



# Introducing **WBV:**

## **Whole Body Vibration!**



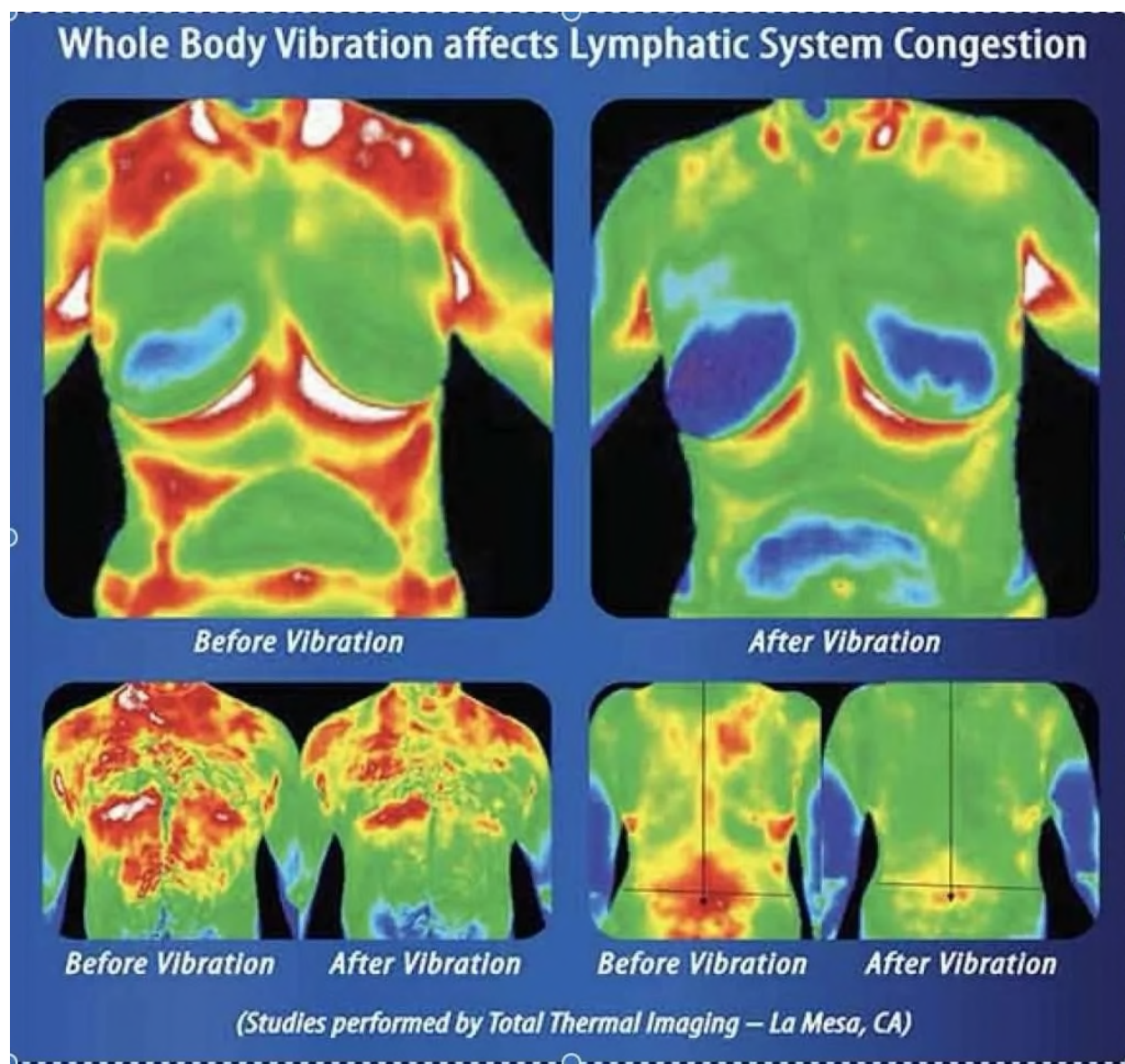
In 1895, in Battle Creek, Michigan, the developer of Corn Flakes, Dr. John Harvey Kellogg, invented the first WBV machine. In the 1960's, platforms were developed for Soviet cosmonauts to combat muscle atrophy in zero-gravity environments, WBV has evolved into a therapeutic tool for conditions ranging from osteoporosis to fibromyalgia. Unlike conventional exercise, WBV achieves **neuromuscular activation** with minimal joint stress, making it ideal for everyone but especially elderly or rehabilitating populations.

And now in 2026, we are so excited to offer WBV at Nutriments with our new **G-Force Professional 1500W Vibration Machine!**

### **Benefits Include:**

- ❖ **Better Circulation...** Increasing the circulation of blood in your body will help your cardiovascular system, which in turn supports nutrient delivery to all of your organs and muscles.
- ❖ **Enhanced Muscle Strength...** which decreases fatigue and risk of injury. Vibration causes an increase in the number of mitochondria in muscles, which increases the amount of energy you can produce.
- ❖ **Greater Flexibility...** Allows you greater freedom of movement and improved posture
- ❖ **Increased Range Of Motion...** Reduces weak muscles and stiffness
- ❖ **Stimulates Core Conditioning...** Tightens abs, improves posture and increases the correct distribution of body weight
- ❖ **Better Stability and Balance...** As we age, balance becomes more difficult if we don't counter the natural tendency of the body to lose it's sense of balance
- ❖ **Increases Metabolism...** Increases the body's ability to shed excess weight
- ❖ **Increased Bone Density...** Results in stronger, healthier bones that are then less susceptible to breaks and fractures
- ❖ **Stress Reduction...** Reduced stress means less irritability, worry, nervousness and illnesses from excessive stress
- ❖ **Stimulates Lymphatic Flow...** Increases nutrients to the body's cells as well as more effective elimination of waste products – see the back side for thermographic proof!
- ❖ **Decreases Cellulite...** Less cellulite means fewer toxins being retained in the body. Heavy metals can be mobilized with WBV.
- ❖ **Increases Natural Collagen Production...** Increased protein for smoother skin, healthier eyes, tendons, organs, nails and cellular health
- ❖ **Tones Muscles and Body Conditioning...** Increased strength, increased lean muscle mass and improved endurance

## **Thermographic proof that WBV is beneficial for every body.**



These images show the power of vibration platform use. In looking at these images, the green and blue areas are normal tissue. The red and yellow areas are full of inflammation, which causes pain and restriction. The vibration activates your lymphatic system, allowing it work properly. The inflammation literally drains away.

At other places in the Grand Rapids area you would pay up to \$45 per session for WBV.

**WBV at Nutriment is available for only \$10 per session!**

**Buy a VIP card and drop the price to \$9 per session!**

There is a learning curve with WBV. We want you to be safe and have your experience as effective as possible, so your initial session will be done by appointment only. Your coach will be with you for the full first session, and then will create a program of advancement individualized specifically for you.

We look forward to helping you incorporate vibration into your approach to better overall wellness!