



BIOMECHANICAL JOINT AND METABOLISM ACTIVATION

Vital muscles, strong joints,
robust spinal column
and bones





Why sport and exercise is not always enough ...

Medical fitness training - sensibly used - is a valuable supplement to conventional training offers in sport and health studios, and especially for people with chronic diseases. This is because regular exercise causes numerous effects that can be used in the prevention of lifestyle diseases such as high blood pressure, obesity and arteriosclerosis etc. The significance of modern therapeutic training offers is now being increasingly recognized by future-oriented establishments.



BRING THE BODY BACK INTO THE SWING OF THINGS

The HarmonySwing concept is quickly explained: Through the biomechanical activation of joints and metabolism the wellbeing, fitness and performance ability is increased throughout the body.

The mechanical right rotating oscillations gently centre the body towards the middle and bring energy to the cells. The effects are similar to a deep massage. Rhythmic oscillation impulses have the following effects throughout the body:

- ♥ Alignment and straightening of the spinal column
- ♥ Promotion of blood circulation and lymphatic flow, Stimulation of the metabolism
- ♥ Loosening of the muscles, alleviation of tension, support in muscle development, activation of the joints, reduction of cellulite
- ♥ Decrease of back, shoulder and head pain
- ♥ Improvement of the sense of balance



Stabilize the spiral column

Strengthen the bones

Tone up the muscles

Activate the joints



IMPROVED PERFORMANCE AND WELLBEING FOR THE WHOLE BODY



For young and old

HarmonySwing is used in sport and health facilities, as well as at home. The various versions of the device provide exercise for younger as well as older people. HarmonySwing is convincing and makes users enthusiastic because it positively stimulates the various areas of the body with finely tuned oscillating impulses.

As we are all subject to the law of vibrations in the production of energy, energy storage and energy consumption, we require optimum conditions, respectively sustainable support so as to remain healthy and able to perform for as long as possible. Many problems and diseases start with deficient, inharmonious oscillations that can lead to metabolic disorders in the body. This is exactly where HarmonySwing comes in: It quickly and efficiently activates your metabolism and promotes the deep sensitivity of your movement and support muscles.

How and why does this work, and for whom does HarmonySwing provide an especially valuable support?

- // For young athletic people as training "method" for muscle development, injury prevention or also after sports/accidents for efficient comeback.
- // For women with menstrual complaints, and/or after menopause, as pelvic floor training or with problems with the urinary system.
- // For people that suffer from osteoporosis, Diabetes mellitus disorders of the bone metabolism, or for prevention of such complaints or diseases
- // For people that have been recommended proprioceptive training because they have malpositioning of the musculo-skeletal system and want to counteract this, and/or as accompanying therapeutic measure with herniated vertebral discs, tension, chronic pain etc.
- // For people that require an adequate means to stimulate the lymphatic system or bowel activity.
- // Even for children it is an effective means of promoting the coordination and attention in a playful and movement oriented way.

1

SPINAL COLUMN

Torso stabilization
Tone development
Alignment and straightening
Improved flexibility
Release of tension in the back muscles
Help with osteoporosis

2

WOMEN

Strengthening of the pelvic floor
Strengthening of the lower abdominal organs
Less menstrual complaints
Faster regeneration after pregnancy
Exertion incontinence
Loosening of the pelvis

3

BLOOD LYMPHATIC SYSTEM

Activation of the blood circulation
Stimulation of the circulation
Circulatory disorder of the legs/feet (peripheral circulation)
Improved oxygen supply
Removal of waste products

4

METABOLISM

Cell activation
Increased fat burning/fat metabolism
Stimulation of the intestinal activity
Improved nutrient utilization
Release of the connective tissue (cellulite)

5

HORMONE METABOLISM

Decomposition of cortisone
Increase of the testosterone production
Hormone stimulation
Improved production of the growth hormone

6

MOTOR FUNCTION

Improved coordination
Support of the sense of balance
Optimization of the balance
Increased body perception
Improved fine motor function
Improved reaction ability

7

CHRONIC PAIN

Pain relief
Fibromyalgia
Support with „Restless-Leg“ syndrome
Release of blocks
Arthritis lumbar spine, cervical spine

8

STRESS

Burn-out prevention
Strengthening of the nervous system
Reduction of sleeplessness

9

WELLNESS

Relaxation
Anti-Aging
Subjective well-being
Prevention of energy blocks

10

PERFORMANCE

Greater vitality
Faster regeneration
Improved concentration
Increased vibrancy
More energy/vital force
Development of performance reserves

11

JOINTS

Increase of bone density
Mobilization
Dissolving of adhesions
Reduction of arthritis
Prevention of wear
Greater elasticity

12

MUSCLES

Dissolving of muscle tension
Strengthening of the muscles
Help with spastic movements
Dissolving of blocks
Strengthening with training deficiency



EFFECTIVE FOR SKELETAL SYSTEM AND MUSCLES



Effect range below 15 Hertz

The slow, deep and right rotating oscillations have a positive effect on the entire skeletal system and the deep muscles.

