

# Is True Sonic WBV Exercise the New Active Aging Dream Machine?

First off, I would like to thank all of you for your positive feedback from our last email. We had quite a few new Demo Locations listed, and many positive comments. Thank you very much, we're all in this together. We love to hear from you.

When I first brought the Turbosonics into my gym back in 2006, I immediately noticed the most positive feedback was coming from my older generation members. These seniors were all commenting on how much better they were feeling adding the sonic vibration exercise into their workout routines. Over time, I was noticing even the appearance of their skin and wrinkles were improving. All of our hard-core athletes were also commenting about their lack of soreness after their workout from the quick removal of lactic acid buildup. Recently, some studies have been published on Sonic vibration exercise and the removal of lactic acid in the muscle. At my gym I would constantly hear "don't ever get rid of those Sonic machines". I had never heard that enthusiasm and passion for any other piece of equipment in the gym.

In 2007, the German distributor for Turbosonic was noticing the same positive changes in the older population in Germany. He placed a Turbosonic machine in an adult living facility in Germany and ran a small study of his own. The participants ranged from 85 to 97 years old, and as I recall, there were 8 people in the study which ran for 60 days. The results were mind blowing. All of the participants' overall health improved, they all became much more active, regained stability, their strength improved. But the shift that really got to me was that it increased their will to live, and go into the future with a positive attitude. Get this, some of them even got back into dancing.

In 2010, I was visiting a good friend of mine, Dr. James Novak MD in the San Diego area. He'd had a Turbosonic X-7 in his clinic for about a year and a half. I recall asking him what was the greatest changes he was seeing in his patients that were using the sonic vibration exercise. After he thought for a few moments, he told me when he got his Turbosonic he told all of his patients they could come in every day and use his machine for free. After several months, his geriatric patients would come in for their monthly checkups, he would check their meds, take their blood pressure, basically check them out. He started noticing they were missing their walker, or wheelchair, or cane, or whatever type of walking or balancing device they had been using in the past. He'd ask, "where's your walker?" "Don't need it anymore" was their reply. He told me we should run an ad showing a sonic vibration device with a pile of discarded walkers and wheelchairs next to it. We never did.

In those same years, we also did several small-scale studies with chiropractors in the central Oregon area where we were placing Sonic vibration machines in a few adult living facilities. The results were always very positive with all participants.

However, the longest study with Sonic WVB on the aging population was run for two years by my good friend Gregory Akula who is the owner of True Wellness, Inc., and one of the only people I know that is as passionate about True Sonic Vibration exercise as I am.

Gregory placed a Turbosonic X-7 at the Rossmoor Community in Walnut Creek, CA. . The 9,500 residents average age was 78 years. Gregory had also placed a Turbosonic X-7 at Kensington Vintage, an assisted living facility also in Walnut Creek. Gregory spent 2 hours at the Kensington, five days a week for two years to prove his point. His goal was to improve the residents' quality of life via better physical functional movement. At the end of his Rossmoor study, all participants noticed significant improvements in strength, circulation, oxygenation of blood, a faster healing response and increased flexibility. Just as importantly, they noted significant decreases in stress, fatigue, and fluid retention. One Rossmoor participant with multiple sclerosis had notable improvement in mobility and quality of life. Many other Rossmoor users with asthma, incontinence, balance issues, fibromyalgia, and loss of sleep reported numerous positive results. Every single participant reported feeling much better overall.

The Kensington Vintage Senior Living Facility study included about 20 participants ranging in age from 77 to 97. All doing Sonic vibration exercise for 10 minutes, 5 times per week. At the close of the study, the participants reported a general feeling of overall wellness after using Sonic whole-body vibration exercise. The list of improvements is impressive.

- Better clarity of thought
- More stability while walking
- Greater ease getting in and out of chairs and most especially getting in and out of bed
- Greater ease and independence when using the toilet.
- Improved strength when climbing stairs.
- Improved flexibility when bending down to pick up things or tie shoes.
- Improved sleep in length of time, quality of sleep, and return to dream states.
- Fewer leg cramps at night.
- Neck and back pain reduced or gone.

As Gregory's results indicated, improvement was evidenced by greater ease of movement, increased strength, and flexibility, improved attitudes and moods, greater energy levels and overall sense of well-being.

So, is True Sonic WVB Exercise the Active Aging Dream Machine? Absolutely, without one doubt in my mind. For the individuals in the studies above and even individual owners that I know personally, the Sonic can give people much of their lives back.

After I was maliciously raided by the FDA and taken to trial for the Sonic vibration machine, Gregory Akula came to my trial and presented all of his findings on the stand under oath. He told the court how amazing sonic vibration exercise was for the older population and talked about the studies he had been doing at Rossmoor and the Kensington. During the break, I was talking to Gregory about what a great job he had done on the stand, when the federal

prosecutor walked up to us and said his 95 year old father was in a rest home, and he wanted to get a machine into his father's facility. Ironic, no?

Maybe you can help with this one. Back in 2010, we also tried to display Sonic WBV at the annual AARP convention. We sent in our application, and necessary booth fees for having our Sonic WBV machines at their annual convention. Several weeks later we received our application and payment back in the mail, with a letter from the AARP telling us they had determine WBV to be dangerous for AARP members. Maybe a Power Plate or another type of mechanical vibration plate would be considered dangerous, but never a true sound actuated machine. If any of you have any pull with the AARP, spread those good Sonic Vibes...

If you would like to contact me directly, my email is [Jim@sonicliflife.com](mailto:Jim@sonicliflife.com). My direct phone number is 541-490-5133. I am also on WhatsApp, and Viber

Until next time...

Be Well, Be Happy, Be Love,  
Jim