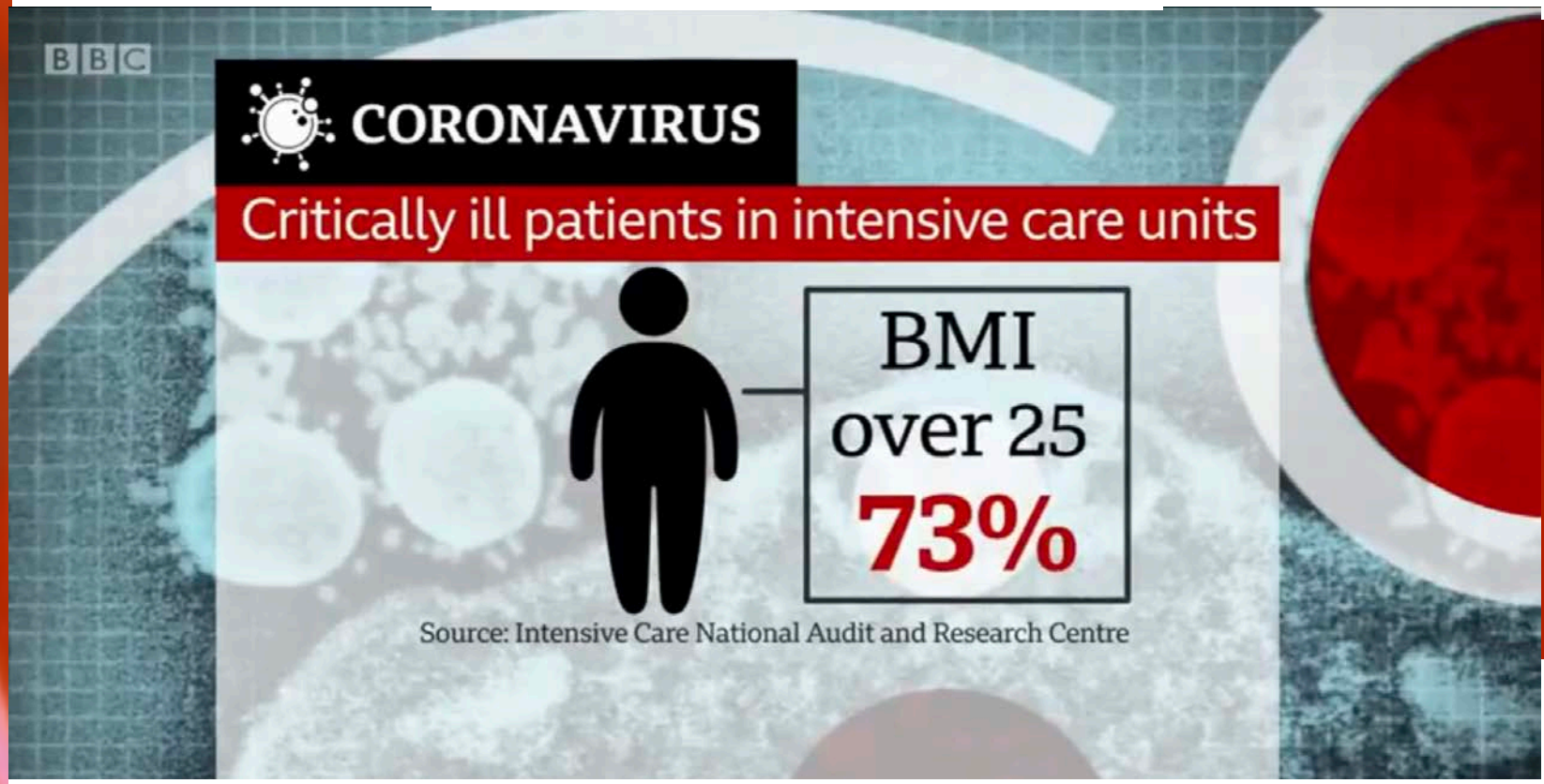
CLINICAL STUDY

VIRTUAL GYM STUDY RESULTS ON OXYDATIVE STRESS 19 SUBJECTS – UNDER THE MICROSCOPE

	RBCs AGGREGATION	ROULEAU	FUNGAL FORMS	THROMBOCYTE AGGREGATION	BACTERIA	OXYDATIVE STRESS	RBCs SEPARATE + ROULEAU	RBCs SEPARATE
Before Treatment	15	4	8	8	9	8	0	0
After First Treatment	1	6	6	7	8	6	9	3
efore Last Treatment	0	0	3	4	5	2	11	8
After Last Treatment	0	0	2	2	0	0	3	16



STOP
COVID-19



	Virtual Gym 8000 Effectiveness	Virtual Gym 5000 Effectiveness	Bodily Function	Diseases with Abnormalities	Relationship to COVID-19
Free T3 Balance at Peak	P<0.01 >99.999%	P<0.05 >95%	Metabolism	Diabetes Obesity	Increased susceptibility High Mortality Rate
CRP decrease INFLAMMATION hormone	P<0.05 >95%	n/a	INFLAMMATION	Cardiovascular Disease Diabetes; Obesity, Cancer Respiratory Syndrome	Increased susceptibility High Mortality Rate
DHEA balance at Peak	P<0.01 >99.999%	P=0.17 =83%	Boosts Immunity		Protection against COVID-19
Growth Hormone balance at Peak	P<0.01 >99.999%	P=0.25 =85%	Muscle Mass Growth Boosts immunity		Protection against COVID-19 (Stanford Univ Research)
VLDL Decrease	P<0.01 >99.999%	P<0.01 >99.999%	Bad cholesterol	Diabetes; Obesity Cardiovascular Disease	Increased susceptibility High Mortality Rate
Triglycerides decrease	P<0.01 >99.999%	P<0.05 >95%	Fat in the blood	Diabetes; Obesity Cardiovascular Disease	Increased susceptibility High Mortality Rate
Cortisol Balance no change	P<0.01 >99.999%	P<0.05 >95%	STRESS HORMONE	Diabetes; Obesity Cardiovascular Disease	Increased susceptibility High Mortality Rate
Leptin, Ghrelin Hunger Reduction	P<0.01 >99.999%	n/a	Appetite Control	Weight Gain	Increased susceptibility
Toxicity / Free Radicals ROS	P<0.01 >99.999%	n/a	OXIDATIVE DAMAGE	Cause of Aging & ALL Disease	Increased susceptibility High Mortality Rate
Visceral Fat Decrease	P<0.01 >99.999%	P<0.01 >99.9%	Abdominal fat invades vital organs	Fatty Liver, Obesity Vital Organ dysfunction	Increased susceptibility
Skeletal Muscle	P<0.01 >99.999%	P<0.01 >99.9%	Fitness	Tissue Damage	Increased susceptibility

