

## March Newsletter #1

### Release of Stress or Emotional Trauma

Greetings once again, and once again thank you for all your positive feedback to our email newsletters. With every newsletter, we are adding more and more of you as Demo Locations, and we are also sending out more referral, and commission checks. Keep up the good work of sharing those good sonic vibrations. There is no other form of exercise that has all the amazing benefits that true Sonic WBV exercise has. Enjoy your Sonic exercise, and keep spreading the word...

As I have mentioned in past newsletters, when I first brought the Turbosonic to the U.S., I was just looking for a way to effectively move Lymphatic fluid. I had realized that over the years of our lives, the accumulation of toxins, and the stagnation of fluids in the body, were two of the key conditions of developing a devastating disease, or accelerated aging in our later years. At a certain point of conditions, dis-ease becomes a natural progression of nature.

What was so very puzzling with the sonic vibration exercise, was that people would tell me of conditions getting better, and I would then have to work backward to try to figure out how sonic vibration exercise was able to help their particular condition.

One of the things that puzzled for me awhile, was the release of stress or emotional trauma. When we first started showing the Turbosonic at various trade shows, occasionally there would be a person trying out the Turbosonic, and tears would start streaming down their face. I would reach for the stop button, and ask them if they were ok, and they would respond "no, everything is fine" and that it felt so good.

I also had this happen at a private event for a group of chiropractors in Beverly Hills, CA. Two of the women chiropractors that were at the event had such a trauma release from using the sonic vibration that they were both in tears, but loving every minute of it.

I had many reports from acupuncturist's that also had sonic vibration machines in their practice, that after their patient's session on the sonic vibration, many didn't need any acupuncture needles. The sonic vibration session had released their blocked tension or hot spots. And more recently I have been told by several chiropractors that have sonic vibration machines, that after a sonic session their patients are much more relaxed and much easier to adjust. Their once difficult adjusters became easy adjusters.

As mammals, we all have a built-in alarm system when are in an emotionally triggered stressful situation. It's the Flight, Fight or Freeze response. Unfortunately, with our modern stressors, we get stuck in the freeze response and hold on to the trauma and to the event. All mammals, deer, dogs, cats, rabbits, bears, shake to release their stored up fear response. All except humans. We are programmed to continue on as though nothing had happened and we go on living our lives with the trauma slowly diminishing our life force energy, becoming more and

more blocked. That trapped stress and negative emotions create a distortion in the electro-magnetic field around us, keeping our bodies from being self-healing as they're designed to be.

The gazelle, peacefully grazing, is suddenly attacked and chased by a hungry lion. The gazelle does everything it can to escape the hungry lion. When the lion finally gives up, the gazelle shakes off the excessive energy and goes back to peacefully grazing, as if nothing had happened. When just minutes before, it was on the lion's dinner plans.

Many years ago, native aboriginal people after a stressful day of hunting, or going into battle, would build a fire and dance and shake around the fire to release all the tension of their stressful day. Today, when stress levels are at an all-time high, we sit in traffic, deal with authority, work at a job, watch the stressful news, and disasters from around the world. Taking on additional emotional stress continuously, and do nothing to release the trauma. Sonic whole body vibration is a very good answer. Although dancing and shaking around the fire sounds like fun too.

Homeostasis is our natural state, but when we endure a traumatizing event and the stress hormones put us in a frozen state, our stress thermostat is never reset to zero without shaking intervention. It just keeps adding on additional stress responses until we become a victim of PTSD. Shaking is a natural response to trauma. There is also a registered Trauma Release Exercise (TRE) that may also be something to check out in addition to Sonic vibration exercise.

Many Practitioners and clinics that have sonic vibration machines have told me that veterans with PTSD also do very well at releasing trauma with sessions on their Sonic device. So, if you have a stressed-out, traumatized neighbor, friend, or know of a vet with PTSD, invite them over to try a Sonic vibration session. It could change their life forever... Full body mode, L-5 and shake, shake, shake. Shake off that trauma, and move your juice the Sonic way...

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We now have our Affiliate program officially up and running and many of you have signed up. Thank you very much. The affiliate program button is not where we planned on placing it, It's now located in the lower section of the website [www.soniclife.com](http://www.soniclife.com), where you scroll down to the lower portion of the website under Links. So, get signed up and keep sharing those good sonic vibrations with all your social media friends, and make some extra cash.

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That's about it for this Newsletter. Remember that Christy and I are always available for any questions or concerns you may have. Christy can be reached at 877-684-7245, And I'm at 541-490-5133 for calls, and text and at [Jim@soniclife.com](mailto:Jim@soniclife.com). I've even had some great conversations with some of you on Saturdays, Sundays, and after hours. We are here to serve you.

Be Well, Be Happy, Be Love,  
Jim