

The HTE Chi Machine blends the ancient arts with modern technology for a unique and therapeutic experience.

- FDA Regulated as a Class 1 Medical Device. Regulated as a Class II Medical Device by Health Canada.
- The benefits of a therapeutic massager
  - Temporarily relieves minor muscle aches, pains and tension caused by fatigue or overexertion
  - Temporarily increases local blood circulation
  - Relaxes muscles locally
  - Induces the Alpha wave of relaxation in our brain.
  - Provides a unique feeling, The Chi Rush

### **History**

The Chi Machine Therapeutic Massager helps virtually anyone relax muscles locally with little or no conscious effort. You just lay face-up on the floor with both feet placed in the specially designed footrest. The Chi Machine rocks the entire body from side to side in a gentle undulating motion.

The Chi Machine Therapeutic Massager is the culmination of 38 years of research and development by Dr. Shizuo Inoue, a medical visionary and developer of the world renowned Chi Machine. The patented precision design of this innovative medical device utilizes optimum body positioning to achieve the ultimate in local muscle relaxation. This design also provides temporary relief from minor muscular aches due to overexertion.

Dr. Inoue spent decades researching the relationship between body movement and your body's natural Oxygen levels. Appointed Chairman of Japan's Oxygen Health Association, he was assigned the task to find the solution. Legend has it that he was inspired for the concept behind The Chi Machine as he watched Goldfish swimming in their bowl. He noticed that their bodies undulated back and forth, but the fish remained motionless. Upon further inquiries, he discovered that the undulation of the Goldfish's spine, released the required Oxygen the fish needed to survive under water.

Engineers took his concept and created the technical design for The Chi Machine. There were many trials that were performed, and after years of research, Dr. Inoue discovered that there was only one frequency that provided our bodies with only positive benefits. The pattern of motion that The Chi Machine generates in the human body uses minimum effort and achieves maximum results, says Dr. Inoue.

### **Feature and Benefits**

Massage is the manipulation of soft tissue for the purpose of increasing overall comfort by temporarily relieving minor muscular pain and discomfort caused by fatigue or overexertion. The first records of massage date back 3000 years to early Chinese folk medicine. Western civilizations were introduced to the benefits of massage by Greek and Roman physicians.

The Chi Machine blends the ancient arts with modern technology for a unique therapeutic massage experience. The Chi Machine maximizes the movement of the body which helps to provide prompt temporary relief through increased Oxygen levels. Fatigue or excess physical exertion can generally lead to minor muscular aches, pain and tension. The Chi Machine supports temporary relief from these conditions without creating undue stress to bodily structures or additional muscular overexertion, while improving your circulation and organ function.

Because the massage with The Chi Machine is performed while you are reclining and relaxed, with weight removed from the spine, a sense of extreme comfort and pleasure is immediate and noticeable.

Since 1990, over one million Chi Machines have been sold worldwide. The Chi Machine has gained a tremendous reputation for its solid construction and outstanding benefits. And, unlike many types of medical devices, The Chi Machine is easy to use, providing excellent results without stress or injury to the body.

### How to Use

1. Wait half hour after a meal (or one hour after a large meal) before using the Chi Machine.
2. Drink 4-6 oz of water prior to using the Chi Machine (Keeps the body hydrated). (\*Refer to A)
3. Wear comfortable clothes. (Remove your shoes - be as relaxed as possible)
4. Gently stretch before using Chi Machine.
5. Place the Chi Machine on the floor or on an appropriate firm massage bed with the handle facing away from you. (Arrow should face you)
6. Lie down and place your ankles in the ankle cup holders. The bony part of ankle should extend beyond and not hit the ankle cup holders.
7. For added ankle comfort use the included footrest and ankle support. Thick socks may provide extra comfort. Make sure your ankles are comfortable.
8. If you have weak knees, use a pillow under knees and legs for added support. (However knees should not bend). Try to use Chi Machine without knee support if possible to get maximum benefit.
9. Alignment is very important. Lie on your back and try to be perfectly aligned to promote internal balance while using the Chi Machine. (\*Refer to B)
10. Relax for one to two minutes before starting the machine. (Blood pressure may fluctuate from standing to lying down and resting a few minutes helps to stabilize blood pressure)
11. Set the timer for three to five minutes for first time and relax. Keep eyes closed and “tune out”.
12. Breathe deep using abdominal muscles. Let the Chi Machine do the work. (\*Refer to C)
13. When the machine stops, enjoy the tranquil “Chi rush”! Remain completely motionless for an additional two to three minutes, with relaxed deep breathing. (A lot of the benefit of the Chi Machine comes during this relaxation period as your oxygen depleted internal organs are replenished with oxygen)
14. Before rising slowly stretch your back by turning your torso from side to side.
15. Slowly turn to your side, and sit up.
16. Drink 8-16 oz. of water when done. This will help flush out the released toxins with use of the Chi Machine.

Caution: Some dizziness may occur for first time users. This is healthy! Oxygen is being restored to your body's cells that may not have received proper amounts before. The initial dizziness will disappear with regular use and increased circulation. Use for shorter period next time and gradually increase time as tolerated. People with motion sickness or other serious medical problems should start with 30 seconds to 1 minute initially. May use it several times daily. \*Always check with a physician before use with the Chi Machine if health issues are a concern.

#### \*Comfort Suggestions

A) For added benefit, drink Chi Formula 45 minutes prior to use. This will help warm up your body before use with the Chi Machine and drink HTE's Total Enzymes™ after usage. They will help break down any toxins and help purify your body's internal systems.

B) An independent supplier offers an alignment mat that ensures proper use every time called “The Align-a-Spine”. Please visit [www.completehealthmarketing.com](http://www.completehealthmarketing.com) for details.

C) Use the CHI MACHINE in a relaxed environment, free from distraction and loud noise. Use the “Blending Body and Spirit” CD with Chi Machine to further help with relaxation.

\*These statements have not been evaluated by the Food and Drug Administration. This Product is not intended to diagnose, cure, treat, or prevent any disease.

\*\*Instructions edited and reviewed by President Level Distributor Dr. Shivinder Deol, Also current President of the Kern Academy of Family Physicians since 1977.