

# THE ROAD TO HEALTH . . . *Using The Clark Method Newsletter*

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## **Machine Helps Shed Pounds Without Sweating TurboSonic — Only 10 Minutes to Burn Fat Bonnie's Personal TurboSonic Testimonial**

Dear Friends,

On March 3<sup>rd</sup> 2007 I had an accident that led me to discover an amazing device that has effortlessly helped me shed seven pounds. I fell on the sidewalk in front of my daughter's new home in Arizona. I tripped over the curb and landed on my right elbow. Although nothing broke, my elbow swelled up and, when I tried to lift my arm, my shoulder didn't get the message — it felt like something was holding my arm down. My injury reminded Dale of a demonstration of a new device, the TurboSonic whole body vibration trainer, that he saw in LA in January, which is being used as a treatment for a variety of problems including injuries and he recommended I try it. So, when we returned to California I looked on the Internet for a TurboSonic trainer in our area at <http://www.turbosonicusa.com/dealerlocator.php>

I found there are several TurboSonic trainers in the San Francisco Bay Area, but all are at least an hour away from Walnut Creek. Nevertheless, I decided to make the two-hour round trip drive to have a 10-minute session standing on one. After my first session the

swelling of my elbow went down 60 percent and I could raise my arm again (after five days of not being able to raise it). For another session on the TurboSonic (and to talk to another owner) I traveled to another location offering sessions a week later. After having four 10-minute sessions (one per week) my arm was completely healed and I had gathered some very interesting information. It was then (April 1<sup>st</sup>) that I noticed that my clothes were feeling looser and I stepped on the scale. To my amazement I had lost seven pounds. (To see a video, go to this Web site: <http://www.thedenverchannel.com/health/11144866/detail.html>)

My discovery of the TurboSonic trainer has impacted my life as much as discovering Candida-G (I haven't had a toothache, earache, sore throat or urinary tract infection since September 2006 when I began taking three capsules a day, where before, every month or so I was taking antibiotics for one of those things) or discovering serrapeptase (I've been mucus free every morning since January 2004 when I began taking two capsules three times a day between meals, where before, throughout my whole life, I woke up with a lot of mucus in my throat and I've never taken one puff of a cigarette in my life). So, now, with the discovery of the TurboSonic, you know I want one at least closer to home and, in the future, one at home.

## **How TurboSonic Whole Body Vibration Therapy Works**

The theory of whole body vibration originated from the concept of body movement under earth's gravity. The movement of individual organs of the human body is always influenced by earth's gravity.

Since gravity's pull works in a vertical direction, it is more natural and more effective for the human body to exercise in this way. The TurboSonic consists of a sonic (sound) vibrating platform that does just that!

Regular therapy sessions on a TurboSonic whole body vibration trainer will stimulate cells and muscle groups with precise vertical up and down vibration frequencies ranging from 3 to 50 Hertz. The frequency emanates from the pedestal and conducts through the body as users stand on it, stimulating the body with up to three times the strength of gravity. The repeated up and down movement vibrates the whole body, which stimulates bones, muscles, blood vessels and cells in a manner that promotes their rapid development and circulation.

## **Proven Benefits of Sonic Whole Body Vibration Therapy**

### **Powerful Exercise System**

- Motivation of interest in exercise (10 minute workout – no sweat required!)
- Increase in flexibility and range of motion in muscles and joints
- Increase in muscle strength (by recruiting and activating more motor units)
- Improvement in coordination and stability

### **Healthier Body**

- Improves blood circulation and lymphatic drainage
- Assists in preventing and reversing osteoporosis (by increasing bone density)
- Relieves tension and chronic pain in ankles, knees, lower back and neck

- Relieves depression
- Relieves menopausal symptoms
- Effective in treating geriatric conditions
- Speeds recovery from surgery and trauma (low impact and no exertion)

### **Greater Beauty**

- Reduces body fat (increases metabolism)
- Dissolves cellulite
- Increases skin tone and elasticity
- Tightens facial and neck muscles
- Provides benefits of both anaerobic and aerobic exercise
- Regional body shaping through various postures
- Reduces Water Retention

### **Pain Reduction and Rehabilitation**

- Improvement of various musculoskeletal disorders
- Reduction of chronic pain in main joints
- Stimulation of recovery and muscle strength following surgery or injury

### **Flushes Away Toxins**

Normally, our lymph system is activated by vigorous breathing and body movement. But, our modern lifestyle often involves hours of sitting in positions that foster stagnation in the cells of the legs, pelvis and abdomen.

