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Ultimate Health & Ultimate Life



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The Chi Machine's Usage

- Why Use The Chi Machine
- How The Chi Machine Improves Health
- How to Use The Chi Machine Effectively

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Why Use The Chi Machine

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Oxygen Spending

- Deliberately: sports competition, fleeing, suicidal
- Involuntarily: continuous physical hard work, repetitive work
- Unknowingly: sedentary office work

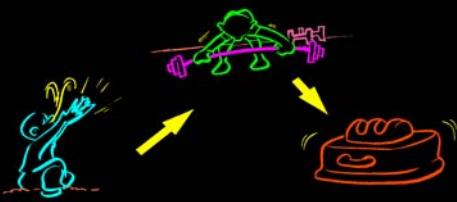
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Oxygen Gaining (Aerobic) Exercises



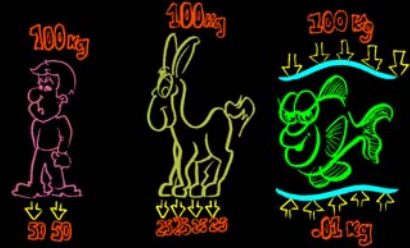
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Back to Being Natural



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Pressure Comparison



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Standing or Lying Down



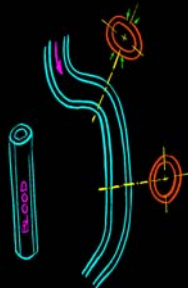
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Three "0"s

- "0" pressure
- "0" support
- "0" burden

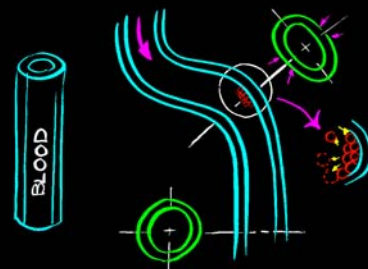
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Fast & Slow Flow of Blood



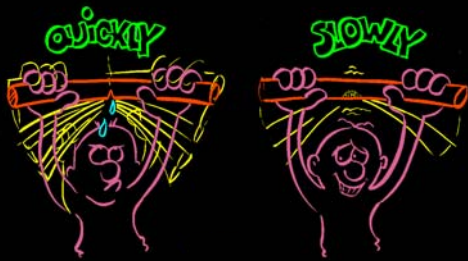
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Loosens & Breaks up Fatty Plaques



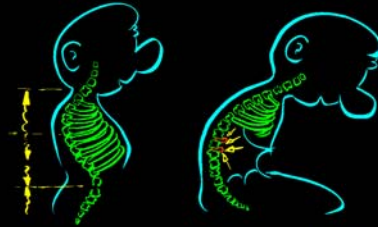
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Unbending Pipe Quickly or Slowly



Copyright

Shapes of Spine



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Center of Gravity



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"C" Shape Spine



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Imbalance of Short & Long



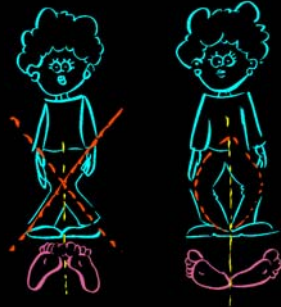
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Hip Bones Off the Sockets



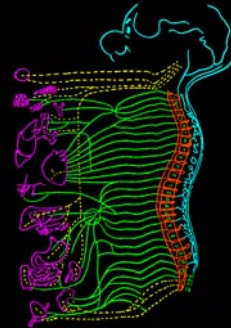
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Hip Joints



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Organs, Nerves, Spine & Brain



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Spinal Highway



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Spinal Cord & Nerve Jam



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Balance Back/Forth with Left/Right



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Twisting Exercise

- Twisting left and right while we walk
- 10 to 15 degrees
- Women twist bigger angle than men
- Average 12 degrees

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Massaging Internal Organs



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Organs Back to Proper Places



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6 Major Functions

1. Stabilizes autonomic nerve
2. Stimulates sympathetic nerve
3. Strengthens internal organs
4. Adjusts & strengthens spine
5. Activates cells
6. Increases immunity & therapy

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4 Main Features (HSIN)

1. Holistic with no side effect
2. Simple, comfortable & habitual
3. Injury proof
4. No pressure & no tension

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The Chi Machine Is Not a Medical Equipment

- It's an exercise machine
- It does not cure diseases
- If used correctly, it will:
 - improve ones health
 - reduce risk of diseases
 - maintain good health

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**Reduces Risk of ...
if You Don't Already Have
the Following Diseases**

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High Blood Pressure



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Heart Disease



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Kidney Disease



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Ulcer



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Cancer



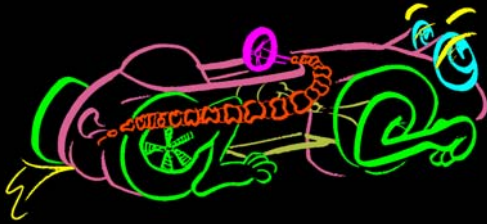
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3 Specialists at Home

- Circulates blood that absorbs oxygen
- Strengthens spine and muscles
- Strengthens internal organs

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Human Body is Like a Car



Copyright

Tune Up Your Body Everyday



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Preventive Medicine



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The Chi Machine is Universal

- Any body
- Any age
- Any place
- Any time

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Substitutes to The Chi Machine



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The Chi Machine is ...

Simply Beautiful &
Beautifully Simple !

