



Transcript: #517 Vibration Plate Therapy Benefits with Jason Conviser

Dr. Wendy Myers: Hello, welcome to the Myers Detox Podcast. My name is Dr. Wendy Myers, and today we have a fantastic show for you. We have Dr. Jason Conviser on the show. So, Dr. Conviser uses Power Plate, whole body vibration therapy in his many clinics, and he can attest to the many, many benefits that people can experience using a Power Plate. And so, he works with clients in their 70s, 80s, and 90s, and he sees improvement in pain, improvement in bone density, improvement in metabolism and weight loss, improvements in hormones, improvements in lymph flow, and detoxification.

And we'll touch on all these points throughout the show. Really, really eye-opening. And you only have to do it for five to ten minutes a day. And it's something you can do if you can't exercise, you have an injury. I also found it was really, really interesting that all of the pro athletes, all of the teams all have used whole body vibration therapy, all of them because it helps people improve their athleticism, it helps people with recovery, it helps them work out if they have an injury and work around that injury.

And it helps them to warm up before they work out. So, there are so many benefits to using a Power Plate. And so, a Power Plate is one brand of whole body vibration therapy, but it's really like the top of the line. They've been in the game a really long time. That's the one that I recommend to people.

And if you want to learn more about it, you can go to powerplate.com/myersdetox. You can learn more about this device. You can get 20% off. And really, they were very generous to my audience, to my listeners, to give this very, very deep discount. So, go to check it out, powerplate.com/myersdetox.

And now a word from one of our sponsors. So, imagine a world where we don't fight cancer, we just tell our bodies to stop growing. It sounds groundbreaking, right? Dr. Dana Flavin, who's been a world-renowned cancer specialist for over

40 years warns, "We are swimming in toxins. They're in our daily products, our food, water, and air.

The real danger is these toxins signal our body to grow cancer." That's why I urge you to join Dr. Flavin and Nathan Crane, an award-winning health researcher in an eye-opening web class. They'll reveal the nine key toxins that could be triggering cancer in your body, and most importantly, how to eliminate them. Don't just fight cancer, go right to its root cause. So, join me by going to conqueringcancer.com/wendymyers, M-Y-E-R-S, now to register for this free web class.

It's so important. Again, that's conqueringcancer.com/wendymyers. Make the change today. So, I know you guys are listening to this show. You're concerned about your toxin levels, you're concerned about longevity and improving the quality of your health and the quality of your life, and you can do that through detoxification.

We present all the evidence on this podcast and on my website, myersdetox.com. And I created a quiz for you guys. You can go to heavymetalsquiz.com, take just a two-minute test, and based on all these lifestyle questions, we can figure out what your relative toxin load is. And then, after you take the quiz, you get a free video series that answers a lot of your frequently asked questions about how to detox, how long it takes, what kind of testing you should do, and all kinds of questions like that. So, go take it at heavymetalsquiz.com.

Our guest today, Dr. Jason Conviser, is the Chief Science Officer for Performance Health Systems and a fellow of the American College of Sports Medicine. He's a member of the Medical Fitness Association, and Medical Wellness Association, and serves on the Power Plate Sport Medicine Advisory Board, the National Commission on Reform of Secondary Education. He's also on the National Task Force on Citizenship Education. He has also authored over 45 articles in scientific journals, trade publications, and large distribution of newspapers. You can learn more about Dr. Conviser and his work at powerplate.com. Dr. Conviser, welcome to the show.

Jason Conviser: It's a pleasure to be with you. And hello to all your listeners.

Dr. Wendy Myers: Yeah. So, you use Power Plate, the whole body of vibration therapy in all of your clinics, and I want to talk about that extensively. But tell us about yourself and your clinics and why you use the Power Plate.

Jason Conviser: My background, I have a PhD in exercise physiology. Most of my clients start at the age of late 60s, 70s, 80s, 90s. I like to think of my clients as older athletes, but I treat them as athletes nevertheless. So, most of the people that I work with, don't care about personal records. They care about how they are going to

live with ADLs or activities of daily living, how they get the most, the biggest bang out of the last quarter of their life.

And part of that is detox. Part of that is relaxation. Part of that is being able to use their cognitive memory, which is still there, and their financial bank accounts, which are still there. And then, they want to make sure their body goes along with it so they can enjoy the first two.