TurboSonic Vibration Therapy fully activates our lymphatic system, which allows the toxic chemicals in the air we breathe, in the water we drink and in the food we eat to be flushed out of our bodies naturally. This natural cleansing process creates favorable conditions for the body to restore itself to optimum health and well-being.

### **Softens Moods**

The mood-enhancing neurotransmitters serotonin and dopamine are released in amounts sufficient to mellow anxiety and relieve depression.

In addition, the pituitary also secretes endorphins, which mute aches and pains and foster a sense of pleasure and well-being.

Most people feel happier after ten minutes on the TurboSonic trainer.

Meditators find that certain frequencies awaken the spiritual kundalini, enabling them to experience blissful states while on the machine.

### **Human Growth Hormone**

TurboSonic vibration stimulates the pituitary to release over 4½ times more human growth hormone than normal at adult ages. This causes all the major organs to grow back to

their full size; and restores balance to the glandular systems, including immune functions.

### **More Aliveness**

Most people notice increased energy, greater stamina, and more mental clarity from each ten-minute session.

### **Restores Natural Beauty**

Certain frequencies tighten the muscles of the face and neck, while increased hGH secretion causes the skin to thicken, smoothing out wrinkles. Cellulite and excess body fat melt away. One feels more alive and vital.

### **Safety Precautions**

Sonic Vibration Therapy is not recommended for those who:

- Are Pregnant
- Have a Pace Maker
- Have an artificial hip or knee
- Have a metal plate in their body
- Have rods or pins in their body
- Have had recent surgery (your surgeon can advise you when to begin sonic vibration therapy)

## **History of Whole Body Vibration Technology**

There's nothing new about the benefits of whole body vibration technology; it's been around for over 47 years. The world first saw its effectiveness when the Russians started winning all the Gold at the Olympic Games in 1960. Then, they started keeping their cosmonauts in space longer and longer — eventually, over a year longer than we could.

However, the Russians kept the technology of whole body vibration a secret until after the Berlin Wall came down in November 1989. Therefore, the world didn't learn the secret to the Russian's superiority at the Olympic Games or in outer space for 30 long years.

It was one of Russia's key sports scientists, Dr. Vladimir Nazarov, by experimenting with a vibration system, who began the research of this technology. Nazarov was an active sportsman, a member of the Soviet gymnastics team and occupied a chair for sports biomechanics at the State College in Minsk. Finding his experiment a success, he introduced this technology to competitive sports, ballet, and medicine in the former USSR. The Russian Space Program continues to use the technology — while the cosmonauts are in space — as physical therapy to help the cosmonauts overcome the considerable decrease of bone mass and muscle tone that they risk during extended periods of weightlessness.

After the fall of the Soviet Union, Nazarov's research on whole body vibration made its way to Europe in the early 1990's. Then, just as in Russia, other European athletes began using this form of effective exercise. Since 1990, Germany, Israel and South Korea have each done extensive research on whole body vibration. In addition, the European Space Agency and NASA are actively using vibration technology in ongoing studies for the maintenance of muscle strength, mass, and bone density.

Now, all over the world, whole body vibration therapy is being used in hospitals, physical therapy clinics, and rehabilitation facilities. Everyone from the elderly, the person with physical disabilities, to the general person looking to get toned is using this form of exercise. Due to its many benefits, the technology is quickly gaining acceptance by universities, professional sports teams, and health professionals in the rehabilitation and medical fields.

