

## CHI MACHINE RESEARCH

---

3. Increase Aerobic Oxygen.
4. Reduce Lactic Acid Buildup and body aches.
5. Decreases recover time to injury and performance.
6. Controls “**Overreaching**” and “**Over training.**”

### Business Executives, Sales Consultants, Producers

1. Increased **Focus, Concentration, and Mental Clarity.**
2. Balance and **Reduce** the high levels of **Stress Hormones.**
3. **Increase Thinking Abilities** (Balance Brain Function).
4. Increase Production (Sales, Performance, and Quality).
5. Get a “**No Sweat**” **aerobic exercise.** Easy in business attire.
6. Increases Communication Effectiveness.
7. Increased Job Satisfaction.
8. Reduce Stress and Fatigue.
9. Increased Creativity, Teamwork, Innovation, and Empowerment.
10. Increased Job Satisfaction and Increased Emotional Self-management.

### Massage Therapist, Energy Worker, Day Spas, Retreat

1. Relax the Muscles, Joints, Tendons, Spine, and Body Systems.
2. Increase the Oxygen Content to the cells, muscles, tendons, and body systems.
3. Release the tension of the Fascia (Netting).
4. Reduces Body Aches.
5. Chelating of Heavy Metals.
6. Causes the therapy to be easier, deeper, and faster for the therapist.

### Students, Disadvantaged Kids

1. Anger Management.
2. Increase Positive Attitudes.
3. Greater Ability to Focus and Concentrate.
4. Increased Motivation.
5. Improved Performance on Tests.
6. Corrects Dyslexia, ADD/HD with use, temporarily.
7. Oxygenates the Brain, Brain Functions, Cells, and Body Systems.

## Research

Chrousos, G., Gold, P. (1998). Editorial: A Healthy body in a healthy mind- and vice versa -the damaging power of "uncontrollable" stress. *Journal of Clinical Endocrinology and Metabolism*, 83 (6), 1842-1845.

Chrousos, G., God, P., (1992) The concepts of stress and stress system disorders. *Journal of the American Medical Association*, Mar 4, 267 (9). 1244-1252.

Curtis, B., O'Keefe, J. (2002). Autonomic tone as a cardiovascular risk factor: The dangers of chronic fight or flight. *Mayo Clinic Proceedings*, 77, 45-54.

Fry, A., Draemer, W. (1997) Resistance Exercise Over training and overreaching. *Sports Medicine*, Feb: 23 (2), 106-129.

Frysinger, R. C., and Harper, R. M. Cardiac and Respiratory Correlations with unit discharge in epileptic human temporal lobe. *Epilepsia* 1990;31 (2):162-171.

Peter A. Mayer, PhD. DSc., Harper' BioChemistry, "Energy Expended depends on Conditions," Chapter 54, p. 627.

Lacey, M., and Lacey, B., Black, P., Some Autonomic-central Nervous System Interrelationships, *Physiological Correlates of Emotion*, Academic Press, 1970:205-275.

McCarty, R., Barrios-Choplin, B., Rozman, D., and others. "The impact of anew Emotional Self-management Program on Stress, Emotions, Heart Rate variability, DHEA and Cortisol." *Integrative Physiological and Behavioral Science*, (1998@ 33 (2); 151-170.

McCarty, R., Tiller, W. A., and Atkinson, M., Head-Heart Entrainment. A preliminary Survey. *Proceedings of the Brain-Mind Applied Neurophysiology EEG, Neurofeedback Meeting*, Key West, Fl, 1996.

McCarty, R., Atkinson, M., Tiller, W. A., and other. 'The effects of Emotions on short- term heart rate variability using power spectrum analysis. *American Journal of Cardiology*. 1995; 76:1089-1093.

Raglin, J. (1990) Exercise and Mental Health: Beneficial and detrimental effects. *Sport Medicine*, 9 (6), 323-329.

Richards, CCN, Richards, Mary Guignon, Mastering Leptin, 40 pages of research studies.

Singh, A., Petrides, J., Gold, P., Chrousos, G., Deuster, P. (1999), Differential hypothalamic-pituitary-adrenal axis reactivity to psychological and physical stress. *Journal of Clinical Endocrinology and Metabolism* 94 (6), 1944-1948.

Tiller, W., McCarty, R., and Atkinson, M. "Cardiac Coherence, A new non-invasive measure of autonomic system order." *Alternative Therapies in Health and Medicine*, (1996), 2 (1),52-56.