Dr. Wendy Myers: Yes, yes. And so, tell us what exactly is whole body vibration therapy and why do you use the Power Plate one specifically? What makes that one unique?

Jason Conviser: So, whole-body vibration allows an individual to not use resistance or weight training as the modality but allows vibration or what we call acceleration. And with acceleration, we can do so many things where an individual would not normally be able to lift enough to get the benefits that they're looking for. So, imagine if we were to lift a weight up in the air, our brain would have to send a signal to our hand to say in our arm to lift up and down. But with vibration or acceleration, we can stand on this vibration platform and not even have cognitive activity to tell the muscle to fire. But the vibration itself forces the muscle to fire.

And we usually use a setting between 30 and 40 hertz, which means 30 to 40 vibrations a second. So, what that allows us to do is I can take the 70-year-old who can't weight train. I can take the individual whose balance is way off. I can take the person who is 100 pounds overweight. I can take the person who hasn't stepped foot in a gym or doesn't know what a piece of exercise equipment looks like and start getting their body moving and moving effectively. Nowhere does it say, "I have to be a perfect athlete," but it says that the body has to move and move on a regular basis.

Dr. Wendy Myers: And I think that's so important because so many people need to have weight training therapy, they need to do resistance training. But it's so easy to become injured doing weight training or a lot of people have injuries that they're dealing with where they can't do the kind of workouts they want or where they can't do the resistance training that they want. And it prevents them from being able to do that when they need it the most when they're losing muscle tissue, and when they need to do resistance training to increase their bone density. So, can you talk a little about that and how the Power Plate helps with that?

Jason Conviser: For sure. I try to break down an individual's workout into preparation, performance, and recover. Every person who starts exercising, whether it's the first time or they're in their 60th, or 70th year, they have to prepare the body so it moves and moves effectively. An analogy that I use with almost all of my patients is taking a box of spaghetti out of your pantry, taking the spaghetti out of the box, and holding it in a bundle. That's exactly what a muscle fiber looks like when it's not warmed up.

And if we try to move it quickly, the spaghetti will become brittle and it's not very effective. And if we put warm water over the spaghetti, then it becomes loose and pliable. So, one of the things vibration does is it takes those stiff muscles just like the spaghetti, and when we start to warm up with vibration, it shunts the blood from the trunk to the exercising tissue, warm blood next to cold muscles, they become loose and pliable. That's important for the next part is how to perform. We prepare the muscles and then perform.

The next story that I give my patients is to take a rubber band and pull a rubber band this far. And when you let go, it snaps. It creates a certain amount of force or a certain amount of energy by recoiling. But if I can take that same rubber band and pull it this far and let go, it has more capacity to do work, prepare, and perform. How do I get the muscles to perform so everybody can walk faster, walk longer, take stairs, and be able to pick up their grandkids to do any ADL or activity of daily living more effectively?

Dr. Wendy Myers: Yeah. It seems like this is also something you could do where say if you are avid with working out and whatnot, but say you get an injury in your arm or you're dealing with some other kind of injury, this is something that you could use probably to keep training, so to speak, but without aggravating that injury.

Jason Conviser: I don't know the specific numbers, but almost every football team, every baseball team, every professional soccer team, all the professional teams have vibration in their training centers. But as I said earlier, I want everyone that I work with in my clinics and every one of your listeners to think of themselves as an athlete. Because if we just get by, it's usually not enough. We want to push ourselves safely and effectively to whatever capacity or whatever level we have. And that's why warming up is important and you can warm up safely.

Performing is safe because the vibration is allowing the muscles to contract. And then, the last part is to recover because everyone after you exercise, you want to calm the body down. Every one of your listeners probably has an issue with, they might be a little bit stiff in the hips, they might have a sore back, they may be constipated, they may have fatigue, they're just tired all the time.

Whatever it is that your listeners are dealing with, vibration allows us to exercise, exercise effectively, and exercise without the traditional way of going to a club or lifting traditional weights. It's not that it's better. Exercise is good in many different forms, but it's more efficient with time and easier to accomplish what you're looking for for almost all the patients that walk into my clinics.

Dr. Wendy Myers: Yeah. And how has it been especially beneficial for women?

Jason Conviser: I have to be careful. I like not to talk about men and women separately, but now I'm going to talk about women specifically.

