



Whole Body Vibration: The Future of Good Health

Becky Chambers

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In *Whole Body Vibration*, natural-health practitioner Becky Chambers gives us a comprehensive guide to WBV, including the effect of vibration on muscles, the myriad benefits of WBV, and a guide to WBV machines.

WBV boosts energy, mood, sleep, and libido, all while increasing muscle strength, bone density, balance, and flexibility. It helps you lose weight and offers dramatic physical therapy for many joint and mobility issues.

With her engaging and accessible style, Chambers presents a well-documented book that includes additional resources for the reader. *Whole Body Vibration* provides the answers you have been seeking to achieve wellness on every level.

Becky Chambers is a naturopath, teacher, author, and the president and owner of Vibrant Health where she specializes in the breakthrough body, mind and energy therapy of Whole Body Vibration.

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