### **Mechanically Driven Vibration Therapy Devices Have Shared Limitations**

Until the TurboSonic Trainer came on the market in March 2006, all of the 30 or more manufacturers of whole body vibration therapy devices shared common limitations. For example, they're mechanically driven, which means they have a limited range of intensities, and it also means that they operate in a limited range of frequencies. These impose severe limits on their therapeutic usefulness. Mechanically driven machines also tend to be very noisy to the ear and stressful to the knees and hips.

### **The TurboSonic Trainer Uses Electromagnetical Sound Vibration in a New Way**

Scientists and researchers in South Korea, working with Dr. Kim, president of the Korean Qi Gong (Chi Kung) Association, himself a Qi Gong Grand Master, took an entirely different approach based on the science of sound and electromagnetic energy. They developed the world's first patented, electromagnetically driven vibration therapy trainer.

Unlike the conventional vibration exercise machines utilizing rotary motors, the TurboSonic Whole Body Vibration Trainer employs a high-performance, acoustic amplifier system and a magnetic voice coil circuit, thus solving the ongoing problems associated with noise and mechanical abrasion.

#### **The TurboSonic Trainer Has More Features**

Instead of only two intensities, high or low, the TurboSonic trainer provides a wider range of choices, up to 99 settings. It also offers a much broader range of frequencies, especially in the important therapeutic range below 20 Hz.

In addition, the TurboSonic trainer is virtually silent when in operation and therefore less stressful to the user.

### **Background on The TurboSonic Trainer**

Sonic Health Systems' interest in sound vibration, and its healing effects on the body, initiated their quest to provide the highest quality, most profound whole body vibration therapy in the world.

First, they went to a South Korean company that manufactures huge loudspeakers for stadiums and recruited the expertise of their scientists to create the sophisticated electromagnetically driven vibration platform of the TurboSonic trainer.

Then, they asked Qi Gong Grand Master Kim Lee to create a few 10-minute routines consisting of proven healing frequencies and intensities that the scientists could program into the TurboSonic trainer's circuitry. (Master Kim created seven routines, each ten-minute routine designed for a different purpose.)

Qi Gong Masters believe that lower sonic frequencies with lower amplitudes raise a person's vibration energy (their "Chi" in Chinese medicine), helping balance a person's energy meridians which Eastern medicine believes to be essential for a vibrant and healthy life.

Many types of intermediate sports, like walking, power walking, horseback riding, etc. are performed at low frequencies, between 1 ~ 8 Hz. It is now possible with sonic whole-body vibration to exercise at these ultra low frequencies. With sonic whole body vibration, you can control the intensity, from 3 to 50 Hz. Better yet, the movements are only vertical, which is the direction we experience through most of our physical activities.

The TurboSonic Trainer provides the same or even better effect of exercising while just standing on the machine doing nothing but listening to your favorite music. It can be used by anyone regardless of age, sex, physical or neurological condition. This is especially good news for office workers, overweight people and recovering patients, who experience difficulty exercising over extended periods of time.

Used alone, or as a pre or post workout complement to traditional strength training and cardiovascular exercise, the TurboSonic Trainer provides its conditioning benefits in a fraction of the time, compared to traditional strength training and cardiovascular exercise.

Full-body workouts, consisting of movements and positions designed to train the entire body, can be done on the TurboSonic. Since it can train without the physical rigors of traditional exercise, individuals with debilitating conditions can enhance their quality of life and potentially extend it through improved overall fitness. For avid fitness enthusiasts, the TurboSonic Trainer enhances traditional exercise regimens.

Ten minutes standing on the TurboSonic Whole Body Vibration Trainer equals 40 minutes of weight lifting, running or bouncing on a trampoline or 90 minutes of walking.

There are two TurboSonic models: the professional model (capacity 484 lbs.) and the home model (capacity 300 lbs.).

Sonic Health Systems holds the patent for both TurboSonic Trainers. The TurboSonic Vibration Trainers are approved by the US Food and Drug Administration (FDA) as Class 1 Physical Medicine Therapeutic Devices and can be billed by licensed Health Practitioners for therapy sessions under CPT codes for procedures 97110, 97112 and 97530.