Dr. Wendy Myers: Okay, great. Perfect.

Jason Conviser:

Okay. I think that we don't give women enough credit for the time that they have to do so many more things than my male clients. Not only do they have responsibilities with kids and home and business and society, but my male clients just don't work as hard as my female clients. That's just my experience. So, how do I work with the ladies? I go, "Here is an activity that can take five or ten minutes and you still get a significant change, a significant response."

So, those individuals who are time-sensitive don't have the ability to take an hour off or a half hour to travel, a half hour to come back, and an hour to exercise. It's a modality that allows you to get significant bang for your invested time buck effectively. The second thing is that the machines that we're talking about for a vibration allow us to be very specific. For individuals who might be on their feet all day, it's an apparatus that allows you to sit in a chair and use vibration to make your feet and legs feel better. That's good.

For those individuals who like to deal with hips and lower back. It allows us to do exercise while being on the ground or being on the platform. And those who are working to be as heavily or well-trained as they possibly can be, it allows us a myriad of movements and exercises to achieve whatever they are looking for. One of the things that I like about Power Plate, which is the product that I use, is that on powerplate.com, there's a library of exercises. So, you put in, what is it that you're looking for?

I'm looking for hips, I'm looking for shoulders, I'm looking for arms, I'm looking for the whole body. And then, it'll take you to that area, which gives all kinds of examples. So, you don't have to be an expert in how to use vibration. It lays it out in a very simple and easy way right in front of you.

Dr. Wendy Myers:

Okay, fantastic. Yeah. That sounds like it's just super easy. Just follow the directions and the pictures and you have your workout.

Jason Conviser:

My kids make fun of me. They say, "Dad, you don't know how to do anything." And with Power Plate, that's right. You plug it in and you turn it on and that's it. It comes ready to play as soon as you take it out of the box.

Dr. Wendy Myers:

And so, how long does somebody need to do a Power Plate session and how many times per week to get the max benefits?

Jason Conviser:

So, I'll answer that question in a couple of different ways. One is that it depends on what your goals are. If an individual is training for an endurance event, then it takes a little bit more time, but we use vibration somewhere between three and ten minutes of vibration exposure. That doesn't mean that it's three minutes nonstop or 10 minutes nonstop because if you think about 30 hertz or 30 vibrations a second if you're on the plate for a minute, you've gone a minute for 60 seconds times 30 contractions, you will feel that you've done a good amount of work. It is a wonderful way to stimulate muscle contraction and circulation.

So, we say somewhere between three and ten minutes of exposure. Some people go shorter, they just want to massage their feet because at the end of the day, their feet are a little swollen. They get out of their shoes and off their feet and it's a wonderful massage. Some people are looking for rehabilitation. They've had a torn muscle, they lost their balance, and they have trouble with a particular movement or activity. So, we can be very specific in terms of what it is that you need.

So, everyone isn't the same. And that's why that library in the back of the Power Plate app can help self-guide an individual to what's best for them.

Dr. Wendy Myers: Okay, Fantastic. And so, let's talk about Power Plates and detoxification. And so, I think it has very powerful implications for detoxification. So, how can it work on getting limp flowing and what are any other ways you can think of that a Power Plate would help with detoxification?

Jason Conviser: We just published this just last week, a book on acceleration or Power Plate and how to use vibration. And we have a whole chapter about that area and detox is a big deal. But detox doesn't mean it's the same for everyone. Some people come to us and talk about, "I'm always tired or I'm always swollen, or I have low energy, I have low back pain." Detox can mean lots of different things to different people, but the strategy and how we deal with the detox is to exercise and exercise effectively.

So, we increase the circulation, we allow the cortisol to be decreased. Cortisol is a waste product and really goofs up the body, the serotonin to be increased with vibration. By using vibration, increasing circulation, decreasing the cortisol, and increasing the serotonin, we find that people report significant improvement in things that might be small issues, but when they're affecting you, it's a big deal. Constipation, lots of clients through constipation. Vibration helps with constipation.

Lots of clients come to me and say, "I don't know what I'm doing. I don't have the energy," without question, people report increased energy. So, would it be a detox for everything? Well, I don't think so. Can it be detoxed for how the body moves and moves effectively?

The answer is absolutely yes. And hundreds of studies have demonstrated that as well.

