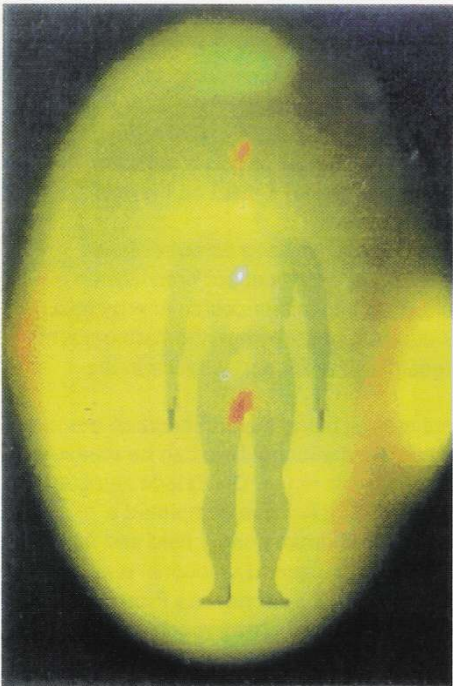




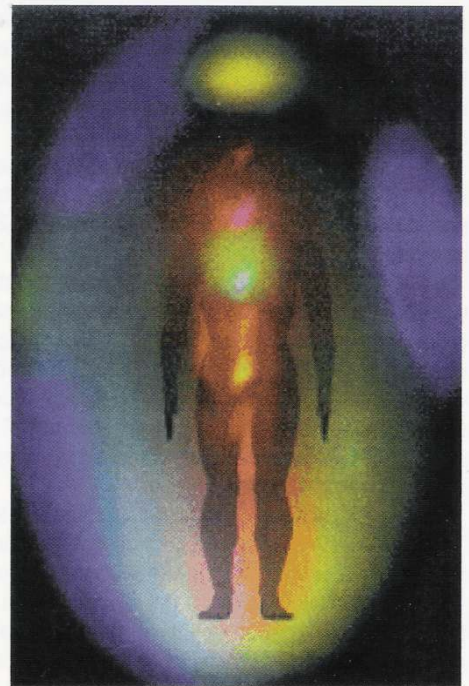
Before Chi Machine #1.
- Dr. Morris 5/15/98



10 Min. on Chi Machine #2.
- Dr. Morris 5/15/98



15 Min. on Chi Machine #3.
- Dr. Morris 5/15/98



20 Min. on Chi Machine #4.
- Dr. Morris 5/15/98

The pictures of my aura on the back of this page were obtained at the request of our dynamic President-level distributor, Peter Armstrong. When he received some information from a company called *Inneractive* that produces aura video systems. Peter wondered what impact The Chi Machine would have on a person's aura. Since I was going to Southern California on a business trip in a couple of weeks, I was the logical choice for the experiment.

Before we discuss what the pictures reveal, I would like to discuss the structure and functioning of an electromagnetic field. In 1925 George Crile, MD, of London, presented the bipolar theory of life. In the 1940's a doctor, Harold S. Burr at Yale University, and a Russian researcher, Semyon Kirlian, were able to prove that a subtle energy field surrounds all living organisms. Over the years, many scientific researchers have proven a direct current system exists in the body. Through the meridians and nerves, electrical energy is distributed to all connective parts of the body. Today, we know that this low, subtle current that is used for cell communication can also cause significant changes in the body. This subtler plane was given many different names in the past: radionic, ether, bioplasma, chi, orgone, scalar waves, and biofield.

An aura is created by different energy systems

<u>Location</u>	<u>Corresponding Gland</u>
1. Base of spine	Sex glands
2. Lumber region	Adrenals
3. Solar Plexus	Pancreas
4. Heart	Thymus

These aura pictures were obtained with the use of biofeedback sensor technology to pick up and measure certain bioperimeters of the body. The BioSensors are connected to the hand and fed back in real-time data to the computer which analysis and correlates the information.

The first picture was taken before I used The Chi Machine. The subsequent pictures were taken while I was using The Chi Machine continuously for 20 minutes at intervals of 10, 15, and 20 minutes.

To demonstrate the changes in the chakras, we will use number 1, 4, and 7. The number 1 chakra shows a deepening of the color red, which is an indication of increasing stamina, energy, and vitality. Number 4 chakra changes from dark blue to radiant, bluish white showing increased energy buildup. Number 7 chakra changes from pink to yellow, denoting an increased activity in creativity and optimism.

The aura in the first picture (taken before using The Chi Machine) is predominately green. This indicates contentment and harmony. In the second picture (taken 10 minutes after starting on the machine), the aura has become a combination of yellow (creativity/optimism) and greens (contentment/harmony). The third picture shows an aura predominately yellow (creativity/optimism) with a tinge of orange/red (idealism). In the fourth picture, for the first time the aura shows blue

existing in the body, which contribute to the formation of this electromagnetic field. In addition to nerves and blood circulation there are many subtle energy pathways that exist in the body. Chinese medicine describes 72,000 main paths, which include the acupuncture meridians, the circulating blood, the spine and the nerves.

The brain is the North Pole and the end of the spine is the South Pole of the human energy field. The main axis is the spine, around which the electromagnetic field forms. Because the energy pathways run parallel to each other, they mutually induce and reinforce each other. The energy currents must be in phase and in harmony for this process of induction and reinforcement to be maintained. A person balanced in body, mind and soul has a larger magnetic field

The homeostasis of the body is the primary function of the spine. Along this axis you will find a majority of the nerve points for the organs as well as the subtle power centers, chakras, which can be seen in the pictures as points of light along the spine. On the human physical plane, the chakras manifest themselves through the endocrine glands, which regulate all physical and emotional functions. The following shows the location of the chakras and corresponding glands.

<u>Location</u>	<u>Corresponding Gland</u>
5. Throat	Thyroid
6. Brow	Pituitary
7. Cerebrum	Pineal

(peacefulness/compassionate) with red (stamina/energy/vitality) and yellow (creativity/optimism).

These pictures were taken using the *Inneractive Aura Video* technology based on Biofeedback, Vibrational Healing, and Color Psychology.

The obvious changing of colors indicates that the Chi Machine does have an impact on the various energy systems of the body.

"We can interpret disease as out-of-tune behavior of one or sever organs of our body. When a strong, harmonious rhythm influences an energy field that has lost its equilibrium or rhythm, the harmonious influence can reestablish order and balance in the system.

"Recent research and experimentation has also proved that the human vibrational field can be measured and evidenced in scientific terms. Dr. Valerie Hunt, and other scientists from U.C.L.A. have completed a fascinating study on the human energy field and its relationship to neuromuscular and emotional energy. (*Aura Imaging Photography* by Johannes Fisslinger)

The Chi Machine with its harmonious -rhythm has the potential of helping multitudes of people throughout the world.

David L. Moths, D.C.
 Doctor of Chiropractic
 Coarsegold, CA

AEROBIC EXERCISER and FIR DOME INFORMATION

and

INDEXED TESTIMONIALS

Kirlian Photography and the *Chi Machine* with
Explanation by Dr. David Morris

Welcome

Disclaimer

Origin of Aerobic Exercise Concept with
Dr. Yanagida Seijiro & Dr. Shizuo Inoue

Section A. About the *Aerobic Exerciser*

1. The Amazing *Aerobic Exerciser* - p 1-4
2. The Features and Benefits
of the *Aerobic Exerciser* - p 1-2
3. Using the *Aerobic Exerciser* - p 1-6
4. How did *Aerobic Exerciser* Originate? - p 1
5. What is "Chi"? - p 1-2
6. Oxygen and Deep Breathing - p 1-7
7. Why Water? - p 1-3
8. Enzymes and the *Aerobic Exerciser* - p 1-2
9. Professional Reactions to *Aerobic Exerciser* -
p 1-6
10. Fraudulent Copycats - p 1-8
11. Calcium and the *Aerobic Exerciser* - p 1-3
12. Hsin Ten Enterprises - p 1

Section B. *Aerobic Exerciser* Benefits

1. Aches and Pains - p 1-4
2. Alzheimer's Disease & Brain Disorders -p 1-2
3. Arthritis, Bursitis & Related Problems - p 1-2
4. Asthma & Allergies - p 1
5. ADHD & Learning Disabilities - p 1-3
6. Autonomic Nervous System - p 1-2
7. Back Problems - p 1-11
8. Blood Pressure -Hypertension-Hypotension -
p 1-2
9. Cancer - p 1-3
10. Cellulite - p 1
11. Child or Infant Care - p 1
12. Chronic Fatigue Syndrome - p 1-2
13. Circulatory System & Related Disorders -
p 1-3
14. Diabetes & Hypoglycemia - p 1-2
15. Digestive System Disorders - p 1-4
16. Endocrine System Disorders - p 1
17. Energy Centers (Chakras)- p 1-4
18. Energy Increase - p 1-5

19. Eyes, Ears, Nose, and Throat - p 1-2
20. Feet, Leg, and Knee Problems - p 1-6
21. Female Complaints - p 1
22. Fibromyalgia - p 1-2
23. Heart Disease & Related Problems - p 1-4
24. Injuries - p 1-4
25. Kidney Disease & Related Problems - p 1-2
26. Lymphatic System - p 1-4
27. MD & Other Related Muscular Disorders - p 1
28. Mental Awareness - p 1-2
29. MS & Other Nervous System Diseases - p 1-4
30. Neck and Shoulder Problems - p 1-5
31. Osteoporosis & Related Problems - p 1
32. Parkinson's Disease - p 1-2
33. Pet Care - p 1
34. Physical Fitness - p 1-6
35. Pregnancy - p 1-3
36. Respiratory System Problems - p 1
37. Sexuality - p 1
38. Skin Irritations - p 1
39. Sleep Disorders - p 1-5
40. Stress and Emotional Problems - p 1-4
41. Toxicity - p 1-3
42. Viral Infections and Polio - p 1-2

Section C. Essential Oils and the *Aerobic Exerciser*

1. What are Essential Oils?- p 1-3
2. Using EO's with the *Aerobic Exerciser* - p 1
3. Experiences with EO's & the *Aerobic Exerciser*
- p 1-4
4. Affirmations with EO's and *Aerobic Exerciser* -
p 1-2

Section D. The *FIR Dome*

1. What is Far Infrared (FIR)? - p 1-4
2. The Healing Effects of Far Infrared Rays - p 1-2
3. Using the *FIR Dome* - p 1-2
4. Clinical Treatments with *FIR Dome* - p 1-2
5. Healing with Photons & FIR Therapy - p 1-2
6. 12 Points for Prevention of Cancer - p 1-2
7. The Origin of Cancer Cells - p 1-3