Low Free T3

Peak Free T3

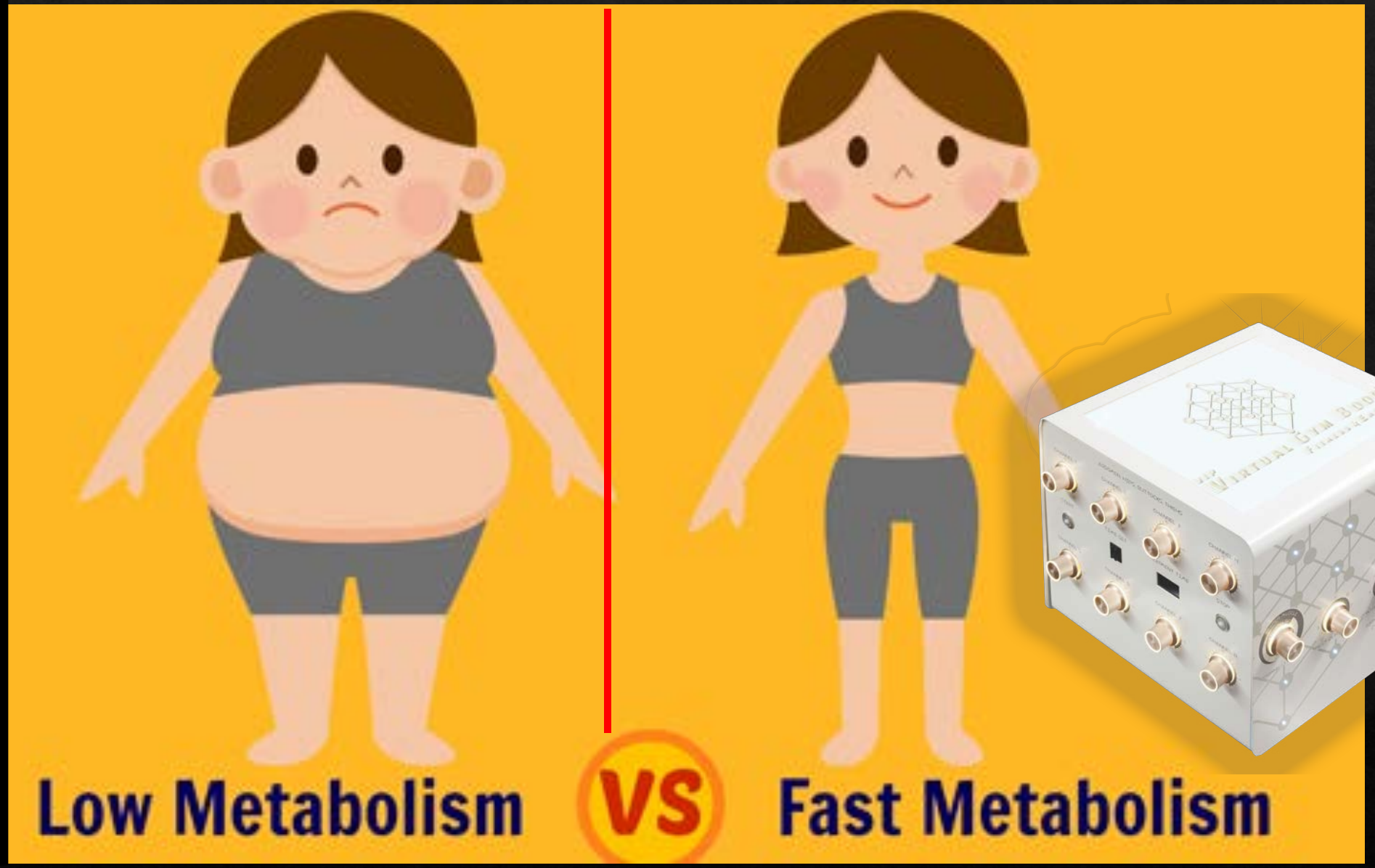
Heart Disease

Diabetes

Obesity

=

COVID-19 RISK



Virtual Gym 8000 VIP Upgrade Fitness & Energy

24 Complex Waveforms

ADVANCED FORMULA 2020

ULTRA COMPLEX SYNTHESIS

HIGH CNS COMPATIBILITY

HIGH SPEED UNLIMITED RESOLUTION SIGNAL

NEXT GENERATION HARDWARE

NANOTECHNOLOGY

ULTRA LOW NOISE BOARDS

EXTRA COMFORT, MORE PLEASURABLE TREATMENT

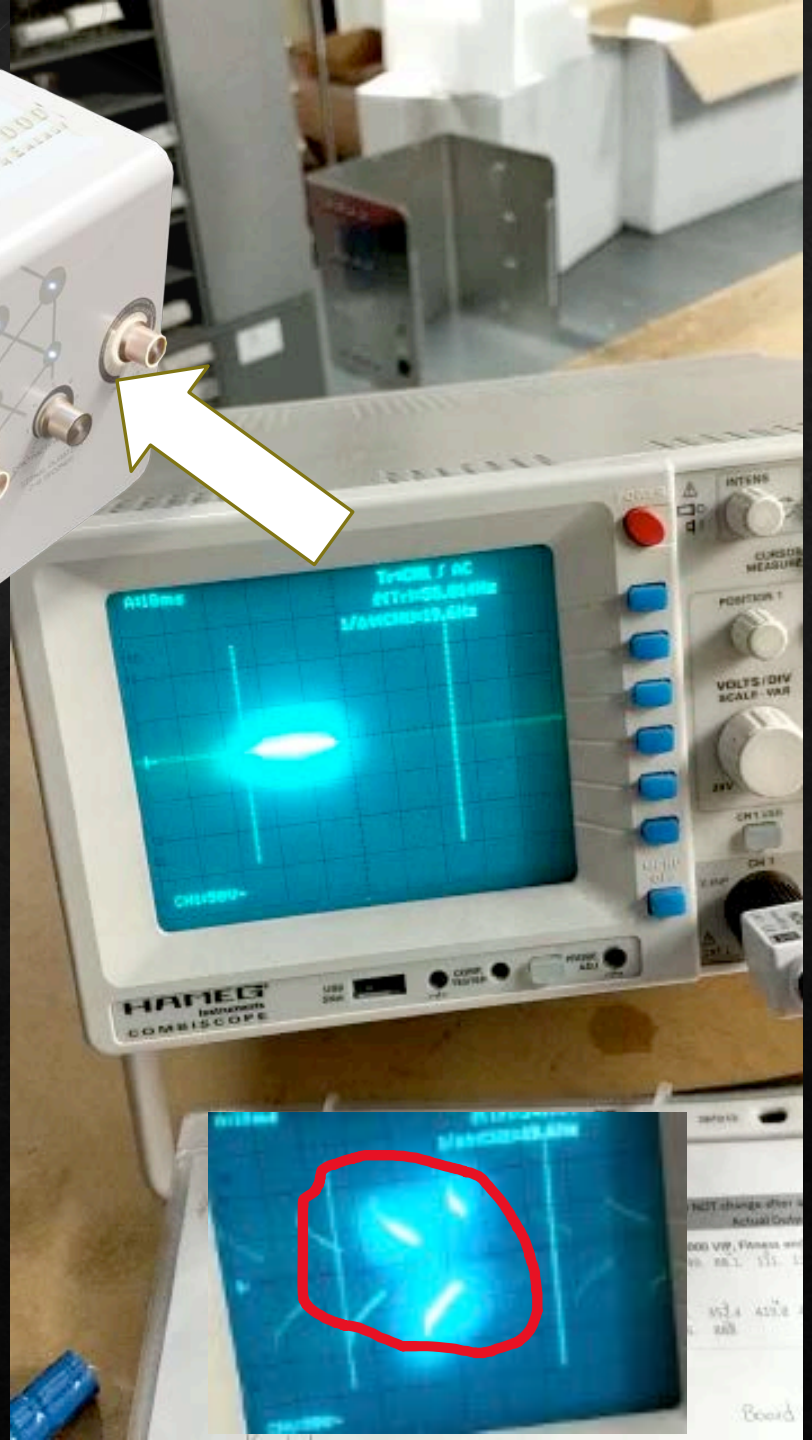
ADVANCED DESIGN for 1-8 channels requiring additional crafting on the SILVER-PLATED Microphone cables.

Virtual Gym 5000 Fitness & Energy

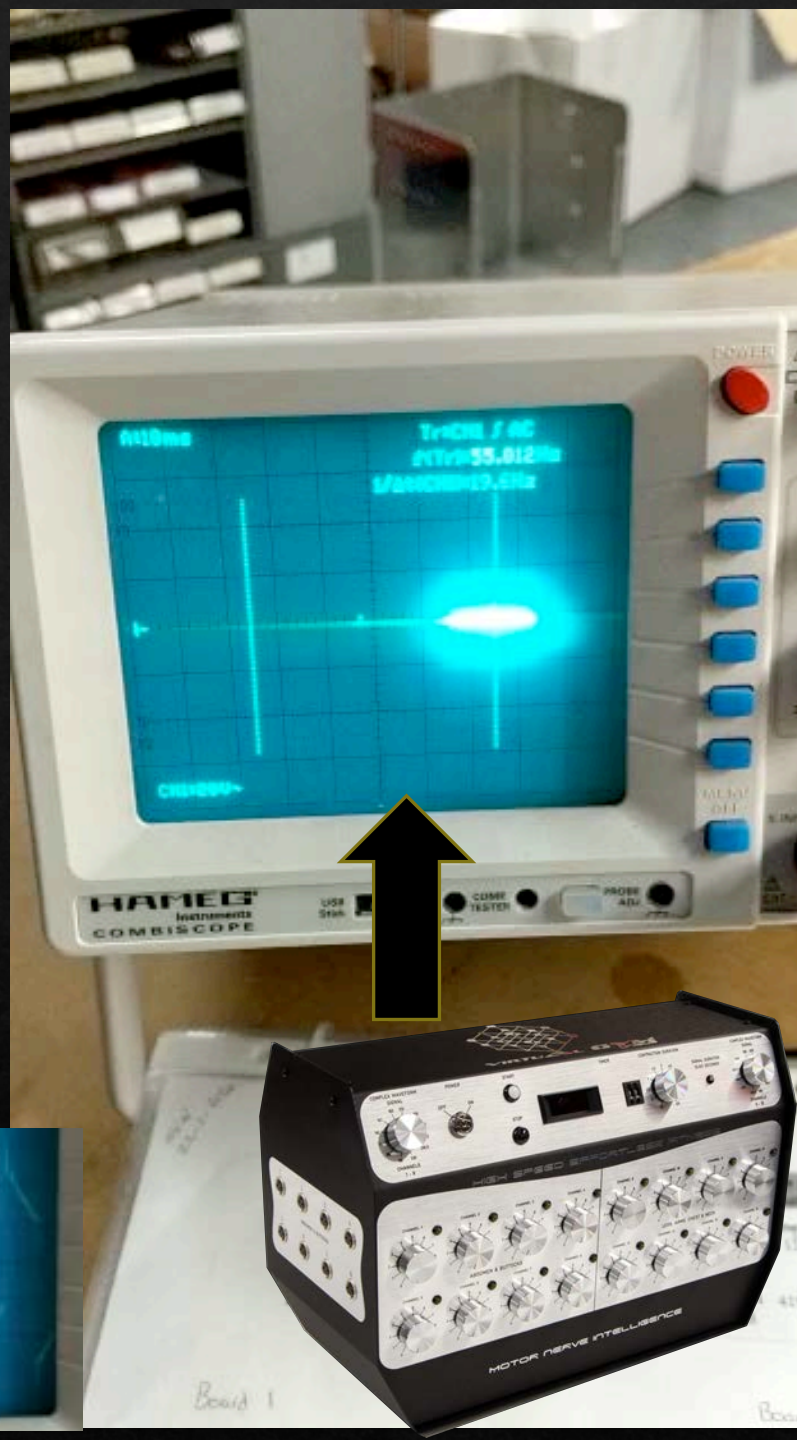
24 waveforms FORMULA 2017. UNLIMITED RESOLUTION SIGNAL

Virtual Gym 8000 Fitness & Energy	Virtual Gym 5000 Fitness & Energy
SLOW MOTION CONTRACTION BUILD UP FOR MORE EFFICIENT SIGNAL ABSORPTION	SIGNAL DELIVERY MORE ABRUPT COMPROMISING SIGNAL ABSORPTION
UNLIMITED RESOLUTION RESONANCE WAVEFORMS. THE ENTIRE BODY CONTRACTS AND TWISTS FOR A MORE REALISTIC EXERIENCE OF VIRTUAL EXERCISES	
IMPROVED HARDWARE AND FORMULA FOR DETOXIFICATION WAVEFORMS	
Seven single and 1 double gray cables with additional crafting specific to lower frequency complex waveforms on the left side. Five single and 3 white cables with additional crafting specific to higher frequency complex waveforms on the right	14 single cables and 2 double cables

NEW HARDWAREObserve how much slower the lines open! This means higher / better signal absorption!



Old Hardware Observe how much faster the lines open! This means compromised signal absorption!



VISCERAL FAT 99.9%
TWELVE TREATMENTS
39% LESS VISCERAL FAT
25 TREATMENTS
45% LESS VISCERAL FAT

SKELETAL MUSCLE MASS 99.9%
12 TREATMENTS
39% MORE SKELETAL MUSCLE
25 TREATMENTS
47% MORE SKELETAL MUSCLE

METABOLISM 99.9%

GROWTH HORMONE 99.9%

DHEA 99.9%

TESTOSTERONE 99.9%

TRIGLYCERIDES 99.9%

VLDL 99.9%

CORTISOL 99.9%

HUNGER 99.9%

TOXICITY . FREE RADICALS
99.9%

TESTOSTERONE 44%

METABOLISM 95%

GROWTH
HORMONE
75%

DHEA
83%

CORTISOL
66%

VLDL 99.9%

HUNGER 85%

TOXICITY
FREE RADICALS
95.9%

VISCERAL FAT 99.9%
TWELVE TREATMENTS
24% LESS VISCERAL FAT
25 TREATMENTS
32% LESS VISCERAL FAT

SKELETAL MUSCLE MASS 99.9%
12 TREATMENTS
12% MORE SKELETAL MUSCLE
25 TREATMENTS
23% MORE SKELETAL MUSCLE

	Statistical Significance Level Virtual Gym 8000 Efficiency	Statistical Significance Level Virtual Gym 5000 Efficiency	Virtual Gym 8000 Efficiency Actual percentage increase or decrease after 12 treatments	Virtual Gym 5000 Efficiency Actual percentage increase or decrease after 12 treatments	Virtual Gym 8000 Efficiency Actual percentage increase or decrease after 25 treatments	Virtual Gym 5000 Efficiency Actual percentage increase or decrease after 25 treatments
Visceral Fat	P<0.01 >99.999% This means that over 99.999% of people receiving Virtual Gym 8000 treatments will have a substantial reduction of visceral fat that is statistically significant	P<0.01 >99.9% This means that over 99.9% of people receiving Virtual Gym 5000 treatments will have a substantial reduction of visceral fat that is statistically significant	After 12 Treatments of Virtual Gym 8000 the visceral fat was reduced by 35-39%	After 12 Treatments of Virtual Gym 5000 the visceral fat was reduced by 24%	After 12 Treatments of Virtual Gym 8000 the visceral fat was reduced by 41-45%	After 25 Treatments of Virtual Gym 5000 the visceral fat was reduced by 28-32%
Skeletal Muscle Mass	P<0.01 >99.999% This means that over 99.999% of people receiving Virtual Gym 8000 treatments will have a substantial increase of skeletal muscle mass, indicating increased fitness that is statistically significant	P<0.01 >99.9% This means that over 99.9% of people receiving Virtual Gym 5000 treatments will have a substantial increase of skeletal muscle mass, indicating increased fitness that is statistically significant	After 12 Treatments of Virtual Gym 8000 the skeletal muscle mass, indicating fitness was increased by 35-39%	After 12 Treatments of Virtual Gym 5000 the skeletal muscle mass, indicating fitness was increased by 12%	After 25 Treatments of Virtual Gym 8000 the skeletal muscle mass, indicating fitness was increased by 42-47%	After 25 Treatments of Virtual Gym 5000 the skeletal muscle mass, indicating fitness was increased by 19-23%