Dr. Wendy Myers: Yeah. I mean I think a whole body vibration plate, like the Power Plate would be super important because especially for someone who can't exercise or there's just something going on with them, they can't exercise as much as they'd like or they just can't fit it into their schedule or they have issues with working out or injuries. They need that circulation to get their lymph flowing. So, their detoxification is totally stagnant if they can't get some sort of movement in and

vibration is a great way to do that using the Power Plate. And so, let's talk about how whole body vibration helps with immune function and maybe hormones as well.

Jason Conviser: There are a lot of studies that present it in different ways. So, I'm going to share with you the studies that I think are the most controlled and the strongest studies. First, from a hormonal level, I think the literature is very clear that cortisol, the waste product of muscle contraction decreases. That literature is solid. So, if we can control cortisol, we know that we're going to have somebody that does much, much better.

There are stresses increased with cortisol, decreased stress, the bone formation is challenged when you have high cortisol. We want bones to remain strong. Serotonin, on the other hand, increases with whole-body vibration. And that's when we talk about feeling better, moving better, more energy. So, from a hormonal level, I think that literature is rock solid.

There are some studies that have shown that hormonal level doesn't change much. So, when someone is looking at a study, you have to look at how large the study is, whether it's a controlled study, whether it was done with repeated measures with a controlled group. Clearly, the well-controlled larger studies have shown that from a hormonal standpoint, vibration is very solid, but you don't have to trust me, you want someone to see who has done it before, where is it being done before? And you can look under NIH, the National Institute of Health and there are hundreds of studies that are available just by Googling whole body vibration and hormonal health. And these are very easy studies to read. They're summarized and will give your listeners a better idea of what's best for them.

Dr. Wendy Myers: Okay, great. Tell us how whole body vibration can help with immunity because that's something that's really, really important to people right now for many reasons.

Jason Conviser: So, that's a little bit of a tougher question to answer, so I'm going to go in a couple of different directions.

Dr. Wendy Myers: Okay, great.

Jason Conviser: Okay. The first part is we know that individuals who move and move effectively have a better immune system. That literature is very solid. But does that mean that everyone has the same dose-response that this amount of exercise for this length of time, for this intensity will have an equal or the same amount of improvement? And the answer is no. So, do I know that from an immune system, that whole body vibration is effective? That the literature is clear, but can I tell each of your listeners the specific amount of time and the specific amount of intensity?

That's a little bit more art rather than science right now. We don't have the perfect exercise prescription for what needs better immunity. But if we can use the same literature that we have for traditional exercise, we know that just starting a little exercise program, if you don't exercise at all, has the most significant improvement in the immunity that somebody wants to improve or to deal with. And immunity will also grow as you do a little bit more exercise. But at the very, very top, you could go instead of going 30 minutes or 45 minutes of traditional exercise, another 15 minutes, 20 minutes doesn't get you that much more.

So, using that same analogy, we would say for whole body vibration, start with three, four, or five minutes of vibration exposure, and build up to 10 minutes of vibration exposure. And then, we're talking about what more are you looking for. What are you specifically looking for? Because there is no formula for saying 12 minutes will get you a little bit better, 14 a little bit better. Then, it becomes art rather than science.

But nobody walks away saying, "Ugh, I just wasted 10 minutes of my time. That feels terrible." People come away saying, "Oh, my God, I feel like my body is alive again. I feel like the switch has been turned on." And that's the best place I want my patients to be in our clinics.

Dr. Wendy Myers: Yeah. I've used a Power Plate before and you definitely feel relaxed, you feel good afterward, you feel a little bit more toned, and you feel really good afterward.

Jason Conviser: The body is meant to move. And if we can't get the body to move with our brains telling us to move, then we can use whole-body vibration to get all the muscles. And it's not just one muscle group. It's your whole body that is contracting during that exposure to vibration.

Dr. Wendy Myers: Yeah. Tell us about why our metabolism declines as we age. And how can using whole body vibration help to increase metabolism and help to lose weight?

Jason Conviser: So, the obvious is that as we get older, we seem to gain weight, we seem to move less and we don't do all the things that we learned to do or did when we were younger. We are sometimes our own worst enemy, but that's not an absolute. Your metabolism doesn't have to slow down as much as most of his experience. We want to keep the body active. So, the one thing we know about whole-body vibration, and this literature is very clear, is the resting metabolic rate increases with whole exposure to whole-body vibration.