Section E. FIR Hot House Benefits

1. Arthritis - p 1-2
2. Artificial Body Parts - p 1
3. Asthma - p 1
4. Back Pain - p 1-2
5. Cancer - p 1-5
6. Circulatory System Problems - p 1-2
7. Digestive System Disorders - p 1-2
8. Feet and Legs - p 1-2
9. Female Complaints - p 1
10. Neck and Shoulder Problems - p 1
11. Physical Fitness - p 1
12. Respiratory System Problems - p 1-2
13. Skin Irritations - p 1
14. Toxicity - p 1-2
15. Urinary System Problems - p 1

Section F. HTE Talks on Health

by Dr. Wei-Peng Zhao

1. A New Calisthenics Aerobic Exercise
2. The Auto-rehabilitation of Bones and Joints
3. Swimming on Land Auto-rehabilitation and Health Care
4. Good Tidings for Cardiac-Pulmonary Disease Patients
5. Auto-therapy of Insomnia
6. Oxygen and Humor Tumor
7. The Effect of Aerobic Exercise on the Respiratory System
8. Aerobic Exercise and Digestive Disorders
9. The Auto-adjustments of Mental Health Patients
10. The Know-how About Aerobic Exercise

Section G. Sales Tools

1. How to Build Your Business - p 1-3
2. Possible Places to Post AE Flier - p 1
3. How to Introduce the AE Successfully - p 1-4
4. Follow-up Sheets - p 1-3
5. Medical Insurance Forms - 3 forms

WELCOME!

As the knowledge and use of the *Aerobic Exerciser* and the *FIR Dome* increases, more and more exciting things are taking place in the lives of many individuals throughout the United States and the world. There is an ever increasing amount of information coming to our attention and many health-promoting events are being shared on a daily basis. If you have helpful testimonies to relate, we would like to add them to this packet.

DISCLAIMER

The information contained is provided for educational purposes only. It should not be used for diagnostic or treatment purposes. If you wish to obtain more information about any disorder, contact your personal doctor or health practitioner.

The author assumes no responsibility for inaccuracies, deficiencies, errors or omissions. The reader should consult qualified professionals specializing in holistic health care regarding individual conditions.

This packet includes a section on the use of Essential Oils in conjunction with the *Aerobic Exerciser* and the *FIR Dome*. This section has been added by the preparer of this Information Packet to provide suggestions for those who use Essential Oils and wish to incorporate them with the above mentioned machines. This is not done with the intent to identify any specific company nor oil blends over and above any other producers of Essential Oils. This is strictly at the discretion of the user.

Dr. Shizuo Inoue - Author of Book: *Health-and-Oxygen-Efficient Aerobic Exercise*

- 1922 - Born in Kanagawa Prefecture, Japan
- 1948-1959 - Worked with Saisyō Mitsura as Secretary. Studied Health Care
- 1960-1971 - Deputy Director at the Health Assembly, taught Healthy Living
- Present - Director of Japan Health Association. Chairman, Mr. Yanagida Seiji
- Chairman of Oxygen Health Association
- Busy with lectures, training courses, and writing books
- Publications: *Oxygen Power Makes Health, Cause and Prevention of White Finger Disease, Oxygen Health Method, Oxygen Makes the Brain Better*

Recommendation of this Book

Dr. Yanagida Seiji

Chairman of Japan Health Association

The ultimate wish of mankind is “maintaining strong health and living forever.” To focus on this theory, Dr. Inoue suggested an oxygen-efficient health philosophy: “Efficient use of oxygen will form a healthy body.” This is the secret to longevity. As a matter of fact, the conclusion of many years of study on health medicine is that the method is very simple and everyone can apply this theory.

I have about seventy years of meditation experience. Currently, I formed a Japanese Meditation Association. In order to supplement the oxygen, we need to have correct posture with a straight back bone which complies with the ‘gravity philosophy,’ focus Chi in the diaphragm, and adjust breathing through correct attitudes of meditation. I am ninety-four years old. I have good health, am clear-minded, and maintain emotional stability. I feel deeply about the importance of oxygen to human bodies.

Several years ago Dr. Inoue published a book entitled *Oxygen Power Makes Health*. Two years ago a book entitled *Oxygen Makes the Brain Better* was also published. After reading these two books, a lot of people agreed with Dr. Inoue’s theory. He has made a great contribution to the foundation of the modern oxygen-efficient aerobic exercise. He can also be addressed as a guru of aerobic health theory.

Recently, the sudden death of young people has increased. We do feel a sense of loss and regret, but what I really hoped for is that by reading this book one can elevate public awareness on the contents of health living and ultimately increase longevity. This will bring meaningful contributions to the country and the society. Furthermore, reading this book can also prevent senility. You will benefit from it a great deal.

Preface of the book *Health-and-Oxygen-Efficient Aerobic Exercise*
by the author
Shizuo Inoue - June 1990

To maintain a healthy body, lead a happy life and to live long are the hopes of modern people with a high living standard, but how can we achieve these hopes? Until now, there has not been a good definitive method.

Lately, one of the most popular topics in the New Living Medicine arena is how to supplement the lack of oxygen. Examples are aerobic exercise, yoga, Tai-Chi, jogging, swimming, breathing method, etc. How-ever, these exercises alone cannot prevent nor cure the diseases. *About twenty years ago, I suggested that oxygen was the major source of health, or the lack of oxygen was the root of all illness.* This is the foundation of the Oxygen Health Theory, and also the result of *my over forty years of study* on health medicine.

The *oxygen-efficient aerobic exercise* mentioned in this book is very simple. Use the *minimum amount of effort and achieve the maximum result of having exercised*, which will improve the basic characteristics of the body.

Oxygen-efficient aerobic exercise can add flexibility to our lives, increase energy, and improve attitude. It can also elevate the awareness of our physical and spiritual beings. Oxygen-efficient aerobic exercise *can be done at any time, at any place by anyone*, and the result is significant.

At one time I was on a train station platform and *I saw an old gentleman fall to the ground.* At the time his face was pale, his breathing was weak and interrupted. In other words, he was on the *brink of death.* Immediately, *I performed the oxygen-efficient aerobic exercise* (lifting and moving his feet left and right repetitively) on him for about twenty to thirty minutes. The result was that he blew out a big breath and came back to life. His face was red and it was certain that *he came back to life.* A moment later he thanked me profusely with tears in his eyes. I had two experiences like this. In both incidents, they came back to life in a very short time.

A detailed description of the benefits of this exercise is listed here:

- Besides eliminating the problem of breathing difficulty, this is *an exercise that can improve the basic characteristics of the following illnesses: heart disease, heart muscle cramp, lung cancer, bronchitis, emphysema, ulcer, neurosis, arthritis, backache, aviation disease, neurasthenia nervousness, anorexia, poor appetite, snoring, allergies, and cancer.*
- The exercise is the best method to supplement the lack of exercise and cure insomnia.
- Based on a medical theory, oxygen-efficient aerobic exercise can improve both physical and emotional balance.
- Oxygen-efficient aerobic exercise can ensure normal breathing activities.
- It is an exercise that *uses oxygen efficiently to supplement the internal organs.*

I used to promote oxygen-efficient aerobic exercise. At the time, the audiences could only understand the surface of the theory and not the depths of its contents. I have over forty years of experience in medical health study and research I have achieved the understanding of the final results. In other words, I discovered the glorious results of oxygen-efficient aerobic exercise.

Based on the differences of the living environment thirty some years ago and the current living environment, I gained a further understanding of the importance of this exercise. To elaborate on this point, the differences are as follows:

1. People living in the modern world eat gourmet food, overeat, and do little exercise.
2. Increased height and density of building structures.
3. Common use of artificial air conditioning and heating equipment causes the weakening of the skin function.
4. Pollution of the air, contamination of the water supply, contamination by the agricultural poisons, noise, etc. are increasing and causing the quality of our living environment to worsen.
5. Increased use of food additives and use of medicine.

Oxygen-efficient aerobic exercise is the most suitable exercise that a modern people can have. I am very happy that I have the opportunity to introduce the concepts of oxygen-efficient aerobic exercise through the publication of this book. The objective is to ensure that everyone can *maintain good health, longevity, and at the same time, lead a graceful and comfortable life.*

Conclusion

It is the ultimate goal for everyone to lead a healthy, happy, and comfortable life. We, as human beings, always want to maintain good health, longevity, and lead a graceful life. Whether it is health, beauty, rejuvenation, clear-mindedness, or having a good fortune, these all are contributed to by oxygen. Therefore, 'an oxygen-efficient body' is the secret to health and longevity. This is the author's main philosophy of oxygen-efficient health.

During my younger years, my health was very poor; therefore, having a healthy body has been a goal throughout my life. In a very coincidental opportunity I met an entrepreneur of western medical health, Mr. Mitsura Saisyo. Twice I practiced a three-week fast, over ten times I practiced one-week fasts and led a vegetarian diet lifestyle for about three years. For the first time in my life, I felt happiness come from the bottom of my heart. For twelve years I volunteered to be the secretary for Mr. Saisyo from 1948 through 1959. Due to this experience, I continually gained from his instructions and knowledge and practiced his health method. The result of this experience changed my life. To me it is a great fortune, but the glory all belongs to Mr. Saisyo. For thirteen years I used the health auditorium Mr. Saisyo left me. I instructed over tens of thousands of people on the health method. The conclusion I gained is this: 'Oxygen can cure diseases; lack of oxygen is the root of all illness.'

Oxygen-efficient aerobic exercise can be performed at any time, at any place by anyone. Only through oxygen-efficient aerobic exercise can one realize its wonderful effects. I believe that performing oxygen-efficient aerobic exercise on those who are in their sickbeds will not only improve their health, but also give them a bright future.

Lastly, my sincere appreciation to the elders in this field and friends who helped to make the publishing of this book possible.

June 5, 1990 - by the Author

(Translated by Chinese and English translation. The original book is in Chinese.)

