

Whole Body Vibration

The Future of Good Health,
Second Edition

2nd
Edition
Completely
Revised and
Updated



Whole Body Vibration helps reverse osteoporosis,
increases muscle strength, decreases fat and, most of all, it is *energizing!*
— C. Norman Sbraly, MD, PhD

New Research • New Machines • New Benefits

Becky Chambers, BS, MEd

Good Vibration English Edition

Roman Wölfel



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