So, even when you're asleep, even when you're working at a desk or you're not mobile, your resting metabolism has increased. The second is we want to exercise more, not less as we get older. Exercise is good, but we don't take as much time. So, using the same analogy of paying for your invested time dollar, we want to have all your muscles exercising in whatever time that you've been

given, whatever you allow. So, instead of saying, "I'm going to go out for an hour walk or I'm going to go lift weights for an hour," as we get older, that may not be realistic in your lifestyle, your desire, or your physical capabilities.

So, how do we get more muscle contractions in a shorter period of time? That's an improvement. The third is that with exercise, we increase our lean muscle mass, and lean muscle mass is good because that allows the body to continue firing and firing effectively. We burn more stored fat. We have more energy.

The body is a more lean, powerful machine. Instead of a two or a four-cylinder engine for a car, you can keep a six or eight-cylinder engine in your car. So, again, do you have the time to exercise and exercise like you did when you were a young person? Yeah. Most people say no.

They have other things that are going on in their life. So, we use vibration to speed up the process in a safe way, in a more total body-effective way.

Dr. Wendy Myers: Yeah. Fantastic. It sounds like a good deal as far as getting your exercise in. These would be great days if you're taking off exercise or you just don't have time. Or even if you're sick or something, you could still get a little bit of exercise or maintenance or maybe add another 10 minutes per day on days that you have worked out and really could add a lot to your bottom line as far as your fitness.

Jason Conviser: You don't have to be perfect to be better, and that's really important. Quite often my patients will say, "What's the perfect way to exercise?" And I go, "There is no perfect way. "Then, how do I get some? I don't have time, I don't have energy, and I don't have the money to go to a club.

How do I do it so that I get benefits but the reality is I still have the rest of my life?" And with whole body vibration, five minutes of exposure is going to be really, really good. Or if you have an injury, being able to exercise on that injury or around that injury, it's really, really good. So, it is a wonderful tool. It's not a perfect tool, but it's one that you can have in your home.

It's one that you can move around so it's not getting in the way. It can be under a desk. It can be in a corner. It's easy to use. You don't have to be technically trained in how to exercise and exercise effectively.

You have access to all these different exercise prescriptions and exercise positions so you say, "This is what I want to work on. And those exercises and those training regimens are already developed." All you have to do is turn it on.

Dr. Wendy Myers: Okay, fantastic. And so, let's talk about how the whole body vibration can help with anti-aging and longevity. And it can also really help with bone health as well. Because that's so important for women once they hit menopause and even preparing for decades before, really important for men and women to build

their bones and bone density and things like that, because that really pays dividends once you get into a more advanced age.

Jason Conviser:

So, much of my published research is in this area, so it's near and dear to my heart. So, I want your listeners to know that muscles do not attach to bone. Muscles are attached to tendons and tendons attached to bones. And the way that we keep our muscles strong is that we have to use weight training. Or if we don't go to a gym to lift weights, we have to have a vibration that pulls on the muscle, just like that rubber band analogy, more and more and more force production.

It makes the muscle contract. It pulls on that tendon and that tendon is attached to the bone. So, it's almost as if you're putting force or tension on the bone. This philosophy, this concept has been around for over 150 years, but with vibration, we're now able to use vibration to put that tension on the bone. And by that tendon being pulled and pulled and pulled on the bone, we're able to get the cellular activity of the bone active.

So, in theory, you should have less bone degradation or slower bone degradation. Now, how long do you need to be on the Power Plate in order to have this bone growth or reduction of the bone degradation? And that varies with everyone. You have to choose your parents correctly and you have to be consistent in using the modality. But what we tell our clients is that we want 10 to 15 minutes of vibration three times a week so that they can have enough exercise to pull on the bone.

It allows the bone to recover, and we see that after a six-month to a year process the DEXA scores. DEXA is how we measure the strength of the bone or the quality of the bone. We seem to see results. Now, in my book and in the literature, it says that with vibration you'll have a 2% to 4% improvement in your DEXA score or your bone health. That may not seem like a lot, but 2% to 4% of bone improvement is gigantic when it comes to getting older. Instead of having this negative slope or the bones getting weaker and weaker and weaker, we start to level it off or have a very small 2% to 4% improvement in the quality of the bone.

