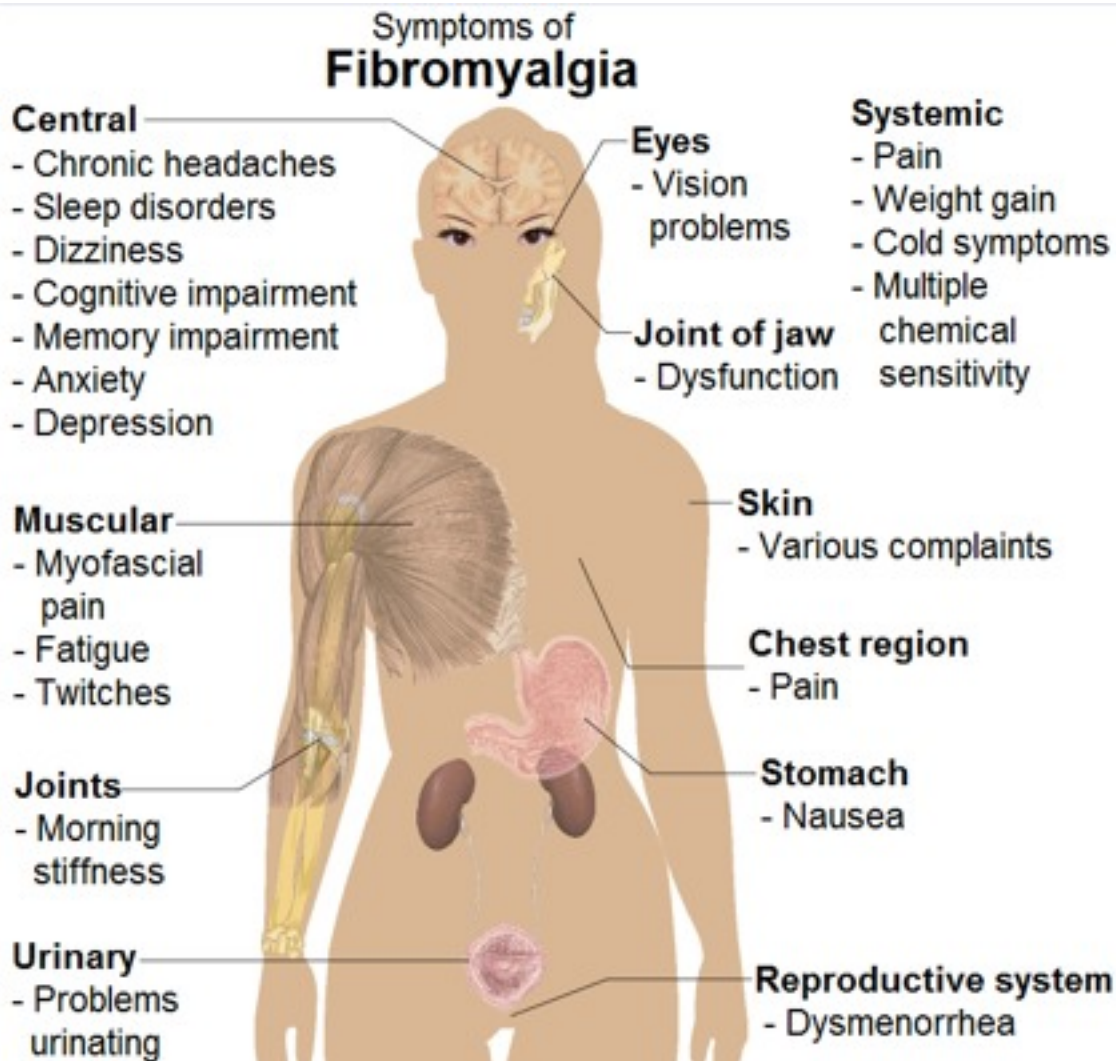


Fibromyalgia Treatment with Whole Body Vibration Therapy



Symptoms of Fibromyalgia relieved with Whole Body Vibration

The disease of fibromyalgia, also referred to as fibromyositis and fibrositis, has four commonly recognized symptoms: chronic and incapacitating fatigue, muscle pain and stiffness, severe depression, and serious sleep disorder. Although these complaints are common, except for muscle pain, they are not exclusive thus making diagnosis difficult. There is a long history of fibromyalgia symptoms being dismissed as psychosomatic or even misdiagnosed often resulting in inappropriate and dangerous misuse of prescription drugs. The American College of Rheumatology estimates that at least six million people in the United States suffer from fibromyalgia.