**ABOUT
THE
AEROBIC
EXERCISER**

SECTION A: CONTENTS

ABOUT THE AEROBIC EXERCISER

- 1. The Amazing Aerobic Exerciser**
- 2. The Features and Benefits of the Aerobic Exerciser**
- 3. Using the Aerobic Exerciser**
- 4. How did the Aerobic Exerciser Originate?**
- 5. What is 'Chi'?**
- 6. Oxygen and Deep Breathing**
- 7. Why Water?**
- 8. Enzymes and the Aerobic Exerciser**
- 9. Professional Reactions to Aerobic Exerciser**
- 10. Fraudulent Copycats**
- 11. Calcium and the Aerobic Exerciser**
- 12. Hsin Ten Enterprises (HTE)**

THE AMAZING AEROBIC EXERCISER

Simple - Effective - Effortless - Valuable

Great for the Whole Family

Lie down, relax, and experience the benefits!

**15 minutes on the *Aerobic Exerciser* is equal to walking four miles
in terms of oxygen benefits**

Research and Development..

Dr. Shizuo Inoue, Chairman of Japan's Oxygen Health Association, combined his 38 years of experience and expertise in oxygenating exercise with that of leading German exercise physiologists to develop this unique, health-generating product. The machine that evolved is based on human physiology and five complementary engineering features:

- Machine height
- Machine speed
- Degree of side-to-side movement
- Angle of movement
- Resulting circular movement of the body

This scientific product has been patented in many countries, including the United States, Great Britain, Germany, Japan, and Australia. It received the Silver Eagle Award at the Second Asia-Pacific Direct Selling Congress in 1993 and is registered as a medical appliance by Japan's Medical Affairs Bureau. The FDA regards it as an exercise machine.

If you or your patients lack energy or are having the following problems...

- | | |
|----------------|--------------------------|
| • Anemia | • Lack of Exercise |
| • Arthritis | • Menstrual Pain |
| • Asthma | • Nervousness |
| • Back Pain | • Overweight |
| • Bone Spurs | • Poor Circulation |
| • Constipation | • Poor Digestion |
| • General Pain | • Tired and Sore Muscles |
| • Insomnia | • Tracheal Inflammation |

Then you should examine this!

What Does It Do?

- The simplistic nature of the *Aerobic Exerciser* is the key to health. It speeds detoxification and healing.
- It oscillates right or left, left or right approximately 150 times per minute (about double the normal heart beat.)
- In just 15 minutes it gives the equivalent oxygen benefit of 1 ½ hours of walking. It firms hips, thighs, and abdomen and supports weight loss.
- The synchronous figure-8 motion has a marked beneficial effect upon the human body, relaxing nerves and muscles as well as relieving tension in the back, neck, and shoulders.
- It performs a pure aerobic activity and operates at the best oscillating speed to create an oxygen surplus in the body.
- It rejuvenates every aspect of your body while you just lie on the floor (resting your ankles on the machine), breathe deeply and think happy thoughts for 15 minutes. It promotes more restful sleep.
- It does the work, you get the benefits of improved circulation of blood and lymph, especially in the legs.

Oxygenation takes place through the following process:

- Your body is composed of about 70 billion cells, each of which is similar to a tiny chemical factory which functions by carrying out a variety of chemical reactions inside the cell. All of these chemical reactions require the presence of oxygen.
- The motion generated in the body by the *Aerobic Exerciser* stimulates and relaxes the sympathetic nervous system
- This reaction, in turn, causes the bronchi and alveoli (tiny tubes which branch out from your lungs) to relax and expand.
- These tiny bronchi and alveoli connect through a semi-permeable membrane with the tiniest blood vessels of your circulatory system.
- With the expansion of the bronchi and alveoli, more oxygen is able to pass from your lungs into the circulatory system.
- Once in the circulatory system, the oxygen travels to every cell in your body.

HEALTH-RELATED FUNCTIONS OF THE AEROBIC EXERCISER

- **Cellular Activation** -----> Stimulates Blood Circulation
*A Systemic Cleanser
- **Spinal Balancing**)
)
- **Improving the Immune System**)
 The body's ability to prevent disease and cure itself)
) Spinal Traction and Adjustment
- **Stimulating the Sympathetic Nervous System**)
 Enhancing bone marrow blood production and)
 strengthening the bronchus)
) *A Chiropractor
- **Restoration of Balance to the Autonomic Nervous System**)
- **Exercising Internal Organs and Building Natural 'Chi'**-----> Strengthening Internal Organs
*A General Strengtheners
and Toner

A Unique Design for Your Health..

Medical researchers understand that the vertebrae are the conduits for our human nervous system. In four-legged animals, the spinal column wobbles slightly from side to side as they walk. Importantly, internal oxygenation is going on during walking. With human beings, however, there is little vertebral movement during walking because we only go forward or backward on our two legs. People don't realize that this is associated with pain..the result of low lateral vertebral movement plus downward pressure. The *Aerobic Exerciser* is **designed scientifically to allow the legs to sway while the body is in a relaxed, reclined position.** This stimulates sympathetic nerves, vitalizes cells, and enhances the immunity—thus promoting self-healing. The effect of this simulation varies in relation to the swing amplitude, the swing frequency, and the duration of treatment.

One needs to be careful in using this type of equipment to avoid possible negative effects. Some users with heart conditions, for example, have suffered heart attacks when using machines by other manufacturers because of the violence of the swinging motion in their equipment. The *Aerobic Exerciser* is **designed and regulated with a very precise swing amplitude, frequency and direction.** It was only placed onto the market after rigorous clinical trials and after Japan's Ministry of Health had approved it for quality. The back and forth swaying seems a rather simple kind of healthy exercise, but actually it follows a circular movement completely compatible with the frequency of human mechanics. This is why the *Aerobic Exerciser* has demonstrated superior effects and its operation has been proven safe and smooth.

About the Movement of the Machine..

When you watch someone using the *Aerobic Exerciser*, you can see what the feet are doing, but you may not see it in the actual detail. The machine is actually **moving the feet in a figure-8** and it is using the correct frequency congruent with the twelve meridians of the body so that it breaks down the blocks in the meridians. If the meridians are improved, then the seven chakras and the aura are also improved. The *Aerobic Exerciser* works on the body, but it also works on the mind and the spirit.

..L. ND

The Five Main Features of the *Aerobic Exerciser*

1. **Full Body Exercise**

The *Aerobic Exerciser* provides a workout for the whole body.

2. **Ease of Use**

Your workout is done lying down. The machine can be used at any time or place.

3. **No Injury**

No pressure or tension is applied to any part of your body. You are fully supported. Heart rate and blood pressure do not increase.

4. **Maximum Workout - Minimum Time**

The *Aerobic Exerciser* provides a convenient way for busy people to cultivate a vital exercise habit. You receive the equivalent oxygen benefit of 1.5 hours of walking in only 15 minutes.

5. **Portability**

The *Aerobic Exerciser* is a lightweight, mobile unit for ease of transport.

The Six Major Benefits of the *Aerobic Exerciser*:

- **Cellular Activation** - Massage stimulation to the sympathetic nervous system opens up the bronchioles to provide maximum oxygen access to the lungs. Simultaneously, the blood flow to and from them is increased. This enhances oxygen exchange from the lungs to the blood and thus to the body cells. This excites cellular metabolism.
- **Spinal Balancing** - With the body relaxed in a prone position with no weight on the spine, the massage unit will have a correcting influence in certain conditions of misalignment. Such corrective action can in turn help to reduce or alleviate complications arising in vertebra joints due to certain spinal misalignments.
- **Improving the Immune System** - The *Aerobic Exerciser* stimulates globulin production which increases the immune system's defense capacity, thereby providing greater protection from disorders and diseases.
- **Stimulating the Sympathetic Nervous System and Bone Marrow Blood Production** - Blood is produced in the spleen and spinal bone marrow. Reduction of splenic blood production can arise from the spleen's susceptibility to damage. The *Aerobic Exerciser's* action on the spine stimulates the sympathetic nervous system, which increase spinal marrow blood production. Any form of anemia can be benefitted by this massage action.
- **Restoration of Balance to the Autonomic Nervous System** - If the parasympathetic and sympathetic nervous systems fail to maintain balanced functioning, insomnia, excessive dreaming, digestive problems, stomach pain, anxiety, constipation, palpitations, extensive forms of aches and pains as well as mental stress may surface. The influence of the *Aerobic Exerciser* on the sympathetic nervous system can restore the vital balance to the nervous system, resulting in restoration of health from such conditions.
- **Exercising the Internal Organs and Building 'Chi'** - Western medical science is beginning to consider ancient eastern traditions that emphasize healing and good health based on a life force energy which flows in channels through all living forms. Acupuncture and associated therapies are being increasingly used by Western practitioners to stimulate the life-force energy flow to unhealthy organs and thus restore health. The Chinese refer to this energy as 'Chi.' The *Aerobic Exerciser* will aid in unblocking the 'Chi' pathways and ensure a maximum flow of this healing source through all body organs, restoring or improving normal functioning of impaired organs and body systems related to those organs.

USING THE AEROBIC EXERCISER

Using the *Aerobic Exerciser* Correctly is Very Important

- **Position the *Aerobic Exerciser*** on a firm surface with the handle facing away from you, ensure that no restriction occurs to the machine's air intake. A firm based surface (such as a bread board or piece of plywood) could be used by bed-ridden people, but it is not ideal for the proper positioning to the spine which a firm surface offers.
- **Drink an 8-ounce glass of pure, room temperature water** to help rid the body of toxins and enhance the flow of oxygen to the body organs.
- **Stretch out your lower back.** Simply lie down on your back and pull your knees up toward your chest and hold them there for 15-20 seconds. (This is optional and may not be advisable for everyone.)
- **Lay down on your back** perpendicular to the front of the machine and place both feet comfortably on the grooves in the plastic arm on top of the machine.
- **Wear heavy socks or the anklets** or place a towel on the arm of the machine to prevent ankles from rubbing against the plastic. Foam-filled protective *Aerobic Exerciser* covers are available and are excellent for this purpose.
- **Adjust yourself to be comfortable.** Make certain your body is in alignment with the arrow on the machine and that your feet are straight and not turned outward. Adjust your ankles up or down so they do not rub against the plastic arm and cause soreness. If your knees feel uncomfortable, put a pillow underneath them until they are strong enough to be comfortable without that support.
- **Turn the timer switch** to activate the machine. For initial use, set the timer for two to three minutes, then increase by increments to five minutes twice a day for one week. During week two, move up to ten minutes twice daily, and week three 15 minutes, if no discomfort arises. General timing can be at the user's discretion.
- If a person has been **ill or is in poor health**, 30 seconds to one minute may be sufficient. This must be a matter of discretion according to the individual's state of health. The *Aerobic Exerciser* can safely be used several times a day with resting periods between.
- The *Aerobic Exerciser* will start an **undulating motion back and forth**, an oscillation that moves up through the legs, torso, and entire body causing you to rock from side to side. The movement is approximately 140 oscillations per minute (about twice the normal heart beat) and has been proven to be the correct ratio to put the body into a state of oxygen surplus.

