

Active Healing is a small organization with an eclectic offering of services. Active Healing was born out of a deep desire to impact the lives of children living with developmental disabilities, autism, cerebral palsy, attachment and bonding disorders, and learning disabilities through a process known as neurological reorganization (NR). In simple terms, NR leverages specific developmental movements to challenge and mature foundational brain stages and improve life skills. While focused on NR to achieve desired outcomes, we have implemented several additional services to accelerate the healing process. At the center of these other services is True Sonic Whole Body Vibration by Sonix which has become a keystone within our organization. Ultimately, the introduction of True Sonic Whole Body Vibration devices has been the catalyst to bringing on multiple other technologies with which it synergizes amazingly well and has expanded our reach within our local community.

Sonix Vibration and Exercise with Oxygen Therapy (EWOT) is one such offering. Sonix Vibration and EWOT can be used to support people who are suffering with concussions or other complex health disorders who would not otherwise be able to perform EWOT as typically accomplished on a treadmill or stationary bicycle. It is not safe for a person with a chronic illness or concussion to safely raise their heart rate for a sustained period of time. Yet, these same individuals can safely utilize Sonix Vibration and EWOT. The Sonix Vibration makes the cell membrane more porous so the pre-captured oxygen can get deep into the cells for the desired result.

Sonix Vibration can also be combined with IonCleanse detoxifying foot baths to stimulate a significantly improved cleanse. When an individual spends 10 minutes on a Sonix Vibration machine they stimulate their entire lymphatic system and jump start the body's detoxification pathways. If the client has a specific issue they would like to work on while on the Sonix Vibration platform, we can pick specific frequencies to support their goals. When this is accomplished immediately before an IonCleanse detoxifying foot bath we have observed significantly improved cleanses.

Sonix Vibration and Far Infrared Sauna is another synergistic combination at Active Healing. The Far Infrared Sauna at Active Healing is an excellent way to increase core temperature, detoxify the body, improve blood pressure, burn calories, and stimulate a relaxation response in the body. When Far Infrared Sauna is combined with Sonix Vibration our clients have incredible results with chronic challenges such as tick born illnesses. For those dealing with more acute issues such as a bothersome cold, we will often suggest frequencies to open up the sinuses on the Sonix Vibration platforms before entering the sauna.

Sonix Vibration and Pulsed Electro-Magnet Field Therapy (PEMF) is another magical combination. At Active Healing we have had the opportunity to work with young women who are headed to the tops of their disciplines in ice dancing and future WNBA hopefuls. The most common complaint being that of severe shin splints. We simply run the legs program on the Sonix Vibration platforms and follow this up with PEMF stimulation directly applied to the shins and in as little as two sessions these athletes are returning to their disciplines without shin splints.

A common refrain which can be heard on a daily basis at Active Healing is our founder, Sargent L. Goodchild, Jr., stating, "If I could only keep one technology in this office it would be Sonix Vibration because it is the most versatile piece of equipment I have in this office." We highly recommend Sonix Vibration to all our clients and any health professional who wants to have a deeper and accelerated impact on their clients.

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