

BACK TO NATURE WHOLISTIC MEDICINE, LEES SUMMIT, MISSOURI

Featured Sonic Vibration Location

It's hard to find anyone more enthusiastic about Sonic Whole Body Vibration Exercise than Dr. Joe Gustafson at Back To Nature Holistic Medicine in Lees Summit, outside Kansas City, Missouri. He's one of the newest doctors in the Good Vibe Tribe but has already seen outrageous results, with his patients, family and himself. He says post-surgical rehab patients using the Sonic exercise are amazed at the speed of their recovery. Starting out with Newtonian biomechanical principles, he was able to get rid of his rehab equipment when he started using sound and frequency. He loves that SonicLife machines can both rehab and exercise. At the risk of sounding a little woo-woo, by instructing the user on a few breathing techniques he feels they get the equivalent of an hour of yoga and meditation in ten minutes of sonic WBV.

Long an advocate for the benefits of exercise, Dr. Joe says "I've quit working out. I only use the Sonix now. I've had incredible results. My body fat is down to nothing. I don't foresee using weights again." His daughter Jessica is following in his footsteps. Before she enrolled in chiropractic college, Jessica was a competitive martial artist in Tae Kwon Do. From training and working out incessantly to the mostly sedentary life of a chiropractic student, Jessica put on some pounds along with lots of stress. Since she works in the practice several days a week, her Dad insisted she get on the Sonix. She had tears when she saw the dark circles around her eyes erased in two days. In just ten days she had dropped ten pounds of the student weight. "Dad, this crazy machine is even making my fingernails grow!" Way to go, Dad.

So many people were prescribed Benzodiazepines for years for anxiety and insomnia then forced to quit cold turkey, throwing their bio-neurochemistry into a hurricane causing acute stress and often seizures. Dr. Joe has found Sonic WBV to stimulate the body to produce melatonin and endogenous endorphins, helping people to ween off and return to natural sleep and calm. He says the key is calming the neocortex and amygdala center and brain entrainment. "The dopamine release after sonic exercise has people walking on air."

Rather than fighting people's bodies with adjustments, using sonic exercise prior makes the adjustment simple and super effective evidenced by adjustments holding much longer. That's working smarter not harder.

His passion for healing must have been ordained. As a 17-year-old high school football player, Joe used to crack his neck by grabbing his face mask. This eventually and not surprisingly led to debilitating migraines that medical doctors were flummoxed by. He resisted taking drugs and was desperate for a solution. Riding in the car with his Mom one day, they passed a chiropractic practice. "Mom, I want to go there. The sign says headaches!" That doctor not only knew what was wrong, showed him on the anatomical model and had Joe headache free in a week. "Where have you been all this time!" Totally elated to be well, he asked his Mom to make an appointment with their family doctor. He just knew that M.D. would want to recommend all his patients to this chiropractic physician when he saw Joe well again. He was unprepared for the barrage of insults and negativity the M.D. spewed on chiropractic. His first experience with the cartel was actually very motivational. It gave him the direction for his life. He later moved to another state and was impressed by how many different techniques chiropractors he visited used.

His Mother was, of course, delighted to have her son pain-free. She said, "I don't know why I didn't think to take you to a chiropractor." When she had wanted to have one more child but had been unable to get pregnant, she saw a chiropractor. Dr. Martin said, "No problem. You'll be pregnant in no time." He was right, Joe was born not long after. His Mom loved to joke "Dr. Martin got me pregnant."

Dr. Joe's wife Beverly puts it best. "It's like our Vibe and Bemer got together and had a baby. That's the Sonix. It does so much more." They're thrilled to have added Sonic Vibration Exercise to their arsenal of healing tools. And in case you're wondering, that blue merle Aussie with Dr. Joe and Beverly is Banjo.



