

What is Vibroacoustic Therapy?

Vibroacoustic therapy (VAT) uses sound to produce vibrations that are applied directly to the body. Because our bodies are composed mainly of water – approximately 70% for an older person - all of this water is set into motion when the body is exposed to these sound vibrations. As this water is moved by the vibration, its molecules are reacting and communicating with each other. As this communication occurs, harmony and a healthy resonance are restored in the body.

What can Vibroacoustic Therapy do for you?

Vibroacoustic therapy can relieve many of the symptoms experienced by seniors including sleep problems, anxiety, chronic pain, COPD and other breathing issues, osteoarthritis, blood pressure and circulation problems and even constipation. There has also been great success using the therapy to help with stroke rehabilitation, stress reduction, extending mobility, and providing sensory stimulation for those with progressive neurological diseases and disorders such as Parkinson's Disease and Alzheimer's Disease.



Who can benefit from Vibroacoustic Therapy?

Pretty well anyone can benefit from VAT, but we do not treat people with certain conditions including very low blood

pressure, active bleeding disorders or thrombus, PTSD, or if you have a pacemaker.

What happens during a session?

Vibroacoustic therapy is a soothing, relaxing experience that requires no special skills and which is conducted while you are fully clothed. You lie directly on the specially designed lounge, or you can sit in a chair that is embedded with transducers which transmit specific frequencies into vibrations.



The therapy lasts about 25 minutes, and the special frequencies are chosen by the therapist after consulting with you. In addition to the special frequencies, you may also have music included in the therapy, which is also decided between you and your therapist.

After the session is complete, you will have a chance to discuss it with your therapist, and together you can review the outcome and fine tune the therapy to maximize the benefits of your course of treatment.

While VAT cannot cure you of any disease, it is very effective in easing symptoms of a number of conditions.

What are the Benefits of Vibroacoustic Therapy?

- Drug free relief of pain from arthritis or injuries
- Better sleep
- Speedier recovery after knee or hip replacement
- Alleviation of symptoms of Parkinson's Disease and pulmonary diseases including COPD and asthma
- Deep relaxation and reduction of anxiety
- More positive outlook and better quality of life
- Blood pressure regulation
- Increased circulation
- Alleviation of constipation

What are people saying about VAT?

"I could actually feel the vibrations right in the spots on my spine where the arthritis is especially bad. What a relief!" I.B., Simcoe

*"For years I had no feeling down the outer side of my right leg. After 4 treatments, not only could I feel my leg and foot, I could wiggle my pinky toe! Amazing."
S. L., Toronto*

"I feel a real difference in my ability to stand up without struggling since doing the treatments. I've also reduced my blood pressure medication!" H.T., Toronto

"I wish I'd learned about this sooner. Since I've been taking the VAT treatments, I am regaining function and feeling in my left arm, something I'd not been able to achieve with standard physiotherapy after my stroke. It's made a big difference." N.B., Toronto

*The healing power
of
Vibroacoustic Therapy
For Seniors*

