

<p>Chi Machines Potential Benefits Help in combating the ageing process</p>	<p>Here are a few of the signs of ageing that many of us experience - and the potential benefits from using the Chi Machine exercisers for just 5-15 minutes a day</p>
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Symptom	Benefit
Stiffness	Suppleness
Low energy	Energetic and alert
Feeling stressed	Calm and relaxed
Tired skin	A healthy glow
Prone to colds	A strong immune system that fights off colds and other bugs

Many people start to see the beneficial effects of the Chi Machine exercisers within a few days of starting to use it. Nature intended that regular exercise of the body – as we go about our daily routines - would stimulate the nervous system and all bodily functions so that we could stay in good health. Similarly the greatest benefits will be seen if use of the Exerciser becomes a regular part of your daily routine - as the body will be able to take most advantage if the extra energy stimulated by the Exerciser is being made available every day.

What are the possible health benefits from regular use of the Chi Exerciser?

<p>It is well known that good health cannot be expected if we fail to pay attention to the following:</p>	<ul style="list-style-type: none"> ● balanced nutrition ● appropriate exercise ● relief from stress ● adequate sleep
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Many are now taking more care to eat healthy food. The Chi Exerciser provides in-the-home support for the other three of these crucial aspects of staying healthy:

- Exercise that provides a workout for the whole body without risk of injury or over-exertion
- Relaxation of body and mind with potentially immediate results after use for just a few minutes, in the comfort of home

As a bonus, many users report enjoying deeper sleep if they use the Chi Exerciser for just a few minutes at night, and improved energy levels.

While everyone responds differently, reports from research upon and use of this type of passive exerciser worldwide over more than 12 years indicates that many benefits can be enjoyed from its stimulation of the body’s fundamental systems for staying healthy.

The following parts of the body are among those that need regular exercise to perform well:

- spinal column (release of tension in muscles associated with the back and shoulders)
- autonomic nervous system – located within the spinal cord - the key to regulation of all ongoing bodily functions
- blood system (improved oxygenation and circulation)
- the digestive system and intestines, particularly for sufferers from constipation and/or poor digestion
- lymph system - especially sufferers from lymph oedema, venous oedema & ‘fluid retention’ generally
- the immune system - relief for auto-immune system disorders such as allergies and chronic fatigue
- oxygen exchange at the lungs (including relief for asthma sufferers)
- oxygen exchange at cell level - for healthy cellular activity
- metabolism – reductions in body fat and weight
- 'chi' or life-force energy flow – an immediate and usually perceptible stimulation of the flow of this subtle and life-giving energy
- support for detoxification – perceptible changes are experienced by many users within a few days of use
- the triggering of cellular memory – helping the body to rediscover some of the suppleness lost beneath the layers of tension and stress brought about by poor posture and other bad habits of body use

As well as the benefits resulting from the unique motion of the Exerciser, the elevation of the feet on the cradle is known to be efficacious in relieving the symptoms of common ailments such as fluid retention, poor circulation and varicose veins.

