

**Psychosocial/Behavioral conditions lead to:**

- ! Chronic Stress,
- ! Social Isolation,
- ! Sleep Deprivation,
- ! Sedentary Lifestyle and
- ! Smoking,
- ! Hostility,
- ! Unhealthy Diet
- ! Abuse of Stimulants.” (Curtis)

“A well-designed study demonstrates those who suffer emotional stress are more likely to experience physical stress and vice versa.” (Singh)

**“Disorders associated with Dysregulation of the Stress System causes:**

- ! Severe Chronic Disease,
- ! Melancholic Depression,
- ! Obsessive- Compulsive Disorder,
- ! Alcohol and Narcotic Withdrawal,
- ! Hyperthyroidism,
- ! Anorexia Nervosa,
- ! Panic Disorder,
- ! Chronic Active Alcoholism,
- ! Malnutrition,
- ! Premenstrual Tension Syndrome.”

“Eventually (too much stress) may lead to no stress response. The body is just too tapped out to mount an attack. The system might be producing so many stress hormones chronically that when there’s an additional challenge, it can’t produce more. The gas pedal is already to the floor.” Berardi

“**Aerobic exercise** has been found beneficial for anxiety (conditions of Sympathetic burnout), but **weight training exercise did not reduce chronic sympathetic activation.**” (Raglin) “It is well established that **aerobic exercise can alter autonomic balance** (increasing parasympathetic activity and decreasing sympathetic activity). Billman *Journal of Applied Physiology*, 92 (2): 446.

“**Exercise training too frequently, excessive exercise,** or one who may not allow for **adequate recovery from intensive exercise,** or **too much sympathetic stress stimulation** creates a symptom of “overtraining” and “overreaching” causing:

- ! **decreased motor coordination,**
- ! **decreased force production,**
- ! **altered immunity,**
- ! **hormonal, and autonomic nervous system exhaustion activity, and**
- ! **emotional, mood, and sleep disturbances.**

***The symptoms can last for a few days up to 2 months.*** If left unchecked, it could be a full year before you can feel good again.” (Fry)

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### **CHI MACHINE RESEARCH**

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“Exercise drives the activation of the Sympathetic Nervous Activation System (anaerobic) Excess sympathetic over stimulation results in:

- ! performance incompetence,
- ! hyper excitability,
- ! high fatigue,
- ! apathy,
- ! altered mood state,
- ! altered immune and diminished reproductive function,
- ! Increased neural demand,
- ! hypoglycemia,
- ! high plasma lactate,
- ! depleted testosterone,
- ! high cortisol and
- ! a need to increase oxygen requirements.” (Fry)

### **The Chi Machine causes the Body to Shift from Sympathetic Nervous System to a Parasympathetic Nervous System**

When putting clients who were stressed out or ill on the QXCI Bio Meridian Computer before putting them on the Chi Machine, they would have an indication as per the following:

- ! “Sympathetic Overload,”
- ! “Sympathetic Fear Pattern,”
- ! “Vagus Nerve Imbalance,”
- ! “Thoracic Sympathetic Imbalance,”
- ! “Lumbar Sympathetic Imbalance,” and
- ! “Unmanaged Sympathetic Stress.”

After putting them on the Chi Machine these patterns disappeared and showed the body’s system now operating in the Parasympathetic Nervous System most of the time.

There are a number of instances showing the Parasympathetic Nervous System was imbalanced and usually an indication of:

- ! “Brain Fatigue,”
- ! “Covert Emotional Tension,”
- ! “Fear Patterns,” and/or
- ! “Emotional Stress.”

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## CHI MACHINE RESEARCH

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What the Chi Machine was doing was bringing up the heavy, deep seated emotional patterns to the surface. When I would do emotional release therapy with the Client, the Client would be instantly ready to tackle these deep issues without first going through the usual introductory preparation that is the normal practice with each client at the beginning of the interview.

### Hormonal Changes With Aerobic Parasympathetic Exercise

“When the **Sympathetic Nervous System (anaerobic exercise) decreases** in activity and the **Parasympathetic System dominates**, one can expect the following **outcomes** listed by Kraemer and Fry:

1. Decreased total testosterone levels.
2. Decreased total testosterone/cortisol ratios.
3. Decreased free testosterone/cortisol ratio.
4. Decreased total testosterone/SHBG (sex-hormone binding globulin) ratio.
5. Altered Cortisol levels.
6. Decreased Sympathetic Tone.
7. Decreased Nocturnal and resting Catecholamines\*.
8. Increased Sympathetic Stress Response.
9. Increased Creatine Kinase.
10. Decreased exercise-induced Lactic Acid.

These studies involved males and it might be assumed that females would have corresponding levels of their hormones decrease more toward balance. We might assume that the Chi Machine, being an **aerobic exerciser**, would have then same benefits.

(\* Catecholamines any of a group of chemicals including epinephrine and norepinephrine that are produced in the medulla of the adrenal gland [endocrine](#), [hormone](#), [internal secretion](#) - the secretion of an endocrine gland that is transmitted by the blood to the tissue on which it has a specific effect [noradrenaline](#), [norepinephrine](#) - a catecholamine precursor of epinephrine that is secreted by the adrenal medulla and also released at synapses [Adrenalin](#), [adrenaline](#), [epinephrin](#), [epinephrine](#) - a catecholamine secreted by the adrenal medulla in response to stress (trade name Adrenalin); stimulates autonomic nerve action.)

### How Does The Chi Machine Cause You To Lose Weight Or Reduce Thighs, Hips And Stomach?

The Chi Machine may cause the **Cortisol, Testosterone, Estrogen, Catecholamimes, and Lactic Acid to decrease by shifting the body to the Parasympathetic Nervous System (aerobically)**. There is a Doctor who runs a commercial on television selling a product to **balance your Cortisol** and people report dramatic losses of weight. If the Chi Machine balances Cortisol, then this may be one of the mechanism explaining why so **many people lose weight**, but mostly **lose inches in the thighs, hip, and stomach**.