

# The Whole Body Vibration...A New Fitness & Wellness Evolution



...Celebrities, Sports Greats, Health and Fitness Guru's are experiencing the miraculous benefits of "BODY VIBRATION"

therapy. Isn't it time you do?  
Dr. Keith DeOrio—

a world renowned expert in The Art & Science of Health Restoration continues his cutting-edge push toward optimum body performance. Over the years DeOrio, founder and director of the Santa Monica-based **DeOrio Medical Wellness Center** has treated more than 30,000 patients around the world...from life-threatening illnesses to chronic health issues including weight and diet control, pain, insomnia, digestive problems, headaches, detoxification, structural and biomechanical integration and anti-aging via cell-rejuvenation. **VIBRATION Therapy** is revolutionizing the fitness and wellness industry and DeOrio sits at the forefront of this global concept.

*"The Body Vibe Training Protocol is relatively new here in the United States, but Body Vibration Technology is backed by 35-years of medical and fitness research and on-going scientific studies. I was asked more than five years ago to participate as the first test center here in the United States. Results are remarkable. 10 to 15 minutes a day—three to five times a week—people have gained a new level of health and wellness that surpasses traditional exercise,"* states DeOrio, a frequently featured guest on the Discovery Channel and a

noted author whose nutritional and preventative books *"The New Millennium Diet Revolution"* and *"Vibranetic: The Complete Whole Body Vibration Solution"* promise to keep readers fit for life with multi-dimensional alternative treatments, preventative maintenance and innovative healing systems.

Arthritis, joint pain, lymphatic drainage, poor circulation, stress, fatigue, weight retention, anxiety, bone loss, Diabetes, Parkinson's, hormonal disturbances... and a number of other health conditions are helped and cured with *Body Vibe* therapy.

*"Stimulation from the Body Vibe causes the brain and body to integrate. When the body feels the vibration it sends a message to the brain that it is being stimulated and the brain responds with reflective muscle contractions,"* DeOrio explains. *"Many things happen when the muscles contract: Metabolism is increased which speeds up the consumption of calories...terrific for cellulite and body toning; improved brain integration with the body contributes to healthier hormones and effects all of the glandular systems in your body...ovaries, pancreas, adrenal and pituitary gland—all come into line. The pituitary gland creates increased levels of HGH (Human Growth Hormone) a natural rejuvenative body hormone producing a reformatting of the skin as collagen increases with vibration stimulation and oxygen into body organs increases with added blood flow. Benefits for men include increased plasma concentration of testosterone and a decreased plasma concentration of cortisol. Beauty and health is building from the inside-out—not the outside-in. The Body Vibe is a perfect body and mind machine!"*

With the improved health and fitness

possibilities available with the use of vibration therapy, *Body Vibe International*, the company responsible for introducing this safe and effective exercise system has placed this stellar machine in the locker rooms of top medical centers, professional sports organizations, elite training facilities, with USA Olympic teams and well-known health clubs around the world. *Body Vibe* training depends on frequency and intensity of vibrations. The higher the amplitude the more muscles contract to adjust to the movement of the plate initiating 100% of muscles, contrasted with conventional training which engages only 40-60%.



The entire neuromuscular system is stimulated at once with training time significantly reduced. *Body Vibe* training is similar to other training... building slowly with short, low intensity periods graduating to higher intensity levels.

*"70 million baby boomers between the ages of 40 and 65 are entering a significant*

*degenerative period in their lives,"* DeOrio says. *"Foods lacking in nutrition negatively impact hormonal balance accelerating aging. Lack of blood flow and oxygenation to tissues...we age! When we use this machine in conjunction with vital foods it potentiates the uptake of nutrients by increasing absorption. The pumping action of the Body Vibe increases blood flow and the vibration allows the cells to take in more nutrients allowing improved nitrification of body tissues. The brain is a blueprint of our body—brain and body integration is essential."*

The *Body Vibe* machine automatically adjusts mechanical stimuli by responding with a stretch reflex in the muscles...a reflexive adjustment occurring at the same time in the brain inducing a neuro-regenerative effect. Translation: the brain is rejuvenated and restored to a healthier state of function. Body and mind revitalization equals a new lease on life by restoring muscle flexibility, and allowing

for cell regeneration and increased overall revitalization.

For Information on *Body Vibe*:  
visit [www.bodyvibeusa.com](http://www.bodyvibeusa.com)  
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