

[IMAGE]

## Vibrate Your Way to Better Gut Health

By Editorial Staff

If you've ever stood on a special platform that vibrated throughout your body, you've experienced whole-body vibration. WBV isn't new, but the research continues to support potential benefits to its use. Case in point: a study in the *International Journal of Molecular Sciences* that found whole-body vibration increased gut bacterium and reduced gut inflammation.

The bacterium is known as *Alistipes*, and one of its primary functions is to elevate levels of short-chain fatty acids, which reduce inflammation. Using a mouse model, researchers discovered that daily 20-minute whole-body vibration sessions increased levels of the bacterium 17-fold after four weeks. Whole-body vibration also increased inflammation-suppressing macrophages and anti-inflammatory cytokines. In other words, more vibration equals better gut health and less inflammation! And can't we all use *that* in our lives?

To learn more about the basics and potential benefits of whole-body vibration, [click here](#) to read a great article from the American Council on Exercise.

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