

I have been a chiropractic and nutritional patient of Dr. Johnson's since 1996. In August of 2007, I had a bone density scan as recommended by my M.D. The bone density tests of the spine showed osteoporosis and the bone density levels of the wrist were close to osteopenia. The M.D. prescribed Fosamax, as well as recommending nutritional supplements and exercise. I did not want to take the Fosamax, due to its side effects, but I did start taking Magnesium, Calcium and Vitamin D. After consulting with Dr. Johnson about my condition, he informed me of the benefits of Whole Body Vibration in building bone. I started the WAVE therapy in November; using the machine three times a week for 4 months. My follow-up bone scan showed an increase in the density of the spine of 1.9%! This is now just osteopenia, and not osteoporosis. The wrist bone scan is now normal density. Other benefits that I have noticed from using the Wave are: I have more energy, I can touch my toes (which I could not even do as a child), and I have firmed up all over my body. I will be continuing on with this type of exercise, as I love the results!!

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TODAY'S DATE April 7, 2008