That leads to your next question about how it deals with aging. Whole-body vibration will not stop you from dying. Sorry, we're all in this and we're all going to, at some point in our life, we're going to go out. But my patients don't ask me, "How do I live forever?" They ask, "How do I live healthy?"

How do I live with quality? How do I live with dignity?" They say, "How can I walk more effectively, a little bit longer, a little bit faster? How do I maintain my balance? How do I feel good so that my feet don't hurt and my lower back doesn't hurt?"

How do I move for the rest of my life and feel like I'm in the game?" And that's what whole body vibration has been demonstrated over and over to be effective. It doesn't stop the aging process, but it allows your body to be functional and for you to be in more control of your body. And when you have an ache or pain or an issue that you're dealing with, it allows you a format to exercise. Most of my patients when they're in their 70s and 80s, they go, "Tell me how not to fall."

Tell me, I don't want to fall. I know falls are bad. Falls are going to set this cascade of bad things that could happen." The literature with balance is astronomically solid vibration and improvement in balance, it goes hand in hand. So, we use it all the time for our clients to help them with balance and balance while both in a static or standing in place as well as dynamic balance.

When they're going upstairs, downstairs, when they're turning around, when they're getting up from an airline seat when they're navigating street corners and curbs, that's when they go, "Oh, my God, it really makes a difference."

Dr. Wendy Myers:

I mean, I think it's so important, especially women that are going into menopause or men into andropause, and anyone who's been diagnosed with osteopenia or osteoporosis don't get on those drugs. For me, I would be getting on a Power Plate and or doing PEMF therapy. The results are clear. These are amazing devices to increase your bone density without having to use any kind of medication. And the medications actually can cause breaks of the femur.

They create weak bones, like weak scaffolding, so to speak. So, they really don't work very well. And I explained that on other podcasts and searched for osteoporosis on myersdetox.com. We talk about the problems with the osteoporosis medications, but yeah, the Power Plates are much better.

Jason Conviser:

Let me add one thing. I agree with you. First of all, I'm a PhD. I'm not a medical doctor. So, whatever your listeners agree to and whatever advice they're getting from their medical team, I think that's the best advice, whatever that advice is.

But now I'm going to tell you what I recommend for our clients. We know that the various pharmacological products that are out there deal with the outside the cortical portion of the bone. That's like having your driveway, somebody coming up and blacktopping the driveway and making it a little bit nicer and putting another coating over that bone. That's not that it's bad, it's just not what you really want to go for. Most people want to go for the trabecular bone, the inside part, the lattice structure that gives the bone its consistency and its capability.

And that lattice structure looks like steel rebar. When construction is pouring concrete and we have steel rebar inside the poured concrete, it gives it more capacity to hold and hold well. Vibration allows us to improve and increase the trabecular bone rather than just covering, and sugar coating the outside part of

the bone. It's important. But if your doctor says to take pharmacology, then we would recommend that our patients do both because I know vibration works. And I'm not quite sure that pharmacology is the way to go, especially long term.

Dr. Wendy Myers: Yeah, it's not what I would personally do because I'd be looking for what's going to truly address the underlying root cause of this issue and what's going to resolve it in maybe a more effective way. And so, I'd be doing Power Plate, absolutely. But for me, I've been doing weight training my entire life, so I know I've got good dense bones. But a lot of people are not in that position and they need to be doing things that are natural things to build their bone density. I think the whole-body vibration is a great way to do that.

Jason Conviser: One of the things that I'm always amazed by is that if you go to the PDR, the physician desk reference and you look at the various products that are available in this category that are prescribed, most of them take 18 to 36 months in order to have their statistically significant benefit to bone. And then, it says, "But we don't promise everyone has the significant bone and most people don't last for 36 months on these various drugs, so choose wisely."

It may be what you as the listener and your physician recommend, but I think most of the listeners have heard the horror stories of what it's like to be on some of these drugs for 36 months, but you don't hear those same horror stories with weight lifting and putting stress on the bone by vibration and overloading the tissue. So, it stays healthy and vibrant for as long as possible.

Dr. Wendy Myers: Yeah. I mean, dentists won't even do dental work on people on bone-building medications because they have very severe complications and problems. But we won't get into all that. But let's talk about how the Power Plate can help with the pain. A lot of people deal with pain, lower back pain, and other types of pain. How does Power Plate help with that?

