

Instructions and Guidelines for Use of your Surge of Chi Exerciser



Please read these instructions and guidelines carefully before use.

The Surge of Chi Exerciser works dynamically in combination with your own body's response to the swinging of your feet, as they move with the Exerciser. We recommend you return to these Guidelines regularly to remind yourself how to get the best out of your Surge of Chi Exerciser.

Before your first use, please **CAREFULLY check the CONTRAINDICATIONS** at the foot of PAGE 2.

Guidelines for Use

- **Start with a short time span.** If you are healthy, start at 3 - 4 minutes, and then build up gradually to a comfortable time over a period of a week or more. If your health is delicate, start with just 1 or 2 minutes. If you feel any discomfort or doubt about what is happening, stop the machine. Call your distributor or Energy for Health for advice if needed.
- **15 minutes is the maximum.** The timer automatically cuts out the motor after 15 minutes. Never do more than 15 minutes in one session. On the other hand, it is fine to have several short sessions during the course of one day. Two sessions of 5 minutes each day is better than one of 15 minutes! One session after getting up in the morning and one in the evening is ideal. If you have sleep problems, use the exerciser before you go to bed – or even if you wake up in the middle of the night.
- **Lie still afterwards.** The most important thing is to lie still after the exerciser has been turned off. Enjoy the afterglow of 'chi' energy (often felt as a tingling sensation) while it continues to flow through the body. This is where the most benefits occur. The body may continue to release tension in this period, and you may feel it lengthening, and getting flatter and closer to the floor. Pressing down slightly and momentarily with the abdominal muscles in your lower back area will help this. Lie there for at least 2 or 3 more minutes, or optimally 5 minutes after a 15-minute session.
- **Start at a slow speed.** As you turn the dial, the speed increases. It's important to monitor yourself. How is it feeling? If you are experiencing any discomfort, stop the motor. Either call for advice, or think carefully about what is happening. Slowing down the speed will often be the best solution. If your ankles or knees feel any discomfort, try placing a towel under your ankles, or a pillow or rolled up blanket under your thighs. **DO NOT WEAR SHOES.**
- **Do not run it too fast.** Take time to test what speed is comfortable for you. Most people will find that the optimum speed for achieving a steady and rhythmic movement with deep but undisturbed breathing is **several notches less than full speed** (typically between 12.10 and 12.35 on the dial if you imagine 12 o'clock is the OFF position on the dial). This speed does not need to be exceeded – and indeed many people find that a slower speed (between 12.10 and 12.20 on the dial) is plenty fast enough. We recommend that only those who are fit and have a strong constitution should run it close to full speed. Please take the time to experiment and feel out what speed is best for you.
- **Make sure to align yourself with the centre of the exerciser.** Our bodies are in many cases not perfectly symmetrical. When you put your ankles onto the unit, it may feel like one side is different than the other. This is not a problem. However, make sure to align yourself with the centre of the exerciser (not the position of the ankle cradle when at rest, as it may not be at the centre of its travel when you start).
- **BODY POSITION:** Always lie on your back. If you have back or hip problems, make yourself as comfortable as possible. Use a wrapped towel or pillow or bolster under your knees if this helps. Place a pillow under your neck if you wish. Keep light out of your eyes, either by turning the lights off or placing an eye mask over your eyes. Place your arms at your sides, with hands up to one foot away from your body.
- **RELAX: Enjoy the ride!** Your body will move rhythmically, starting at your feet. If you are fairly relaxed, you will experience a wave from your feet all the way to the top of your head, especially from the hips upwards. If you contract your muscles, your body will tend to stay rigid and not wave. This is not what should be happening! A good way to relax is to focus quietly on your breath as it comes in and out. Do not try to breathe forcefully, just watch the breath coming in and out of the nostrils in its natural rhythm. Focus 'inside' but not on your thoughts! Playing some relaxing music sets a nice tone and will help to make it a pleasurable experience – which is how you will get the most benefits! You can also focus your attention on any parts of the anatomy where you feel aches or discomfort, which will help to bring relaxation there.
- **Be sure to relax your neck.** If your neck is held tight, it may tend not to join the wave. This is one of the reasons you need to go slow to start with. You may end up with an even tighter neck if you overdo it at first, or unconsciously hold your neck rigid. After slowly building up with duration and speed over several days,

you will find this and many other areas of tension will be released, and your muscles and surrounding tissue will become much more relaxed (the Exerciser is doing its work!).

- **Drink lots of water.** One of the effects of using the exerciser is to release toxins from your blood system, as well as the lymphatic system. These toxins need to be moved out of your body fast, otherwise you may feel discomfort. If you do feel any discomfort, or experience rashes or migraines, wait 24 hours. Continue to drink plenty of water. Do not use the exerciser again until the discomfort has subsided. Once this initial detoxification process has happened (possibly over several days after starting regular use) you will feel much better. But keep drinking plenty of water, as the exerciser will continue to help the body flush out the toxins before they build up again. Another reason for drinking water is to help clear the body's memory of 'bad use' (postural and other 'habits'), held by the body at cellular level. The best practice is to drink a glass of water before and after using the exerciser.
- **Afterwards, try this gentle exercise to help the body integrate the experience.** After lying still for 2-5 minutes, bring your feet towards you, with soles of the feet on the floor and knees in the air. Making sure the feet are away from the handle of the Chi Exerciser, take your knees slowly to the floor (while holding them together) on one side, then the other side. Repeat this slowly about 5 – 10 times. Then roll over on one side and get up slowly.
- **Other body positions:** Once you are familiar with the Chi Exerciser, you can experiment with where you place your arms. There are different beneficial effects if you place your hands behind your head, or with arms extended beyond the head (try stretching arms beyond the head 'with intention', but not tense). These positions can be done for 2 – 3 minutes each during your regular session, and are illustrated below. Make sure you stay relaxed in these positions even though it's a little more challenging for the back.



CONTRAINDICATIONS

The Exerciser should NOT be used in the following situations:

- for one hour after eating (**this applies to everyone, for your own comfort**)
- within three months of surgery
- within three months of bone fractures (or before they have fully healed)
- cancer - where there is a possibility of cancer cells having metastasized to the bone
- if you have a damaged or sensitive coccyx (tail bone), use only with care, at a slow speed
- during the first three months of pregnancy
- when suffering from open wounds, serious infections or undiagnosed injuries
- epilepsy (except with doctor's consent)
- if you have heart disease or other heart conditions, consult your Doctor for advice
- if you are prone to vertigo, nausea or motion sickness, start with a slow speed and short time; then gradually work up as you feel comfortable to do so.

IMPORTANT NOTICE

Background healthcare information is provided for information purposes only and is not meant to substitute for the advice provided by your own physician or other healthcare professional. You should not use the information or products provided for diagnosing or treating a health problem or disease without obtaining proper professional advice.

If you have any doubts or questions, please consult your Doctor or Health Practitioner, or please feel free to call us for advice:



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