Through the movement of the joints the joint cartilage is placed under exertion and then released again and through this the joint space is widened. At the same time joint tension becomes released. Adhesions in the connective tissue (active cellulite treatment) and the development of supportive muscles can increase.

The pushing and pulling movements in the skeletal system can stimulate bone development and prevent osteoporosis. There is an effective and fast increase in the mobility. The reaction speed is improved, the sense of balance is improved through the brain, but also the inter and intra muscular coordination is increased.

This lower frequency range is above all preferably used in rehabilitation and specialised medicine, e.g. after accidents, apoplectic stroke and with Parkinson and MS.

Theta and Alpha frequencies are also aspired with relaxation techniques such as yoga, Pilates, TaiChi and QuiGong and are perceived as being states of attunement and unity.

Effect range from 15 to 23 Hertz

The absorption of the oscillations throughout the entire body is primarily through the spinal-cord and nervous system. The oscillations are similar to the natural muscle oscillations and thereby loosen and strengthen the muscles.

The perfusion and metabolism are stimulated and the optimum supply of the body with oxygen and nutrients is ensured.

The basal metabolic rate and thereby the burning of fat (dissolving of fat deposits) is increased.

All these advantages of oscillation training help to alleviate pain, e.g. with arthritis. The oscillation training also makes you mobile and fit again faster in rehabilitation.

Oscillation frequencies and their effects in the body

The HarmonySwing oscillating platform has its roots in frequency medicine. It operates through special mechanical, finely tuned oscillations and was developed on the basis of scientific understanding, and whose effectiveness has been substantiated through numerous studies.

In contrast to most other vibration plates the oscillations correspond more with natural movement sequences and basic rhythms and thereby with our own biodynamics.

HarmonySwing is not designed to combat symptoms but to promote health, vitality and vital force.

The application is simple, and takes only approximately 6 minutes daily per unit.

With all HarmonySwing devices it is easy to use the entire individually adjustable positive acting frequency spectrum from 7,8 - 23 Hertz.

The Schumann frequency

The electromagnetic resonance frequency of the Earth was discovered through the physicist Dr. Otto W. Schumann. It has a positive effect on the entire human energy and cellular system.

The oscillation impulses of HarmonySwing also utilise the Schumann resonance frequency (7,8 Hertz Alpha frequency).

Also the "nice weather frequency with 10 Hz" which was named this because it only occurs during nice weather, is also especially beneficial for people.



Frequency

Horizontal oscillating system

7,8 - 13 Hertz*

- ♥ Improvement of balance
- ♥ Promotion of perfusion
- ♥ Joint mobilisation
- ♥ Release of adhesions
- ♥ Detonification of the muscles
- ♥ Improvement of the agility


13 - 18 Hertz*

- ♥ Improvement of the coordination
- ♥ Loosening of the muscles
- ♥ Improvement of the circulation
- ♥ Improvement of the muscle strength
- ♥ Strengthening of the bones

18 - 23 Hertz*

- ♥ Hormonal changes
- ♥ Decrease of chronic pain
- ♥ Tonification of the muscles
- ♥ Improvement of stress incontinence
- ♥ Improvement of the blood circulation

* Hertz = oscillations per second



Medical training therapy with HarmonySwing

Increasing numbers of people with complaints in the musculoskeletal system come to the sport studio so as to become more active, to relieve pain, and/or prevent other diseases.

Others are in search of balance for their stressful everyday life. For many it is also a mini vacation when a visit to the sauna brings new strength and energy after the training. In actual fact however, the trainees are becoming increasingly older and unfortunately also increasingly ill.

Effective for rehabilitation

Especially after accidents or hospital stays, e.g. after surgery HarmonySwing is successfully used in rehabilitation for initiating careful reactivation and holistic therapy.

The oscillation therapy has been confirmed and is intensively used in rehabilitation and specialised medicine.

HARMONYSWING IN SPORT STUDIOS AND REHABILITATION

Medical training therapy is being increasingly introduced into sport studios, especially under qualified supervision through fitness coaches having a background in sport physiology. This is because the training of stamina, endurance and coordination is not equally beneficial for everyone.

Medical training therapy as a holistic form of fitness training can provide valuable support here. But which therapy devices are in actual fact sensible and under which conditions?