Obesity dangers make Covid-19 a rebuke to unequal societies

Excess body fat seems to matter more than heart or lung disease, or smoking, when it comes to catching the virus

Camilla Cavendish MAY 2 2020

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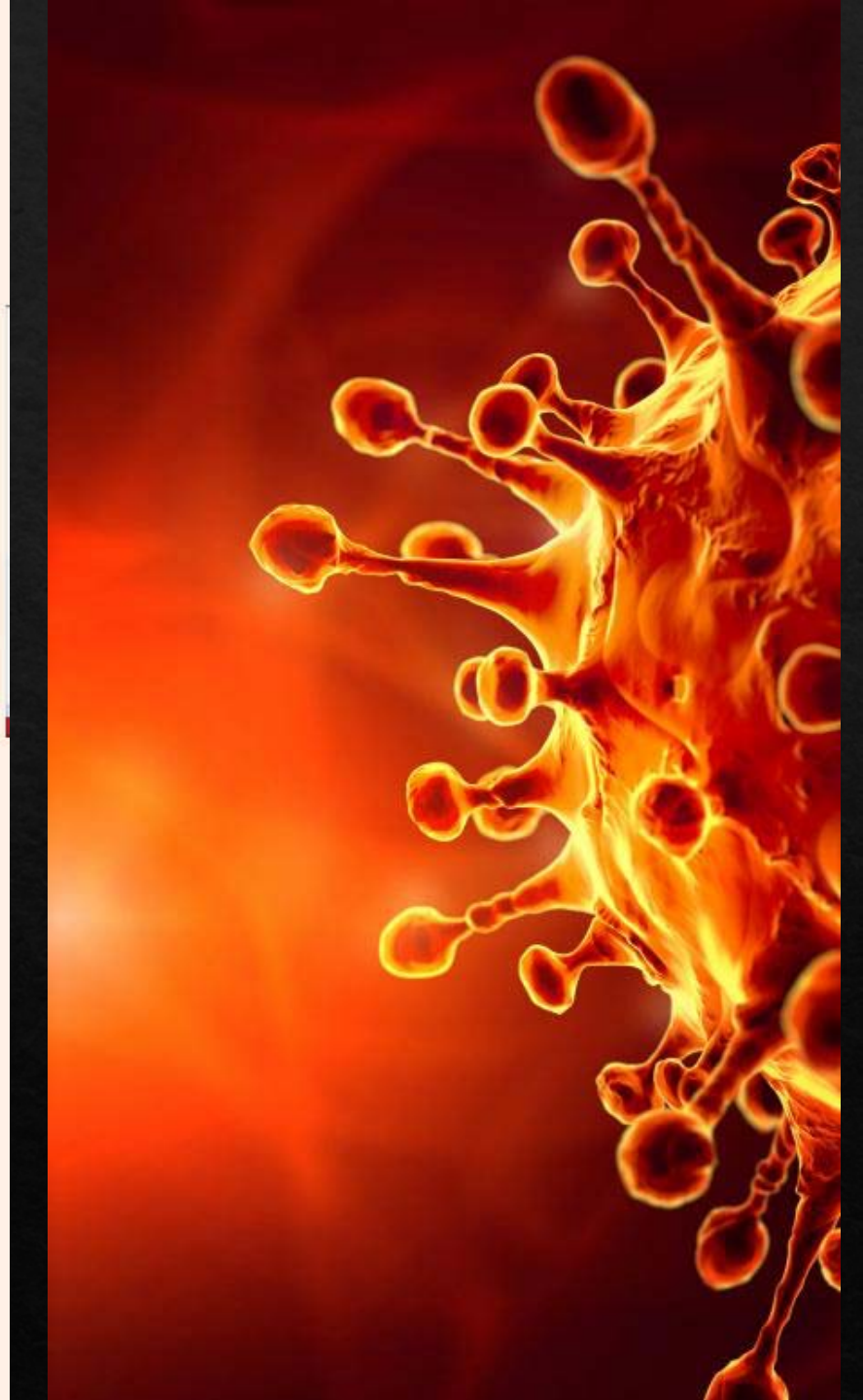
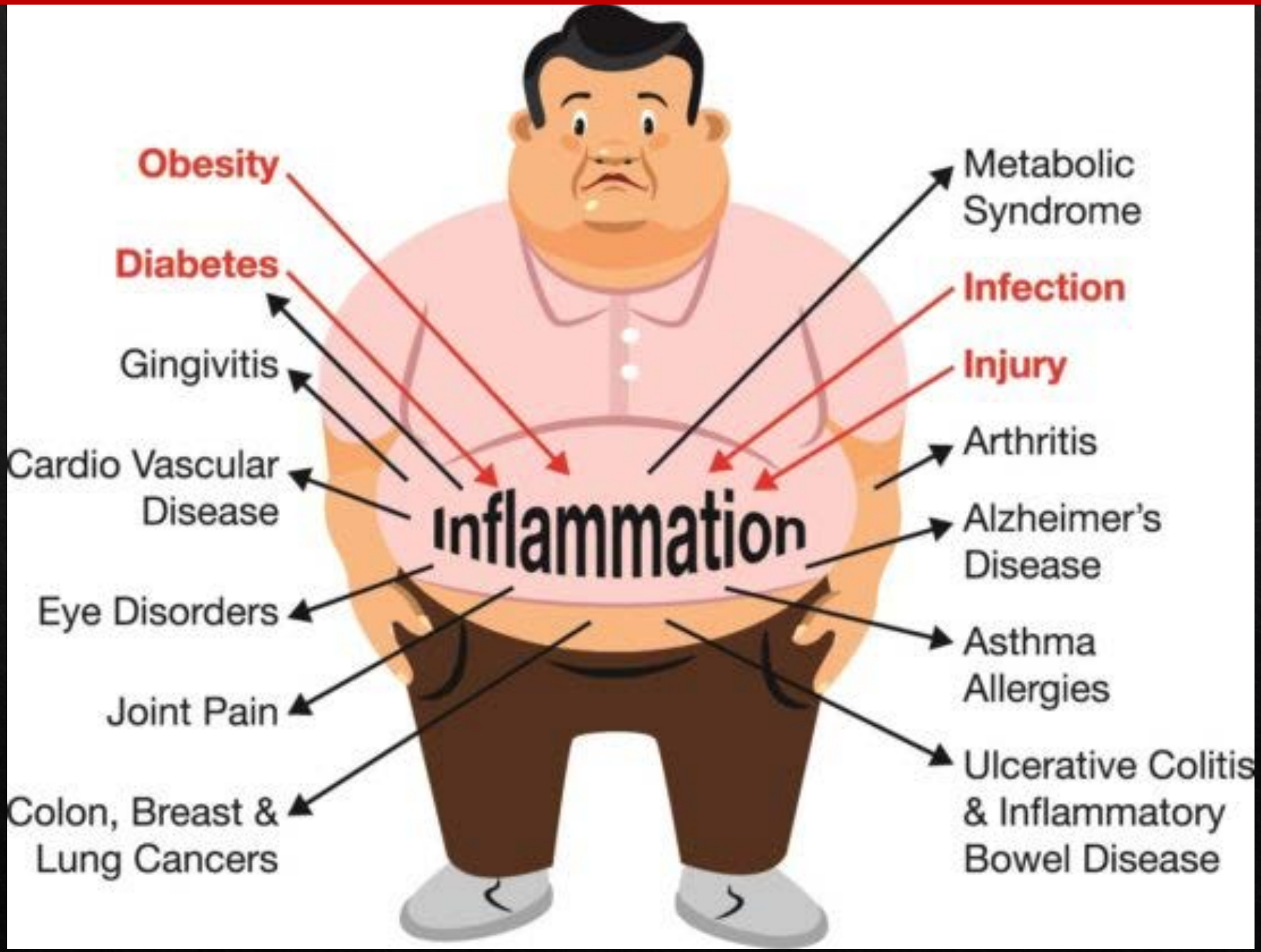
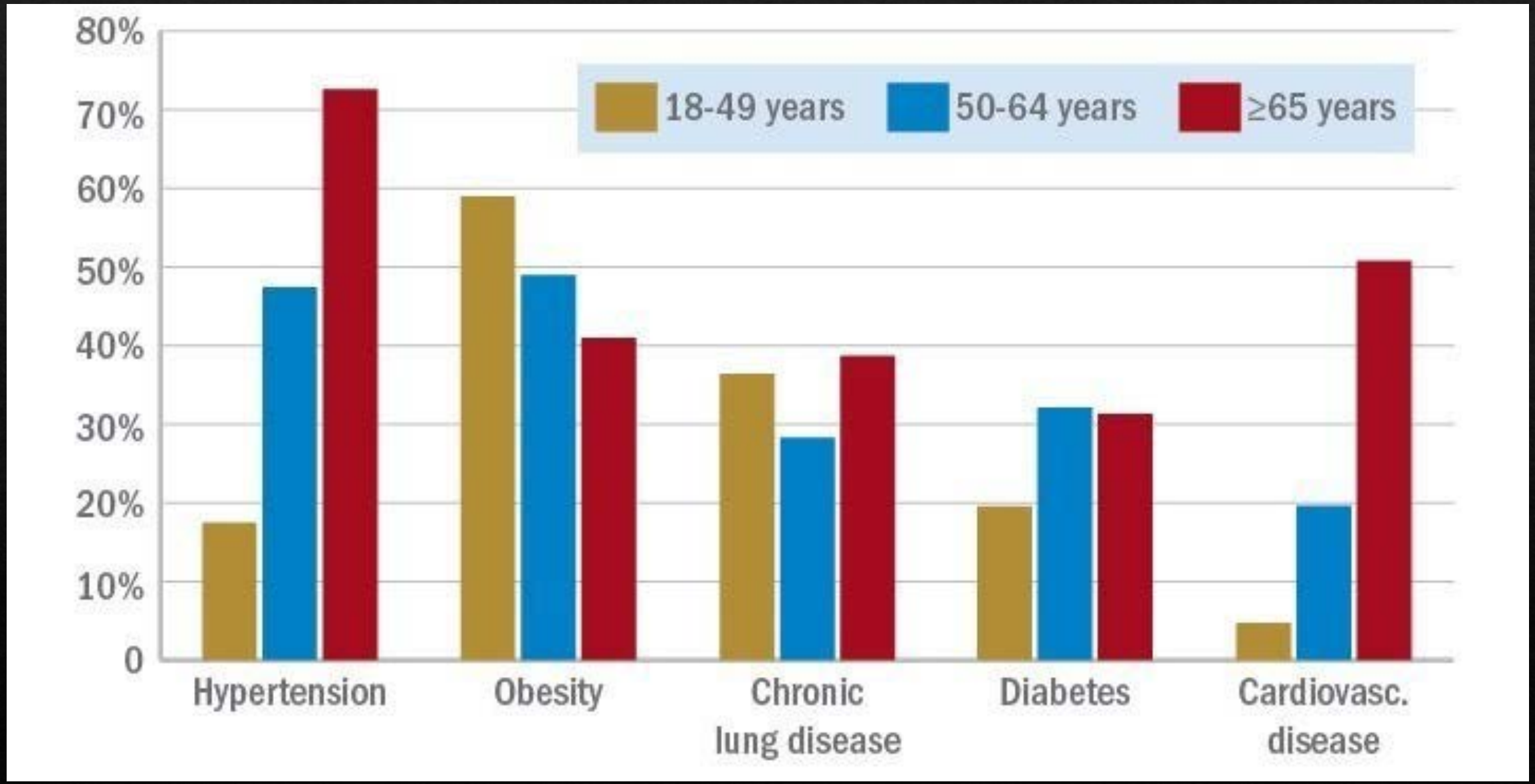
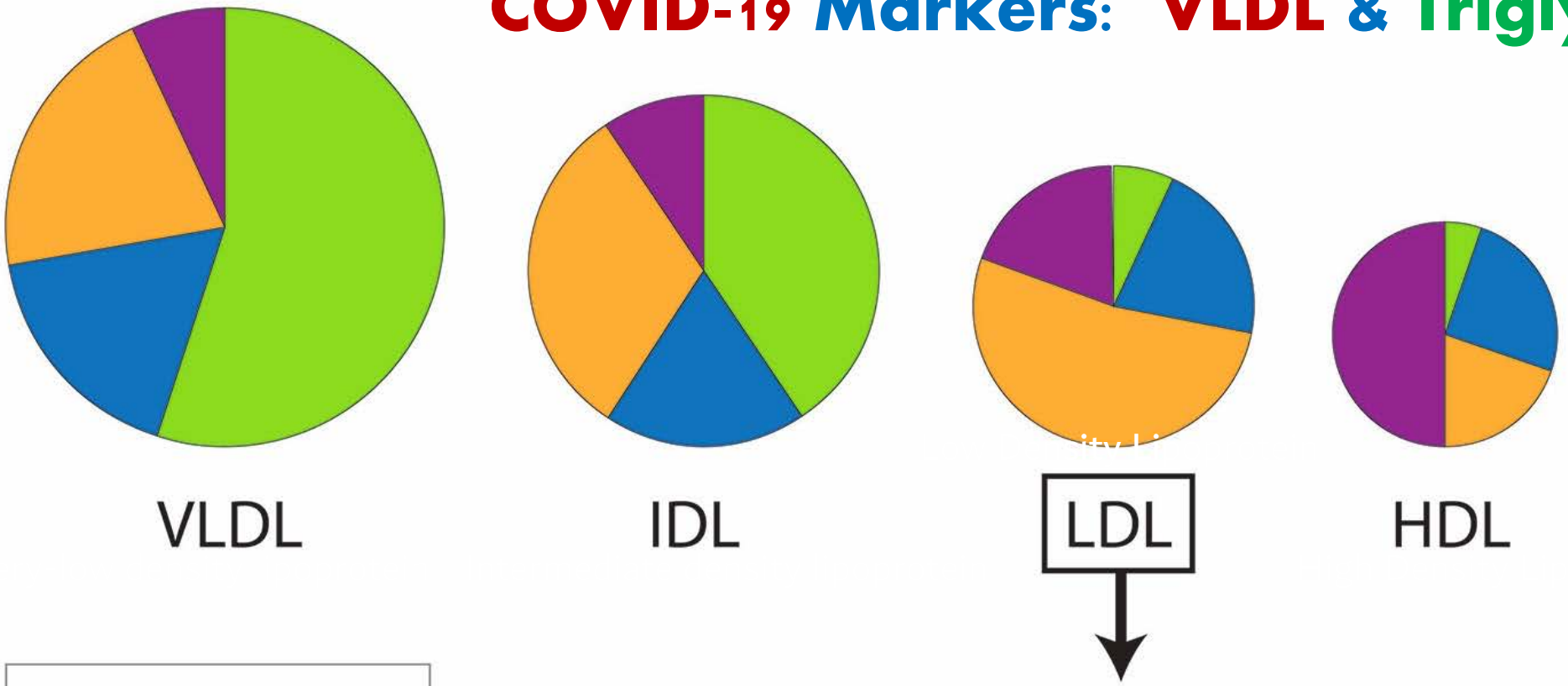
The writer is a senior fellow at Harvard University and an adviser to the UK Department of Health and Social Care