How to use it - - Your first session

- **Always start with a short time span.** If you are reasonably healthy, start at 3 - 4 minutes, and then build up gradually to a comfortable time over a period of a week or more. If your health is delicate, start with just 1 or 2 minutes, and build up very gradually.
- **Drink a glass of water** before and after using the exerciser. One of the effects of using the exerciser is to release toxins from your blood system, as well as the lymphatic system. These toxins need to be moved out of your body fast, otherwise you may feel discomfort. Once this initial detoxification process has happened (possibly over several days after starting regular use) you will feel much better. But keep drinking plenty of water, as the exerciser will continue to help the body flush out the toxins before they build up again. Another reason for drinking water is to help reinforce the Exerciser's action of clearing the body's memory of 'bad use' (postural and other 'habits'), held by the body at cellular level. The best practice is to drink a glass of water before and after using the exerciser.
- **Start at a slow speed.** As you turn the dial, the speed increases. It's good to monitor your physical feeling as your body responds to the oscillation of the ankle rests. This will allow you to discover the speed which sets up a good rhythm for your body. Everyone is a little different, and the adjustable speed control allows you to find what suits you best.
- **Lie still afterwards.** The most important time is actually after the movement stops. Lie there for at least 2 or 3 more minutes, or optimally 5 minutes after a 15-minute session. Enjoy the afterglow of 'chi' energy (often felt as a tingling sensation) while it continues to flow through the body. This is where the most benefits occur. The body will usually continue to release tension in this period, especially if you focus on lengthening areas of habitual tension.
- **15 minutes is the maximum.** The timer automatically cuts out the motor after 15 minutes. Never do more than 15 minutes in one session. On the other hand, it is fine to have several short sessions during the course of one day. Two or three sessions of 3 to 5 minutes each day is better than one of 15 minutes! One session after getting up in the morning and one in the evening is ideal. If you have sleep problems, use the exerciser before you go to bed – or even if you wake up in the middle of the night.

General guidelines

- **RELAX:** Enjoy the ride! Your body will move rhythmically, responding to the movement of your feet. If you are fairly relaxed, you will experience a wave from your feet all the way to the top of your head, especially from the hips upwards. If you contract your muscles, your body may stay rigid in places and not join the wave. This is not what should be happening! A good way to relax is to focus quietly on your breath as it comes in and out. No need to breathe forcefully, just watch the breath coming in and out in its natural rhythm. Focus ‘inside’ but not on your thoughts! Playing some relaxing music sets a nice tone and may help to make it a nice, pleasurable experience – which is how you will get the most benefits! You can also focus your attention on parts of the anatomy where you feel aches or discomfort, which will help to bring relaxation there.
- **Drink lots of water.** One of the effects of using the exerciser is to release toxins from your blood system, as well as the lymphatic system. These toxins need to be moved out of your body fast, otherwise you may feel discomfort. Once the initial detoxification process has happened (possibly over several days after starting regular use) you will feel much better. But keep drinking plenty of water, as the exerciser will continue to help the body flush out the toxins before they build up again. Another reason for drinking water is to help clear the body’s memory of ‘bad use’ (postural and other ‘habits’), held by the body at cellular level. The best practice is to drink a glass of water before and after using the exerciser.
- **Weight Considerations:** The more you weigh, the slower the unit will oscillate. The Exerciser has a heavy-duty motor designed to bear any body weight, but you may need to move the dial closer to full speed if you are relatively heavy.
- **Do not run it too fast,** until you know what speed is comfortable for you. Most people will find that the optimum speed for achieving a rhythmic movement and deep but undisturbed breathing is several notches less than full speed. We recommend that only those with a heavy build and strong constitution should run it close to full speed. Please take the time to experiment and feel out what speed is best for you.
- **BODY POSITION:** Always lie on your back. If you have back or hip problems, make yourself as comfortable as possible. Use a wrapped towel or pillow or bolster under your knees if this helps. Place a pillow under your neck if you wish. Place your arms at your sides, with hands up to 1 foot away from your body.
- **OTHER BODY POSITIONS:** Once you are familiar with the exerciser, you can experiment with where you place your arms. There are different beneficial effects if you place your hands behind your head, or with arms extended beyond the head, on the floor (stretching the muscles, not too tense, a soft feeling is better). These alternative positions can be done for 2 – 3 minutes each midway during your regular session, and are illustrated below. Make sure you stay relaxed in these positions even though it’s a little more challenging for the back.