Many problems and diseases start with deficient, inharmonious oscillations that can lead to metabolic disorders in the body. This is exactly where HarmonySwing comes in: It activates the metabolism and promotes the deep sensitivity of the musculoskeletal system. This can for example be indicated after a herniated vertebral disc, injury to the cruciate ligament or with joint wear.

Also people, who due to their disease have reduced performance ability, are suitable for this training.





HarmonySwing provides exercise and activation at the place of work

Many companies incorporate HarmonySwing into their company fitness concept. Here the compact devices provide ideal support with the activation of joints, muscles and metabolism. The advantage for the employees: Improved concentration and sustained performance ability.

HARMONYSWING IN COMPANIES: REDUCTION OF ABSENT TIMES

In companies HarmonySwing is either used directly at the workplace or in the company fitness area.

The oscillating platform is ideal for:

- ♥ Employees who have been recommended proprioceptive training because they have malpositioning of the musculoskeletal system and who want to counteract this, and/or as accompanying therapeutic measure with herniated vertebral discs, tension, chronic pain etc.
- ♥ As preventive or therapeutic measure for office employees as "vein pace-maker", as well as to counteract heavy or tired legs.
- ♥ Perception exercises for "swinging" relaxation - in the work pause or during work directly at the office desk.
- ♥ As mini module within the scope of company fitness programs - for ergonomic workplace design.





HarmonySwing for senior citizens: Active up to a high age

Continue to structure your life actively and free of complaints during your retirement so that you can enjoy your everyday life, family and leisure time with friends.

With HarmonySwing you will remain agile and vital. The operation and use is straightforward, comfortable and effective.

The oscillation therapy is also successfully used in many institutions such as e.g. assisted living or pensioner homes.

HARMONYSWING FOR THE GENERATION 50+: REMAIN FIT AND AGILE - AS LONG AS POSSIBLE

Our professional and everyday life requires our entire stamina and health - especially at a higher age. Everyone would like alleviation for existing complaints, the long-term maintenance of health and a long and fulfilled life.

But most people do not take sufficient exercise to keep their body fit. HarmonySwing balances energy loss and lacking exercise. It activates, regenerates, prevents development of complaints and thereby increases vital force and energy.

Recharge your battery packs and relax with HarmonySwing. You benefit from:

- ♥ simple applications
- ♥ comfortable devices
- ♥ individual frequency ranges
- ♥ effective oscillations
- ♥ an innovative technology





Standing, sitting, lying down ...

... the HarmonySwing oscillating platform is as flexible as your body. Regardless whether you prefer to sit down, stand or lie down during the treatment: The bio-mechanical oscillations are equally strong in every device and can be controlled by means of an easy-to-use remote control during the application.

HarmonySwing

THE OSCILLATING VIBRATION DEVICES

HarmonySwing Revital C

HarmonySwing Revital T

HarmonySwing Revital L

HarmonySwing Revital med T

HarmonySwing Revital med L

HarmonySwing Revital med ML*

The devices with the additional designation **med** refer to the devices approval for medical use.

* the massage table is in the planning stage



All devices in the HarmonySwing range are compact, easy to transport and are space-saving to store when they are not being used.

HarmonySwing Revital C - the compact one

The smallest device is a compact platform for the feet and hands, as well as the respective reflex zones and meridians. Whether under the office desk or in front of the reading chair. HarmonySwing Revital C will find a place everywhere.

HarmonySwing Revital T - the trainer

The training device offers maximum flexibility. It is versatile in use standing up: Ideal with walking sticks, optionally with a sturdy handrail or entirely without support fixtures. A special unit converts the HarmonySwing Revital T into a sitting device, which smaller people can also use as a lying down surface area.

HarmonySwing Revital L - the massage table

HarmonySwing Revital L allows whole-body applications whilst in a relaxed lying down position. Especially tension in the shoulder and neck area can be released and a balanced circulation throughout the whole body is promoted. Through the therapy cube it is possible to provide improved relief and mobilisation for the intervertebral discs and lumbar spine.



HarmonySwing is a brand of the company cellinfomed. Currently we offer 4 pillars in the medical sector. One core area is the marketing of medical devices for companies, medical practices and private individuals.



Medical practice sales management



Fit4Business health prevention for companies



Medical Market Research



Marketing of medical devices, amongst others HarmonySwing

HarmonySwing

Your contact person for
HarmonySwing

Cellinfomed
Herbert Radlmaier
Hauptstraße 3f
84186 Vilsheim
Germany

Telephone: +49 (0)8706 9477-115
E-Mail: info@cellinfomed.de
www.cellinfomed.de

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and test for several
weeks or months.

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