

The reason why the Chi Machine is very useful for many situations.

1. Therapeutic Massager

The Chi stimulates the muscles by traveling up the spine to the brain, back down the spine through the nerve endings through the neurons and stimulates the muscles. As a result, physiotherapy would be enhanced faster.

The Figure 8 Motion relaxes and contracts the muscles, stimulates the muscles.

2. Lymphatic System is activated

The meridians for the Spleen, Kidneys and Liver are located in the ankles and are activated by the Figure-8 Motion.

The Figure-8 Motion contracts and relaxes the muscles throughout the body; many muscles have a seaweed pouch that acts as a valve to move the lymph, in and out like a valve. This Figure-8 Motion is gentle, it works and activates the Lymphatic System, as a result the body detoxifies and reduces the Inflammation which is really useful for Arthritis and many conditions.

3. Circulation is increased

The Figure-8 Motion activates the muscles; the gentle swaying relaxes the brain into an alpha state.

As a result of the swaying, circulation is increased which brings the oxygen and nutrients further into the body.

*The Oxygen, blood and natural nutrients from the body are carried and re-circulated quicker into the muscles and tissues which have been depleted from the most recent physical activity; physical recovery is enhanced without placing any stress on the body.

When the person is relaxed as in "Body-Mind-Spirit", it also provides the body the best opportunity to be in a "Homeostasis" or also known as "The Zone", where the Alpha State is induced, providing the body the best opportunity to heal itself.

Also, when the Body is in the "Alpha State" or "Body-Mind-Spirit", the Brain reduces it's management power to about 20% and the body is in the Parasympathetic State, where 80% of the CPU Power from the brain is working in the healing state.

4. Lactic Acid is released from the body

As a result, when the User learns to breathe properly with the diaphragm, taking deep breaths, through the bodies chemical process, there is an optimal exchange of Oxygen Intake and Exhaling CO-2, releasing the "Lactic-Acid" from the muscles. There is also no stress on the spine or physical activity exerted from the User as the person lays down, relaxes and lets the Gentle Figure-8 Movement happen as the muscles in the Thoracic Cage are in the Lungs which are furthered relaxed and the benefits are enhanced again.

*This benefit is furthered enhanced when the FIR, Far Infrared Sauna Hot House is used simultaneously with The Chi Machine

*From any physical activity, the User is ready quicker for the next physical activity.