

December Newsletter

Greetings, Thank you for all your positive response to our Newsletters. We love the feedback and hearing from you. We keep adding more and more of you as Demo Locations, and sending out more brochures and brochure holders helping to spread those good sonic vibrations. I've even had several phone calls from some of you Sonic Viber's and it was such a pleasure to connect.

A question that comes up quite often is about doing exercises while on the Sonic vibration machine. You will experience some dramatic changes over time by just standing on the plate and doing absolutely nothing but just standing and experiencing your body going up and down at 3G at various frequencies. We do know that this increases cell zeta electrical potential, and it is moving fluids at warp speed, and it is increasing circulation and oxygenation to the body. However, if you want to increase muscle, and burn fat at a much faster rate you can do some exercises while you are vibrating at various frequencies.

In the early development of the Turbosonic, Mr. Song Bae Kim was an audio engineer and a manufacturer of very high-end speakers and surround sound systems. His speakers were used in the Seoul Airport, and he also supplied the speakers for the Seoul Olympics of 1988. In the early part of the 2000's, Mr. S.B. Kim was in a serious car accident that left him deaf and with a head injury. His brother in law was Dr. Kim who was the Chi Gong master for the best hospital in Seoul Korea. Dr. Kim told Mr. Song Bae Kim to take one of his speakers, turn it on its side and vibrate his body at specific frequencies given to him by Dr. Kim the Chi Gong master. Long story short, Mr. SB Kim got over his head injury, his hearing returned and the Turbosonic was invented. Mr. SB Kim wanted to share his amazing Turbosonic with the world. Dr. Kim, the Chi Gong master, also took a very active part in the development of the frequencies used in the original Turbosonic, and then were carried over and implemented with the Sonix.

Another interesting side note are the frequencies shown on our Exercise, Frequency and Muscle Guide charts. These are not just random frequencies; they were developed through an Electromyogram (EMG) study done on the original Turbosonic. I have seen an old video of a man and a woman each standing on a Turbosonic with hundreds of wires coming off each muscle and being fed into a computer. In this way the developers of the Turbosonic could see which muscles responded best to a corresponding frequency. These charts are available as a download at www.soniclife.com under Resources.

Getting back to the exercises, some people work off of the Exercise guide, some use light dumbbells, some use exercise bands or resistance devices such as a bull worker or a loaded spring device. I prefer simple isometric contractions. In the case of the exercise guide, the position you are holding is an isometric contraction. Hold a pose and flex for all you are worth, like having invisible weights in both hands. Go through several body builder poses while flexing the entire time. You can also do a partial squat and hold it for several minutes. It is also a good

idea to help maintain full range of motion while on the Sonic machine with stretching and turning your neck, arms, shoulders, hips, etc. Which get us into strengthening internal muscles.

If you are using your Sonic machine to also help reduce body fat, by flexing different body parts you will help accelerate the process greatly. Moreover, strengthening the thyroid by tilting the head back is recommended to assist with increasing metabolism. Dr. Broda Barnes was perhaps the most successful doctor in history. Of 2,000 patients only four had heart attacks because they stopped following his protocol. His treatment for everything from chronic headaches to cancer, diabetes, heart disease and obesity, was simply raising thyroid function. You can read his book "Hypothyroidism: The Unsuspected Illness".

Several weeks ago, Harvard Health published their research of the 5 best exercises you can do. 1- Swimming. 2- Tai Chi. 3- Strength training. 4- Walking. 5- Kegel exercises. I was very surprised to see Kegels listed. In our original gym trial of the Turbosonic back in 2006, one woman in my gym wrote in her evaluation of the Turbosonic that she was scheduled for prolapse uterus surgery. She was very athletic, in her mid to late 50's and in good shape. After 60 days of using the Sonic exercise she went in for her pre-op with her doctor and no surgery was necessary. The Doctor told her she was like a different woman. The only thing that had changed in her workout routine was adding in the 10-minute sessions of Sonic vibration exercise. Nothing else had changed from her normal workout routine. She later told me she was flexing her PC muscle the entire time. The PC is also known as the Pelvic floor which supports your bladder and rectum and helps control urine flow. So you can see how exercising the PC muscle would help with bladder incontinence and tightening up a weak bladder. There is no other way I can think of to exercise, strengthen and tone internal muscles better than Sonic WBV exercise.

The trick is to hold a Kegel or PC muscle contraction for the entire time you are on the Sonic machine. When people first experience Sonic vibration they have a tendency to squeeze that PC muscle for fear going in their pants, but after time they start to relax and no longer flex their PC muscle. I say in order to tighten, tone, and strengthen the pelvic floor, bladder and prostate if you're a man, you need to flex your PC muscle for the entire 10 minutes. You can start off with 1-minute flexes, relax for a moment and re-flex, until you can hold the flex for the entire 10 minutes. When we have done trade shows in the past, the first thing we would ask people that wanted to try Sonic vibration, was if they needed to use the restroom. More recently I have been waiting until I needed to use the restroom, that's when I'll do my sonic session and flex, flex, flex. Give it a try...

On another interesting note, last week I received a phone call from one of my new best friends Ken in Texas. Ken had been suffering from neuropathy and had no feeling in his feet or legs, making his life very difficult. This situation had gone on for almost 2 years. After about a 2-hour conversation, Ken looked up a Demo Location that was a 48-mile drive one way at Woodlands Medical in Prosper, Texas, which is also our Featured Vibration Location this time. Ken called Woodlands Medical, booked an appointment and drove there the next day. While there he

incorporated the trick of bending your knees at full power at a lower frequency and his feet, calves and legs got the ride of there lifetime. He said he used the Sonic machine 3 times over a 3-hour period and regained feeling in his feet and legs. Amazing...Now Ken's a true believer in Sonic whole-body vibration exercise.

So, that's about it for this Newsletter. Next time we will be discussing what sets true Sonic vibration apart from every other vibration plate in the world. Have a very Merry Christmas and remember I can be contacted directly at 541-490-5133 or Jim@soniclife.com. Keep spreading and sharing those good, good, good sonic vibrations.

Be Well, Be Happy, Be Love,
Jim