



TREATMENT: Reversing Osteoporosis Naturally with Whole Body Vibration (WBV) & Nutrition.

With WBV, the body's weight bearing structure is loaded with the total body weight on every up-stroke and unloaded on every down-stroke. Therefore, WBV is often referred to as rapid acceleration/deceleration training.

Protocol consists of two 10-minute sessions a day, to be performed daily or in a three day on – one day off cycle. During sessions, patient is instructed to stand with legs straight, in order to maximize the transfer of stimulus to the osseous structures.

The second component of the holistic approach is nutritional. It suffices to say at this point that WBV will stimulate the blood flow into all of the area of bone being stimulated. The purpose of a nutritional support should supply all the necessary components that are synergistically necessary to support the osteoblastic function.*

Whole Body Vibration stimulates osteoblast within the bone.

Whole Body Vibration (WBV) therapy is an attractive alternative to drugs for treating & preventing osteoporosis. WBV is applied in a low impact manner, which is critical for individuals with impaired mobility and attenuated muscle strength. There is no stress to the joints.

Studies show that WBV delivers mechanical loading to the skeleton, which increases bone mass and improves postural balance by strengthening skeletal muscles.

Weight bearing exercise is commonly accepted as a way to increase bone density.

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