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Share on PinterestIn 1867, Russian physician and inventor Gustav Sander developed a device that used weights and pulleys to create a sense of vibration. His appointment was therapeutic. In 1895, Dr. John Harvey Kellogg introduced vibration therapy into his health practice. Using a vibrating stool he designed himself, he claimed it could help improve circulation and relieve constipation. During the Russian space program, doctors found that the cosmonauts suffered from bone loss and fractures at a much younger age than usual. They began using vibration therapy to help strengthen the astronauts' bone mass and muscles. Today, NASA continues to use vibration therapy to help prevent bone loss. More research is needed on the potential health benefits and risks of vibration therapy. Some evidence suggests that this may help in the treatment of certain conditions. It can also pose some risks. There are two main types of vibrational treatment: whole body and localized. During full-body vibration therapy, your therapist will ask you to stand, sit or lie on a car supported by a vibrating platform. For example, they might ask you to stand in a semi-mowed position with your knees bent. During localized vibration therapy, your therapist will place a manual vibrating device on certain parts of your body. For example, they can place it on the calf or thigh muscles. When vibrations are transmitted to your body, they cause your muscles to contract and relax. Some types of vibrations can also cause your body to produce more osteoblasts. These are the cells that produce the bones. The direction and intensity of vibrations can determine how well vibration therapy works. Some machines produce only vertical vibrations. Others produce vibrations that go up and down, front and back, and sideways. Up and down vibrations are considered most effective for producing rapid muscle contractions. Advocates argue that whole body and localized vibration therapy have a number of health benefits. For example, some people claim vibration therapy can help: increasing bone density increases muscle mass pre-conclusive circulation of joints painreduce back painalleviate stressboost metabolismMore research on vibration therapy is required. But early findings suggest that it may have some benefits for treating certain conditions. Bone density and muscle strengthIn an article published in the journal Clinical Rehabilitation examined studies on the effects of vibration therapy on muscle strength and bone mass. The authors found evidence that vibration therapy can help improve the muscle strength of the legs in older adults. They found no substantial evidence that it improves bone tissue in the elderly. More recent studies described in current reports of osteoporosis and current opinion in endocrinology, diabetes and obesity were more promising. The results suggest that vibration therapy can help stimulate bone formation and improve bone strength. The intensity of vibrations can affect the efficiency or not. More research PainAccording to research published in the journal Athletic Training, whole body vibration therapy can help prevent muscle soreness after exercise. The authors note that more research is needed. Parkinson's Disease A study published in NeuroRehabilitation suggests that vibration therapy may have short-term benefits for people with Parkinson's disease. For example, it can help reduce muscle tremors and stiffness. More research is needed to assess the long-term effects. Vibration therapy can be dangerous if the intensity of vibrations is too high. This can lead to lumbar injuries and severe back pain. Talk to your doctor before trying vibration therapy. They may advise you to avoid this if you are taking blood thinners that carry advanced diabetes, and may have some benefits for treating certain conditions such as muscle weakness, muscle soreness or Parkinson's disease. It can also be useful for older people who are unable to exercise regularly. More research is needed to assess its potential benefits, including whether it can increase bone density. Talk to your doctor before trying vibration therapy. They can help you assess potential benefits and risks. Some people consider oral sex the most intimate of all sexual acts. Cunnilingus, a technical term for performing oral sex on a woman, can be incredibly intimate. To be good at this, you have to be an excellent reader of her body, her breath, her movements, and what she can say to you in words. Everything you do is for your partner at that point and should not be based on performance expectations, lessons, or previous oral sex experiences. Make sure your hands are clean and your nails trimmed as you want to use your hands as well as your mouth on it. If you have facial hair and shave regularly, be sure to do so in advance; nothing kills the mood quite like sandpaper on its sensitive parts. Many people have preconceived notions about the taste and/or smell of their partner's genitals. If you're worried about it, suggest a romantic bath or shower together, then go down to it. Getting naked and wet with each other is never a bad idea, and as you get more comfortable, you'll probably find that your partner's taste and smell cause more excitement than anything else. Some people use flavored lubricants, and many dental dams (great for safe sex) are flavored as well. Most women don't want to go from zero to

oral sex in 30 seconds. Not the time and ease in it. Do other things that you know she loves. Use your hands and mouth all over your body, which will beautifully foreshadow that in the future. When she's nice and excited, her hips are thrusting and moaning quite regularly, head south. You'll both enjoy it more if you're both physically comfortable. Use pillows and be creative with oral sex positions so that you are both relaxed and feel that you can move around. Some people will have a hard time around their necks to between her partner's legs with his head ready over her vulva. For others, it will work just great. Remember that it is normal to change positions and move around. If you don't have body parts, you can refresh your female genital anatomy. Much of the focus with cunnilingus is on the clitoris, but every woman is different and there may be other parts of her that will take oral sex every day to get out of this world. Use your fingers to spread her lips and take a good look at her clitoris, her labia, her mons, her vagina, her prominin and her anus. Many women have very sensitive clitoris, so avoid punching the clitoris. Smooth her tongue and use wide slow strokes to explore her inner and outer lips, her vagina, and her clitoris. Imagine licking an ice cream cone. Start with the intermediate and lick and around it the clitoris and back down the other side. Most women prefer to have their clitoral hood licked. It is a fold of skin that covers the actual heads of the clitoris, which is extremely sensitive. In general, women tend to have both solid pressure and repetitive movements. Fast tongue clicks against the clitoris can be annoying. If you're not sure, ask her to show you now, or you can offer her your hand and ask her to demonstrate the kind of stroking she prefers by putting her on top of yours. When it is nice and excited, add a little lubricant to your fingers or toy and gently insert it into the vagina. Move them in and using short but hard strokes. Put your mouth back on her clitoris and lick it until you penetrate it. This won't do it for all women, but many love the experience of clitoris stimulation and penetration. Women have sustained stimulation, so don't stop if you don't need to approach the air. You will see signs as she prepares to move to the top of her moans, her hips snuggling to her head, her body arching, her arms tightening on her head, she will let you know when to stop. Don't forget the rest of her body. In terms of what's nearby, you can incorporate the crotch and vaginal opening into oral sex. If you use a sex toy to infiltrate, it may prefer to work a or vibrator inside it while you lick. This allows you to focus and her to get the rhythm she loves the most. If your mouth or tongue tires, give it a rest, but replace the stimulation with your hand or vibrator (if it wants to rest too). Male partners should be aware that women may need more time than and many women are concerned about it. Whatever you do, don't make her feel bad about how long it takes and hang in there in the long run. If you need to stop or change things things it's ok, but don't do it about it for too long, which will only make it take longer. More. mechanical and electrical vibrations differential equations. nonlinear vibrations in mechanical and electrical systems. nonlinear vibrations in mechanical and electrical systems pdf. vibrations in mechanical and electrical systems

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