



## Rhythm “The cellular mode of communication”

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### ABSTRACT

The endless human connection beyond the solar system and how we are connected to earth, universe and to each other; Human body is connected within and reveals the inner happening by different recordings. We are all in rhythm and when this rhythm is lost the cells get stagnated and this gives rise to disease. Matrix rhythm therapy acts as a pivot of whirl that addresses to the demand of the cellular rhythm. Concept of Matrix rhythm therapy: eliminating pain symptoms by relaxing the muscle, healthy rhythms, optimal logistics and restoration of vibrations, entrainment of the tissue to swing along, restore healthy lymphatic functions. Au-thor rendezvous with matrix rhythm therapy, concept of vibration therapy. How does vibration therapy work? Whole body vibration types of whole-body vibration. Technical requirements for vibration therapy platform, effects of whole-body vibration on muscles tendon/connective tissue, blood vessels, hormones, capsule and joints nerves/neuro transmitters bone and cartilage, skin, vibration therapy as compliment; regeneration and cool down; contraindication for whole body vibration therapy and application areas.

### Biography

Syed Mohammad Waris was Certified Matrix rhythm practitioner in Germany. He is Certified Pro Vib Practitioner, Austria. He is Associate Director Academics at London Academy of Sports and Health Sciences, UK.