### **Superiority of the TurboSonic Whole Body Vibration Therapy Trainer**

1. Has a low frequency program
2. Every muscle can be exercised, according to body position
3. Over 80 kinds of exercise effects
4. TurboSonic is for everyone: adults, children, the elderly and the handicapped

### **Mechanical Abrasion Problem Is Solved With The TurboSonic Trainer**

Through the application of a precision vertical motion, the problems associated with mechanical abrasion, as encountered in other competitive products, have been overcome. This was made possible by TurboSonic's ability to control the power and intensity with low

frequencies, (3-50 Hz versatility).

With no mechanical contact points, the TurboSonic Trainer can easily be operated in any office environment, at any hour of the day or night!

## **Comparisons between Sonic Vibration & Conventional Vibration**

### **Vibration Motor Model**

This model is based on the principle of action-reaction. This is the most common and easiest method, but produces a loud noise and imbalanced body movements. It malfunctions frequently, does not have accurate vertical movement and heavily impacts bones and joints.

### **Crank-style Model**

The rotary cam creates a vertical vibration by pushing the pedestal up and down. As the frequency is lowered, undesirable horizontal movement also occurs. Power strength is contingent upon speed acceleration. This model places considerable negative impact on the body.

### **Seesaw-style Model**

Mechanical crank-style moves in a seesaw fashion (i.e. left-up, right-down) and has unfavorable horizontal movement. Vibration is concentrated on the lower body, therefore, can cause hip and spinal injury.

### **Sonic Wave Motor Model (TurboSonic)**

This model employs the technology of audio amplifier and speaker systems. It works effectively even at low frequencies and has adjustable power output. It has little mechanical friction, very little noise and infrequent malfunctions. It also creates precise vertical vibrations. It is the first model to be developed with the ability to control frequencies, depending on individual body and health conditions.

## **Testimonials**

#1: I'd been walking around with a painful limp from a tennis injury in my knees some years ago. Surgery only increased the pain. To my amazement, all the pain had disappeared by my fifth session on the TurboSonic. Now, three weeks later, I can walk comfortably upright, just like everyone else, with only a suggestion of a limp. I feel reborn. —Stan Russell, PhD, 81, Business and Marketing Coach. Ojai, CA

#2: My chiropractor couldn't get rid of the stiffness and pain in my hands, fingers, neck and back, and neither could my acupuncturist. I was hurting all the time. I had little range of movement in my head and neck. My fingers were weak. I couldn't hold things. Everything started to get better from the first TurboSonic session. My head and neck stopped hurting first, and I regained full range of motion there. The pains in my neck and back got less and less. Now they're gone. My fingers started to work again and the strength came back. I can even see better. I can hold things again without pain. I can cook again. That machine has made me so happy and grateful. —Eva Bolton, 75, Santa Barbara, CA

#3: In the three weeks I've been using the TurboSonic the sluggishness I'd been feeling has been replaced by more energy, more stamina, improved strength, and greater flexibility. I'm

noticeably happier, more focused and peaceful. In addition, I've lost 2 inches from my waist and 10 pounds. Friends tell me I look 10 years younger and that's the way I feel. —Sue Overholtzer, 58, Southern California

#4: Almost anything would set me off and I'd get mad as hell. I guess I was mad about getting old. I couldn't read anything without wearing reading glasses and I couldn't understand what people were saying, even with my hearing aid. I've been using the TurboSonic a couple of times a week for about two months now and I can read without my glasses and I can hear what people are saying without wearing my hearing aid. The best part is I don't get mad anymore. —Rachael Smith, 76, Thousand Oaks, CA

