

Degenerative diseases, accelerated aging, and all diminished capacities can ultimately be attributed to insufficient cellular stimulation.

As the living cell struggles with poor nutrition, low oxygen levels, toxins, and stagnation of lymphatic fluids, disease conditions develop which accelerate aging and shorten life span.



### **TurboSonic® Whole Body Vibration Therapy: The Science of Sound**

#### **TurboSonic® Vibration Therapy**

TurboSonic® consists of a sonic (sound) vibrating platform that the user stands on or performs exercises on which stimulates bones, muscles, blood vessels and cells in a manner that promotes their rapid development and circulation.

The sonic vertical movement of the plate stimulates the body's natural "stretch reflex" which causes a spontaneous muscle contraction to instinctively stretch and contract: both movements occur at varying rates between 3-50 times per second. (3 Hz to 50 Hz) This movement produces mechanical oscillations with an average cycle length of about 40 msec, which is the time required to induce a natural monosynaptic stretching reflex in the respective muscle via the muscle spindle during one up and down vertical movement. The neuromuscular system reacts to this stimulation by a chain of rapid muscle contractions which result in entire-body vibration.

Exercise causes the body to tire; rest allows the body to recover. By repeating this process, the body adjusts to the level of effort, resulting in an increase in physical performance. This phenomenon,

called super-compensation, similarly occurs when training on the TurboSonic® platform. However, compared with traditional training methods, greater results are achieved and hormonal production is increased in much less time when training on the TurboSonic®.

TurboSonic® comes standard with seven preset automatic program modes to provide a variety of treatment and workout options with multiple frequency and intensity variations per session. If different parameters are desired, the manual controls may be customized for effective patient treatment or personalized workout. Frequencies can be adjusted from 6 Hz to 45 Hz on the Deluxe model and 3 Hz to 50 Hz on the Premium model. Each model can adjust the amplitude from 0 to 100 to suit the user's condition.

The automatic modes are preset to 10 minute countdown sessions and depending on the mode selection, users can burn between 100 to 300 calories. In the manual mode, users can program the session in 1 minute intervals as well as manually adjust the frequency and amplitude (volume).

The LCD displays seven treatment modes including frequency, amplitude, calorie consumption, and countdown timer. You will see the results of increased flexibility each time you do a SWBV work-out. Touch your toes before your session, and again after the session. You will be amazed. And, by the end of the session you won't even be sweating or feel fatigued. What you will feel is less stress and more energy!

## **TurboSonic BENEFITS**



**NEW: Sonic Whole Body Vibration Therapy**

TurboSonic® - Sonic Whole Body Vibration (SWBV) is an advanced patented technology that is used by major medical, rehabilitation, therapeutic centers, senior centers, spas and gyms across the country and around the world. The therapy consists of standing upright on a TurboSonic® platform that produces sonic vertical vibrations from 3Hz to 50Hz with variations of amplitude from 0 to 100. These sonic vibrations are transferred to your body, stimulating absolutely every part of your body,

from your cells to the blood vessels, to your organs and muscles. 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/joint-related pain with an increase in bone/muscle mass, strength and flexibility.

**Whole-body-vibration offers a host of benefits:**

Provides benefits of both anaerobic and aerobic exercise

Increases physical strength, dexterity, and endurance

Increases balance and coordination

Increases flexibility, range of motion and mobility

Reduces arthritic pain, joint and ligament stress

Enhances critical blood flow throughout the body (oxygenation and lymph drainage)

Increases secretion of hormones that are important in regeneration and repair processes, such as HGH

(Human Growth Hormone), IGF-1, and testosterone

Increases bone density

Improved pelvic floor function

Relieves menopausal symptoms

Increases the "happiness" hormones serotonin and neurotrophine, substances that support our thinking process

Decreases the stress hormone cortisol

Rehabilitates injuries and ailments

Enhances explosive strength and fast twitch muscles

Enhances conventional training results

Speeds training recovery

Accelerates weight loss

Enhances pain reduction

Improves collagen production

Reduces appearance of cellulite

Tightens Facial Muscles

Eliminates the effects of stress

Relieves tension and chronic pain in ankles, knees, lower back and neck



**Vibration Therapy:** 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.



**Clinical Applications :** Vibration Therapy is used in the medical field for the treatment and prevention of a variety of illnesses, injuries, and adverse health conditions.

**Emphysema:** Ordinarily, patients with emphysema find it nearly impossible to undertake any kind of physical exercise. TurboSonic Vibration Therapy enables patients to achieve most of the benefits of a regular workout and helps them to do cardio-fitness training such as walking or even running.



**MS / ALS:** Patients with Multiple Sclerosis and Amyotrophic Lateral Sclerosis are unable to train because the nerves are no longer capable of controlling the muscles properly. TurboSonic Vibration activates the muscles directly without relying on the nervous system. Patients tend to feel better, have more energy to cope with everyday activities, experience less pain and are less dependent on others.

**Osteoporosis:** Millions of Americans, especially women, are at risk of developing this disease, which results from the decalcification of the bones due to hormonal imbalances. The bones become fragile with a tendency to break easily. TurboSonic Vibration Therapy increases bone density, usually reversing the effects of osteoporosis.

**Arthritis and Rheumatism:** TurboSonic Vibration Therapy can reduce the pain and discomfort of these conditions. It has been proven to increase blood circulation in the joints and dramatically improve flexibility and range of motion.

**Lower Back Pain:** TurboSonic Vibration Therapy can strengthen the weakened lower back muscles that cause back pain. (Patients with an acute back hernia should not use Vibration Therapy).