Jason Conviser: So, there are a couple of different theories, and I'm going to share with you what I think the literature currently shows, but pain is unique to each individual. So, with lower back pain, I always tell my clients that your back is probably doing pretty well, but your flexibility stinks. We have to make you more flexible so the hamstrings aren't pulling down on the pelvic girdle and allowing the lower back to try to hold you in an upright position. So, some pain is caused by deformation or malformed bodies. We are hunched over.

We are too tight. Our bodies are ineffective moving machines. So, we know that with individuals who use Power Plates and exercise when their muscles are more vibrant, flexible, and more contracted, the pain that you have for being out of condition or being off structure is reduced significantly. Now, pain is a result of some stimulus through a nerve, and those nerves we know slow down the communication of that signal when the muscle is being relaxed, and instead of squeezing tightly, it's a more relaxed form. But that's not a perfect answer to Does vibration limit all pain?

The answer is no, but it makes the body stronger and more capable, stronger, and more enduring, and we know that that reduces pain. But does that mean if you cut your finger, will vibration stop you from hurting after a cut finger? If the answer is no, that's not how it works. But most of the discomfort that we experience in our lives is because we don't take care of the machine very well. We don't take very good care of our joints, our muscles, our ability to move and move effectively, and that kind of pain, those kinds of issues are very well handled with vibration.

Dr. Wendy Myers: Okay, fantastic. Yeah. So, interesting. I know there's probably a whole range of other health conditions that the whole body of vibration can assist with. Tell us the name of your book again and where we can get it.

Jason Conviser: Sure. The book is Handbook on Acceleration Training and the publisher is Healthy Learning and it's online. And thank you for the plug. What we did was each chapter takes a different category from balance to cardiovascular to strength to women's health. Then, there are also numerous examples of individuals who have various presentations.

Somebody with MS, somebody who blew out a knee and is in a rehab setting. So, real-life people, real-life examples of how vibration was used. So, thank you very much for that plug. But you should also know what's really important is that if somebody does choose to add vibration to their day-to-day workout or to their exercise routine, the Power Plate app is free and has this litany of suggestions in the library on how to move and how to move more effectively using vibration.

Dr. Wendy Myers: Oh, fantastic. Yes, and if anyone wants to get a Power Plate, you can go to powerplate.com/myersdetox. So, you guys were very, very generous to offer my audience 20% off. If you go to this, that's a significant savings. So, just go to powerplate.com/myersdetox, M-Y-E-R-S, detox, and you'll check it out, learn more about Power Plate, and then get one for yourself.

I think that's a really, really smart thing to do to get one for home use so you can use it daily. There's one at a gym that I used to go to, and I love getting on it and just getting more out of my workout, doing it at the beginning of my workout for warm up. But I think it's just a great addition to any home, anyone who's trying to get healthier, who's a biohacker or whatnot. I think it's a great addition.

Jason Conviser: I want your listeners to know that I don't get the 20% off, so I think that's a good deal. But what's really important is that you don't have to know how to use it. You open up a box, you plug it in, and you turn it on and it's ready to go. That's important. There's no programming.

There's no learning how to stand on the unit. Everything is right there ready to go. And then, depending on what your application needs are, you go to the app. So, you say, I just want to become more flexible. I just want better balance.

I am six months post knee replacement. And then, a litany of different exercises with wonderful pictures and examples of how to use it and how to use it safely is available for all your listeners.

Dr. Wendy Myers: Fantastic. Well, everyone, go check that out. Go download that free Power Plate app, and as I said, you can get your own at powerplate.com/myersdetox at 20% off. And Dr. Conviser, thank you so much for joining us on the Myers Detox Podcast. That was fantastic.

That was really, really educational. I didn't realize that that Power Plate was that effective, and worked for so many different health conditions.

Jason Conviser: It's a pleasure and I hope we get a chance to meet personally.

Dr. Wendy Myers: Okay, fantastic. Well, thanks for coming on the show. And everyone, I'm Dr. Wendy Myers. Thanks for tuning into the Myers Detox Podcast where every week I bring you experts from around the world on how to improve your health, antiaging, and of course detoxification. So, thanks for tuning in.

You can see my work at myersdetox.com, and I wish you the best. Have a fantastic week. I'll see you guys next week on next week's show. And you deserve to feel good.