

# Wellness in vibrating action

By Jana Pearce

As I've seen so many of these wonder treatments come and go, I was cynical about committing myself to try out the new Powerplate whole body vibration (WBV) training. However, as I have been suffering from a very sore and stiff neck for years, and a painful knee and Baker's cyst for the past six months, I was ready to try anything.

Keeping an open mind was difficult as the questioning journalist in me just kept saying "It won't work. How can standing on a vibrating machine help?"

When I was in my 30s I did heavy sessions of weight training and the words "no pain, no gain" kept popping into my head. How can a machine that causes me no pain whatsoever, be of any use?"

Well, I am glad I kept an open mind because the Powerplate session was nothing short of amazing. After a few minutes on the machine, which gives a pleasant tingling sensation all over, I felt completely relaxed, my neck felt more flexible, and the pain in my knee felt improved.

When I woke the next morning, my neck felt better than it had felt in years, and instead of tipping myself out of bed onto my good leg for support, I was actually able to stand up without any problem or pain.

I am not a morning person but I had an improved feeling of wellbeing. Maybe it was relief that finally I had less pain, or maybe a good night's sleep?

I don't know whether it is a co-incidence, but since the Powerplate session, I have steadily improved. The Baker's

cyst has noticeable shrunk in size, I am walking a lot more, my knee is more flexible, and I am gaining more confidence to return to normal activities.

It is remarkable and I really feel Powerplate worked to help me.

I can tackle tasks I have been avoiding for a while - like kneeling to get spots out of the carpet, climbing on a chair to reach a book on the top shelf - little things but very important to be able to have the independence to do these everyday tasks.

At this stage, I haven't returned for more Powerplate treatments as my work schedule has been so busy - but I definitely will. I will keep you updated.

## Journal report

The Journal of the American Society for Bone and Mineral Research has published the findings of a six-month study whole on the effect of WBV on hip density, muscle strength and postural control in test group of 70 volunteers age 58 - 74 years.

The study found that after the 24 weeks of the WBV program, hip bone density was significantly increased, and muscle strength improved by around 15 per cent. This study concluded that WBV training may be an effective and feasible way to modify risk factors for falls and fractures in older women.

## How it works

The human body has natural reflexes such as the eye-lid reflex, the touch reflex and the stretch reflex. The stretch reflex is like a doctor taping your knee with a hammer, and causing a reflex that extends the leg. When you stand

on the Powerplate, its platform vibrates. These vibrations send a message to your brain, which causes your muscles to contract involuntarily - this is a special stretch reflex called the Tonic Vibration Reflex.

The special vibrating platform stretches the muscles, which activate tonic vibration reflexes. Because the Powerplate vibrates at 30 to 50 times per second, these involuntary muscle contractions happen at the same speed.

Not only will your muscles contract and relax at very high speed, but also the amount of muscle fibres in every single muscle involved exceeds the amount of muscle tissue utilised in regular training. This also means that the deeper posture and stabilising muscles, such as the spinal muscles and the pelvic basin muscle, that are normally hard to train, can be stimulated.



Helpful Powerplate instructor Michelle (left) gives editor Jana Pearce a demonstration

Just 15 minutes per session, two or three times a week, is enough to achieve your desired results.

For more information on Power-Plate call 1800 633 009 or visit [www.power-plate.com](http://www.power-plate.com)

## Weleda - a natural approach

Whatever happened to good old-fashioned tonics? One that has stood the test of time is blackthorn elixir made from sloe berries, the fruit of the blackthorn shrub.

Weleda Organic Blackthorn Elixir, originally formulated to help mums get back vitality after pregnancy, is now being taken as a pick-me-up tonic to help enliven and strengthen the body after an illness or times of increased stress. It can be taken in cold water or added to tea for a soothing hot drink at night.

In Celtic folklore, blackthorn is well documented for its magical as well as medicinal qualities, and evidence of human consumption of the berries has been found at Iron Age archaeological sites.

Weleda Organic Blackthorn Elixir is made from organically grown, certified wild and totally ripe sloe berries with the addition of organic lemon juice and honey.

Weleda Organic Blackthorn Elixir comes in a 200ml bottle and is priced

around \$20.95 and is available at health food stores and selected pharmacies.

**Chance to try for free**  
We have five bottles of Weleda Organic Blackthorn Elixir to give away - each retails for \$20.95. For your chance to win, write your name and address on the back of an envelope and send to Blackthorn PO Box 79 Lindfield NSW 2070. Entries close July 20, 2007.



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