

EMS – THE FUTURE OF FITNESS

Electro Muscle Stimulation (EMS) is the fastest growing wellness and fitness trend globally that offers the ultimate in muscle strengthening, body shaping, cellulite reduction and weight loss programs.

EMS training is able to provide stronger and more intense muscle activation than could be achieved with voluntary exertion alone. This provides better intra- and inter-muscular contraction, and a 20 minute session is comparable to several hours of conventional weight training – but without the risk of using heavy weights.

EMS also provides an improvement in muscle activation rates commonly known as “muscle memory”.



Thus, with EMS activating far more intense muscle recruitment, and using muscles that were previously mostly dormant, your available muscle potential increases dramatically, and new muscle memory pathways are established.

“We currently work with many cyclists of varying skills and fitness levels, from the “weekend warrior” to top South African Cycling and Triathlete Champions. We also have boxers, rugby, hockey, swimmers, track and field athletes our growing base of sports specific Customers,” says Hans Eichhorn.

This is not a “one fits all” approach, but an individually tailored strategic plan to ensure you get the quickest, safest, most effective, efficient and beneficial results, using the latest technology!

“We begin the process with a Body Composition Analysis that provides detailed information about muscle mass, fat, water, protein, mineral, and left / right balance of the muscular and fat structure.”

“This, with the cyclist’s personal requirements and goals, is used to determine a specific program in order to achieve maximum results, which can be monitored and measured.”

“EMS FutureFit do not have joining fees like most fitness facilities, and do not believe in long term contracts – we are confident that you will enjoy great individual service AND get results that will make you want to return,” Hans concludes.

20 minutes a week will change your life – start YOUR fitness evolution by contacting EMS FutureFit.

Some benefits include:

Significantly reducing body fat, Developing a tighter and toned body, Strengthening core and abdominal muscles, Reducing back pain and improving body stability, Strengthening pelvic floor muscles, Increasing power, endurance, dynamic and explosive strength, Speed, agility, and increased performance due to direct stimulation of “fast-twitch” muscle fibers, Improvement in posture and muscular imbalances.

For more information visit Shop 10 Fountain Square, Caledon Street, Somerset West, Contact Hans 082 579 1746, Michelle 083 293 5480 email: studio@emsfuturefit.co.za or visit www.emsfuturefit.co.za

WORLD CONFEDERATION FOR PHYSICAL THERAPY 2017

Every WCPT Congress is special, but the 2017 congress, to be held on 2nd - 4th July 2017 in Cape Town, will be unlike any other. It will be the first time a WCPT Congress has ever been held in the Africa Region. It will also be the first WCPT Congress to be held in the new two-yearly congress cycle.

But it is the people who attend a WCPT Congress from all around the world who give the event its unique sense of global professional unity. At no other event are there such opportunities for the physical therapy community to network with colleagues from around the world and interact with international leaders in their field. It is where the world of physical therapy meets.

The South African Society of Physiotherapy is getting ready to welcome the world to Cape Town and all it has to offer. The Rainbow Nation is where you can experience the ultimate combination of nature, wildlife, culture, adventure and heritage.



Already, members of the International Scientific Committee are putting together the congress programme under the guidance of Professor Dina Brooks. They have been selected for the breadth of their experience to ensure that the congress is relevant to all physical therapists, whatever their professional interest and whether they work as a clinician, manager, researcher, student or educator.

“We hope that you will embrace this opportunity to attend the largest international physical therapy gathering. It is through extending our knowledge and connecting with colleagues from different cultures and backgrounds that we strengthen our profession advancing practice for the benefit of populations and the individual patients we serve.”

The WCPT Congress is the profession’s largest international scientific congress – it is where the world of physical therapy meets.