- Understand the **full spinal movement**. The design of the human spine permits lateral twisting—a snake-like movement—that **serves to relieve vertebrae joint pressure and promotes a sense of well being**. Adults rarely utilize this design feature and consequently, there is accumulated stress and tension in the body. This is a natural human movement that relaxes and creates energy. When we observe animals or sea creatures we notice the serpentine movement in their walking, running or swimming motions. This helps maintain health.
- **Breathe deeply and evenly**, bringing the air down into your abdominal area.
- **Relax and concentrate on positive thoughts** or practice the principles of meditation and try to get in touch with your inner self.
- When the machine stops, **remain still for another two-three minutes**. You will sense the wonderful rush of “Chi” which engulfs your body. This sensation will differ with individuals, depending on whether or not there are blockages (which can be corrected through continued use). When adequate circulation and oxygenation can get through the body systems and into all the organs the feeling is unbelievable!
- Following the rest period, **remove the feet from the unit** and raise both knees to a 45-degree angle. Take a gentle deep breath, hold it and slowly commence a **spinal twist exercise** by lowering the legs to one side as far as possible. Pause a moment, and repeat the movement to the opposite side and back, breathing as before. Repeat the exercise at your discretion two or three more times. During this movement of the lower body, retain the upper back firmly on the base you are resting on. Follow the suggestions for lymphatic massage on page 4.
- When you are ready to get up, **roll over on your side and get up slowly**.
- Conclude the session with another **8-ounce glass of pure water**. This will aid in toxin cleansing activated by the massage and will promote the oxygenation of each body organ.
- Use the *Aerobic Exerciser* in the **morning for 15 minutes and at night before retiring for 15 minutes**. It can also be used anytime in between when you feel the need.
- **Wait one hour after eating a large meal and 30 minutes after eating a light meal** before using the machine.
- The use of **Essential Oils** with the *Aerobic Exerciser* will enhance the benefits and blessings of both the machine and the oils.

When You Awaken in the Mornings, try this Exercise:

When you just awaken or when you feel tired, raise your arms, stretch and yawn. In the process, flex the spinal column in a twisting, serpentine motion. This will increase alertness and energy by filling the lungs with air. This causes greater oxygenation of the cells. Pressure on the intervertebral disks momentarily lessens and the autonomic nervous system is stimulated.

Three Arm Positions

- The Stretched Back Position - Lift both arms above your head and keep them as straight as possible. This assists in the following:

Weight Loss Shoulder Tendinitis Releases Muscle Tension
Releases Nervous Pressure Full and Round Breast

- The Mid Position - Put both hands under your head in a position that results in your upper body and legs being both lifted off the ground. This assists in the following:

Migraine, Headaches Bone Spurs Misaligned Spine
Sore Back Gout Arthritis

- The Goldfish Exercise - Place both arms at your sides. This assists in the following:

Release of Tension Mood Balancing Insomnia
Constipation Internal Organ Discomfort

Some Reactions May Occur..

A few people may feel tired or sore in parts of their body after the *Aerobic Exerciser* massage. This occurs as healthy circulation is being restored. If soreness occurs, reduce the session time to two or three minutes and gradually return to 15-minute massages when the soreness stops.

Get Up Slowly after Your Treatment

You may experience some dizziness after initially using the machine. Be certain that you roll over onto your side and **get up very slowly** after you have waited for the 'Chi' to subside. A good practice is to roll over and pause a moment. Then rise to your hands and knees and pause a moment before standing all the way up.

As gentle as the *Aerobic Exerciser* is, the movement does release toxins in the body (which can cause dizziness), hence is it very wise to **get up slowly**. Drinking a glass of water before and after the session is also very important to allow the released toxins to get out of the body more readily.

If dizziness persists, reduce the session time by half and elevate the head with a small, thin pillow. Remove the pillow during later sessions to receive full benefit. Continued dizziness could suggest an inner ear or anemia problem or high blood pressure. Nausea can indicate low blood pressure or Meniere's disease. Seek medical advice if this is the case.

PRECAUTIONS: - Do not use this machine:

- For at least three months after an operation or bone fracture.
- If suffering serious infection, have a bleeding injury or heart disease.
- During pregnancy.
- Within thirty minutes after eating.
- If extreme pain occurs during massage, investigate the cause and correct the problem before resuming machine use.

Draining the Lymph

The *Aerobic Exerciser* reduces lymph stagnation and enhances removal of waste from the body. Such cleansing may cause temporary bad breath and thirst. Drink plenty of room-temperature water before and after each session. It is a wise practice to drink two glasses of water 30 minutes before eating.

___The lymphatic system carries waste away from all parts of the body to the lymph nodes. The lymph nodes filter out the wastes in the lymph, particularly bacteria, preventing it from entering the bloodstream, while at the same time allowing the lymphocytes to pass through.. It is very important to keep the lymph draining properly. Naturopath, Dr. L., gives these suggestions on performing **lymphatic drainage** as follows:

- After your treatment with the *Aerobic Exerciser*, wait for the “Chi” to completely subside.
- Lift your feet off the *Aerobic Exerciser* and place them on the floor in front of it so your knees are elevated.
- Raise your arms at chest level with elbows perpendicular to the body and fingers touching, slowly move your arms to the left while you move your knees to the right. Repeat this cycle two times.
- Place your fingertips a few inches below the base of the back of your neck.
- Pull your hands forward, applying gentle pressure, until your fingers come to the clavicle. Tap (press-hold-release) the space that is just above the bone three to five times. ..Dr. L., ND

Understanding Personal Reactions to the *Aerobic Exerciser*

Smooth Blood Circulation

Six or seven out of one hundred people—those with smooth blood circulation—will have no sensation of numbness when the swaying of the *Aerobic Exerciser* stops. Such people only feel a sort of tingling energy flow going up to the waist—the “*Dantain Point*” (or the naval area) which is considered the center of Chi energy—or even all the way up to the head, particularly if the person has a good *root of wisdom*. This sensation is what is called natural “Chi Gong” (or internal energy force).

Those who experience the Chi Gong, regardless of the type, so love that feeling they get when the *Aerobic Exerciser* stops that they can’t wait to buy the machine.

Those who do not experience Chi Gong may get a kind of internal energy flow which passes through the head to both palms and to both feet. They may feel a very gentle “rush” or (in some sensitive women) a sensation like the flow of cool air.

Menstruation or Childbirth

Five out of ten females will have strong and dramatic reactions after using the machine for just five minutes, particularly if associated with things like menstruation or childbirth.

- One reaction can be dizziness, which may point to anemia.
- A second reaction can be dizziness plus headache, which means high blood pressure.
- A third reaction may be dizziness accompanied by a sense of tightness or pressure in the chest and nausea, which means low blood pressure.

Such people should use a thin pillow or book under their head during the first use. Most people do not need to elevate their head and thus enjoy even better results.

Poor Blood Circulation or Poor Physical Fitness

Eighty out of one hundred people will feel a kind of numbness emanating from the soles of the feet and radiating upward. Two possible reasons for such numbers are poor blood circulation (or poor physical fitness) due to lack of physical activity.

If you are out of shape physically, you may feel numbness in your hands and feet because of poor blood circulation. The machine dilates muscles by improving blood circulation, consequently you may feel a painful numbness due to lack of exercise of physical fatigue.

The *Aerobic Exerciser* stimulates your nervous system while blood is circulating. Once again, if you are out of shape, you may feel numbness. (You may also need to improve your diet by eating more fruit and vegetables.)

Circulatory Problems in the Main or Collateral Channels

Thirteen or fourteen out of one hundred people will experience a sense of numbness as well as slight discomfort or even a kind of prickling when the machine stops. These people have circulatory problems in the main or collateral channels. They should undertake serious changes in their life style, such as more exercise, more athletic activity, more fruits and vegetables, and more tea.

They should consume less fried foods. Why? Because **numbness is related to the movement of the blood while pain is the sensation one has when muscles and bones are expanding from movement**. One has to lie still for two or three minutes..just like when you rest your head on your hands at your desk to take a nap. You feel kind of a prickling when you wake up and lift your head from your hands. The numbness is from poor blood circulation and pain is from muscle expansion. The two or three minutes' rest results in a 60% increase in effect. It is just like letting rice sit in the steam cooker for a while after it has finished cooking. You let it stay in the steam a short while and then you open the cooker and enjoy the delicious food.

Dizziness

Dizziness can mean any of the following: Poor blood circulation, anemia, inner ear balance disorder (such as experienced while riding on a train or motor vehicle), stressful work.

If you experience these uncomfortable conditions, please reduce the duration of your sessions on the *Aerobic Exerciser* to two or three minutes and then gradually increase to 15 minutes if no discomfort arises. Be sure to consult your doctor for professional advice and continue to take any prescribed medication as directed

IDENTIFYING HEALTH CONCERNS AND IMPROVEMENTS
 with the
AEROBIC EXERCISER

Your Name _____ **Date of Purchase** _____

Physical Problem	Symptoms	Date	Changes Noted

HOW DID THE *AEROBIC EXERCISER* ORIGINATE?

The Early Beginning

The concept for the *Aerobic Exerciser* was put forward by Dr. Shizuo Inoue, Chairman of Japan's Oxygen Health Association. **He spent over three decades researching** the relationship between the levels of oxygen in the body and the quality of human health. At the Association aquarium, Dr. Inoue observed goldfish swimming. Even when the fish were not moving forward, they continued a swimming motion. He asked himself if that perpetual motion was serving a metabolic purpose. Perhaps, he hypothesized, this motion contributes to a fish's amazingly efficient use of oxygen.

A Correct Hypothesis

Researchers at the Oxygen Health Association determined that Dr. Inoue's hypothesis was correct. The mechanism of fish oxygenation is a combination of rhythmic muscle contractions and stimulation of autonomic nerves along the spinal column. This mechanism still persists in four-legged animals as well as in modern man. It was found that **a particular rate of oscillation and a well-defined range of motion must be maintained for optimal oxygenation of the human body**. Dr. Inoue took the next step..combining his **38 years of experience and expertise** in oxygenating exercise with that of leading German exercise physiologists to develop a unique, health-generating product. Benefits were realized by over **100,000 patients** during this period of time.

