

VERY IMPORTANT INFORMATION ABOUT WHOLE BODY VIBRATION:

There are two types of technology available: The difference is substantial between the “piston” vibration equipment and the Triangle Oscillation System (T.O.S.). Our physicians have found that while the T.O.S. technology used in Whole Body Vibration (WBV) has surprising and astonishing results for medical exercise and body toning, there are questions raised about the advisability of using equipment based on “piston” style technology. Vibration and “G” force may have an undesirable a long term impact. Anyone who has used a jack hammer, truck or other device with the “up and down” piston movement and vibration knows the problems that can develop from backs (truck drivers and others) and various physical areas (known to cause carpal tunnel).

The Triangle Oscillation System (T.O.S.) vibrates at the correct megahertz(s) from a medical and body toning standpoint, using a lift mechanism along with vibration. The T.O.S. system used by the Nobel K2 generates systematic involuntary muscle contraction with less G force than the “piston” systems. This stimulates receptors in the Achilles tendon called golgi bodies that stimulate nerve receptors which track up to the cerebellum (the part of the brain that is responsible for balance). This pleasant rocking and rolling action causes the brain to tell the muscles of your body to actively contract to maintain its equilibrium, thus creating a therapeutic and muscle toning workout.



IMPORTANT RECENT HISTORY ABOUT T.O.S.:

The physicians in our medical facility became interested last year in the reports we had received about Whole Body Vibration and the scientific papers being published on WBV (see <http://www.aestheticmd.com/k1studies.shtml>). We were interested to learn if WBV lived up to its “hype” and to evaluate the potential for use in treatments such as physician supervised diet, cellulite, etc.

The WBV equipment being offered in Canada and the US at that time were being sold for as much as \$9500.00 and \$15,000.00. This would exclude the individuals who might most benefit from WBV. The next and most important thing we wanted to consider was the safety and effectiveness of WBV. Was it a scam or did it really work as reported? What was the mechanism used and how did it achieve desired results for not only muscle and body toning, but medical exercise?

In the last ten months, we have purchased eight different machines for evaluation. What we have learned is that for best results both in body toning and strength the T.O.S. system appears to achieve the same or better results than the “piston” equipment (which can cost from \$400.00 to \$10,000.00). We have found one other T.O.S., but we are concerned about its durability and are studying it to see if it is worth using from a quality of construction standpoint.

We have tested and tried most of the equipment available. Some of the cheaper equipment seems to only vibrate up to the knees (using a piston vibration) and would not be recommended medically or even from a body strengthening standpoint. One is has such a poor motor that it does nothing. While expensive, some of the popular machines are not recommended for the reasons cited above and use the piston style technology.

With the K1 (K2), we have had many patients report no more back problems after years of medical and chiropractic treatments (all have reported strengthening and toning). There is a television segment where a paraplegic patient talks about the strengthening of his upper torso (see <http://www.aestheticmd.com/vibration.shtml>). Fitness buffs have claimed that the K2 has toned their body better than they have ever been able to achieve at the Health Clubs.

The results of use in conjunction with physician supervised weight loss far exceeded our expectations and there are TV segments already on our website and more to add from patients who have experienced the benefits of using the K2 first hand (<http://www.aestheticmd.com/vibration.shtml>).

If you have any questions, please call (602) 485-3621 and speak to our staff or ask to speak to one of our physicians about the K2 and the T.O.S. If you live in the Phoenix area, you can try the K2 out without any fee at our medical clinic (you need to schedule a time by calling (602) 485-3621). We have distributors in some States and in Canada where you can test the K2.