Over 2,000 physical therapists from around the world are expected to attend this event. The WCPT Congress 2017 is WCPT’s 18th international congress, and it is the first time the event has ever been held in Africa. This spectacular 3-day event will showcase the profession’s latest research through its innovative scientific programme. With ten concurrent sessions the programme will include: 17 focused symposia, 32 networking sessions, 13 discussion sessions, 10 seminars, the presentation of more than 1,300 abstracts and a large trade exhibition alongside the scientific programme brings the latest innovations and services.

For more information visit: www.wcpt.org

BIO RESONANCE FREQUENCY THERAPY

This process identifies and eliminates the root cause of a disease or condition, whereas conventional medicine generally simply soothes symptoms. Scientific studies, medical records and video footage¹ substantiate that frequencies (sound waves) do in fact destroy pathogens - bacteria, viruses, parasites, even tumours - without endangering any part of the body system.

This safe, non-toxic method is based on the scientifically-proven fact that every pathogen has a frequency which differs from that of the body cell. Thorough research over many decades have identified the relevant frequencies to be used; therefore, applying the correct frequencies disables and destroys the pathogen.

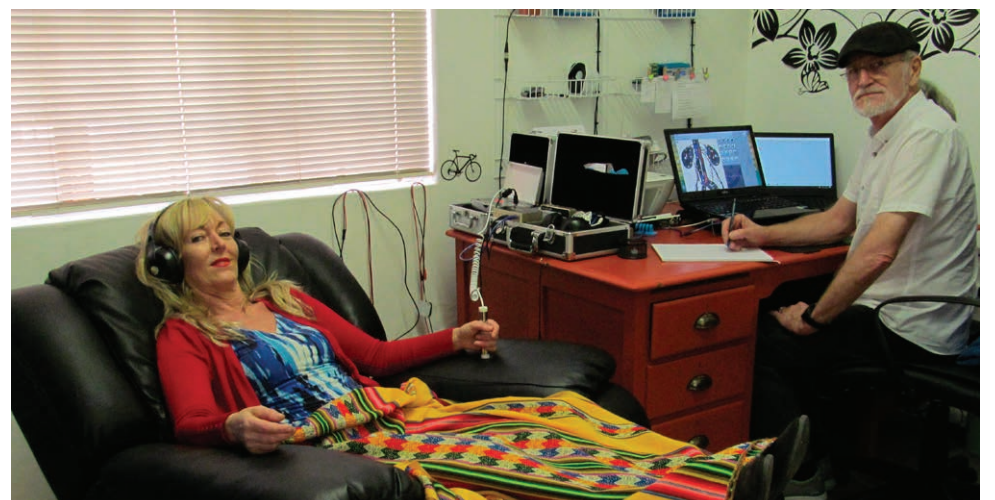
It also stimulates a weakened immune system, enabling it to combat infection and disease. Malfunctioning organs and body systems start working normally again - healing the body. Successful treatment nevertheless depends on the following: Correct diagnosis/analysis; Systematic therapy; Observing therapeutic instructions presented by your Therapist. Control Diagnostics after a series of treatment sessions are equally vital to establish the level of success achieved.

Furthermore: Frequencies are among the most globally-acclaimed and proven ways of winning the war against cancer²

¹YouTube: Search for “Killing with frequencies” and watch numerous fascinating demonstrations.

² www.cancertutor.com

SoundWaves Health Clinic in Gordon’s Bay offers a 2-pronged benefit. 1) Scanning and Analysis; 2) Treatment. The great advantage of our 3D Scanning system is the early detection of tumours and latent life-threatening conditions. An added bonus is that it can identify anomalies in chromosomes, DNA and genes!



This system is also excellent for children; no trauma, stress or handling involved. ADHD, for instance, is just one of the countless conditions that can be detected – and treated.

Article by Anne-Marie de Villiers

For more information visit

SoundWaves Health Clinic, Suite 6, 33 Beach Rd, Gordon’s Bay,

Call 083 267 9745 e-mail: admin@soundwaves.capetown or visit

www.soundwaves.gettimely.com