

Arapal Vibrational Medicine

I was lucky enough to meet Colin at the beginning of this year (2008) and was given a demonstration of the Arapal Vibrational Machine and the possible benefits it would have!!

As a front row forward in professional rugby for over 10 years, I finished the game with groin, hip, back and neck problems. The problems varied from joint pain to a lack of flexibility.

Since retiring from rugby I have taken up squash and running and are active in these pursuits at least 5 times a week.

The Arapal Vibrational Machine has been like a miracle cure for me and has allowed me less down days because of soreness and tight muscles. I use it morning and night and it has replaced my morning stretching regime (simply because I personally find it more beneficial than stretching)

I travelled to South Africa with the Arapal Vibrational Machine this year. It was easy to pack and to set up in my hotel room.

One of the positive side effects for me from using the Arapal Vibrational Machine has been weight loss and while that isn't the reason I use the Arapal Vibrational Machine it was a pleasant surprise all the same.

My wife who is a regular runner is also a fan and uses the Arapal Vibrational Machine as much as I do!!

I have been so impressed with the Arapal Vibrational Machine and would happily recommend its healing qualities.

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