CONTRAINDICATIONS

Please note that the Chi Machine exercisers should NOT be used in the following situations:

- for one hour after eating (this applies to everyone)
- within three months of surgery
- within three months of bone fractures (or before they have fully healed)
- during the first three months of pregnancy
- when suffering from open wounds, serious infections or undiagnosed injuries
- if you suffer from epilepsy (except with doctor’s consent*)
- if you have heart disease or other heart conditions, consult your Doctor for advice*

Chi Machines

Perfect machine for Cellular Activation, Spinal Balancing, Immune System Improvement, Increasing Blood Circulation, Muscle Relaxation

If you are looking to exploit the great health benefits there is to gain from Chi Exercisers then visit our [Deluxe Chi](#) page. If your budget is little low for a high end machine then you may want to check out our [Standard Chi Exercisers](#).

How do the Chi Enhancers Work?



Chi machine generates oscillating motion that maximizes the movement of all the body cells without having to lose a lot of energy, put a lot of stress in your body, or feeling "Over worked".

How do the Chi Exercisers help?

- Temporarily relieves minor muscle aches, pain and tension caused by fatigue or overexertion
- Temporarily increases local blood circulation
- Relaxes muscles locally
- Relieve vertebra joint pressure
- Promotes an immediate sense of well being

Major Health Benefits

Cellular Activation



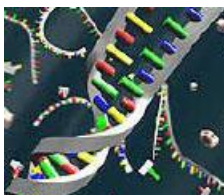
Massage stimulation to the sympathetic nervous system opens up the bronchials to provide maximum oxygen access to the lungs, simultaneously the blood flow to the and from the lungs is increased, enhancing oxygen exchange from the lungs to the blood and therefore to the body cells, to excite cellular metabolism.

Spinal Balancing



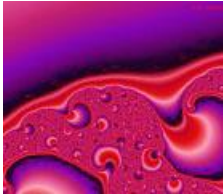
With the body relaxed in the lying position with no weight on the spine, the massage unit will influence a correction to certain conditions of spinal misalignment.

Improving the Immune System



Stimulates globulin production which increases the immune system's defense capacity thereby providing greater freedom from disorders and disease.

Blood Production



Blood is produced in the spleen and the spinal marrow. Reduction of splenic blood production can arise from the spleen's susceptibility to damage. The action on the spine stimulates the sympathetic nervous system which increases spinal 'marrow' blood production. Any form of anaemia can be benefited by this massage action.

Restoration Of Balance To The Autonomic Nervous system

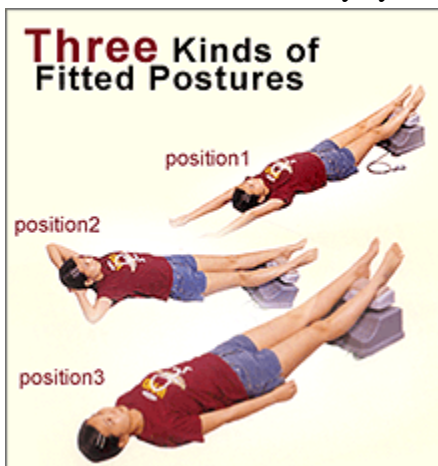


If the parasympathetic and sympathetic nervous system fail to ensure balance of function, insomnia, excessive dreaming, digestive problems, stomach pain, palpitations, anxiety, constipation, neurasthenia and excessive forms of aches and pains as well as mental stress may surface. The influence on the sympathetic nervous systems can restore the vital balance to the nervous system, resulting in restoration of health from such conditions.

Exercising Internal Organs



Acupuncture and associated therapies are being increasingly used by Western practitioners to 'invigorate' the life-force energy flow to restore health to unhealthy organs. The Chinese refer to this energy as Chi. The Chi massager will aid in unblocking 'Chi' pathways and ensure a maximum flow of this healing source, through all body and organs, to restore normal or improved functioning to impaired organs, and body systems related to such organs.



1. Lying down with raising hands in upward position

Relieving nerve pressure,

2 .Lying down with hands under lying down with raising head, as if on floating position. increasing the function of kidney, decreasing inflammation of joints, .

3. Lying down with both hands on side ways, complete relaxation and improved circulation.