
CHI MACHINE RESEARCH

“Aerobic exercise action activates the Parasympathetic Nervous System causing the following:

1. **Lungs** -- **“The Bronchial muscles contract”** allowing uptake of oxygen to increase.
2. **Circulation** – **“The circulation of blood flow is increased.”** Oxygen gets to places that were limited or blocked -- this is the feel you get when the machine turns off.
3. **Lymph** -- **The movement of the body and blood entrains the Lymph.**
4. **Immune** -- **Increased because of entrainment.**
5. **Adrenals & Medulla** - The **stress and regulation of hormones** begin to balance and get a chance to rest so they can return to production.
6. **Iris (Eye Muscle)** - **“The Pupil constricts”** and **eye muscles relax** - helping the eyes to recover. It reduces strain on the eyes.
7. **Salivary Glands** -- **“Causes Saliva production to increase.”**
8. **Heart** - **“The Heart rate and blood pressure can be decreased.”**
9. **Stomach** - **“Gastric juice secreted increases and motility can increase.”**
10. **Small Intestine** - **“Digestion is increased, causing metabolism to increase.”**
11. **Large Intestine** - **“Secretions and motility** (forward movement of food through the digestive system) **increases.”** Many sick people take days for food to process.
12. **Liver** - **Increased conversion of Glycogen (Energy)** from glucose sugar.
13. **Kidney** - **“Increased Urine Secretion”** allows your kidneys to improve.
14. **Oral/Nasal Mucosa** - **“Mucus Production is increased.”** This allows the lining of the mouth stomach, lungs, urinary bladder, urethra, uterus, vagina, eyelids, sinus to have increased protection from harmful bacteria and infections.
15. **Bladder** – **“The bladder wall contracts and the Sphincter muscle relaxes”** allowing the body to increase urination.
16. **Pancreas** - **Insulin begins to balance** unless insulin resistant.

Source: Dr. Chudler, Professor, Washington State University.

“The Chi Machine scientifically activates the Parasympathetic Nervous System, which causes an Aerobic reaction, stimulating the same reactions in the body systems as above.

There seems to be some benefit derived from use of the Chi Machine with an effect on the third Nervous System, the **Enteric Nervous System**, which includes the motor and sensory neurons, information processing circuits, glial cell directing the muscles surrounding the gut-brain system. This system has set programs which run the body systems in this area of the body. It regulates the normal digestive system and metabolism, but not much is known about “complex system.” (Cudler)

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The Chi Machine and Far Infrared HotHouse seem to have some effect on this area of the body, but the complexity of this Nervous System is unknown at this point.

How do we get better Sleep?

“**The Parasympathetic Nervous System is fueled by the neurotransmitter Serotonin.** Serotonin is created from Tryptophan. Serotonin also makes Melatonin which enables us to sleep better. Being on the Chi Machine **triggers the Parasympathetic Nervous System** and the **brain waves slow down** into Alpha or Theta. The brain is into its optimal sleep pattern promoting Melatonin only when it is completely dark in the room.

How Circulation Is Affected By The Chi Machine & HotHouse

When the body relaxes under the influence of the Parasympathetic Nervous System, “the increase of peripheral blood flow can be demonstrated by a simple thermometer or with Stress Dots either taped on the middle of one of your index fingers or with Stress Dots held between two fingers. Wait 1-2 minutes and determine the temperature of the skin. It will range from 65 degrees to up to 97 degrees. Ideally, you would like to warm your hands to 93-95+ degrees. When you get above 90 degrees Fahrenheit, the peripheral blood flow goes up.” Thus circulation is increased. John Mason, Ph.D. of Cotati, CA has extensive research on treating Panic Attack by just warming the hands and feet. The Chi Machine increases the circulation, see above chart (Aerobic exercise action) and the Far Infrared warms the body.

Adrenal “Overload” and “Burnout”

“People with adrenal hypofunction (high) never really feel well. They are typically chronically tired and/or have recurrent sub-acute illness, allergies, arthritis, colds, viruses, diabetic, hypoglycemic, poor stamina, chronic fatigue, and various sleep problems. **Excessive adrenal activity** can cause the **thyroid to atrophy** and therefore lead to **an under active thyroid**. Medically they treat the thyroid. However, if the thyroid is hypoactive (under active over long periods) due to excessive adrenal activity, treating the thyroid will do very little to correct the problem.” Houle and Billman, *Heart and Circulatory Physiology*, 276(l): H215

“The energy expended by an individual depends on four main factors:

1. The **Basal Metabolic Rate** necessary to maintain basic physiologic functions under standardized conditions ... it is lower in hypothyroidism (lower energy).
2. The **Thermogenic effect of the food** to about 5-10% of the energy expended due to digestion and metabolism.

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3. The **Physical** activity is the largest variable affecting energy expenditure.
4. When the **environmental temperature** is low it causes -loss of energy. When **temperature** of the body is above the blood heat, extra energy is expended and given off.” The Far Infrared HotHouse can be of great benefit in increasing and balancing blood temperature.

Benefits of the Chi Machine & Far Infrared HotHouse

Chiropractors, Dentists, Lasic Eye Surgeons

1. Puts the patient in **relaxed, Parasympathetic state**, free of **anxiety & tension**.
2. **Relaxes muscles of the Eyes** (Eye Surgeons).
3. **Increases the Immune System**, less Colds & Illnesses.
4. **Returns Hormones** more **toward balance**.
5. **Detoxification** of the cells and body systems.
6. **Increase of Oxygen** to the cells and body systems.

Health Clubs, Rehab Specialists

1. **Virtually Eliminates Pain**.
2. **Recover** from “**Exhaustion**.” “**Overreaching**,” & “**Over training**” quicker.
3. **Corrects Vasodilatation** (Blood is squeezed out during heavy exercise).
4. **Recover** from **Adrenal Exhaustion** more quickly.
5. **Reduction of Lactic Acid buildup**.
6. **Detoxification** of cells and body systems with more ease.
7. **Increase of Aerobic Oxygen** to the cells and body systems.
8. **Tone and reduce Hips, Thighs, Stomach, Tendons, and Muscles**.

Psychologists, Hypnotherapists, Counselors

1. **Mind and Body** are “**entrained**” in a relaxed, balance state in the Parasympathetic Nervous System.
2. **Lack of Mental Stress** allows the Patient to reach a **deeper level** in 5 min.
3. **Eliminates lost time in Therapy** for the Therapist, Doctor, or Counselor.
4. Increases efforts for Anger Management.

Athletes, Coaches, Sports Medicine

1. Increase **Performance**.
2. Increase **Endurance and Stamina**.