

# What is your **Vibration Therapy I.Q.?**

## Vibration Therapy Benefits

- increase blood & lymph circulation
- reduce pain & inflammation
- promote the immune response
- help joint strength & flexibility
- increase healing of fractures, strains, & sprains
- decrease stress & increase energy levels
- aid in detoxification & removal of wastes from the body

Source: [www.vibeforhealth.com](http://www.vibeforhealth.com)

## Dr. Kellogg

*Inventor of Corn Flakes* was utilizing vibrating chairs, platforms and bars at a Battle Creek, Michigan sanitarium in the 1800s as part of his "wellness" programs.

Source: [www.healthstatus.com](http://www.healthstatus.com)

**5 minutes** of low level vibration therapy was as effective at reducing muscle soreness after strenuous exercise as a 15 minute massage in a recent clinical study.



Source: *To Compare the Effect of Vibration Therapy and Massage in Prevention of Delayed Onset Muscle Soreness (DOMS)*  
Journal of Clinical and Diagnostic Research : JCDR. Jan 2014; 8(1)133

# 22 million people

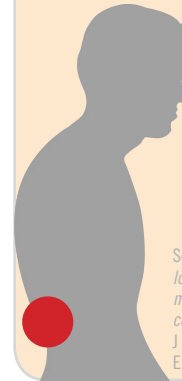
live with some form of peripheral neuropathy.

Incorporation of vibration into therapeutic protocols may offer promise.

Source: [sciencedirect.com](http://sciencedirect.com)



Studies show osteoporosis patients have experienced significant improvements in bone mineral density and reductions in back pain as a result of vibration therapy.



Source: *Prevention of postmenopausal bone loss by a low-magnitude, high-frequency mechanical stimuli: a clinical trial assessing compliance, efficacy, and safety.*  
J Bone Miner Res. 2004 Mar ;19(3):343-51.  
Epub 2003 Dec 22 .

**Russian scientist Nazarov observed a substantial increase in flexibility and strength after the application of vibrations in the athletes he studied in the sixties.**

Source: *National Osteoporosis Society*



With peripheral neuropathy, affected individuals often look down when they walk to know when their foot hits the ground.

### Intellinetix Step Sensor

uses vibration to improve gait abnormalities, by increasing users' confidence and allowing them to keep their eyes forward while they walk.

Visit [tinyurl.com/StepSensor](http://tinyurl.com/StepSensor) for a product demonstration.



**Executive:**  
280 Summer Street  
Suite 400  
Boston, MA 02210  
P 857-317-3354  
F 857-317-3355

**Sales:**  
4435 Main Street  
Suite 820  
Kansas City, MO 64111  
TF 877-853-5518  
P 816-581-7001  
F 816-581-7005

**Manufacturing:**  
1300 Lundberg Drive West  
Spirit Lake, IA 51360  
TF 800-843-4395  
P 712-336-4395  
F 712-336-2874

[www.brownmed.com](http://www.brownmed.com)