Obesity
Diabetes
Gingivitis
Cardio Vascular Disease
Eye Disorders
Joint Pain
Colon, Breast & Lung Cancers
Inflammation
Metabolic Syndrome
Infection
Injury
Arthritis
Alzheimer's Disease
Asthma Allergies
Ulcerative Colitis & Inflammatory Bowel Disease


80%
70%
60%
50%
40%
30%
20%
10%
0
18-49 years
50-64 years
≥65 years
Hypertension
Obesity
Chronic lung disease
Diabetes
Cardiovasc. disease

COVID-19 Markers: VLDL & Triglycerides



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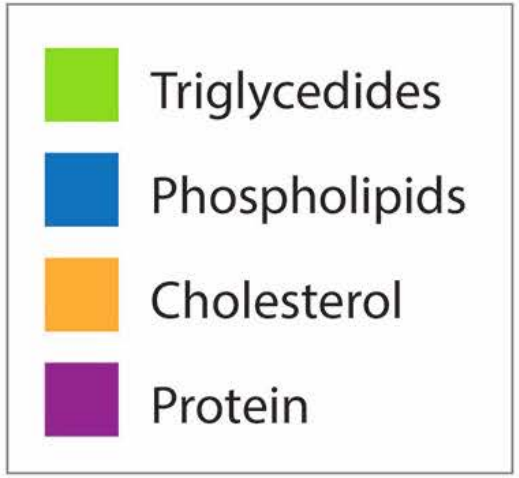
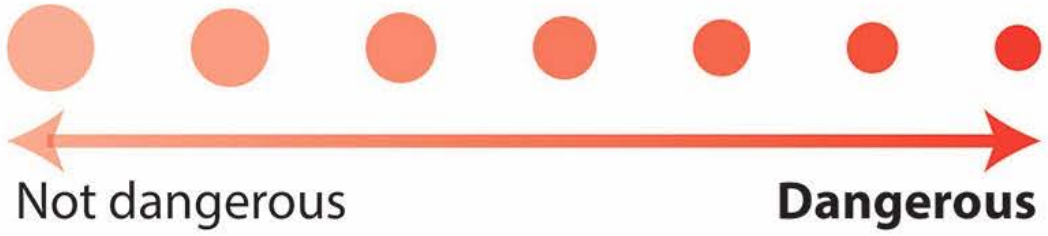
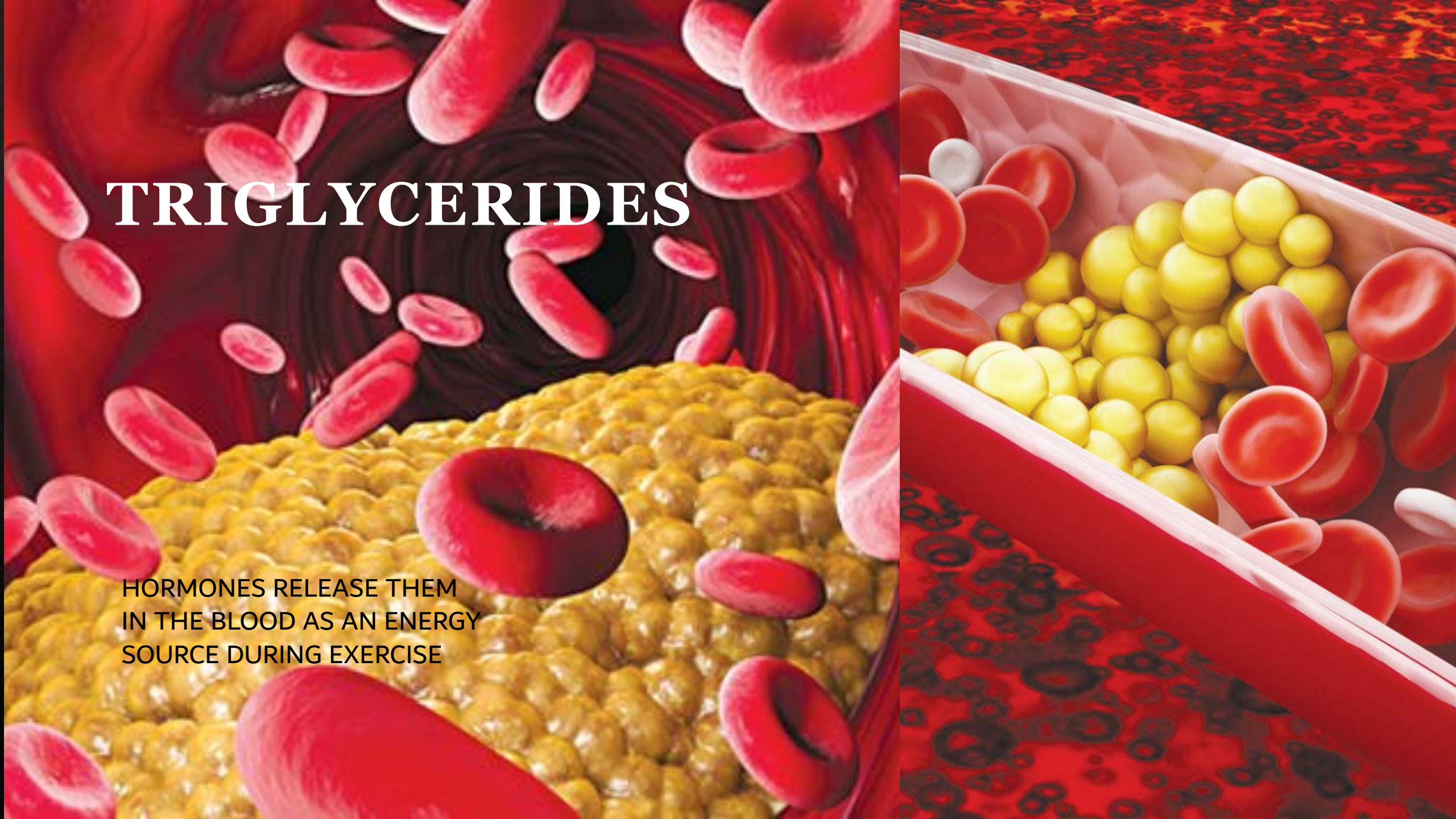


There are 7 different sizes of LDL.
The smaller are the dangerous ones.
The big ones are not associated with atherosclerosis.