#5: My shoulder was so stiff I couldn't reach behind my back. I tried acupuncture and chiropractic, but neither seemed to help. After using the TurboSonic for only a couple of weeks the stiffness cleared up almost completely. One of my concerns has been the slow development of cellulite and dimpling on my arms and legs because I hadn't been exercising or working out. Recently my daughter noticed that the cellulite and dimpling were disappearing. I've also been slowly losing weight, and I thank the TurboSonic for that, too. Also, we've been having our house remodeled for what seems like an interminable time, and it can be quite stressful at times. But, when I stand on the TurboSonic I feel better emotionally and much less stressed out. —Alice Burton, 60, San Francisco, CA

#6: I had been a professional pianist and performer since my 20s, so when the pain started growing in my hands and joints when I was in my late 50s I reluctantly had to give up my career as a performer. The pain got so bad that I couldn't play at all and I couldn't work in the garden anymore, either. After the first three sessions on the TurboSonic the pain began to melt away. Within a month or so I was able to start playing the piano again and I also started working in the garden again. Now the pain is all gone. I can play the piano again for my own enjoyment and I'm able to work really hard in the garden for five hours at a time, which I love to do. —Cathy Davenport, 75, Los Angeles, CA

#7: I'd generally been feeling pretty good, although I'd gained some weight and cellulite around my waist and thighs. I've been seeing some surprising changes since I started to use the TurboSonic three weeks ago. I'm noticeably losing fat, and that makes me feel very happy. But, when my husband noticed the cellulite disappearing and said, "Keep using that machine!" I felt even happier. —Janice Green, 60, Stockton, CA

#8: Wow! TurboSonic is terrific. It stopped my migraine headaches and increased my energy. I use it daily in my studio to train and relieve stress. —William Attaway, Urban Artist, Sculpture, Paintings, and Ceramics

#9: This device has helped my athletes increase their flexibility, and increase their CNS (Central Nervous System) firing for optimum sports performance. —Sean Kane, M.S., CSCS, NASM, Performance Director, Performance Enhancement Specialist, Corrective Exercise Specialist, United States Weightlifting Coach

#10: I'm very impressed with the Turbosonic whole body vibration therapy. I've used it and can report a decrease in delayed onset muscle soreness and an increase in flexibility. I strongly recommend that TurboSonic whole body vibration therapy be part of an exercise

regimen or as a compliment to rehabilitative therapy. Bottom line: It works and it feels great!  
—Dr. Carmine Gangemi, Gold's Gym, Venice, CA, D.C., Certified Strength and Conditioning Specialist, Certified Personal Trainer, B.S. Exercise Science/Adult Fitness

#11: I am amazed to see how 10 minutes a day of simply standing on a machine, improves the overall health of a patient's body. I am 52 years old and lost 8 pounds, 1 pant size, and have more energy and strength increase than I've had in years! This all happened in a 5 week period! Clinically, I have patients young and old, into their 80's benefiting from this treatment. It is a safe way to get the physical activity and exercise to the cells of the body, where age and physical limitations would prohibit otherwise. Aside from patients with pacemakers and expectant mothers, this treatment is an effective way to tone and increase energy throughout the entire body, as well as provides physiological benefits of managing stress on a daily basis. A three-minute session on the TurboSonic is an excellent way to prepare the body for manual adjusting and correction in the clinical setting. In addition to our normal patient schedule, I have patients that come into the office 2 to 3 days a week, just to come in for the full session of 10 minutes of vibration therapy! What a fantastic service to offer to patients. They can just come in, push a button to pick 1 of 6 levels of workout intensity, push the start button, stand and enjoy the widespread benefits of Whole Body Vibration therapy on ALL THE CELLS of their body. It is the simplest and easiest source of residual income created in my practice in 26 years of practice, all in the corner of a 3½ square foot space in my office! —Dr John Sandoz - Sandoz Chiropractic Center in Cinnaminson, New Jersey. Dr Sandoz is board certified as an Atlas Orthogonist and Sports Injury Physician, Acupuncture & Physical Therapeutic Modalities, board eligible as a Chiropractic Orthopedist and is presently enrolled in an educational program for Clinical Neurology.

