

The Chi Machine® User Guide



1. Wait half an 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. (Knees should not be bent). 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. Take a deep breath and relax before starting the timer. (Blood pressure may fluctuate from standing to lying down hence resting 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.
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: Always check with a physician before use with the Chi Machine if health issues are a concern. Some dizziness may occur for first time users. The initial dizziness should 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. If the dizziness continues to exist, please stop using the Chi Machine and check with a physician. The Chi Machine may be two to three times daily.

Comfort Suggestions

- A) For added benefit, drink HTE's Go Green™ 45 minutes prior to use. This supplement is created from natural sources and will help alkalize the body and break down any toxins to help purify your body's internal systems.
- B) Use the Chi Machine in a relaxed environment, free from distraction and loud noise. Use a soft music 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,

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