Small Portable Machine Developed

A Japanese medical patent was granted for these health parameters. A small, portable machine (about the size of a typewriter) gradually evolved from this research. The machine is based on human physiology and five complementary engineering features: machine height, speed, degree of side-to-side movement, the angle of movement, and the resulting circular movement of the body. Experience has shown that **this combination produces other desirable effects**..such as improved circulation, increased lymph flow, balancing of the autonomic nervous system, reduced addictive behaviors, and increased fat loss.

Five Complementary Engineering Features..

This scientific product has been patented in many countries, including the United States, Great Britain, Germany, Japan and Australia. It received the Silver Eagle Award at the Second Asia-Pacific Direct Selling Congress in 1993 and is registered as a medical appliance by Japan's Medical Affairs Bureau. The FDA regards it as an exercise machine.

In China health instructor, Dr. Wei-Peng Zhao, has written and lectured extensively to explain the use of the *Aerobic Exerciser* Oxygen Exerciser. Over a million of these machines are in use in China. Main-stem America is now discovering the health benefits of this unique appliance.

WHAT IS “CHI?”

- **Chi** is the Chinese word referring to the life force or life energy.
- **Chi** increases the feeling of aliveness and well being.
- **Chi** is the permeating energy within the universe.
- **Chi** creates vitality and gives a sense of well-being.
- **Chi** raises the life force in those who use the machine daily.
- Everything in the universe is made up of matter, which is made up of atoms. As atoms revolve they create energy. The energy is within us and within the universe.
- The **Chi** that has been generated, together with the oxygen that has been enhanced with the nutrition in the body, delivers electrical energy to the cell.
- **Chi** has even caused reduced cravings for chocolate, alcohol, smoking and eating between meals. This supports the fact that the body eats because it needs nutrition, so when you are always hungry the body is telling you that whatever you ate didn't do sufficient good and it needs more. Think about how you want to feed the cells, not the palate.

Passive Aerobic Exercise Produces “Chi”

Reseachers in Japan discovered years ago that special breathing techniques, coupled with a traditional meditative sitting position, raised the level of oxygen in the blood comparable to aerobic exercise. Based on this discovery, Dr. Inoue founded the Oxygen health Association of Japan. His oxygen-facilitating techniques were taught to thousands of students with tremendous results.

Today, busy people do not have time for tedious breathing and meditative practices. Dr. Inoue's goal, over the years, has been to make the same therapeutic benefits available to busy, working people. Dr. Inoue and other researchers worked to develop a practical, easy-to-carry device that would duplicate the oxygenating and energizing affect based on Dr. Inoue's findings.

The *Aerobic Exerciser* maximizes oxygenation of body cells, which support deep healing. Normal vigorous exercise provides health benefits, but may also use vital oxygen and compress intervertebral disks. Fatigue or physical stress may result. The *Aerobic Exerciser* supports health without energy loss, body stress, or effort. Because exercise with the machine is done while reclining and relaxed with weight removed from the spine, a sense of well being and pleasure is immediate and noticeable.

“Chi” can be a Means of ‘Remembering’

This machine helps you wake up to the fact that there is a possibility of a change. It helps you remember who you are and what you are. The little physiological effect—the ‘Chi’—when the machine stops is a reminder to you. It is a reminder to your body that there is something beyond this life, beyond what you are doing right now. Maybe your goal could be to have that effect all the time in your life, whether or not you are on the *Aerobic Exerciser*. It is a reminder. It is a tool along your path.

‘Chi’ has been around since the Chinese named it. It has actually been here since Adam and even before. The earth is approaching a time very rapidly in which it is going to do some major changes. That is one of the reasons why we have things like the *Aerobic Exerciser* and other wonderful inventions that seem to generate electricity out of nothingness. The *Aerobic Exerciser* has a wave action similar to the DNA structure. When you have stagnation, you have death. When you have movement, you have life. This is why the *Aerobic Exerciser* works. ..Dr. R., DC

The “Chi” Factor..

Consider the “Chi” factor. The patented *Aerobic Exerciser* is set to vibrate 2.3 cycles per second (which is the frequency that the brain uses to calm the body). Benefits can also be induced at double and quadruple this frequency. For example, the frequency of 4.6 cycles per second is the frequency the brain uses to induce deep sleep. The frequency of 9.2 cycles per second is the frequency the brain uses to induce meditation. All of these benefits are experienced by those using the *Aerobic Exerciser*. In simple the *Aerobic Exerciser* is like a radio that is capable of tuning in the health benefit radio station. ..Dr. R., Biological Chemist

OXYGEN AND DEEP BREATHING

Importance of Deep Breathing

- Relaxing and breathing deeply while enjoying the *Aerobic Exerciser* enables cells to come alive.
- Breath is the nonphysical essence within us, the movement of spirit in matter.
- Breathing is the only function of our body we do both voluntarily and involuntarily. Through it we can access and influence the autonomic (involuntary) nervous system.
- Learn to breathe correctly. It is the master of good health.
- Practice it on a daily basis for five minutes while on the *Aerobic Exerciser* and develop it gradually.
 - **Lie** with the spine straight, close your eyes, focus on your breathing.
 - Place your **tongue in the yogic position*** (touch the tip of your tongue to the back of your upper teeth and slide it up until it rests on the ridge of tissue between your teeth and your palate. Keep your tongue there for the duration of the exercise.
 - **Exhale** completely through the mouth, making an audible *whoosh* sound.
 - **Close** your mouth lightly. Inhale through your nose quietly to the count of 4.
 - **Hold** your breath to the count of 7.
 - **Exhale** audibly through your mouth to the count of 8. If you have difficulty exhaling with your tongue in place, try pursing your lips.
 - **Repeat** the process (beginning with inhaling) three more times, for a **total of four cycles**.

The **key** is keeping to the **4-7-8 ratio**, ensuring that your exhalation is twice as long as your inhalation. It doesn't matter how fast or slow you count; your pace will be determined by how long you can comfortably hold your breath.

Practice this exercise at least twice a day, preferably when you first wake up (and get on the *Aerobic Exerciser*) and before you go to sleep (and get on the *Aerobic Exerciser*.) After a month of practice, you can increase the number of breath cycles to eight. This exercise will help you fall asleep and get back to sleep if you wake during the night. Experiment with using it in situations where you are angry, anxious, or upset, or when you are experiencing physical pain or discomfort.

*This tongue position connects the central meridian (going up the front of the body) with the governing vessels (meridian down the spine) and they make a full circle, thus energizing the whole body.

OXYGENATION IMPROVED WITH *AEROBIC EXERCISER*

A study was conducted on February 2, 1998 with the *Aerobic Exerciser* using 29 volunteers. There was no criteria used in selection. People ranged in age from 21 to 68 years. Their level of health was not taken into consideration, although all appeared to be healthy.

Using a standard calibrated Nelcore Pulse Oxymeter finger probe, a reading was taken prior to using the *Aerobic Exerciser* and then again after five minutes of being on the *Aerobic Exerciser*.

The findings either stayed the same or were improved by 1% to 7%, showing there is a significant improvement in oxygenation of the body after using the machine for just five minutes. If the full 15 minutes were used, there would be a greater benefit to the user.

	Oxygen Before Use of <i>Aerobic Exerciser</i>	Oxygen After Use of <i>Aerobic Exerciser</i>	Percentage Increase
	Percent	Percent	Percent
1. Ronnie	97	99	2
2. Jack F.	98	99	1
3. Terri B.	97	98	1
4. Peggy W.	98	99	1
5. Albert G.	98	99	1
6. Susan L.	97	99	2
7. Norma D.	99	99	0
8. Ken D.	97	98	1
9. Dan F.	90	97	7
10. Linda L.	99	99	0
11. Nancy C.	97	100	3
12. Melanie B.	99	100	1
13. Chaney T.	95	97	2
14. Mark L.	100	100	0
15. Bo K.	98	99	1
16. Kenyatte M.	98	99	1
17. Paul B.	98	98	0
18. Michael S.	96	98	2
19. Tron H.	97	98	1
20. Carol B.	97	98	1
21. Richard T.	97	97	0
22. Virginia A.	99	100	1
23. Ellen B.	93	96	3
24. Ron S.	97	97	0
25. Denise B.	99	100	1
26. Julie B.	96	99	3
27. Sandra H.	97	99	2
28. Jeff S.	96	99	3
29. Meg O.	94	98	4

OXYGEN - THE MIRACLE WORKER

Oxygen is a Miracle Worker

- Oxygen does so much for us. Not only does the *Aerobic Exerciser* oxygenate, it also has an effect on the electrical system of the body because of its movement.
- An oxygen-efficient body is the secret to health and longevity.
- Oxygen can cure diseases, lack of oxygen is the root of all illness.
- Oxygen-efficient exercise is the most suitable exercise people can have. It can help heart disease, bronchitis, lung cancer, emphysema, ulcers, neurosis, aviation disease, neurasthenia, nervousness, anorexia, poor appetite, snoring, allergies, cancer, physical and emotional balance, ensure normal breathing and digestion.

The *Aerobic Exerciser* Creates a Healthy Oxygenated Environment

There are 75 trillion cells in your body providing it with energy to carry out brain, body and organ functions, as well as movement. Cells starved for oxygen can create immune system dysfunction, cardiac symptoms, sleep and respiratory disorders, blood chemistry disturbances, intestinal problems, anxiety, depression, headaches, fatigue, shortness of breath, dizziness, and many other imbalances.

The *Aerobic Exerciser* maximizes oxygenation of body cells, which support deep healing. Normal vigorous exercise provides health benefits, but may also use vital oxygen and compress intervertebral disks. Fatigue or physical stress may result.

The *Aerobic Exerciser* supports health without energy loss, body stress, or effort. Because exercise with the *Aerobic Exerciser* is done while reclining and relaxed—with weight removed from the spine—a sense of well-being and pleasure is immediate and noticeable.

Aerobic Exerciser Promotes Alpha Rhythm

What the *Aerobic Exerciser* does is put you into the alpha state (or the alpha rhythm) and it is the best oxygenating, the best energy state the brain can be in. It is good for the nervous system, from every nerve in your feet all the way up to the top of your head. That's why, when you get into this alpha state (when they take pictures of the aura or chakras), you are actually putting out more energy because your body has more energy which that machine is putting into you. ..Dr. S., MD, PC

Testing Oxygen Levels

Dr. S. continues his thoughts on oxygen: “I have a little machine called an oxymeter that I use in my practice. It tells me how well people are getting **oxygen**. I have a lot of patients come in who are not oxygenating well. Their oxygen levels are maybe 82 to 92%, which is not good. If you are above 93 you are okay. Preferably, we would want to get you up to 95, 96, 97, 98%.

