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## **Whole Body Vibration: The Future of Good Health: .de ...**

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.

## **Whole Body Vibration – The Future of Good Health**

Becky presents state-of-the-art information on the exciting new technology of Whole Body Vibration in her book, “Whole Body Vibration: The Future of Good Health”...The more I learn about WBV, the more impressed I am...I expect we will see much wider use of the WBV in the future.

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