

# How do I use the Chi Machine?

**Arms by your sides** – for releasing tension. May help with insomnia, constipation and lower back.



**Fingers clasped under neck** – May help migraines, headaches and breathing.



1. Position the machine on a firm surface in order not to block the air vents underneath. Make sure the handle is directed away from you. Align the arrow on the front of the machine with the centre of your body.
2. Drink a glass of water before starting. Take three deep breaths and relax.
3. Still in a sitting position, legs straight and toes pointing upwards, align your heels on the floor next to the two back corners of the machine.
4. Lie down and raise your legs up and inwards, lowering them into the cradle on top of the machine. Your ankles (the Achilles tendon area) should now be resting on the cradle with your feet hanging over the other side.
5. If you have painful or stiff knees you can prop a folded pillow under them for support. As you derive benefit from the machine with repeated use, you will gradually be able to remove these supports.
6. Set the timer to the desired number of minutes. Turn the timer right round the dial and back to the number of minutes you require.
7. Close your eyes, breathe deeply and relax allowing the machine to rock you.
8. When the timer switches off, keep absolutely still, breathing deeply, enjoying the afterglow of the chi as it moves throughout the body. You will experience the effect either as a state of calmness or a feeling of tingling energy running through the body. This usually lasts one or two minutes.
9. Remove your ankles from the cradle and bend your knees to 90 degrees with feet together on the floor. With your arms lying on the floor at a 45 degree angle to your body, gently lower your knees down to one side as far as you can, creating a spinal twist, as in yoga. Hold this position for a moment then slowly return knees to the upright position before lowering them to the other side. Breathe out as you lower your knees, breathe in as you return them. Repeat this exercise six times.
10. Roll onto your side in order to sit up. DO NOT stand up straight away if you feel light-headed or dizzy, lie down again and rest a little longer. Drink another glass of water to help release accumulated toxins.

## GUIDELINES ON TIMING

- \* If you are very elderly and frail – one minute
- \* If you have high blood pressure – one or two minutes
- \* If you are overweight – two minutes
- \* If you have a health problem – two minutes
- \* If you are not used to exercise – three minutes
- \* If you are fit and healthy – four minutes
- \* If you are used to exercise and are very healthy – five minutes

The number of minutes per session can be increased by one minute a week up to fifteen minutes per session. The company have stated there is no advantage to exercising for more than fifteen minutes per session.

**These are guidelines only – do not exceed them – like homeopathy, less is more! Most importantly, listen to your body. If after going on the machine you feel nauseous, dizzy, muzzy or light headed, cut back on your minutes per session, or number of times per day. Even one minute every other day will benefit some people.**

These symptoms indicate that your body is detoxifying too fast, so slow down and be gentle with yourself. Similarly, if you develop any aches or pains, it is most likely that these will be part of a 'healing crisis' – the oxygen is locating old wounds and clearing old traumas still held in those parts of your body, so cut down on your minutes or number of times per day until the aches or pains clear.

The Chi Machine has a deeply profound effect on all levels of your body – don't underestimate it because it is so simple. Remember, you receive 40% benefit from the movement but 60% benefit from the rush of Chi when the machine stops! Remember also, you will get that rush of Chi whether you exercise for one minute or five.

It was discovered during clinical investigations that it is more beneficial to exercise for four minutes twice a day than eight minutes once a day, that way you get two rushes of Chi instead of one, for the same amount of exercise.

You can use the machine once, twice, three or more times a day providing there is a long gap in between sessions. Always wait for 30 minutes after a snack and 60 minutes after a bigger meal.

## CONTRAINDICATIONS

- Do not use if you have an infection**
- Do not use during the first three months of pregnancy**
- Only use with a pacemaker if you have your doctor's approval**
- Do not use after open surgery for three months or until completely healed**
- Do not use if you have a very serious heart condition and have been told not to walk.**
- If unsure please refer to your distributor**

**Both arms outstretched behind head, pressing the small of the back into the floor.** May help with weight loss, muscle toning, stiff shoulders and upper back.