The higher the oxygenation, the better off you are doing and the better your lungs work. Anyway, I have a lot of patients who were down quite low. Before I go order something, I have to prove to myself that it is working, so I would lay these people down on the *Aerobic Exerciser*. They would be either asthmatics or people with chronic obstruction pulmonary disease, emphysema, and different things.

Some even had problems with their hearts. I had a lady with congestive heart failure that I used it on. Her oxygen was horrible. Even on oxygen she was only getting up to 85%. I put these patients on the *Aerobic Exerciser* and what do you think happened? **Their oxygen came up!** It was the most amazing thing I have ever seen! Everybody I put on that machine, their oxygen level would come up.”

..Dr. S., MD, PC

Oxygen Up..Blood Pressure Down

D. of Salt Lake City gave the following report: “Once a week where I work, I have the nurse check my **oxygen** and my blood pressure. When I went to get a physical for life insurance in May of 1998 my blood pressure was very high. Now it is down to 82. The oxygen testing device tells what the body is assimilating and the nurse said anything around 88 is normal. I am 60 years old, and I am definitely not normal! My reading was 94 and she said that is normally what you get with a 30-34 year-old person. It was about 80-81 when I started, so it has moved up and my blood pressure has gone down! I feel better and I started jogging as of about three weeks ago. I run about 3 ½ to 4 miles per day.” ..D.

How Does the Movement Carry Oxygen?

Dr. R. made the following observations: “As we respire and breathe, we bring **oxygen** into our system. What the “chi” movement does (because it does it in the exact movement that they spent 38 years researching) is it takes the **oxygen** that is already in your body, and with the movement it carries that **oxygen** to each and every cell of the body with the figure-8 or the fish movement. Dr. Inoue, who invented this machine, found that this was exactly what the goldfish did.

The fish has two joints. We have two joints..one at the neck and one at the waist. When the movement gets to those joints, it activates the **oxygen** at the cells. In addition, while you are on the machine you are breathing..and that breathing part goes right on up through the body, so Dr. Inoue made the movement at that exact joint. The frequency of the machine is critical. It creates the cross-crawl patterning of the brain and takes **oxygen to every cell** in the brain, the big toe, as well as the fingers. You don’t get that on any other machine out there.” ..Dr. R., DC

OXYGEN AND THE BRAIN

Neurons Essential for Brain Function..

Each brain cell, or neuron, is a highly complex communication center that is responsible for carrying critical messages to other neurons throughout the body. You cannot think or function without them. Stretching from each neuron are tiny thread-like membranes called dendrites, which are like 'telephone lines' that deliver the messages between each of the separate communication centers.

Unfortunately, as we age, we start losing the amount of neurons in our brains. Studies suggest that these neuron losses range from 15% to 50%.

Oxygen is a Must!

Researchers have also concluded that **brain loss mainly occurs because our neurons fail to get enough oxygen and blood**. The brain, like all of our critical organs, requires a continuous and abundant supply of **oxygen**. Although the brain represents only about 3% of the total body mass, it requires 20% of the **oxygen** we breathe into our lungs! The only way for the brain to get that **oxygen** is from the blood that is pumped through the arteries and capillaries.

Clogged arteries associated with aging do more than just threaten the heart. They also restrict blood flow to the brain and dramatically reduce the amount of oxygen needed for clear thinking and normal brain function.

Keep the Brain Active and Healthy with the Aerobic Exerciser

The *Aerobic Exerciser* not only oxygenates, but it also generates improved blood circulation and a stronger immune system and has a marked effect on the electrical system of the body because of its movement. Using the machine on a daily basis not only enhances circulation and **oxygenation**, it also stimulates the cognitive processes and enhances mental acuity.

Oxygen..the First Step toward Perfect State of Health

The first step in achieving the perfect state of health is oxygenating your blood. Aerobic exercise is one method for such oxygenation. **Oxygen is released by stimulating your sympathetic nerves..it expands your bronchioles and reactivates your respiratory system to breathe in more fresh oxygen.**

With the *Aerobic Exerciser*, all you do is lie down and place your feet on the machine. It gently vacillates left to right, toe to waist, then to your chest and up to your neck. As it is stimulating sympathetic nerves, it expands your bronchioles and reactivates your respiratory system to breathe in more oxygen. To achieve harmony in your body, you need more **oxygen**. ..C.

Oxygenation Through Altering Body's pH

The *Aerobic Exerciser* does a wonderful job of getting **additional oxygen to the body**. One of the lesser known ways in which it does this is by altering the body's pH. Now, remember, pH is the measurement of acid/alkaline balance. We know that the blood must remain within a very narrow pH range..7.35 to 7.45. The pH scale goes from 0 to 14 with 7 in the middle. Pure distilled water would have a pH of 7. As you go 8, 9,10..in that direction you are getting more and more alkaline. As you go 6, 5, 4..in that direction you are getting more and more acid, so it is just a measurement, a scale. We know that the blood carries the maximum oxygen at a pH of 7.45 (which is as alkaline as the blood can get). You notice that many people on the *Aerobic Exerciser* will breathe deeply and even yawn. This serves to expel more carbon dioxide from the lungs, which in turn, lowers the carbonic acid level in the body, and any reduction in the total acid level in the body will have a beneficial effect. More and more research shows that the body must be acid for any illness or disease to develop. ..Dr. J., DC

Powerful Suggestion while Using *Aerobic Exerciser*

I have one additional suggestion that you might keep in mind while using the *Aerobic Exerciser*: **Take one deep breath and hold it as long as possible**. While holding this breath, concentrate on the problem you want solved or on the part of the body that you want improved. If the body is capable of healing a cut on your finger, it should be capable of healing anything else. One of the reasons it hasn't already done so is that the subconscious (or the innate) is thinking about something else..perhaps a stress or a trauma that may have happened years ago. As you hold your breath, this innate or subconscious begins to worry more and more about the **lack of oxygen** and less and less about whatever had it side-tracked before. This seems to break the innate's fixation with the previous trauma or memory and allows it to concentrate more and more on the immediate problem. Do this with only one deep inspiration. The rest of the time on the *Aerobic Exerciser* should be spent in meditation and relaxation and gratitude. Give thanks for your perfect lungs or your perfect heart or your perfect knees, or whatever. Haven't we been told to give thanks as if it had already been given.

If you don't already have a favorite form of meditation, try seeing a color (blue or violet or pure white). As you are seeing one of these colors, random thoughts cannot intrude on your mind. This allows you to be more receptive to those ideas and plans or inspirations which universal intelligence is sending to you. ..Dr. J., DC

How Does the Oxygen Purge the Body?

When lying on a flat, firm surface, with the hollows of both the ankles resting in the moving *Aerobic Exerciser* grooves, a fish-like motion is set up in the human body. When the machine is turned off after having been on for only a few minutes, a tingling sensation (or 'Chi') is experienced and is manifested in the fingertips. This is a result of the body fluids being **purged with oxygen**.

Then the body experiences a deep calm, deep breath. To understand how this happens, one has to be aware of simple physics. To begin with, if one were to hold the tail of a fish moving in a figure-8 pattern, one would notice the turbulence generated in the water by the fish's moving body. Likewise, if one were to hold the tail of a snake moving in a figure-8 pattern, one would notice turbulence generated on the ground by the snake's moving body. If neither the fish nor the snake, moving in a figure 8, moved forward, then something else has to move.

Blood, Spinal Fluids Constantly Oxygenate

A rubber tube filled with water (and moving in a figure-8 motion) results in the water moving through the tube. The figure-8 motion causes the water inside and outside to move. Thus, a human body, moving in a figure-8 (but fixed to the ground) sets up fluid movement inside the body. The spinal fluid moves out of the spine and is replaced with new **oxygenated spinal fluid**. The same is true for blood. The high blood pressure set up by the *Aerobic Exerciser* forces new, **oxygenated blood** to penetrate into the heart to get at cells. The result is an oxygen purge of the body. ..Dr. R., *Biological Chemist*

Life Requires Oxygen

Noble Prizes have been won proving the oxygen theory. Otto Warburg won the Nobel Prize for proving that the **loss of oxygen** causes cancer and the introduction of oxygen kills the cancer, but the average person does not have to be a scientist to know that oxygen is important.

We all breathe for oxygen. All vegetation needs oxygen. All animals need oxygen. All life needs oxygen. We are oxygen critters. The more **oxygen** we have the healthier we are. And when we combine this with brain stimulation by tuning into the deep rest, the deep sleep and the meditation frequencies (that's what the *Aerobic Exerciser* does), we end up with a dramatic rest for our bodies.

..Dr. R., *Biological Chemist*

Oxygen and Glucose Produce Electricity to Operate the Body

When **oxygen** mixes with glucose it makes a unique chemical called ATP. **Oxygen** plus glucose makes the perfect fuel for the cell. When the cell receives **oxygen** and glucose it produces electricity so the body can function properly. We know that the blood system has a pump (the heart) to move the blood throughout the body, but when the blood gets down into different parts of the body the heart needs help from the electrical system of the body, hence the great necessity for **oxygen**.

..C., *Certified Lymphologist*

Oxygen Levels in Blood Greatly Improved!

Master herbalist, D. has ten years experience with herbal and electronic healing and is trained in the Darkfield Microscope and other machines. One of his clients was very ill and when he checked her blood it was so bad he could not get a true reading. He put her on the *Aerobic Exerciser* and the *FIR Dome* for 15 minutes, making sure she had consumed plenty of water before and after. After 15 minutes, all the client's discomfort was gone. He resettled the blood and was amazed at how much it had improved in that period of time. He then put the client back on the machines for another 15 minutes to see if the improvement would continue. The *FIR Dome* was put over her cheek this time. After 15 minutes he tested the blood again. He said, "I have never seen **oxygen levels** in the blood shoot up like that. If you could put a marker on blood oxygen and overall improvement, it would have been **up from 400% to 1200%**. The client felt great and D. was totally impressed. ..D., *Master Herbalist*.

WHY WATER?

Drink Water - It is Vitally Important!