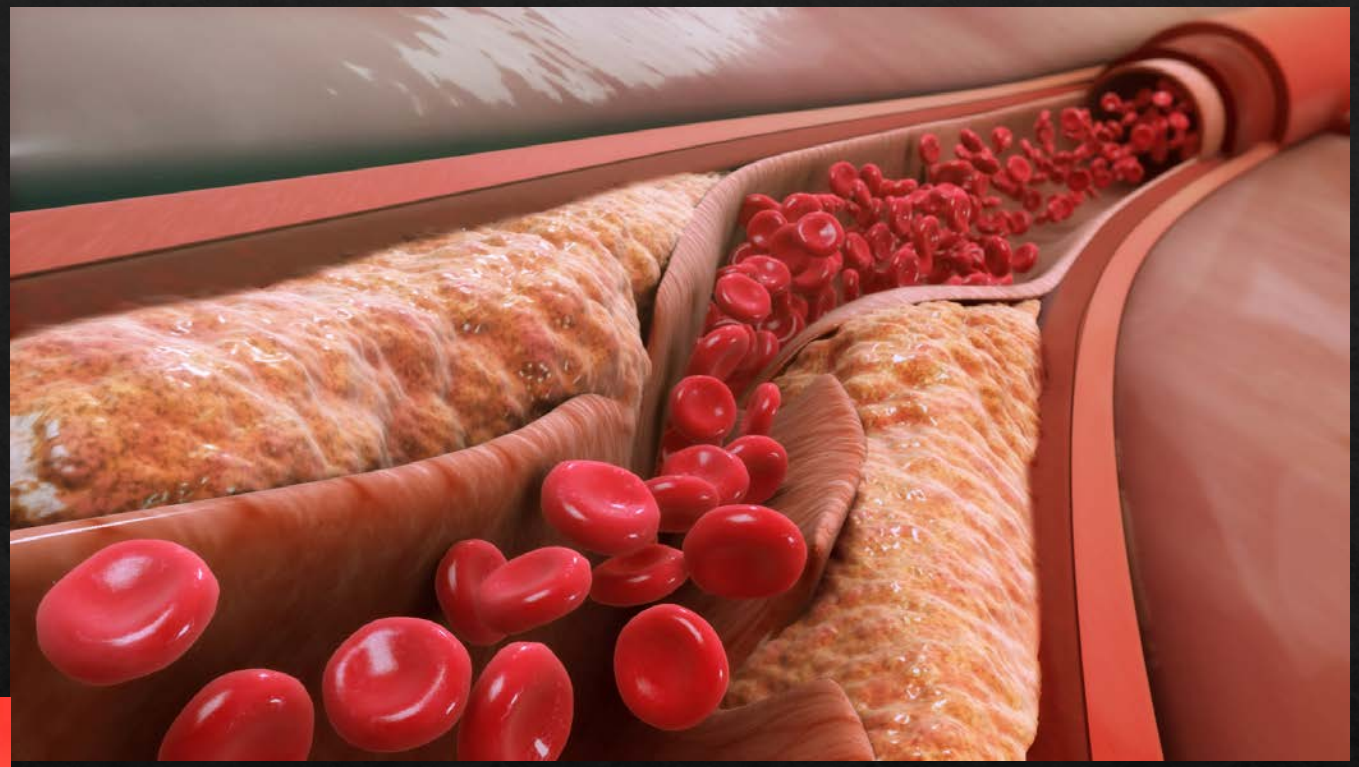


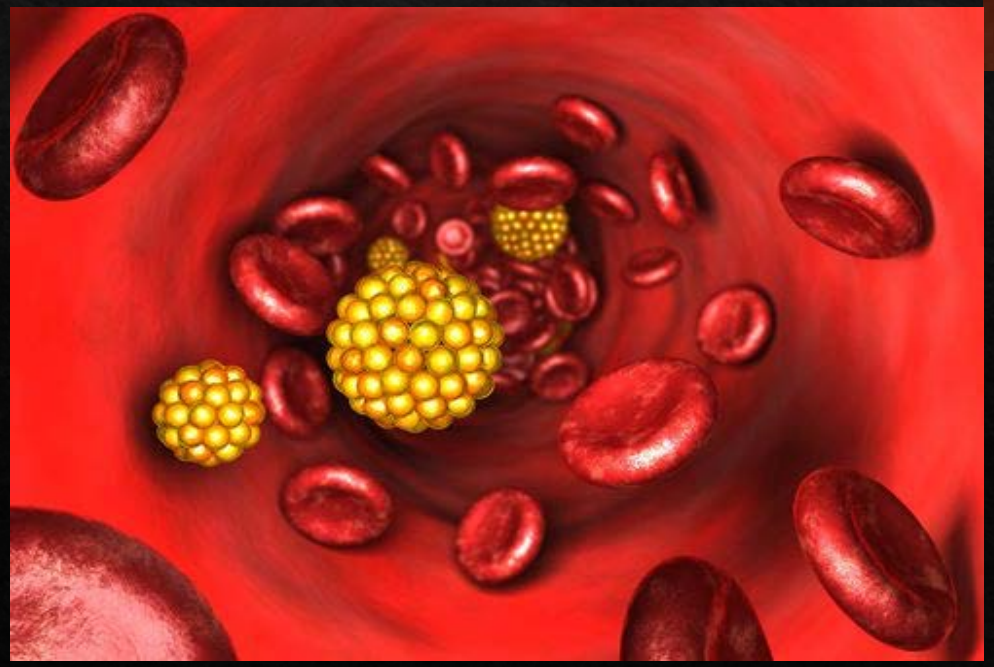
TRIGLYCERIDES



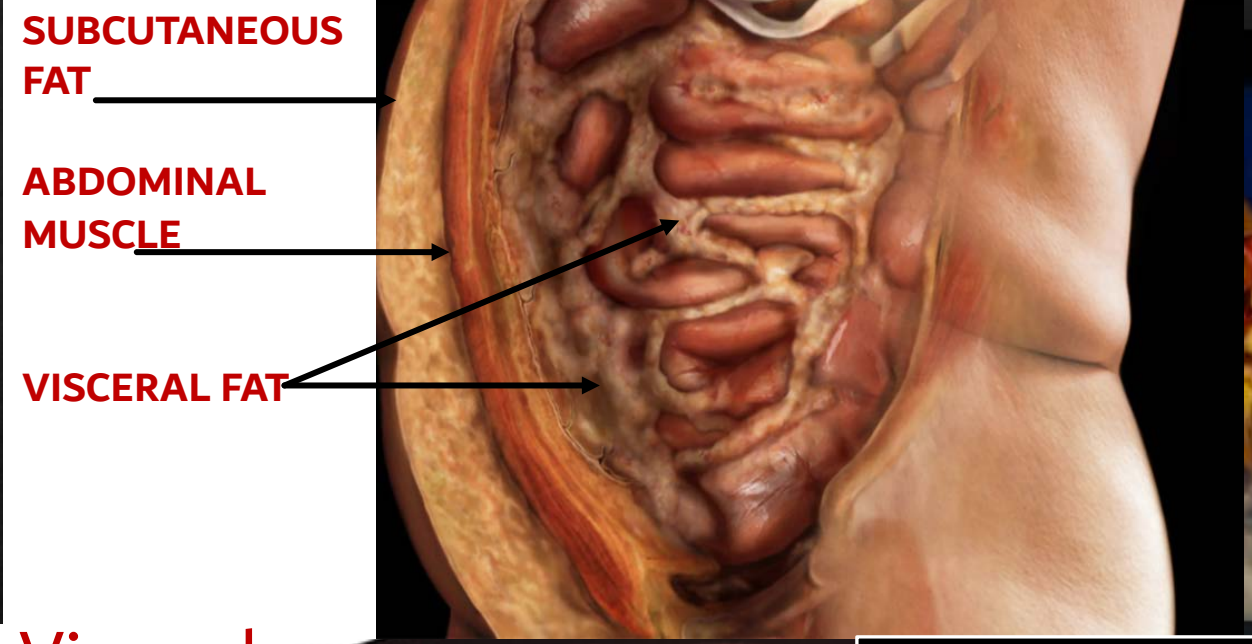
HORMONES RELEASE THEM
IN THE BLOOD AS AN ENERGY
SOURCE DURING EXERCISE

Laser & RF lipolysis releases triglycerides, glucose & toxins into the bloodstream. Without Exercise they remain in the bloodstream and may clog your arteries



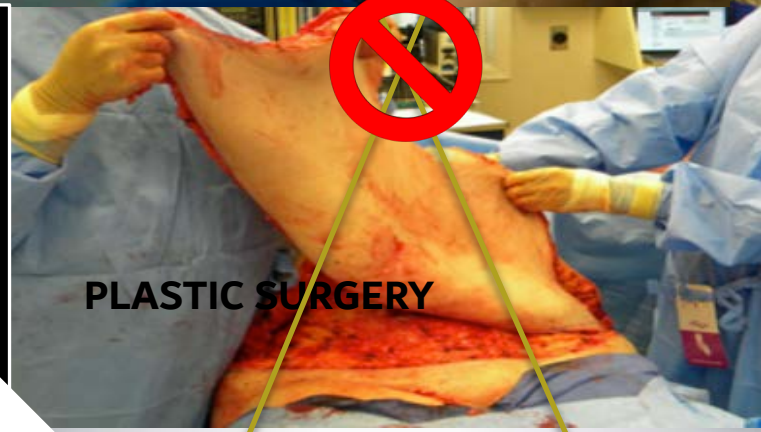


LASERS / RF: ONLY FOR SLIMMING
THEY DON'T INCREASE FITNESS
THEY DON'T DETOX THE BODY
THEY DON'T BALANCE HORMONES



Visceral Fat

VISCERAL FAT CANNOT BE REMOVED BY LASES OR RF



WEIGHT LOSS

DIET, LIPOSUCTION,
LASERS & RF
REBOUND EFFECT

VS

FITNESS

NO REBOUND EFFECT

WITH THE VIRTUAL GYM 8000

EXERCISE, IMMUNITY AND THE COVID-19 PANDEMIC

AMERICAN COLLEGE of SPORTS MEDICINE LEADING THE WAY

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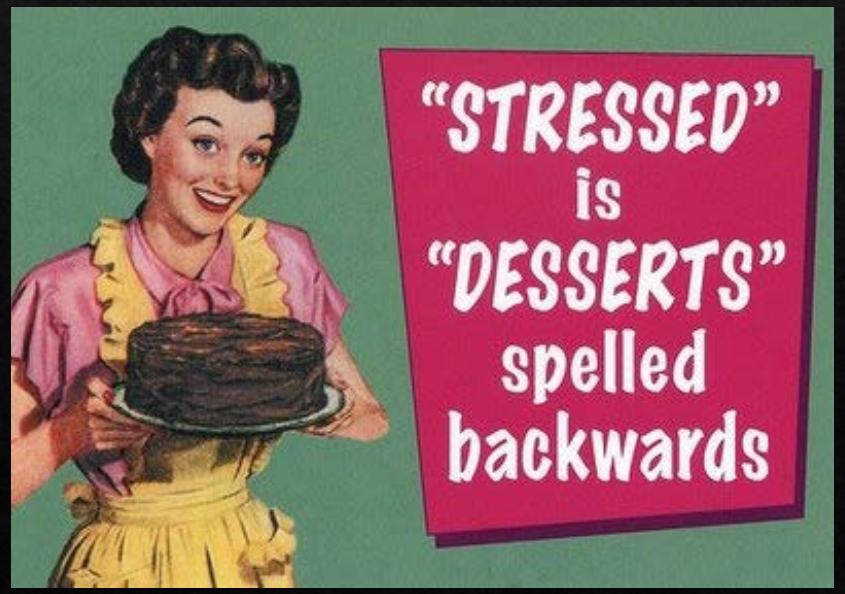
Exercise, Immunity and the COVID-19 Pandemic

Richard J. Simpson, Ph.D., FACSM | Mar 30, 2020

The human immune system is a highly intricate network of cells and molecules designed to keep the host free from infection and disease. Exercise is known to have a profound impact on the normal functioning of the immune system. Having higher age and sex-adjusted scores for cardiorespiratory fitness and performing regular exercise of moderate- to vigorous-intensity exercise that fall within ACSM guidelines has been shown to improve immune responses to vaccination, lower chronic low-grade inflammation, and improve

- GYMS CLOSED
- LOCKDOWN
- INACTIVITY
- STRESS
- OVEREATING
- TOXICITY
- INFLAMMATION



Opinion

When the Pandemic Leaves Us Alone, Anxious and Depressed

We are in a dual crisis of physical and mental health. But there are ways to head off breakdowns.

