



**REPORT:** You can consider WBV Machines as a drug-free relief! Stress permeates our consciousness. No

matter how old we are, you just can't walk away from the everyday stresses of life. Luckily, there is an easy way to help reduce our experience of stress. ... WBV Machines! Exercising, or just relaxing, on WBV Machines is one of the most effective tools for reducing tension and stress.

It has been clinically demonstrated that Whole Body Vibration training has a positive effect on the production of hormones and neurotransmitters. The massaging effect of the vibrations initiates an increase in dopamine and serotonin levels. This suggests a decrease in stress levels and depression. After training, patients feel relaxed and feel good. That is why whole body Vibration is also used to fight symptoms of A.O. Stress (Atypical Odontalgia), and burnout.\*

### Whole Body Vibration (WBV) is very effective for reducing stress.

Research findings have stated that stress may be responsible for 80 to 90% of disease.

WBV has a positive effect on the production of serotonin – the happy hormone.

Cortisol, the stress hormone is decreased as much as 32%, thus a decrease in stress levels & depression. The massaging effect of the vibrations initiates an increase in dopamine & serotonin levels.

WBV is the easy way to feel good and fight off the symptoms of stress burnout.

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