- Psychological and environmental stress depletes **water** from your cells
- **Water** is essential to proper lymphatic functioning and is most easily absorbed at room temperature.
- All other liquids are processed as food and do not serve the body's needs for **water**
- Foods that contain **water**, like fruits and vegetables, help lubricate the system, including the intestines.
- Processed foods do not contain **water** and, like caffeinated drinks, can be dehydrating.
- You need one ounce of **water** per day for every three pounds of body weight and twice that amount in times of stress.
- **Water** activates the electrical and chemical action between the brain and the nervous system, promoting efficient storage and retrieval of information.
- All academic skills are improved by taking adequate amounts of **water**.
- Proper **water** consumption gives a heightened ability to move and participate in activities.
- Adequate **water** intake facilitates stress release, enhancing communication and social skills.
- The **water** is a medium which carries the "Chi" energy around the body.
- **Water** acts as a cleansing tool and eliminates toxins released during the "Chi" movement
- Having to urinate frequently removes any sludgy material in the interstitial spaces and also organ sludge that is building up.
- By drinking an extra four glasses of pure **water** a day (1 glass before and after each session) you will be adding greatly to the cleansing process.
- **Water** helps move the energy flow generated by the "Chi" movement.

Water Vital for Digestive Processes

When we drink one glass of water, it immediately passes into the intestine and is absorbed. However, within one half hour, almost the same amount of water is secreted into the stomach through its glandular layer in the mucosa. It swells from underneath and gets into the stomach, ready to be used for food breakdown. The act of digestion of solid foods depends on the presence of copious amounts of water. The acid is poured on the food, enzymes are activated, and the food is broken down into a homo-genized fluid state that can pass into the intestine for the next phase of digestion.

The efficiency of the protective shield against the acid in the stomach depends on a regular intake of water, particularly before the intake of different solid foods that would stimulate the production of acid from the glands in the stomach wall. Thus, water provides the only natural protection against the acid in the stomach, from base upward.

Instead of reaching for medication or antacids for digestive distress, reach for a glass or two of water. After all, water and only water, is what the body wants, needs, and is calling for. .. Dr. F., MD

Body Not Sick..Just Thirsty!

Water is so important. One young man was literally drowning in toxins and when he was asked, "How much water do you drink a day?" he responded.. "One glass." Was it any wonder that he was having problems! Be certain you are drinking sufficient water to flush the body out.

You should be eliminating every day and breathing deeply, along with the water intake. There are four ways of eliminating the toxins: Through the urine, through the bowels, through proper breathing and exhaling, and through the sweat of the body. That is how the body cleanses itself.

If you are not doing these things, you are going to build up toxins, and the *Aerobic Exerciser* is the easiest way to help you in correcting that! It assists all the body systems. Just lay down and take it easy! Use it every day and it will do wonders for you. .. Dr. L., ND

How Much are You Drinking?

- Your body needs an **absolute minimum of six to eight-ounce glasses of water a day.**
- Alcohol, coffee, tea, and caffeine-containing beverages don't count as water.
- The best time to drink water is **one glass ½ hour before taking food**—breakfast, lunch, and dinner—and **one glass 2 ½ hours after each meal.**
- For the sake of not shortchanging your body, **two more glasses should be taken around the heaviest meal or before going to bed**

The Wisdom of Drinking Water

Water washes away excess salts and toxins, purifying the body. This is the way it works: A body without enough fluid to flush out toxins will suffer a toxin buildup and seek to hold water *to try to dilute them*. Furthermore, if you are on a weight-loss diet, water removes waste products, such as ketones, which can harm normal tissue.

How Much Water Do I Really Need?

Figure how much water you need with a little simple math: The minimum amount of water required is a **half-ounce to every pound of body weight**. For 140 pounds, that's 70 ounces of water, or close to eight glasses a day. Strangely enough, a lot of people have trouble with the idea that eight glasses of water a day is important. They prefer tea, coffee, juices, sodas, anything with flavor. But tea and coffee increase your body's need for pure water. Fruit juices and sodas have a lot of sugar and calories, while diet sodas have dangerous additives and ironically, they tend to add weight anyway. The solution: Add lemon or lime to your water and the taste becomes more interesting.

Don't Forget to Drink Water!

Exercising or doing athletic activity consumes a certain amount of energy and generates heat as a result of burning the fat inside of your body. The effect is a chemical reaction and a kind of combustion occurs. Our *Aerobic Exerciser* lets you exercise in comfort without much perspiration, so four out of ten people forget to drink water. The result can be a bit of pain or sore throat, or some small rash on the face. Drinking water will help reduce the "fire."

ENZYMES AND THE AEROBIC EXERCISER

What are Enzymes?

- **Enzymes** are catalytic proteins. They spawn chemical reactions between two substances to generate a new substance.
- **Enzymes** regulate chemical processes in living cells and regulate the complex processes of life itself.
- **Enzymes** regulate the normal processes of digestion, absorption, detoxification, blood circulation, and waste removal. These are all essential to the very functions that make human life possible.
- **Enzymes** are not only the foundation of human life, they are fundamental to health.

What Do Enzymes Do?

- **Regulate Internal Functions - Enzymes** buffer internal acidity, maintain the proper balance of beneficial bacteria in the body, aid digestion, and strengthen resistance to harmful bacteria. They serve to maintain and enhance internal functions and help restore one to a state of more complete rather than just mediocre health.
- **Purify the blood - Enzymes** are able to help remove unwanted substances from the blood, dissolve cholesterol attached to artery walls, and prevent cardiovascular diseases caused by high blood pressure.

Infection Fighters - When good cells are damaged and germs attack, **enzymes** in the body rally to counter and fend off the bacteria. They then break down and remove the festering purulence and alleviate the infection of the afflicted area. At the same time, nutrients in the body are induced to generate new cells and bring about full recovery.

Bactericides - **Enzymes** not only enhance the effectiveness of the leukocytes (white blood cells) in killing harmful germs, they also have anti-bacterial properties themselves.

- **Improve Digestion and Absorption - Enzymes** are able to metabolize nutrients, thus making them more easily digested, absorbed, and oxidized (better utilized by the human body) and so produce the needed energy and heat. They also help to maintain hormonal balance.

Overeating - Cleanse the stomach.

Intoxication - Quickly break down the blood alcohol, preventing inebriation or helping the recovering process after intoxication.

Poor gastrointestinal function - Block the growth of the germs that cause putrefaction in the intestines, promote the proliferation of lactic acid bacteria and other beneficial bacteria, and aid gastrointestinal absorption.

Postoperative recuperation - Aid food digestion and conversion into products more easily absorbed. They are especially beneficial in the recovery of patients with gastric and duodenal ulcers and ulcers of the large intestine.

Constipation and hemorrhoids - Amazing results in treating such diseases have been demonstrated.

- **Improve Metabolic Cell Function** - Human body cells have metabolic functions. Old cells must be replaced by new ones every four months. Only when the **enzymes** in the body are in good balance is this process and the chemical functions completed with a smooth transition between cell decomposition and restoration. If the **enzymes** don't work properly, disease may result.

Beauty - Promotes smooth, fine-textured, beautiful skin. Removes such things as age spots, freckles, black spots and prevents early wrinkling. Removes rashes and is good for skin allergies and hives. Clears red eyes and is effective in preventing dark circles and promoting clearer vision. Nourishes and promotes hair and nail growth.

Health Care - promotes long life through a more normal cell metabolism. Helps to reactivate cells to prevent diseases. Effective in fighting cancers and also for the prevention of infections associated with AIDS.

The Importance of Enzymes to Your Health

Generally speaking, you will be healthy if the **enzymes** in your body are functioning properly. Once **enzymes** fail to perform their important functions, all organs begin to weaken. This can cause shoulder pain, general weakness of the extremities, dizziness, poor appetite, etc. You might not even be aware that you are sick. This is called a state of 'semi-health,' not really healthy, yet not quite bad enough to be called truly sick. If this continues, the human body will be unable to fight off bacterial invasion and then various sorts of diseases will naturally follow.

No More Gas with Enzyme and Total Enzyme!

Enzymes have a direct effect on the defense mechanism of our bodies. The greater amount of enzyme reserve, the stronger our immune system is. Enzymes aid in the elimination of the carbon dioxide in the lungs. They also dissolve blood clots and attack waste materials and poisons in the blood and tissue. They are important in everyday body functions. ...D.

PROFESSIONAL REACTIONS TO AEROBIC EXERCISER

What are They Saying?

- **Chiropractors** report that they do not have to fight with bones anymore. They put their clients on the *Aerobic Exerciser* for 3-5 minutes before they treat them and the bones 'just fall into place.'
- **Osteopaths** who work with soft tissues say that muscles just unlock in 3-5 minutes.
- **Physiotherapists** are having enormous responses and results from this machine.
- **Hypnotherapists** report better relaxation on part of patient and ease of resolving issues.

Will It Do What It Claims?

I originally purchased this machine to see if it would do all that it claims. It did. I have advanced training in **Reflex Lymphatics** in addition to over 20 other forms of therapy and 25 years of private practice. In 15 minutes, this machine can effectively increase circulation and drainage of lymph fluid (edema) as can manually be done in an hour.

As a **physician**, this saves me a tremendous amount of time to serve other patients. It relieves many musculoskeletal symptoms of chronic pain and unstable joints due to interstitial congestion, soft and osseous adhesions, and toxification. This is a great help to any **Naturopathic, Osteopathic or Chiro-practic physician** in their work as well as **physical therapists, massage therapists**, or anyone practicing the manipulative arts.

I have studied the effects of oxygen therapies for several years and have had reservations with some of the forms of application in expense, side effects, and access for most patients. The *Aerobic Exerciser* eliminates the restrictions of high expense, most toxic side effects, and access to the procedure by allowing affordable purchase. It provides a daily conditioning of the respiratory system, resulting in increased oxygen intake by the blood and utilization by the tissues. It is helpful for most musculo-skeletal conditions, respiratory conditions, and infections. Any disease condition that responds favorably to increased oxygen in the tissues (including cancer, fibromyalgia, etc.) will be aided with this machine.

Clients Love to Use the Machine

I have found that most clients will use the machine on a regular basis. It provides them with aerobic conditioning with no impact trauma damage to the joints or stress to the heart and circulatory vessels. This provides a toning of all muscles, a rise in metabolism, facilitating weight loss, and a reshaping of the body. I have increased my efficiency at work by 30% and reduced my need for sleep to about six hours from resting on the machine only 15 minutes every other day. I have also had several growths drop off my body with no return. One of these growths had been there for 40 years!