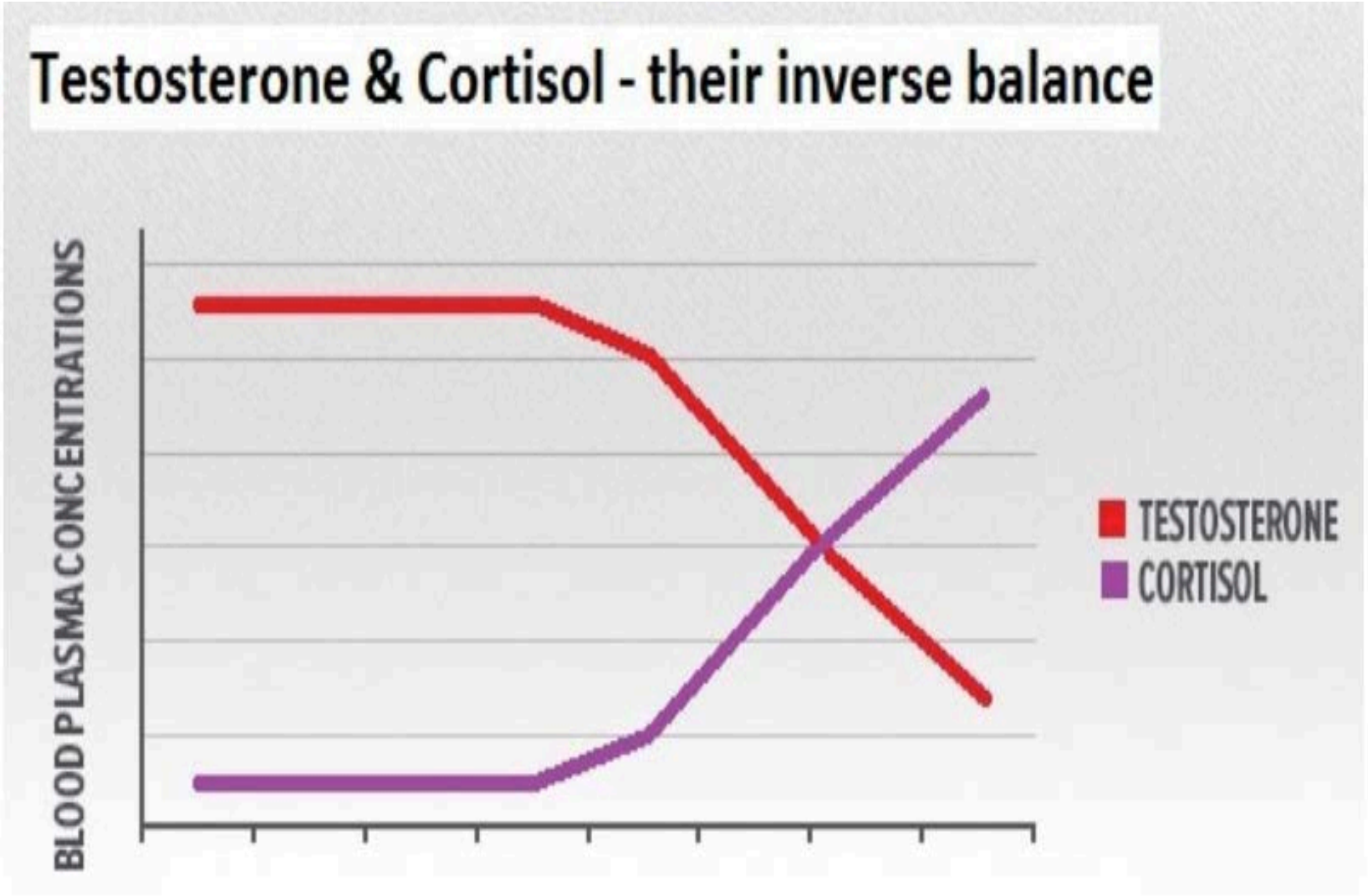
By Andrew Solomon

Mr. Solomon is a professor of medical clinical psychology at Columbia University Medical Center.

April 9, 2020

WHY VIRTUAL GYM IF EXERCISE ALONE CAN KEEP ME HEALTHY?

BECAUSE Overtraining LEADS TO WEIGHT GAIN



CORTISOL

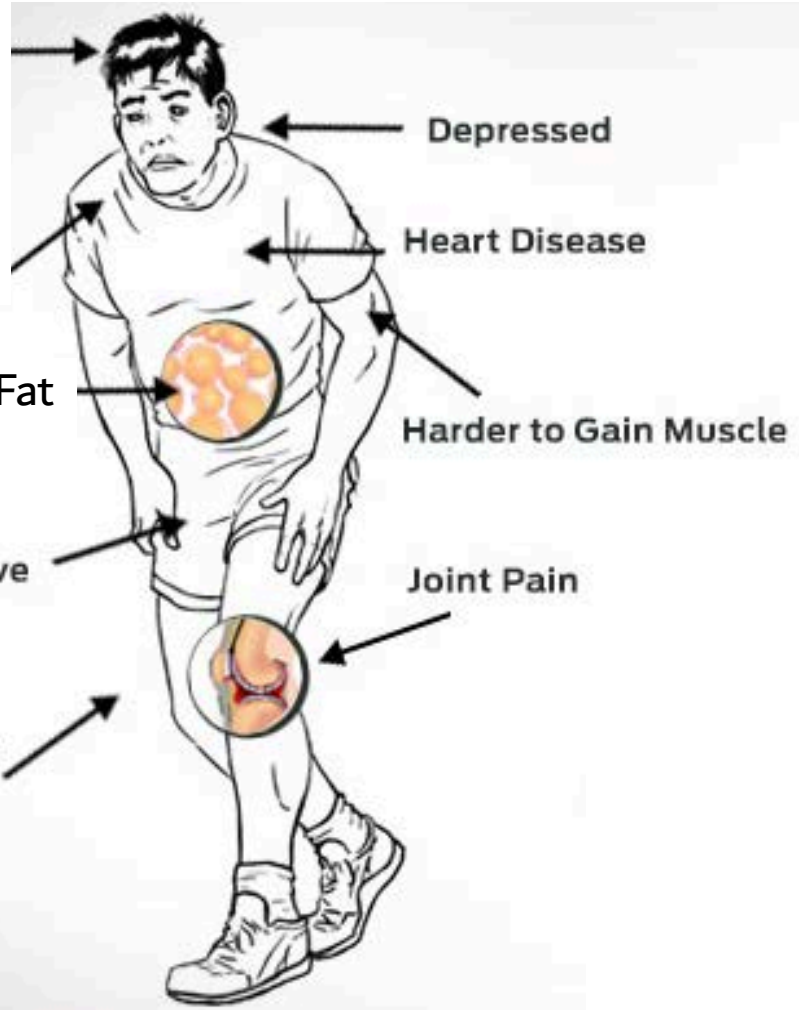
TESTOSTERONE

Testosterone Decline / Cortisol Increase = Increased huger + Visceral Fat / Heart Disease / Diabetes

=

Susceptibility to COVID-19

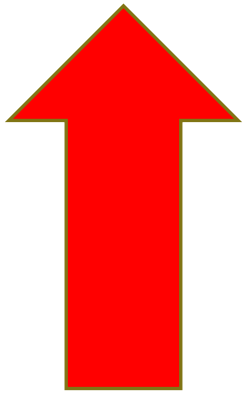
Weight Gain
Obesity
Respiratory Problems



Man With Low Testosterone

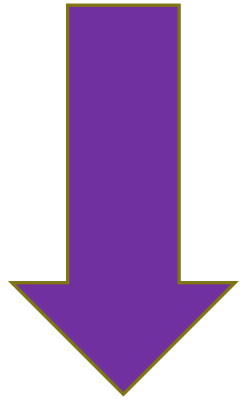
A VIRTUAL GYM 8000 CLINICAL TRIAL WITH 10 SUBJECTS, 5 MALES AND 5 FEMALES SHOWED THE OPPOSITE: TESTOSTERONE INCREASE AND CORTISOL DECREASE

GENDER	TESTOSTERONE PRE	TESTOSTERONE POST	CORTISOL PRE	CORTISOL POST
MALE	10.92	12.6	235	181
MALE	12.16	12.92	177	123
FEMALE	0.3	0.61	135	98
FEMALE	0.4	0.7	168	123
MALE	15.38	12.6	229	198
MALE	13.41	12.92	160	149
FEMALE	0.64	0.69	116	106
FEMALE	0.4	0.51	65	52
MALE	11.3	13.4	221	187
FEMALE	0.43	0.72	197	109



