

sound oasis®  
sleep better. feel better. live better.®

WITH BLUETOOTH!

# Vibroacoustic Therapy System Plus

Proven to help you sleep, relax, renew

HEAR  
AND FEEL  
the therapy  
IN EVERY CELL  
OF YOUR  
BODY!



Bluetooth®



NATURAL,  
CLINICALLY  
PROVEN  
THERAPY

# What is the VTS-2000?

The Sound Oasis VTS-2000 is a revolutionary healthcare appliance that combines low frequency vibrations with sound therapy to stimulate body cells into therapeutic states of relaxation and healing.

## How does it work?

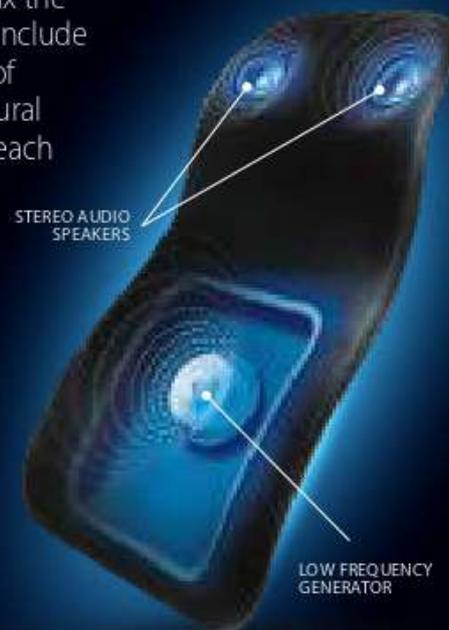
The VTS-2000 is a portable back support system that includes a Low Frequency Generator (for producing specially tuned low frequency vibrations), Stereo Audio Speakers (for producing soothing music with brainwave entrainment) and a Remote Control that contains 12 doctor developed sounds for 60 minutes of professional therapy.

**a.** Music: The VTS-2000 includes 60 minutes of doctor developed music broken down into four different therapy themes - Energize, Relax, Sleep and Stress Relief - with three sound track selections for each theme. With the included Bluetooth technology, you can enjoy new vibroacoustic therapy tracks or music from your own library for infinite therapy options.

**b.** Brainwave Entrainment: Each therapy track is embedded with specific frequencies that coax the brain into different therapeutic states. These include careful temporal event control (the number of sounds striking the ear per second) and binaural pitch detunement (slightly different pitch in each ear) resulting in a brainwave response to support sleep (with delta frequency), stress relief (with theta frequency), relaxation (with alpha frequency) and energizing (with low beta frequency).

**c.** Vibroacoustic Stimulation: Low frequency sounds specifically included in each sound track provide vibrotactile stimulation to the body at the cellular level encouraging increased circulation, decreased pain and increased joint mobility. Because vibration increases blood flow and circulation while it relaxes, it may also decrease blood pressure.

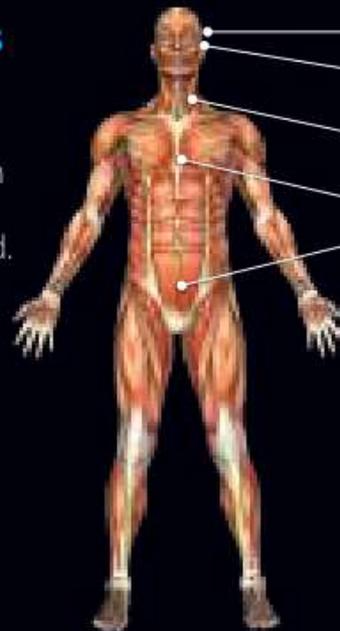
**d.** Brain Stimulant: The VTS-2000 can be an effective tool to stimulate healthy neural activity in the brain thereby reducing risk or impact of various neural diseases.



## Clinically Proven Benefits

Vibroacoustic therapy is a well researched and tested therapy. The following benefits have been clinically proven by separate medical studies around the world.

- ✓ Increased circulation
- ✓ Decreased pain
- ✓ Increased mobility



- 88 Hz:** Migraine relief
- 40-68 Hz:** Reduces anxiety, depression & autism symptoms
- 68 Hz:** Reduces neck & shoulder pain
- 50Hz:** Dislodges lung secretions
- 52 Hz:** Reduces lower back pain & menstrual pain
- 40 Hz:**
  - improves digestion
  - lowers blood pressure
  - reduces Parkinson's symptoms
  - intervention for stroke, Alzheimer's & brain injury
  - effective in treating multiple sclerosis
  - relieves suffering from rheumatoid arthritis
- 27-38 Hz:** Insomnia relief

## Features of a Healthy Brain

### 1. The healthy brain has constant rhythmic brainwaves that result from neurons firing together at specific rates.

Brainwaves are measured in pulses per second known as Hertz (Hz). During deep sleep brainwaves are synchronized at a slow rate around 2 or 3 Hz (delta brainwaves). In an awake and very relaxed and unstressed state the dominant brainwaves pulse 8 to 10 Hz (alpha brain waves). Functions like consciousness, attention, and memory involve brainwaves pulsing 30–50 Hz (gamma brainwaves).

### 2. Healthy neural connections or circuits between parts of the brain.

The healthy brain consists of many connections or circuits between essential components. For example, the motor circuit controls movement and to do so the brain must have healthy connections between the frontal lobe, the motor cortex, the cerebellum, and the basal ganglia. Among the many circuits are the memory circuits, the cognitive, the mood/limbic, the auditory, the motivation, and the reward circuits.

