

13 Reasons to Love Vibration Therapy and Vibration Training

For many years, doctors or therapists are using vibrations to treat different ailments and injuries. The vibration therapy and vibration training exercises rely on the involuntary stretch reflex. There is continuous communication occurring between the brain and the contracting muscles with each relax action in our body. It has brought us gleam of hope with a different method of burning fat and increasing the muscle tone.

While still there have been questions about its validity and effectiveness, but it is the buzz and is showing results. For example, NASA scientists are recommending this therapy to their astronauts. And it is believed to cure the bone loss disease like osteoporosis. With the vibration therapy, the body can be more resistant and have increased agility. The vibration training has three aims- to increase the muscle strength, improve balance, and increase bone mass.

The people are loving the vibration training and the reasons are many:-

- 1.You don't sweat.
- 2.Your strength is increased diagrammatically.
- 3.Your skin tightens and glows.
- 4.Your mood and energy levels improve as serotonin levels are increased.
- 5.Your blood pressure and joint pains decrease.
- 6.Your lymphatic drainage is improved.
- 7.You feel the sensation of relaxation and wellness.
- 8.Your metabolism speeds up.
- 9.Your fatigue is eliminated.
- 10.Your benefits of yoga exercises are enhanced.
- 11.Your recovery after exercising or injuries is accelerated.
- 12.You are more flexible, mobile, coordinated and balanced.
- 13.Your body is revitalized.

It works out as a turbo energy booster for the ones who are already at gym. Others, who are not going to gym, can also get the similar results. Around 3000 muscle contractions are produced in a minute of it. So it becomes easy to reduce your exercise program.20 minutes of workout is equivalent to an hour of traditional exercise ways. It is good solution for the people who have difficulty in adopting traditional exercise methods.

This shows an increased body's natural capabilities of healing itself. One can have improved cellular oxygen circulation, enhanced cellular fluid movement, assisted cellular waste movement, and stimulated cellular nutrient intake. Also the newly generated body cells are more vibrant, resilient. The body cells function together as healthily and longer.

Scientifically, it is seen that with just one session of [vibration training](#), the excretion of Growth Hormone and testosterone is increased and level of stress hormone cortisol drops. This has favorable effects on muscle protein synthesis. Everyone is benefiting greatly from this and get the results quickly while still enjoying the process. The fact it is most loved by all, is that it works!

About the Author

Sanjana Sharma is the author of this article. For more information about vibration training, whole body vibration training, vibration therapy, vibration platform, vibration fitness machines visit <http://www.hypervibeuk.co.uk/>

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