

Scientific Basis for The Activation Properties of The Chi Machine

I want you to time yourself and hold your breath for as long as you can. “A Healthy Brain consumes 25% of the body’s oxygen supply and 70% of its blood glucose. Cut off blood supply for more than 4 minutes and brain cells quickly begin to die. Even if blood flow is just slightly reduced, the resulting reduction in oxygen, if chronic, can contribute to damage from impaired thinking to disorders of senility.” In addition there are 75 trillion cells dependent upon you for oxygen. One needs oxygen for every cell, tissue, and organ to function correctly.

What causes us to have reduced oxygen?

1. Stress and anxiety literally “**takes your breath away.**”
2. We eat **oxygen-depleted food** (microwave) and drink oxygen-depleted water.
3. Some “**over exercise**” or do heavy “**anaerobic exercises.**”
4. Various body systems may have poor circulation.
5. The energy demands for producing our lifestyle may cause “adrenal burnout.”
6. Pain may be causing us to have shallow breathing and limited oxygen.
7. Our Sympathetic Nervous System and Adrenals are on “overload” or “burnout” (and it is operating anaerobically.

New Research shows how oxygen can be increased through the influence of the Heart without being Controlled by the Brain.

“The Heart starts beating in an unborn fetus before the brain is formed. The heartbeat doesn’t need a connection to the brain to keep beating. The heart has its own independent nervous system. There are at least **40,000 neurons in the heart** – as many as are found in various subcortical centers of the brain.”

“Core heart feeling affects both branches of the autonomic nervous system. This *reduces* the activity of the sympathetic nervous system (the system which speeds up the heart) and *increases* the activity of the parasympathetic nervous system (which slows down the heart and relaxes the body’s inner systems) with increased efficiency. These two branches of the nervous system balance and enhanced the body systems.” McCraty, R.

“In our bodies, there are body systems that get out of sync with each other because there may be **poor communication between body’s systems** or there may be **blockages** (in energy flow).”
“Because the heart is the strongest biological oscillator in the human system, even beyond the brain, -- the rest of the body’s system can be **pulled into entrainment with the heart’s rhythms**. As an example, when we’re in a state of deep love, (understanding, compassion, caring,) or appreciation, the brain synchronizes -- comes into harmony -- with the heart’s harmonious rhythms. This state of head/heart “**entrainment**” occurs precisely when the heart rhythms complete **one cycle every ten seconds** (0.1 Hz.). When the brain waves entrain with heart rhythms at 0.1 Hz., subjects in our

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studies report **heightened intuitive clarity** and a **greater sense of well-being.** “According to our studies, we transcend our ordinary performance and feel in harmony with something else -- what we’re really coming into sync with is ourselves. Not only do we feel more relaxed and at peace, but the **entrained state increases our ability to perform well** and offers numerous health benefits. In entrainment, we’re at our optimal functioning capacity.” (McCraty) This is the approximate **resonating motion frequency of the Chi Machine.**

“However, the **brain can override the heart** when we **overanalyze** situations, going around and around in an attempt to figure things out, keeping us from **seeing other options.** The head often leads us into **rationalizing and conceptualizing an issue** instead of **actualizing what the heart already knows and has communicated.** When we **react to life from the head** without joining forces with the heart our single-mindedness often leads us into childish, inelegant behavior.” (Martin)

“Most scientists previously believed the brain made all of the decisions. The Laceys found that when the brain sent “orders” to the heart through the nervous system, the **heart didn’t automatically obey.** Instead, the heart responded as if it had its own distinctive logic. The selectivity of the heart’s response indicated that it wasn’t a merely mechanical organ responding to a signal from the brain. Rather, the heart’s response appears to depend on the nature of the **particular task at hand** and the **type of mental processing** it required. (Lacey)

“Even more intriguing, the Laceys also found in their studies that **the heart appeared to be sending messages back to the brain** that the **brain not only understood but obeyed.** It appears these **messages from the heart** could actually **influence a person’s behavior.**” (Lacey)

“Rhythmic beating patterns of the heart are transformed into neural impulses that directly affect the electrical activity of the higher brain center -- those involved in cognitive and emotional processing.” (Fryinger & McCraty) “The **heart can override and balance the Brain** through **Entrainment through the Parasympathetic Nervous System.**”

Evaluations by this researcher on the QXCI Computer before and after getting on the Chi Machine show the Beta Waves decreasing, (meaning the stress levels are decreasing in the body), the alpha waves increasing (meaning the body systems are relaxing), and the theta waves increasing (meaning the ability to have deep sleep, and ease of sleep).

Percentage Before Chi Machine	Percentage 10 Minutes after Chi Machine
66% - Beta Waves (High %=High Stress) (30-35 CPS)	55%
20% - Alpha Waves (Low -Difficulty relaxing) (16-25 CPS)	25%
41% - Theta Waves (Low - Difficulty going to sleep) (10-15 CPS)	20%
9% - Delta Waves (Low - Difficulty with deep sleep) (4 CPS)	15%
Blood Pressure Before: 121/82	Blood Pressure After: 100/80

Also, the QXCI shows changes in the before and after defective brain wave patterns. It appears that everyone has these abnormal or deformed brain patterns from the food, water, toxins, wrong food

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combinations, and negative thinking patterns we create. These abnormalities were observed on over a thousand people I analyzed at the Young Life Medical Research Clinic using the QXCI device. These brain dysfunctions are:

Value Before CHI Machine	Value 10 Minutes after Chi Machine
12 Normal Brain Patterns	45 (Above 40 is Normal)
24 Cerebral Dysfunction Patterns	10
56 Slow Wave Function Patterns	5
12 Amplitude Wave Patterns	0
13 Epileptic Wave Patterns	0
14 General Asymmetry Patterns	0
15 Injury Profile Patterns	0
16 Bilateral Sync Patterns	0
17 Deep Spatial Symmetry Patterns	0
18 Personality Dysfunction Patterns	0
40 ADD/HD Patterns	10

CHRONIC SYMPATHETIC (NERVOUS SYSTEM) ACTIVATION

“When we accumulate too many stressors (in a day), the body may fail to terminate the physiological responses. This can lead to chronic stress (sympathetic activity burnout and adrenal fatigue) accompanied by inappropriate elevations of cortisol, insulin, CRH, Catecholamines, adrenaline, epinephrine, noradrenaline, and other stress hormones. This leads to immunosuppression, which is associated with subsequent infection, illness, and even potential long-term psychiatric complication.” (Fry, A. & Chrousos, G.) “Excess stimulation of the Sympathetic Nervous System causes Leptin resistance in the fat cells leading to adrenaline resistance.”(Bryon Richards)

“Some of the other health complications include higher levels of phobic anxiety and or panic, depression and an increased risk of cardiac death.” Cardiac Disease alters Cardiac Autonomic balance of cardiac neural regulation (i.e., decreased parasympathetic coupled with increased sympathetic activity) are also the patients at greater risk for sudden death. (Billman)

“The Medical Conditions caused by too much Sympathetic stimulation of excessive stress

- ! Obesity,
- ! Diabetes,
- ! Congestive Heart Failure,
- ! Depression, and
- ! Insulin Resistance,
- ! Hypertension,
- ! Sleep Apnea,
- ! Anxiety.