### How the VTS-2000 Helps Maintain a Healthy Brain

Because the VTS-2000 is very good at turning low frequency sound into a vibration that can be felt all over the back as well as heard with the ears, specific frequencies that correspond to healthy brain activity can be played and used to stimulate the brain. This brain stimulation results from the cells in the ears and in the body "feeling" the pulses of vibration and responding with each pulse by sending a neural signal to the brain. So if the sound pulse is 40Hz – or 40 pulses per second – the brain cells will be stimulated to fire 40 times a second – at what is called gamma frequency. This stimulation increases the number of brain cells "firing" at the target rate resulting in a natural support to the desired healthy brain state.

# Specific Health and Wellness Applications:

Using the **VTS-2000** can contribute to healthy levels of gamma brain activity thereby reducing the risk or impact of:

**Alzheimer's Disease.** Brain connectivity required to sustain healthy cognition and memory is related to 40Hz gamma brainwave activity. Research shows that development of Alzheimer's is associated with a change and reduction in 40Hz gamma activity. Research also shows that stimulating the brain with 40Hz body vibration and auditory sound can improve cognition and memory. Recommended: Treatment tracks 1 and 2.\*

**Parkinson's Disease.** Control of movement requires a healthy movement circuit which depends on large numbers of neurons pulsing together at a gamma frequency level (30 – 50 Hz). Research shows that stimulating the brain with 30 or 40Hz body vibration and auditory sound has improved movement control. Recommended: Treatment tracks 2 and 3.\*

**Fibromyalgia.** Research shows that for the brain to be able to control the perception of pain, several parts of the brain need to connect effectively – known as the sensory interoceptive circuit. This applies particularly to generalized neurogenic pain like Fibromyalgia. Since a healthy sensory circuit depends on neurons pulsing together at a gamma frequency level of 40 Hz, research shows stimulating the brain with 40Hz body vibration and auditory sound dramatically reduces Fibromyalgia pain perception. Recommended: Treatment track 2.\*

**Depression.** The healthy brain features well functioning limbic and mood circuits that depend on strong levels of gamma brain activity. The two sides of the healthy brain are also in synchrony – especially in the frontal region that controls aspects of personality and decision making. Depression shows disturbances in synchrony of the two sides of the brain and in the function of circuits. Research shows that listening to music with both ears contributes to brain synchrony and that body vibration stimulation in the gamma range helps regulate brain circuits. Recommended:  
(1) "Energize" track to support brain synchrony.  
(2) Treatment track 2 and 4.\*



DEVELOPED IN  
CONJUNCTION  
WITH

**Dr. Lee  
BARTEL**

World Renowned  
Vibroacoustic  
& Music Medicine  
Expert

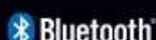


\* Research Treatment tracks for specific conditions are available for download from Sound Oasis ([www.soundoasis.com](http://www.soundoasis.com)).

# Vibroacoustic Therapy System Plus

Proven to help you sleep, relax, renew

**12** INCLUDES  
**DOCTOR DEVELOPED SOUNDS**  
for **60 minutes** of professional therapy



With Bluetooth for infinite therapy

3 Relax  
Sound Tracks



3 Energize  
Sound Tracks

3 Stress Relief  
Sound Tracks



3 Sleep  
Preparation  
Sound Tracks

Use on your bed or on your favorite  
chair at home or office.



Clinically Proven, Doctor Developed Sounds – help you relax,  
renew your body and prepare you for sleep – naturally!

- 60 Minutes of Therapeutic Sound – 12 Relax/Sleep/Energize/Stress relief sounds.
- Professional, digitally recorded sounds and music.
- Bluetooth technology for infinite sound options.
- Backlit Remote Control – controls sounds, volume and vibration intensity.
- Outlet Powered – power unit with included AC adapter.

## What customers are saying...

*It is without doubt a major step as an alternative for the relief of stress and treatment of anxiety on a musculo-neuro-musical level.*

Jerald H. Ratner, M.D.

*I am writing to express my appreciation for your bringing to market an affordable, portable, high quality Vibroacoustic therapy system. It has been very cost prohibitive to utilize this technology until now and I am very impressed with the quality of your device. I have offered sessions to some of my clients and they have raved about how relaxing and profoundly effective it is. Thanks for a great product!*

Ezra Kreamer, LCSW  
Sojourn Float Center, Belfast, ME

*The Vibroacoustic Massage System exceeds my expectations. My friend bought the \$1,200 recliner with 2 speakers - this one is much better in my opinion and for a fraction of the cost!*

Ron Westberg, Temecula, CA

*The Sound Oasis Vibroacoustic System is the most advanced, simple and affordable system to date. It is amazing!*

Regina Murphy, Las Vegas, NV

*My friend raved so much about your Vibroacoustic product that I have also purchased one and I am quite amazed. I have been working with vibroacoustics since 1985, have owned just about everyone's device and find your pad has so much power without being bulky. This could finally be an answer for people with less money.*

Susanne Jonas, Ed.D., Walland, TN

*I started with the VTS a little over a week ago and already have seen improvement. It is quite remarkable. I do the 30 minute track at 5 am before I do my yoga, meditate or take the drugs (7am).*

*I am walking faster and more relaxed. I am typing again. I am experiencing more joy and motivation. I am thoroughly impressed. I jumped onto a 30 inch metal gate yesterday! My agility and confidence are returning. Thank you!!*

W'Ren

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