**Pelvic Instability:** This condition usually results from softening of the connective tissue during pregnancy. TurboSonic Vibration Therapy quickly brings the hormonal system into balance, enabling connective tissue to recover its strength and firmness.

**Excess Body Fat:** TurboSonic Vibration Therapy works several ways to dissolve excess body fat; it increases metabolism which burns calories more rapidly; increases blood circulation and lymphatic drainage thereby removing toxins faster. Human Growth Hormone secretion increases dramatically (460%). Excess body fat melts away effortlessly. People who use the TurboSonic Vibration Trainer for 10 minutes, three times a week, lose significantly more fat than those who engage in aerobic activity for one hour three times a week!



**Cellulite:** Those lumpy fatty deposits that form an unattractive dimpling effect around the thighs and other parts simply melt away under TurboSonic Vibration Therapy.

**Stress:** Modern life is stressful, causing the release of toxic stress hormones such as cortisol and

epinephrine, which throw the immune system out of balance and destroy brain cells by the millions. Sonic Vibration Therapy increases human growth hormone and serotonin (the "happiness, relaxation and well-being hormone") secretion, lowers cortisol and epinephrine secretion 31%, and enhances circulation, all of which counteract the effects of stress on the body and spirit.



**Disclaimer:** TurboSonic is not intended to diagnose, treat or cure any disease. The benefits listed herein this web site are based on independent studies which reference years of research into (WBV) whole body vibration therapy and training and those studies are independent of the TurboSonic technology and have not been evaluated by the FDA.

The WBV exercise when used in conjunction with conventional muscle exercises, can increase maximum muscle strength by over 30%, as well as reduce the period of training required by 85% and time expenditure exercising by over 50%. Moreover, unlike conventional muscle training methods involving weight-lifting, WBV exercises imposes almost no additional load on the joints, ligaments, and tendons. Consequently, the risk of exercise-related injuries is reduced to a negligible level.

TurboSonic is a revolutionary piece of exercise equipment developed with optimal application of these theories to yield maximum results in minimal time.

### **Powerful Exercise System**

- Increase in muscle relaxation
- Increase in flexibility and range of motion in muscle and joints
- Increase in muscle strength (by recruiting and activating more motor units)
- Motivation of interest in exercise (10 minute workout sweat not required)
- Improvement in coordination and stability

## **Healthier Body**

- Helps to improve and prevent many joint conditions
- Assists in preventing and reversing osteoporosis, by increasing bone density
- Relieves tension and chronic pain in ankles, knees, lower back and neck
- Effective in treating geriatric conditions
- Relieves menopausal symptoms
- Improvement in blood circulation and lymphatic drainage
- Speeds recovery from surgery and trauma

## **Greater Beauty**

- Reduces body fat
- Dissolves cellulite
- Increases skin tone and elasticity of muscles
- Provides benefits of both anaerobic and aerobic exercise
- Regional body shaping through various posture
- Enhances ones sense of well-being

## **Pain Reduction and Rehabilitation**

- Prevention of osteoporosis (Increases bone density)
- Improvement of various musculoskeletal disorders
- Reduction of chronic pain in main joints
- Stimulation of recovery and muscle strength following surgery

## **What is the TurboSonic Used For?**

Through TurboSonic exercise, you can improve your strength, endurance, stability, and flexibility without the constraints of conventional exercise.

**General Training:** Improving body balance, flexibility and circulation

Using TurboSonic, the same effect of regular aerobic exercises can be accomplished with a maximum effect of exercise with a minimum amount of time, compared to other exercise methods.

**Strength Training :** Increasing muscle strength

TurboSonic stimulates fast twitch muscle fiber to produce powerful muscles. Proportion and ability of such fast-twitch muscle fiber acts as an element that helps to decide the outcome of a race for athletes requiring extra power for a short amount of time, such as athletes at running, jumping and throwing sports. Exercise using TurboSonic also improves endurance of muscle, which is caused by stimulating the production of growth hormone to improve the function of slow twitch muscle fiber.

**Diet and Beauty Clinic:** Easy-to-use and effective for people who dislike exercising

TurboSonic accelerates blood circulation and lymph drainage, strengthens collagen and stimulates the release of growth hormone (GH), ultimately, helping in the fight against cellulite. Whole body vibration prompts intestinal movement and improves the overall function of the intestinal tract. WBV also reduces excessive body fat by increasing the recruitment of body fat during exercise and maintains the elasticity of the skin by enhancing the function of the connective tissues and the body's circulatory system.

**Rehabilitation :** Minimizing stress on the body

TurboSonic prevents the loss of muscular strength that occurs after surgery, which is generally due to lack of exercise during recovery period. WBV maintains the physique and improves lymph and blood circulation to promote recovery. TurboSonic is being widely used by many athletes in their rehabilitation process to maximize their recovery and because it also enables a total body workout, for a maximum rehabilitation treatment.

**Revitalization :** Anti-aging

TurboSonic promotes secretion of serotonin (a hormone that gives a sense of happiness), Neurotrophine (a hormone that stimulates brain activity), Testosterone (a male hormone), HGH and IGF-1 (growth hormones). This can help the elderly achieve a healthy recovery and a more active lifestyle. TurboSonic helps prevent ageing by improving blood circulation, digestion and flexibility, while delaying the progress of various illnesses, such as, degenerative arthritis, back pain and osteoporosis. All this helps to promote a more active lifestyle.