

Greetings to Sonix and Turbosonic Owners

I do apologize for the long delay in sending out an email, but I have been in a recovery mode for the last 3 years after the FDA shut down 3 of my businesses, and kept me in federal court for 5 years. Not to mention my own health challenges, and the betrayal of several trusted long-time employees. Life its-self can be a challenge at times, but now we are back. In future emails we are going to be offering Sonix vibration tips, featured sonic vibration locations, explore some of the clinical studies, go into some of the third-party frequency Apps, and help you get the most out of your sonic vibration exercise machine. We may even give away a Sonix plate or two.

I can't believe It has been almost 15 years since I first brought true sonic powered WBV machines into the US. Back then I just had a hunch that the stagnation of body fluids was one of the keys to sickness, and accelerated aging. At the time I had a gym, and a dietary supplement company and would sit in my office watching my gym members work out. Going from machine to machine working on their soon to be perfect bodies, but the thing that was missing was intense fluid movement. Occasionally they would stop by my office to chat and tell me about their various aches, pains, and various health conditions.

Our Gym was the summer home to all of the US Ski and Snowboard teams and one of the coaches pulled me aside one day to tell me about a new exercise device his team had been using in Europe called a Power Plate. He told me it was very unique in that it vibrated, was very heavy, but all of his athletes recovered from injuries much faster and it seemed to really stimulate their bodies better than any other form of exercise he had seen. I immediately tracked down Power Plate USA and ordered one. At that time there were very few Power Plates in the US, so mine was going to take 6 months for delivery.

At that same time a Korean friend of mine was shipping some of my dietary supplements to various groups in Korea. I sent him all of my research on the benefits of rebounding and some of the old studies done on vibration exercise, which had been available in Europe for many years. I asked him to see what he could find in Korea.

About 3 months later he called and asked if I could come down to Southern California and check out the various vibration machines he had brought in from Korea. I planed my trip and headed south. There was also one Power Plate in the area that I wanted to try as mine was still on backorder.

I didn't do well on the Power Plate at all. When the instructor told me I could only be on it for 90 seconds at a time I thought why? As soon as he turned it on I new why. I had an instant headache and was looking for the stop button. It was a very unnatural movement, violent, and very loud. An instant stress machine. I cancelled my Power Plate order as fast as I could.

We went back to my Korean friend's office where he had 3 other vibration machines he had brought in from Korea. There was a teeter-totter type machine, another machine similar to the Power Plate and there was the sound powered Turbosonic machine. The Turbosonic was definitely the Goldilocks of the 3 units. It was almost silent, fully adjustable with amplitude,

frequency, and volume controls, 3-50 Hertz in one step increments, and a strictly vertical plane of motion, very natural to the human body.

I ordered several Turbosonic machines directly from Korea to be shipped to my Gym in Oregon so my Gym members could do the evaluation for me, and give me their feedback. As soon as the Turbosonic's arrived they were setup and my staff was instructed on their operation. We also sent a letter to all of my gym members explaining what the new machines were and how to use them.

Three months later, I asked for Turbosonic feedback and was blown away by all the letters I got back from my gym members. It was as though I had found the holy grail of exercise machines, yet it was still so passive, and you didn't need to put any energy in, to get the benefits of just standing on it.

I am just as passionate today about true sonic whole body vibration exercise as I was 15 years ago. The original Turbosonic has now evolved into the Sonix, but the method of action is still the same with all the same benefits being experienced by thousands of people every day.

As many of you know in 2011, I was raided and prosecuted badly by the FDA for posting testimonials on my websites. I've been in a state of PTSD ever since. The testimonials were from people that had experienced life-changing results from sonic whole-body vibration exercise, and they wanted to tell the world. At the time, with all the testimonials, the FDA claimed I was selling a class 3 medical device to the general public. Class 3 medical devices could only be sold to Hospitals and MD's. We finally agreed to sell the Sonix as a powered exercise device only, with only the benefits of basic exercise. Today, 15 years down the road, scientific research is validating sonic WBV at various frequencies with published clinical studies. Every week or so I'll do a Google search of Sonic WBV research and a new study will popup, many for some of the same things that were in our testimonials back in 2011. Science is finally catching up with the amazing benefits of true sonic whole-body vibration exercise. In one study it was found that 15 Hertz could possibly help with age related arteriosclerosis, in another it was found that 25 Hertz helped to stimulate the release of adipose tissue stem cells. The future is sonic vibration exercise. As humans we are all frequency driven.

If you would like me to send you any of the validated research I have gleaned off the web drop me a line at Jim@soniclifecom.com or you can also call or text me at 541-490-5133. I am also available on Viber and WhatsApp. I would love to hear from you. Until next time...

Be Well, Be Happy, Be Love, Jim