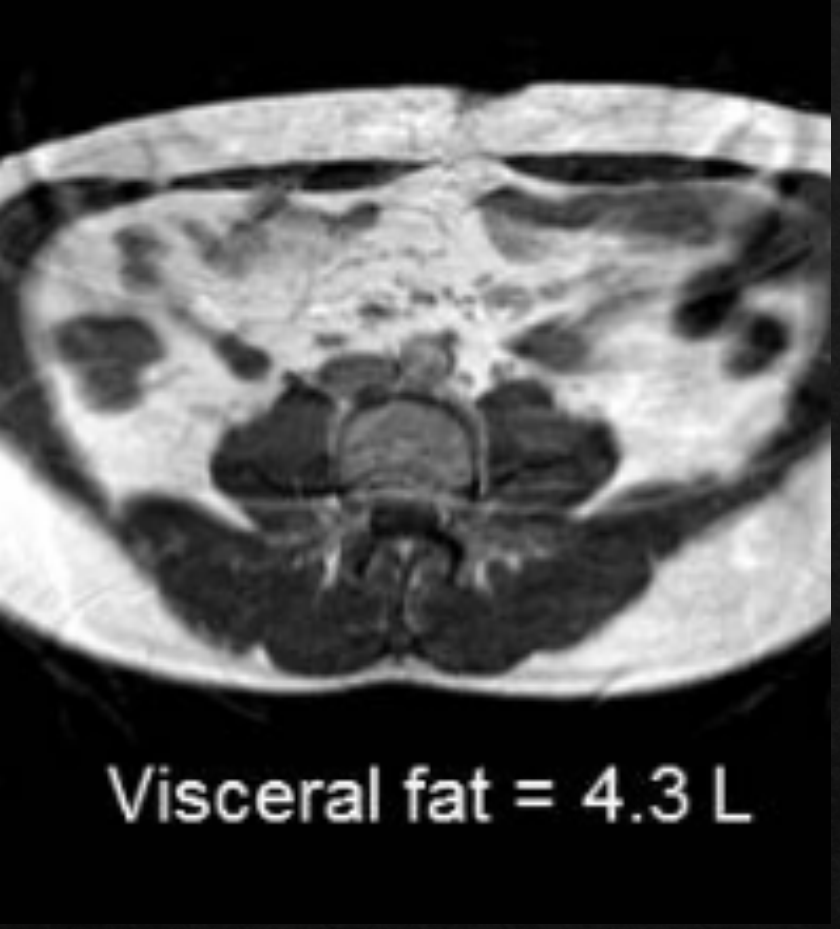
TESTOSTERONE

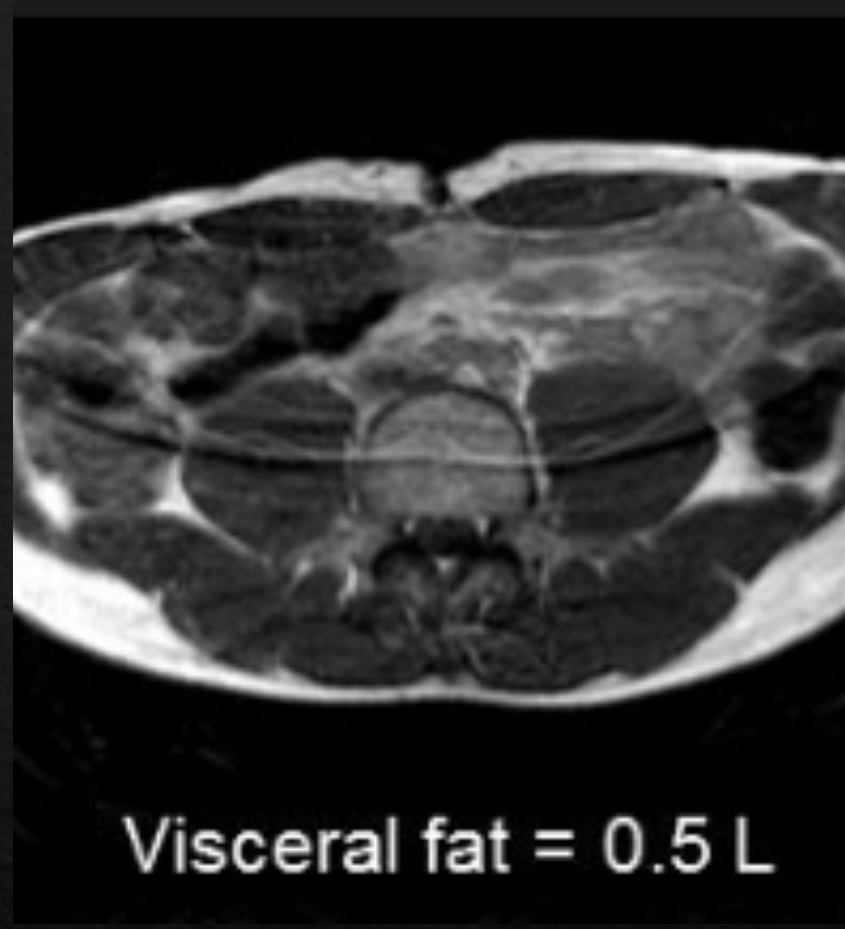
CORTISOL



Gerry Pollock's STUDY ON CORTISOL / NO CORTISOL INCREASES AFTER VIRTUAL GYM TREATMENT LONDON UNIVERSITY.

	Test	Specimen	Conventional Units
Before Treatment	Cortisol A.M.	Plasma	13.7 mg / dL
Before Treatment	Cortisol P.M.	Plasma	10.1 mg / dL
Before Treatment	Cortisol Urinary Free	Urine	37.1 mg / dL
After Treatment	Cortisol A.M.	Plasma	12.9 mg / dL
After Treatment	Cortisol P.M.	Plasma	10.8 mg / dL
After Treatment	Cortisol Urinary Free	Urine	38.8 mg / dL





MRIs showed a significant decrease of Visceral Fat: Visceral Fat Before: 159.88 cm2 Visceral Fat After: 76.90 cm2 p< 0.01 -- Significance

Figure 2: VLDL is considered one of the bad forms of cholesterol that can clog your arteries and lead to a heart attack. VLDL particles mainly carry triglycerides to the cells for energy production. Effortless exercise results in a statistically significant decrease of both VLDL and Triglycerides.

Figure 4. Relationship between Visceral Fat and Muscle Mass

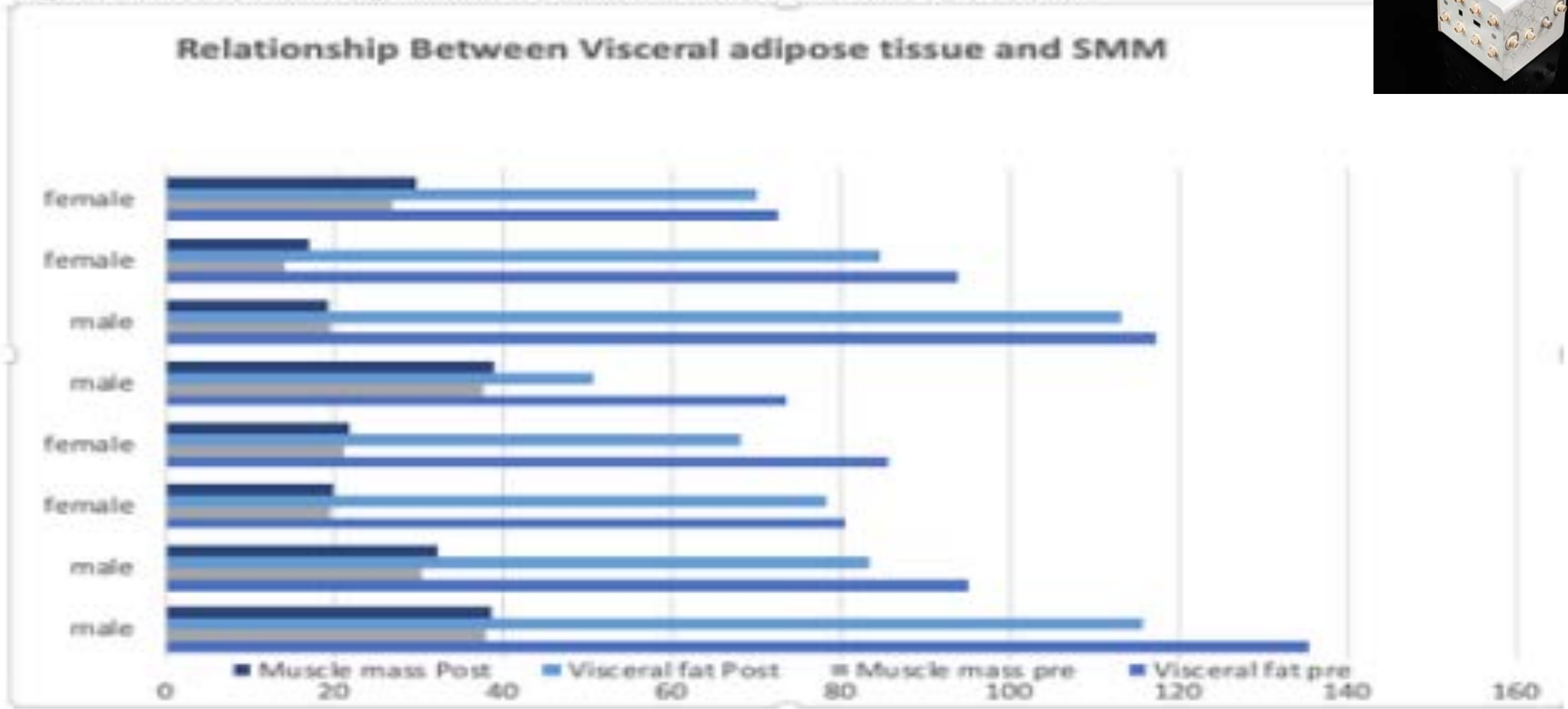
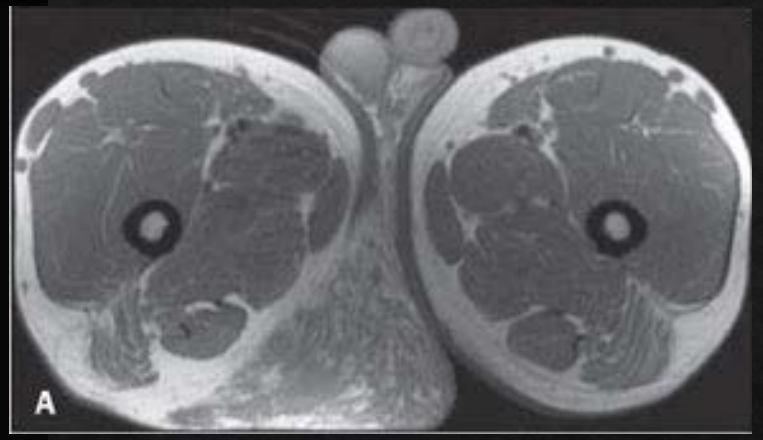
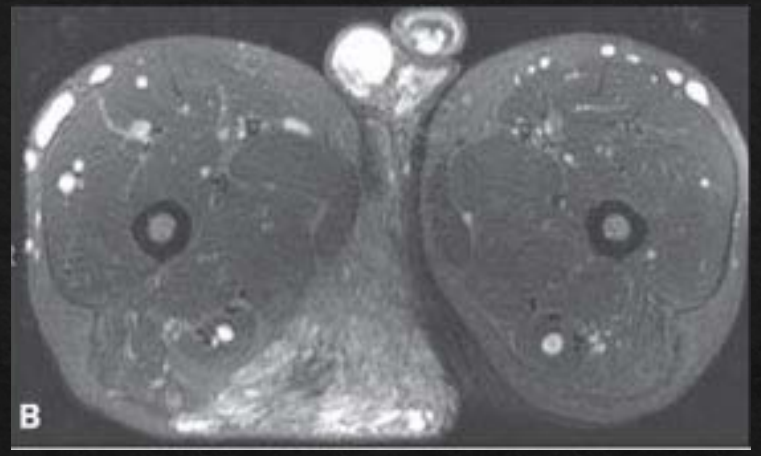


Figure 4: The before and after significant reduction in visceral adipose tissue and the significant increase in SMM is illustrated above.