#12: After using the TurboSonic for 3 weeks my virility has increased markedly, as has my intimate pleasure. I'm having incredibly prolonged intimate encounters, with multiple male climaxes. I don't have to take Male Formula supplements anymore in order to perform well in bed. I'm a happy — if tired — TurboSonic user. —Tom Davenport, 53, Lodi, CA

#13: Having been a dancer during the last 25 years, daily stretching has been necessary for flexible, injury-free performance and practice. After I used the TurboSonic, I was able to achieve greater right-hip turnout. Every time after I use TurboSonic, I attain a higher degree of flexibility, sooner. After just three weeks of daily use, I am already enjoying the benefit of increased balance, co-ordination and strength during my dancing. This has also translated to daily activities – walking, sitting at the computer, standing – all with greater comfort and ease. Thank you for developing a machine that effectively reaches deep adductor and hip rotator muscles. —Kelly Franklin

#14: As a physical therapist, I have utilized whole body vibration treatments for over a decade, primarily to build bone density in the treatment of osteoporosis. I was not aware of the other benefits of WBV and I admit I was skeptical. After using TurboSonic for 4 weeks, I am impressed. I believe it aids in the elimination of lactic acid, strengthens the intrinsic muscles of the pelvis, face and neck. I use it to strengthen the knees and quads for snowboarding. —Max Kline

#15: I have been having trouble with my knees for seven months. During work and exercise,

pain was beginning to manifest along with the gravel-like sounds accompanying movement. I have been using the TurboSonic for about two weeks now and all of the pain and about 50% of the gravel-like sounds have subsided. I have noticed dramatic results with regards to recovery from running — no lactic acid build-up or soreness. My speed and endurance have increased as well. I can't wait to see what continued use will bring. —Caroline Stites, ND

#16: What an amazing invention! My patients love the TurboSonic. With minimal marketing effort, they are literally lining up, waiting their turn to use it. This thing sells itself. With the detoxification, muscle building, bone building, fat-loss, circulation enhancing and HGH releasing benefits, the anti-aging implications are astonishing. While the claims of many new devices are “too good to be true,” the TurboSonic is literally “too good to miss.” Don't miss the boat on this one. —Dan Johnson, M.D., Founder and Medical Director, Desert Longevity Institute. Practice consisting of bioidentical hormone replacement, IV therapies, anti-aging medicine, integrative medicine. Memberships: American Academy of Anti-Aging Medicine, American College for the Advancement of Medicine.

#17: I absolutely love the TurboSonic! I suffer from arthritis and migraines. In conjunction with regular exercise and healthy diet the TurboSonic helps alleviate the discomfort associated with these ailments. I just feel better overall after a brief 10-minute session on the TurboSonic. Great addition to the gym. Thanks! —Kristen Poole

### **This is Bonnie Again**

After my arm healed so rapidly and I lost seven pounds of fat with the TurboSonic (even though I wasn't using it to lose fat) I began thinking of all the other benefits I may have gotten that are not so readily felt or seen, especially better bone density. This has made me eager to continue using the TurboSonic. So, I went into campaign-mode for having a TurboSonic trainer closer to Walnut Creek. As a result my friend, Alex Goldstein is placing a TurboSonic trainer in his Orinda store, Natural Life Foods, located at 21F Orinda Way, Orinda, CA 94563. (Orinda is 10 miles west of Walnut Creek on Highway 24.)

You are invited to come by the store for a free 10-minute session on the TurboSonic. Or, if you are too far away from Orinda, you may find a TurboSonic near you by going on the Internet at: <http://www.turbosonicusa.com/dealerlocator.php> and typing in your zip code.

If you are interested in purchasing a TurboSonic trainer, or campaigning for one in your local health food store or chiropractor's office, please give Alex (925) 932-1292 or me (800) 651-7080 a call. We will be happy to help you find a way to make this happen, just as we did. One storeowner I met told me there is always someone using the TurboSonic she placed in her store (It's \$99 a month per person for unlimited 10-minute daily sessions).

Love,



Bonnie

*The Material in this letter is for educational purposes only and is not intended as a prescription for any illness.*

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