



Vibrational Therapy – It's More Than Just the Jiggles

Whole body vibrational therapy is now available *here* at Ultimate Living Medical Clinic. Never heard of it before? Neither had Dr. Work until he was introduced to it at the American Academy of Anti-Aging and Regenerative Medicine Convention in Las Vegas. The TurboSonic® device has a very extensive website with a lot of excellent reference work. This brochure contains quotes directly from the website, www.turbosonicusa.com.

The History

The original research was done by the Russians for their space program. The Russians were more interested in putting their cosmonauts in long-term Earth orbit than going to the moon. However, one of the nasty effects of long-term zero-gravity environment is osteoporosis. They found in their research that by exposing the body to vibrations, it would stimulate the osteoblasts (cells that produce bone) to work.

The research was continued and expanded further by the South Koreans. They found that the direction of the vibration is very important (vertical only) and they also included input from their top Qigong experts (helps to increase the proper flow of *chi* or *ki* in the body) and athletic trainers. TurboSonic® came out of that research and has been expanded to other areas of health.

So what started out in the Russian space training programs to combat the effects of the gravity-free environment encountered by astronauts in outer space has evolved into a very effective human growth hormone (HGH) releasing machine. Sonic whole body vibration training encourages the release of key wellness, recovery and rehabilitation hormones such as serotonin, human growth hormone and testosterone.

TurboSonic® is used widely throughout Korea and Japan especially by Qigong, Acupuncturists, Physical Therapists, Chiropractors, Orthopedics, Athletic Trainers and Senior Centers as well as by Olympic and top sport athletes and entertainers.

How Does It Work?

Sonic vibrations (3 to 50 per second) trigger a neural reflexive response, or full body muscle-contraction, for each of the vibrations. These muscle contractions stimulate a dramatic increase in critical blood flow to joints and their connective

tissues throughout the body. The result is reduced muscle, tendon, and joint-related pain with an increase in bone/muscle mass, strength and flexibility¹.

So why is this so different than other machines that jiggle you when you stand on them? First and foremost...there are no moving parts on the TurboSonic®, i.e., it does not use a motor to vibrate the plate. It uses sound. You literally are standing on two sophisticated speakers when you are having this therapy. In addition, some of the other machines move you side to side but this moves you only vertically, which is easier on your joints.

What is a Treatment Like?

The treatment is simple. You remove your shoes, stand on the footplate, grab the bar for balance and the machine is turned on to set programs that last 10 minutes. There are protocols set up for recovery from osteoporosis, increase in strength and speed of movement and in **weight loss** (I knew I would get your attention!). The feeling that you get when you are having this treatment done is difficult to describe. When the frequencies are scanned on your initial treatment, you will feel different muscle groups working at different frequencies.

What is the cost of treatment?

This device is not cheap and it is no secret (since you can find it on the excellent website) that it cost Dr. Work over \$16,000 for the device. This means that Dr. Work is very much interested in the device to improve the health and well-being in his patients. The cost is dependent on whether you are concierge or not (you do not need to be a concierge patient of mine to get the treatments) and are sold in blocks of 20 treatments.

Concierge: \$100/20 treatments

Non-concierge: \$300/20 treatments

HOWEVER, your first 10 minute treatment is completely **FREE**. All you need to do is just ask the staff and they will set you up for your *free* introductory treatment. If you don't feel different after your first treatment, then you can walk (or hobble) away without any obligation. Dr. Work will warn you that this therapy can be addictive. When he stood on the device and had the introductory treatment done, he was hooked. It is difficult to describe how it felt so go ahead and try it out for free.

¹ <http://www.turbosonicusa.com/History.php>