MRI results showed increased muscle mass

Muscle Mass Before: 133.70 cm^2

Muscle Mass after: 201.73 cm^2

$p < 0.01$ – Significance

Diabetic Patient with back Pain and Fatty Liver. Measures: Sonogram, Blood Test, Measuring tape, Tanita Scale, Self Reports

BEFORE	AFTER
Real Age: 43 y.o. female	METABOLIC AGE 32
Severe Obesity FAT 36.5 %	FAT% 25.8
Diabetic Status: On Insulin HbA1c- 10.8	On Oral Drugs HbA1c – 7.8
Visceral Fat Evidence Sonography Reports: Fatty Liver	NO FATTY LIVER
Lower Back Pain	NO BACK PAIN
Weight: 92.2 Kg	Significant Weight Loss 83.7 KG
Measurement: Umbilicus: 111cm	Significant Improvement:100cm
Measurement: Lower Abdomen: 115cm	Significant Improvement:100cm

49 Year old Patient suffering from Insulin Resistance and Diabetes. Measures: Sonogram, Tanita scale, Blood Test, Measuring Tape, Self Reports

	Before treatment	After treatment
Weight (kg)	75.8	67.2
Fat %	36.5	25.8
Upper abdomen(cm)	97	82
Umbilicus (cm)	100	88
Lower abdomen (cm)	105	94
Insulin-Fasting(mIU/ml)	25.8	8.7
Insulin PP (mIU/ml)	136	14
Triglycerides (mg/dl)	294	197
HDL(mg/dl) good cholesterol	36	42
Back pain	Lower Back pain +++	Significant decrease in back pain

PUBLICATIONS

Journal of Public Health

Preview

Common Denominators of COVID-19 Mortality Rates. Effortless Exercise Effects on VLDL, Triglycerides, Free T-3 and Cortisol. Randomised double-blind clinical trial

Sofra X.

COVID-19 mortality rates increase with age and pre-existing conditions. Despite the fact that COVID-19 primarily infects the lower respiratory track, COVID-19 deaths are primarily clustered around cardiovascular disease (CVD), diabetes and obesity. These disorders' common denominators are high VLDL cholesterol, triglycerides, abnormalities in cortisol and Free T3. Obesity that entails accumulation of visceral adipose tissue appears to be one of the biggest risk factors related to COVID-19 hospitalizations and mortality rates. Diabetes is associated with thyroid dysfunction, suggesting abnormalities in T3 concentrations and increased cortisol levels. Exercise enhances detoxification improves immunity and promotes cardiorespiratory fitness (CRF) proving to be an effective therapy for most chronic diseases. During COVID-19 lockdown or quarantine, however, gyms and other exercise facilities are closed. This randomized double-blind within subjects trial examines the effects of a new effortless exercise technology on healthy subjects (before implementing it on COVID-19 patients) on visceral adipose tissue, VLDL, triglycerides, T3 and cortisol. Results indicate that effortless exercise can be an alternative to physical exercise in decreasing visceral adipose tissue, lower VLDL and triglycerides, increase skeletal muscle mass and Free T3, the active form of TSH, without unbalancing or stressing the body with increased cortisol levels.

Close Window

The Lancet

What helps COVID 19 Kill us? Inflammation, Immune Deficiency, VLDL, Triglycerides and Toxicity

--Manuscript Draft--

Manuscript Number:	
Article Type:	Article
Keywords:	coronavirus; COVID-19; Visceral Adipose Tissue; Skeletal muscle Mass; Cortisol Concentrations; Cortisol Activity; Cortisol Increase; Diabetes; Cardiovascular Disease; Free T3; Toxic Side Effects; Body Fat Mass; Metabolism Activity; VLDL; Triglycerides; Inflammation; Physical Activ
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Abstract:	COVID-19 mortality increases with age and pre-existing conditions. Despite the fact that COVID-19 primarily infects the lower respiratory track, COVID-19 deaths are primarily clustered around cardiovascular disease (CVD) [1], diabetes [2] and obesity [4] [5]. These disorders' common denominator is high VLDL cholesterol [35] and triglycerides, abnormalities in cortisol [26] [34] and T3 [25] [33], inflammation [7-11], toxicity and the interactions of all these factors leading to a compromised immune system [6]. Obesity appears to be one of the biggest risk factors related to COVID-19 hospitalizations and mortality rate on the basis of a New York recent study based on 4,000 patients and early statistics from Britain's independent Intensive Care National Audit and Research Centre confirming that 73.4% of COVID-19 patients were classified as overweight. Diabetes is also associated with thyroid dysfunction, suggesting abnormalities in T3 concentrations [25] as well as increased cortisol levels especially in patients with diabetes complications [26]. VLDL, triglycerides, T3 and Cortisol may turn out to be an efficient predictor of COVID-19 susceptibility, however no research to date has established such correlation. Exercise enhances detoxification improves immunity and promotes cardiorespiratory fitness (CRF) proving to be an effective therapy for most with chronic diseases directly affecting both mental and physical health [19] [20] [21]. Decreased immunity and inflammation are the most prominent hallmarks of aging where chronic, sterile, low-grade inflammation or inflammaging [24] develops, contributing to the pathogenesis of age-related diseases and the COVID-19 mortality in the elderly. During COVID-19 lockdown or quarantine, however, gyms and other exercise facilities are closed, significantly decreasing the opportunities for structured physical activity. Additionally, only strenuous gym exercise can reduce visceral fat deposits that hold large amounts of toxicity and increase overall inflammation. Due to frailty and possible body injury, most aged individuals can only engage in mild physical activity that is often inadequate to help them fight disease susceptibility. In our current double-blind study, we examined the possibility of replacing physical activity with effortless exercise, a novel method invented in London University primarily for muscle atrophy conditions. We tested hormone and cholesterol fluctuations in the blood tests of eight subjects undergoing six 45-minutes of effortless exercise sessions without imposing changes in their lifestyles. The common denominators underlying CVD, Diabetes and obesity such as VLDL, triglycerides, T3 and cortisol were of particular interest. Subjects' results revealed a statistically significant increase in triiodothyronine (Free T3) which did not exceed the normal range, accompanied by a significant decrease in the very low-density lipoprotein (VLDL) and Triglycerides. Cortisol did not show a statistically significant increase before and after the 6 treatments suggesting, as expected, that effortless exercise does not stress the body. Additionally, there was a significant decrease in visceral adipose tissue and overall body fat mass and a significant increase in skeletal muscle mass (SMM), as it normally happens with regular exercise. Waist and abdomen cm loss, and weight loss in kg were also significantly reduced. Results of this study

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Empowering the woman: a comprehensive model of sexual anti-ageing

Xanya Sofra, Nuris Lampe

Published Online: 8 Apr 2020 | https://doi.org/10.12968/joan.2020.9.3.118

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Abstract

Female ageing is associated with sexual decline and well-documented symptoms of decreased metabolism, increased visceral fat deposits, decreased mobility, increased incidence of body aches and impaired self-confidence, which can lead to depression, marital dissatisfaction, conflicts or apathy. Sexual decline becomes more prominent with diabetic females suffering from neuropathy that is usually a challenge, since traditional methods usually offer temporary pain relief. Hormone replacement interventions treat only part of the systemic hormonal imbalance problem, ignoring the fact that disruption in the hormonal network signifies a disruption in the entire microcosmos of cellular communications leading to bio-disorganisation and health deterioration. New vaginal rejuvenation methods aspire to resolve a complex psychophysiological issue by merely improving vaginal laxity and dyspareunia, via invasive or minimally invasive methods that often reduce sexual sensation for women, while increasing male satisfaction during intercourse. Here, we offer a more comprehensive model of female sexuality, and discuss two new research studies performed entirely on female subjects. Both studies are discussed with respect to the multi-faced, psychophysiological, composite of female sexuality, which cannot show meaningful improvement without treating both its physiological and psychological components.

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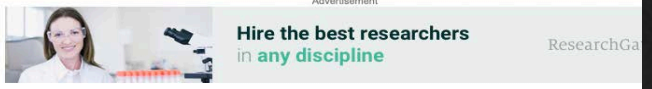

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Empowering the woman: a comprehensive model of sexual anti-ageing

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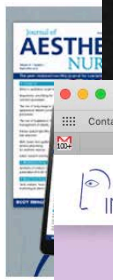
Abstract

Female ageing is associated with sexual decline and well-documented symptoms of decreased metabolism, increased visceral fat deposits, decreased mobility, increased incidence of body aches and impaired self-confidence, which can lead to depression, marital dissatisfaction, conflicts or apathy. Sexual decline becomes more prominent with diabetic females suffering from neuropathy that is usually a challenge, since traditional methods usually offer temporary pain relief. Hormone replacement interventions treat only part of the systemic hormonal imbalance problem, ignoring the fact that disruption in the hormonal network signifies a disruption in the entire microcosmos of cellular communications leading to bio-disorganisation and health deterioration. New vaginal rejuvenation methods aspire to resolve a complex psychophysiological issue by merely improving vaginal laxity and dyspareunia, via invasive or minimally invasive methods that often reduce sexual sensation for women, while increasing male satisfaction during



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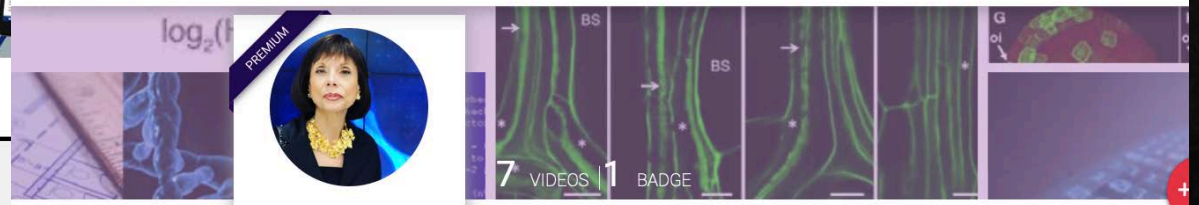

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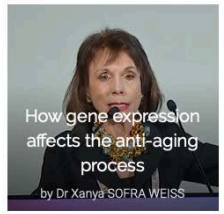

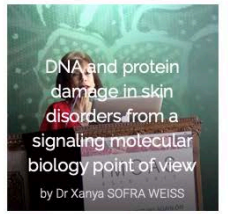

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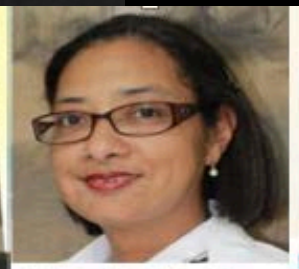

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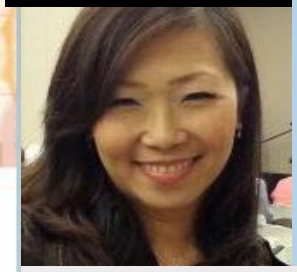

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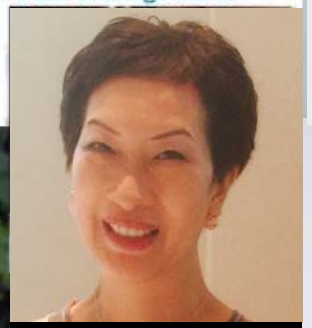

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- Increased Hormone Concentrations / Increased Hormonal Balance
- No significant changes in Cortisol
- Increased RBC's separation / Increased Blood Flow
- Increased Blood Circulation
  IMPROVED DETOX
- Increased Sexual Drive / Increased Self Confidence.
- Decreased Incontinence

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