

The most simple and relaxing workout you've ever had!



Simple lie down and let the chi machine swing your body from side-to-side. This swinging motion helps create the proper chi (energy) balance and adequate oxygen supply to the body. Also remember that elevating your feet is a proven technique for relieving symptoms of painful ailments such as fluid retention and varicose veins.

Balance your Chi

According to eastern medicine, you are healthy when your chi is strong, balanced and flowing. Chi is the healing source that unites the body, mind and spirit and flows in channels through our body. One of the causes of ill health is the stagnation or blockage of chi.

The Chi Machine gives an internal massage that will help unclog the chi pathways and ensure maximum flow through the body, thus **improving and restoring your health.**

Oxygenate the Body

An oxygen efficient body is key for maintaining good health and longevity. However, people today do not have enough oxygen intake. Lack of oxygen can create immune system dysfunctions, cardiac symptoms, sleep and respiratory disorders, intestinal problems, depression, fatigue and many other imbalances. Exercise is the most effective way to acquire a sufficient amount of oxygen. But to be more efficient, the sympathetic nerve must be stimulated and the bronchus must be expanded for increased oxygen intake. To achieve this result, the body needs to vacillate like a fish so the spinal

cord is stimulated. The steady, swinging motion of the spine from a Chi Machine results in **increased oxygenation and rejuvenation for the body.**

What are Chi Machines and what can they do for you?

Chi machines were developed over 10 years ago by a Japanese scientist who discovered that the human body benefits from the back and forth motion of fish in several ways.

1. The movement stretches and relaxes the back muscles.
2. The movement stretches and oxygenates the spine.
3. The movement strengthens the lower back muscles and, at the higher speeds, strengthens mid-back muscles.
4. As a zero-gravity device, blood and toxins are moved to the digestive tract where they are absorbed and passed out through the urine.
5. With the faster speed, the upper body movement detoxifies and moves blood through the body.
6. With the faster speed, the lower abdomen movement breaks up the plaque lining the intestinal tracts and once passed, improves digestion, absorbs more nutrition from food and reduces constipation.
7. The movement burns calories and can be used to trim the waist and hips. (Reach both arms over your head to stretch waist while lying down).
8. Relieves tension in the neck and shoulders. (Place your chin on your chest and then rotate chin to left or right. You will feel your neck stretch and the chi machine movement will relax your tight muscles.
9. The power of the process occurs at the end, when you lay quietly in savasana (corpse pose) and let the body integrate what just occurred. It is at this stage that **new neural pathways are formed, and the body begins the healing process.** The body uses the energy generated from the steady, rhythmic movement to **wash the lymphatic system and the other fluid systems in the body.**

10 Functions of the Chi Vitalizer Machine

1. Oxygenates The Spine / Safeguards Your Health

The spine is the central pivot in the human body and is considered the most important element of the skeletal system. Spinal injuries may result in health problems and limitations of other limbs immediately or at later dates. The Vitalizer helps relax the spine, the nerves and the muscles that are experiencing constant pressure from supporting the body.

2. Eliminates Fatigue / Improves Sleeping Disorders

If you neglect your health, your body deteriorates. Research shows that lack of exercise is the leading cause of illnesses including heart disease, poor blood circulation and weight problems. The Chi Vitalizer is specially designed to improve your blood and lymph flows, which in turn increases metabolism, strengthens the immune system, enhances athletic performance, massages and relaxes your muscles, and promotes the release of built-up toxins that collect naturally in your body. As the body becomes healthier, it has more energy during the day, and you sleep better at night.

3. Increases Metabolism - Reducing Fat

Metabolism is the chemical process within a living cell or organism that is necessary for the maintenance of life. During metabolism, substances within the cell are broken down to create energy for vital processes including functioning of the respiratory system, blood circulation and overall energy. The breakdown constitutes a burning of fat. The Chi Vitalizer increases metabolism. Using the Chi Vitalizer for 5 minutes has the same effect on your blood and lymph flow as walking for 30 minutes!

4. Prevents Cardiovascular Disease

As a person gets older and exercises less, the arteries within their body begin to harden. If this condition is coupled with poor dietary habits, the person may be a candidate for diabetes, decreased circulation, a stroke, or, in some cases, a heart attack. *The Chi Vitalizer* has a profound impact, because it gently massages and exercises the body without putting undue exertion on the heart. And because it is also a massager, the effect is reduced for normal blood pressure.

5. An Ideal Health Care Device

Massage therapists consider the Chi Vitalizer to be the ideal health care device, because it allows the user to relax while also receiving a healthy dose of exercise. Many practitioners and health professionals provide them in their offices for patients to use for 5-10 minutes before a massage therapy session, to fully relax the patient for a deeper massage. Again, the main functions are to relieve back pain, muscle pain and neuralgia; increase circulation and oxygen flow; and to promote complete relaxation. It accomplishes these functions by stimulating the sympathetic nervous system, spinal column and vertebrae. It helps deliver increased oxygen to cells, which aids in cell repair and rejuvenation. Also, by increasing blood circulation, you will increase your overall energy level.

6. Increases The Immune System Productivity

The use of the Chi Vitalizer invigorates virus resistance within the body, by creating a natural defense against viruses. Increased circulation increases the body's ability to fight off infection and repair damaged cells, while also improving metabolic efficiency.

7. Improves Blood Circulation

Doctors agree the Chi Vitalizer's ability to normalize blood circulation is due in part to the machine's ability to relax the user and stimulate blood flow. As people grow older, fat deposits and other impurities restrict blood vessels and arteries. Heart attacks are often the result of restricted blood flow to and from the heart. Because the machine improves circulation, the heart arteries benefit from increased oxygen intake, which in turn results in less-restricted arteries. The Chi Vitalizer is used by patients who suffer from diabetes, lymphedema, cancer, heart abnormalities and various other medical conditions.

8. Acts As A Multi-Functional Health Care and Replenishing System

The Chi Vitalizer impacts the user's health in a variety of ways. It relaxes the body, focuses the mind, increases internal metabolism, stretches muscles and improves circulation. The user will begin to see immediate benefits including improved health, flexibility and relief from chronic pain due to illnesses, back problems, diabetes and lymphedema.

9. Recuperates Proper Oxygen Levels In The Body

After using the machine, the user will experience a state of deep and satisfying relaxation. The feeling is a result of the increased oxygen levels within the body. Once the machine is turned "off," a user will feel the numbness from the bottom of the feet all the way to the head, and sometimes a tingling sensation.

10. Detects Advancing Illness

The Chi Vitalizer's constant movement will alert the user to any sensitive areas of the body. Continued use will aid the user in

determining problem areas within the body, and relieving the symptoms of those ailments.