

The Missing Link that Optimizes Health Restoration and Youthful Aging

Turbo Sonic Whole Body Vibration Therapy



As a result of collaboration between Hippocrates Health Institute, Sonic Health Systems, Inc., the master distributor of TurboSonic in North America and Take Charge of Your Health (TCH), Inc., working together with well-known consulting research scientist, Dr. Jacob Swilling., the TurboSonic whole-body vibration technology is now an added healing system in the Hippocrates Health Restoration Program.

Dr. Swilling is the first researcher to explore the potential of the Turbo Sonic Vibration Machine in physiotherapy when applied to biological and biochemical function to maximize the repair and healing of many health problems as well as the potential of youthful aging.

His research demonstrates how Turbo Sonic Vibration Therapy provides the first safe, effective way to excite human cells, accelerate the body's natural healing response, increase cellular oxygen uptake, enhance cellular nutrient uptake, stimulate cellular fluid movement and facilitate cellular waste removal. As a result, cells are more resilient, more vibrant, and function together as a healthier, longer lasting body.

Dr. Swilling reports that the results of his research experience emphasize the fact that the TurboSonic greatly enhances the body's response to other healing modalities, nutrition and supplements. Those undergoing medical treatment report fewer side effects from those treatments, more effective response with lower potencies and earlier phase off from medications.

TurboSonic's Impact on the Biochemistry

Of the nearly 100 trillion cells in the human body, 40-50% are bacteria, necessary for the assimilation of food. Another 40-45% are composed of blood, lymphatic, and spinal fluids. The remaining 10% are comprised of solid tissues of muscle, bone, organs, brain and skin. Human cells go through their own life cycle. They are created, then wear out and are replaced in a cycle that varies from days to seven years, in accordance with the built-in DNA cell replication blueprint. Vigorous exercise can only affect a small percentage of these cells.

Degenerative disease conditions, accelerated aging, and all diminished capacities ultimately can be attributed to insufficient cellular stimulation. As the living cell struggles with poor nutrition, low oxygen levels, environmental toxins and stagnation of lymphatic fluids, adverse conditions develop which shorten its life span. Whole Body Vibration helps to reverse the process.

Synergistic Approach

In their search for the most successful healing model, Hippocrates and Dr. Swilling are working together to combine the TurboSonic technology with the proven success of the Hippocrates Health Restoration Program to further potentiate results.

Clinical Applications

Dr. Swilling is applying the experience reported by other researchers working with Turbosonic vibration therapy in the medical field, to enhance the treatment and prevention of a variety of injuries and adverse health conditions.

This research includes the following:

Emphysema: Ordinarily, patients with emphysema find it nearly impossible to undertake any kind of physical exercise. TurboSonic Vibration Therapy enables these individuals 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 advancing multiple sclerosis and amyotrophic lateral sclerosis are unable to train because their 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 people, especially women, are at risk of developing this disease, which results from the decalcification of the bones due to hormonal imbalances and the lack of resistance exercise. 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 and increases blood circulation and lymphatic drainage, thereby removing toxins faster. Human Growth Hormone secretion increases dramatically (460%). Excess body fat melts away effortlessly. There are many reports about people who use the TurboSonic Vibration Trainer for 10 minutes, three times a week, losing 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.

Technology

TurboSonic is a sophisticated exercise and therapeutic wellness machine that uses patented sonic vibration technology based on decades of Russian research and development.

During the first extended periods of time that Russian cosmonauts spent in space, it was observed they experienced bone and muscle tissue loss due to a lack of gravity. In an effort to stop or reverse these degenerative conditions, researchers were led to the whole body vibration (WBV) technology.

Since that first research decades ago, it has been well documented that vibration technology does in fact repair the bone and muscle tissue loss experienced by the cosmonauts. Of course, this discovery inevitably led the way for the whole body vibration concept to be applied to other fields such as athletics, fitness and physical therapy.

The TurboSonic is the latest state of the art vibration technology machine designed for physical therapy and all-around physical performance enhancement. It was designed and developed by TS Korea in collaboration with Qigong (Chi Kung) masters in Korea who were instrumental in helping develop TurboSonic's 10 minute pre-programmed training sessions.

TurboSonic is used widely throughout Korea and Japan, especially by Qigong masters, acupuncturists, physical therapists, chiropractors, orthopedic specialists, athletic trainers and senior centers, as well as by Olympic and top sports

athletes and entertainers.

Whole body vibration theory was originated from the concept of human body movement under earth's gravity. The movement of individual organs of the human body is always influenced by earth's gravity. Gravity works in a vertical direction, therefore it is natural and more effective for the human body to exercise in a vertical direction. Running vertically causes all the body organs such as brain, chest, abdomen and muscles to contract and relax repeatedly.

Up and down vertical movements stimulate the growth plates, improve blood vessel circulation, activate lymph systems and help eliminate cellulite. Vertical movements also cause the muscle fibers to contract and relax repeatedly, enhancing muscular strength.

Wide application:

The TurboSonic can be used by anyone regardless of age or sex. In particular, athletes, overweight people who experience difficulty exercising for extended periods of time, office workers with inadequate levels of physical activity, people who cannot find the time to exercise, and patients requiring rehabilitative therapy stand to benefit most from this breakthrough comprehensive exercise system.

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.

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 flexibility.

TurboSonic is now an integral part of the Institute's therapy program. All guests with appropriate concerns are enlisted in a protocol using this cutting-edge technology.



Disclaimer: TurboSonic facts are for information only and are not intended to diagnose, treat or cure any disease. The benefits listed here in this article are based on independent studies which reference years of research into (WBV) whole body vibration therapy and training. Those studies are independent of the TurboSonic technology and have not been evaluated by the FDA. Discuss all ailments and/or medical problems with your physician or healthcare professional.