

VT007

I have used the vibe plate almost daily for 9 minutes on 30Hz using the hand straps. I am attaching my pre Dexa Scan results from January 2023 prior to using your vibe plate which shows that I had osteoporosis. Also, I am attaching today's post Dexa Scan results from which shows osteopenia. I have been able to reverse osteoporosis to osteopenia. My results showed "statistically significant increase" in both areas measured. My lumbar spine went from a T-score of -2.3 to -1.6 which is a 10.6% increase and my left hip went from a T-score of -1.8 to -1.3 which is a 8.2% increase.

I am very pleased with my test results and believe that your vibe plate played a major role in these results. I will continue to use the vibe plate daily.