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Smallest Effort for Biggest Gain



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How The Chi Machine Improves Health

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Three Physical Systems

- Fluids
- Bones and muscles
- Internal organs

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3 DOs to be Healthy

- Good diet (including food supplements)
- Exercise (e.g. The Chi Machine)
- Relaxation (e.g. The Chi Machine)

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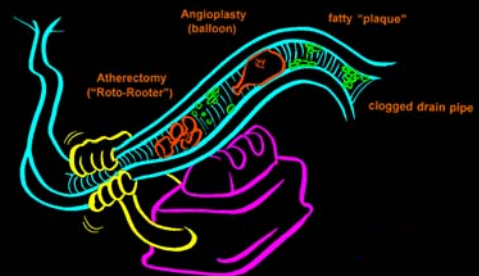
1" Waist Line = 10 Mile veins



bad blood circulation can lead to all kinds of diseases

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Cholesterol Fixes



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Constipation Solution



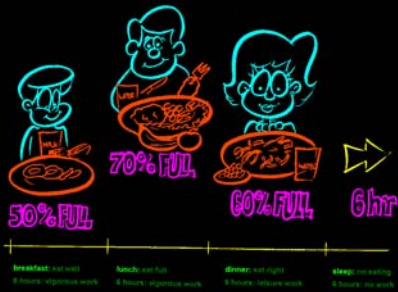
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Weight Reduction Method

- Know your initial weight; measure weekly to get encouragement
- Eat no more than usual; even though you will have better appetite
- Eat up to 3 meals only; nothing in between

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Feeding & Digesting Cycles



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Don't eat when you are not hungry.

If you have skipped a meal, don't compensate it by eating more in the next meal.

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If You Crave
to Snack Between Meals,
Eat Fresh Fruits

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Increased Appetite for Fruits & Vegetables



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Other Pointers for Weight Reduction

- Always eat sitting down: don't eat while standing, driving, walking, talking on phone, watching TV, even listening to music
- Chew food into mush before swallowing
- Consume one bite completely before the next
- Wait 5 minutes before 2nd helping

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What Food to Eat?



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Best Stress Reducer



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The Chi Machine Helps to Cut Down Smoking

- More energy because of more oxygen
- Needs less stimulant to be awake
- Less desire to smoke
- More will power to stop smoking

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Insomnia Solution



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Best Height-Increasing Tool (below 21 years old)

- Traditional exercises put pressure on joints
- The Chi Machine puts almost no pressure anywhere
- The Chi Machine massages joints for growth
- Good sleep helps growth

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Outward Force



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Best Beauty Specialist

- whole body beautification
- Improves complexion: good blood circulation, rejuvenated cells, strengthened internal organs and ridding of toxins
- Relaxed but firm muscles
- Reproportioned body parts

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Best of Both



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How to Use The Chi Machine Effectively

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Basic Operations



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Alternative Hand Positions



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3 Hand/arm Positions

- **Hands/arms along sides of body:**
 - relieves tension/stress, insomnia, internal organ irregularities
- **Hands/arms overlapped under head:**
 - relieves headache, backache, lower back pain & pain from arthritis
- **Hands/arms extended over head:**
 - trims waistline, reduces weight, stretches muscles & relieves shoulder ache

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60% Effectiveness



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Further Operation Instructions

- 2 - 5 minutes limit for beginners
- drink half a glass of water
- close eyes, relax, follow the breathing (nose in, mouth out)
- wave like a fish (40% effect)
- if it hurts, reduce time or stop
- stay put for 2-3 minutes after machine stops (60% effect)
- roll to side to get up
- drink a large glass of water

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For the Very Physically Fit

- 6 times for 5 minutes each
- 3 times for 10 minutes each
- 2 times for 15 minutes each

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Don't Use

- After a full meal (min. 1 hour)
- When too thirsty or hungry
- With bleeding wound
- After surgery
- After severe heart attack
- If machine causes pain

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Equate it to Jogging

- After a meal?
- While having a bad cold?
- How long? How often?
- Use common sense!

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Best Time to Use The Chi Machine

- Before going to bed
- When you wake up
- Before you eat

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On Bed with Pillow & Blanket

- OK to put The Chi Machine on bed -- 8% reduction in effect
- OK to use pillow -- 20% reduction in effect
- OK to put blanket over you and the machine

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Other Pointers in Using The Chi Machine

- Do more short periods than one long haul
- Take it to trips
- Use it everyday without fail

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Even
2-minute use and 2-minute rest
immediately after one wakes up
will make one yawn
(blow out bad breath)
and
give one a good start

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No More Than 5 Minutes for Them

- Exhausted
- Over 55 years old
- Stiffness, numbness & aching
- Blood circulation problems:
e.g., menstrual cycle

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After over 10-Minute use,
wait at least an hour
before using again

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**Using The Chi Machine
as much or as long as possible
(to make it worth the money)
is
not a good idea**

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Haste Makes Waste



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Trying Out The Chi Machine Without Completely Relaxed



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Reactions After First Use and Possible Interpretation

- **Dizzy only: lacks red blood cells**
- **Dizzy, swelling feeling and headache: high blood pressure**
- **Dizzy, vomit feeling: low blood pressure**
- **Dizzy, swelling feeling, headache, vomit feeling: high and low blood pressure**

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Tingling Reaction

- **6 7% physically fit: tingling from bottom of feet to lower stomach (tingling to top of head = Chi Kung talent)**
- **80% lack exercise: tingling from 5 extremities to center**
- **13 14% with sickness (e.g. obesity): tingling all over & hurting in some places**

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Some Probable Immediate Reactions



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