

## **Building and Maintaining Lean Muscle While Using Your Sonic Exercise Device**

Thank all of you for your positive response to our Newsletters. We keep listing more and more Demo Locations with each Newsletter, and several of you processed sales in the last two weeks. Congratulations and keep sharing those good vibrations. We are continuing our series on Taking Your Sonic Exercise Experience to a Higher Level.

Today, we'll focus on building or maintaining lean muscle while using your Sonic exercise device. Back in 1982 when Durk Pearson and Sandy Shaw released their best-selling book "Life Extension" I got a copy and read it page by page. At the time it was quite groundbreaking research in their study of the aging process, proteins and amino acids. The one thing in that book that has stuck in my head for all those years, was their statement that as we age the body loses the ability to assimilate quality protein which is one of their keys to accelerated aging. We as humans are protein beings. We are made of protein. Basic whole protein can be broken down into amino acids, which are referred to as the building blocks of life. There are 10 essential amino acids which the body needs to consume in the form of food, and 11 non-essential amino acids which the body can produce on its own. From these 10 essential amino acids the body can make over 3 billion different chemicals and peptide fractions depending on the body's needs at any particular time. That in itself simply blows my mind, but if you are missing any one of those essential amino acids, over time you are going to have problems by breaking necessary internal chemical reactions. One of which could be maintaining lean muscle as we age.

Dr. Bruce Lipton, the renown developmental biologist, has said the breaking and reforming of these peptide chains is actually what life is. Several of the amino acids are specifically for building lean tissue or muscle. These are referred to as Branched Chain Amino Acids or BCAA. They are Leucine, Isoleucine, and Valine and compose 35% of your body's muscle protein. These BCAA's are also in the essential category of amino acids meaning that your body needs to consume them from food or a supplement form.

In a Dr. Mercola email several weeks ago he was suggesting that older people supplement with a whey protein isolate powder to offset muscle loss as we age. A whey protein isolate is where the milk protein has been processed to the point that it is down to individual amino

acids. No lactose, no fat, no carbohydrates, just 95% pure protein and 5% moisture. I have been taking a plain whey protein isolate powder for the last 20 years called BiPro Protein powder. You can also just order some BCAA in a powder form and add it to your morning smoothie to be assured you are getting an adequate supply of BCAA's for muscle building. Another excellent product I have been taking for the last several years for soft and connective tissue, is Hydrolyzed Collagen by Dr. Tim O'Shea, [www.thedoctorwithin.com](http://www.thedoctorwithin.com). I have been ordering mine through Health Research, Ken Hardy, [panacea1@peoplepc.com](mailto:panacea1@peoplepc.com).

By adding more high-quality protein to your diet, your sonic exercise will be more effective at building and maintaining muscle tissue. Maintaining or creating more muscle has impacts on metabolism, prevents muscle wasting in us older folks, helps with joint function, stability... you get it. Just about everything. The optimal time to have protein ready for your body to utilize is a half hour before you use Sonic WBV.

Christy has been busy sending out Sonic Life brochures and a nice brochure holder. If you would like some brochures for your potential clients, call Christy at 877-684-7245.

We are also always looking for Sonic Vibration Locations to feature – And we would love to feature your location. Just send me a description of your facility, how you incorporate sonic WBV into your practice or services, and a few pictures. If you'd prefer, we can interview you and write up your story. Send them to [sales@soniclife.com](mailto:sales@soniclife.com) or just give me a call for an interview and I'll set it up.

Finally, I would like some feedback from you, on what type of topics you would like me to cover in these email newsletters. I have several ideas for future emails but I would like to know what you'd like to see. Please let me know. I'd appreciate your input.

So, that's it for this time. I hope you all had a wonderful Thanksgiving. Remember I can be contacted directly at 541-490-5133 or at [Jim@soniclife.com](mailto:Jim@soniclife.com). Keep spreading and sharing those good Sonic vibrations.

Be Well, Be Happy, Be Love...  
Jim