The attractiveness of Whole Body Vibration lies in its ability to be applied in a low impact manner, which is critical for individuals with these symptoms. Studies in Spain and at Indiana University suggest that “a six-week traditional exercise program with supplementary Whole Body Vibration safely reduces pain and fatigue, whereas exercise alone fails to induce improvements.” Whole Body Vibration exercise has been shown to induce maximal muscular electrical activity. Whole Body Vibration training and therapy is also an effective way to maintain or enhance skeletal mass while relieving the symptoms of fibromyalgia, especially in low-mobility individuals.

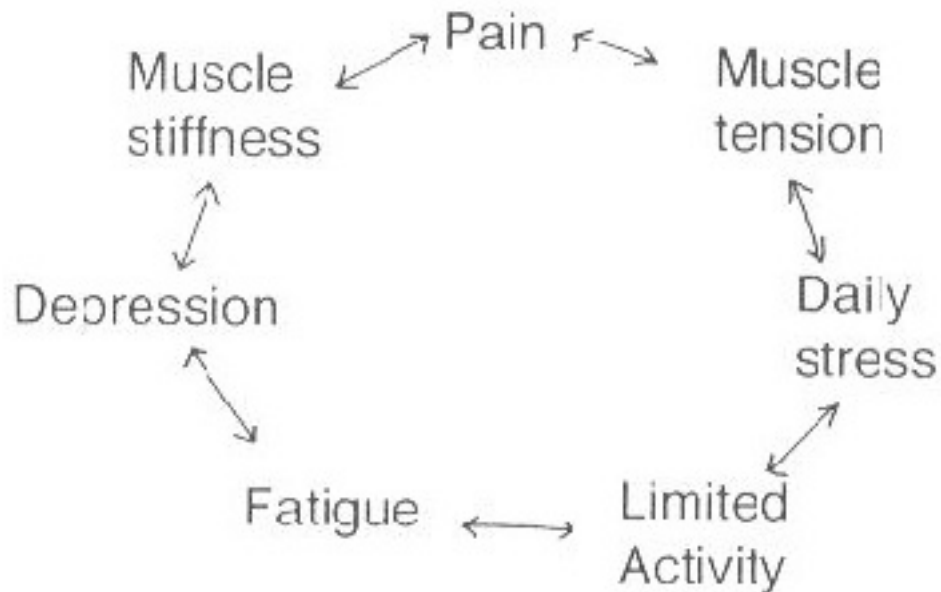
Whole Body Vibration therapy is rapidly becoming a widely recognized, holistic cure for both muscle pain and lack of energy. It is known to increase muscle strength, flexibility, range of motion, bone density, blood oxygenation and circulation and neuromuscular stimulation. Because muscle tissue is prompted to grow and strengthen with Whole Body Vibration, excess fat is also reduced in the process.

This product, a Whole Body Vibration platform or plate, sends healing vibrations throughout the entire body, and a recent study published in the Journal of Alternative and Complementary Medicine says that Whole Body Vibration (WBV) can actually reduce pain and fatigue, and improve physical function for those of us with fibromyalgia.

In this study, the researchers had a group of women with fibromyalgia who followed an exercise regimen consisting of aerobic activities, stretching and relaxation twice a week. Half of the women followed their work-outs with Whole Body Vibration therapy, while the other half didn't. A third control group didn't exercise or participate in any Whole Body Vibration training or therapy.

After 6 weeks, the Whole Body Vibration group showed significantly lowered pain and greatly reduced fatigue scores than the exercise-only group and the control group. In fact, the exercise-only group wasn't significantly different from the control group.

Fibromyalgia Cycle



Fibromyalgia Cycle is broken by Whole Body Vibration Therapy

As bazaar as all of this sounds, further research into Whole Body Vibration exercise shows it's been proven to help overall physical function in the elderly as well. Whole Body Vibration has helped (and continues to help) a variety of people from professional and amateur athletes, to fitness buffs, personal trainers, health and fitness enthusiasts, even those undergoing physical rehabilitation. So whether you suffer from fibromyalgia or any of a host of other ailments and conditions Whole Body Vibration therapy may benefit and improve the quality of your life.