..Dr. R., DD, ThD, ND

Amazed at the Aerobic Exerciser's Effectiveness!

“As a doctor of **Chiropractics** with over 35 years in the health field, I am continually amazed at the effectiveness of the *Aerobic Exerciser*. Chronic or acute conditions will usually respond favorably in a very short time frame to this marvelous machine. The harmonious rhythm produced by the *Aerobic Exerciser* consistently impacts the body's physiology in a positive manner. When you can simultaneously improve circulation, increase oxygen levels, balance the autonomic nervous system, stimulate lymphatic drainage and invigorate all internal organs, improved health will usually follow.”

..Dr. D., DC

Energy Enhancer!

“I am a **Holistic Dentist** in Buffalo NY and I always like to keep an open mind on anything, whether it be pertaining to health or any subject. I like to learn every aspect on the subject and then make up my mind. I got my *Aerobic Exerciser* less than a week ago and when I first got it I used it for just a few minutes. This was in the afternoon on the weekend and I had so much energy! I had some things in our front hall that I should have taken down to the basement. They had been there for a week so I carried them down the basement and put them in boxes. While I was down there I filled up three bags full of stuff that I had been wanting to toss, and I just kept going throughout the day getting things done. It felt so good!”

..Dr. D., DDS.

Many Health Benefits with the Aerobic Exerciser

“Serving as a **Health Consultant** advocating and practicing self-health and owning a health product business for a number of years has brought me in contact with many health professionals, modalities, and related products and services. I am constantly receiving beneficial reports from clients and customers using the *Aerobic Exerciser*. I have not seen such unity of thought and interest from a variety of health practitioners toward a single product prior to this device. I'm grateful for the health benefits that I am continually receiving.

K., Health Consultant & Practitioner

Lymphatic Drainage Improves with Aerobic Exerciser

Dr. J., **Chiropractor** from Sacramento, uses the *Aerobic Exerciser* for lymphatic draining, chronic fatigue, multiple chemical sensitivities, and immune dysfunction. He says, “I have been using the *Aerobic Exerciser* 1½ minutes one or two times a day. Amazingly, during this time my lymphatic drainage has improved with no other treatment. This is truly remarkable! Needless to say, I have been thinking and feeling better.”

..Dr. J., DC

A Boon for Massage Therapy

I have been a **Massage Therapist** for 20 years and anything that comes down the pike..I get a phone call on it! Usually I don't listen to anybody anymore because there is so much stuff coming around. There are some really good things out there, however, and the *Aerobic Exerciser* is one of the best. I use the *Aerobic Exerciser* with my clients. A lot of professionals use it at the beginning of each session, but I use it the last seven or eight minutes. I put them on the machine and then I have them lay there for three or four minutes. The biggest problem is getting them off the table! They are usually asleep..they are gone!

Aerobic Exerciser Retrieves Your Oxygen Surplus

As a **Massage Therapist** I have friends who are athletic trainers and they say, "Boy, you have got to get out and work hard to really get any benefit. But they haven't been on the *Aerobic Exerciser* yet! I think it is wonderful if you go out and get your running, etc. (which is important), but then if you will come and get on the *Aerobic Exerciser* afterwards you are really oxygenated, and you are not oxygen-depleted. The *Aerobic Exerciser* is great. If you haven't got one..get one! The biggest problem after you get it is keeping it. My problem is I have one *Aerobic Exerciser* and my wife says, "Every time you buy a machine, you have got to buy two because every time I want to use it, you have it!" So I bought a bag to put my *Aerobic Exerciser* in and I take it to my work. We use it every morning when we first get up. I use it all day at the office, and then I bring it home ..B., *Massage Therapist*

Aerobic Exerciser.. An Attitude Adjuster and Lymphatic Cleanser

I am a **Lymphatic Massage Therapist**. I am not a morning person. I hate mornings, but when I began using the *Aerobic Exerciser* I started noticing that I woke up in a good mood! This, to me, was a miracle! It was amazing that I would actually wake up and think, "Wow! A new day!" I felt it was amazing that I could do that..sleep so good that I would feel great in the morning.

I use the *Aerobic Exerciser* on my clients; I bring it out and have them get on it before I massage them and I find that their lymphatic systems are cleansed. The lymph is very cleansing and if it slows down, you get blockages. I work on these blockages in the lymphatic system where the toxins have built up. I put one of my clients on the *Aerobic Exerciser* just for a few minutes before I massaged her and those blockages melted! That was really amazing to me because a lot of times I really have to work deep and it is somewhat painful to break up the blockages. The lymphatic system was moving and by the time I got in there the blockages just broke up and melted away.

I have a lady who comes to me every week. She is very high-strung and is under lots of stress. When she gets on the table, it takes 30 minutes for her to calm down. When you do a massage, that is half an hour wasted, so I put her on the *Aerobic Exerciser* before the treatment and when she gets on that table she is so relaxed that I can go in and do my massage! I don't have to worry about calming her down..she is already there. This happens in just five to ten minutes. She has had heart palpitations and this helped her calm down so that she could deal with her stress. It didn't change the stress; it just helped her body deal with it. So it really enhances your lymphatic system and your blood, your muscles, your spine, your brain..and all your body parts. ..A., *Lymphatic Massage Therapist*

Fitness Center Loves the Aerobic Exerciser

H., **Owner of FIT Health Club** reports the following: “My clients all report that the *Aerobic Exerciser* makes them feel great! Their total workouts are more effective with the machine. My massage staff and personal trainers have found it to be a wonderful addition to the services we provide. It helps combat vasodilatation (dizziness caused from pooling of blood in vessels) after completing a workout. We have set aside a private space in our fitness center where many clients go to “chi” after working out. They love it!” ..H., *Owner of Health Club*

A Great Blessing for Modern Day Living

P., **Holistic Health Educator** made this assessment: “This surprising little machine fills a great need in modern day living. Beyond its many physical health benefits, it quickly puts you in a relaxed, meditative state in which nutrients can be better assimilated. I believe there will be less need for expensive dietary supplements with daily use of this machine.” ..P., *MA*

Need for Treatments Reduced

One patient noticed that the machine helped him hold chiropractic changes better. Prior to its use he was having adjustments every six weeks. Now the **Chiropractor** tells him he only needs to come in every three months. The patient is building his own house and doing a lot of gardening, so he is using his body a lot lifting heavy things. He finds that using the *Aerobic Exerciser* is like having his own chiropractor!

Fewer Adjustments Needed

Adjustments are fewer and farther between with the use of the *Aerobic Exerciser*, according to Dr. L., **Naturopath**, because you are actually making your back stronger. All the connecting fibers, the muscles, and the tendons are being made stronger because you are working them. How do you make a muscle strong? You work it! This little machine is working you, whether you know it or not! Even though you are resting, your body is working. It is making the fibers stronger. ..Dr. L., *N.D.*

Aerobic Exerciser Loosens up Body Tissues

I am a deep tissue **massage therapist and nutritionist** I use the *Aerobic Exerciser* in conjunction with my therapy. After I work on people, I will put them on the machine to loosen them up. It works good that way.

This machine does things to you that you just don't know it is doing. You don't feel it when you are using it. I have never experienced anything that had such a tremendous effect without feeling anything really happen. I always use it before I go to bed at night for 15 minutes, and I will tell you..it has done wonders for me!

Use the Machine Regularly!

I don't know the extent of stories and testimonials there are, but I know they are vast. If you've got a machine and you're not using it, you are missing out on a lot. You nearly always have a little time before you go to bed. Give it five or six minutes. Sometimes I only have eight or ten minutes to spare before I go to the gym in the mornings, but I always use it. I always use it before I go to bed at night for 15 minutes, and I will tell you..it has done wonders for me. I thank the company that developed the *Aerobic Exerciser*. ..V., Health Therapist

Mistrust of Machines Changed with *Aerobic Exerciser*

Dr. J., **Chiropractor** was very skeptical of the *Aerobic Exerciser* and made the following observation: "I have been a practicing chiropractor for 35 years and during this time I have developed a definite mistrust of machines that have anything to do with health. I know, for example, that a person can have a perfect EKG and walk out to the parking lot and drop dead. I know also that MRI's have been done on asymptomatic patients—that is, people who have no symptoms whatsoever—and yet, the MRI revealed serious spinal problems. So I must admit I had very few expectations of the *Aerobic Exerciser*."

Over my strong objection, my wife bought this *Aerobic Exerciser* around the first of June in 1999. I wanted to test it using the same yardstick that I used when working with a patient. The method of analysis which I used to determine what to do to a patient involves testing an arm. This is called 'applied kinesiology,' and it is simply a means of communicating with the patient's body.

Before my wife used the machine for the first time I had her think of a stress. I tested the arm and found it weak. This told me that whatever she was thinking about was affecting her physiology and interfering with her body's efforts to heal and maintain itself. After just three minutes on the *Aerobic Exerciser* I retested the arm while she thought of the same stress, and I found the arm was strong as could be. This told me that the *Aerobic Exerciser* was accomplishing some of the same things that I did when I treated a patient. ..Dr. J., DC

Good Idea..Inventory Your Symptoms

Dr. J., **Chiropractor** advises patients to take a careful inventory of their symptoms before they begin using the *Aerobic Exerciser*. "It's a tendency to forget symptoms when they are no longer present, and of course, we want as many before and after checks as we can possibly get. The *Aerobic Exerciser* will enable you to take your health to another level." ..Dr. J., DC

A Great Asset to our Company

A., **owner of Self Empowerment Center**, is excited about the *Aerobic Exerciser*. They are a stress-management company and work with alternative health modalities. The *Aerobic Exerciser* and the *FIR Dome* both are used at their facility. They have found that by using them, in addition to the work that they do, the client actually benefits so much because it puts them in a state of relaxation so that they actually benefit more from what is done at the Center. ..A., Self Empowerment Center

Aerobic Exerciser Prepares Clients

J., a **Health Therapist and Trainer**, has a lot of opportunity to work on people with hands-on. She teaches at several institutions where she trains others in Aroma therapy and addresses health concerns in today's world. She stated at a recent meeting.. "When I got on the *Aerobic Exerciser* I was absolutely drawn to it! The very next day I was calling to see if I could order one. It does so much work before I even start working on people." ..J., Health Therapist

Aerobic Exerciser Wonderful for High-Stress Clients

I have been in private practice for the last 15 years as a **Krieger practitioner** in Silicon Valley, California. Krieger is a type of body work developed by Dr. Krieger where we work with the mind, body, and spirit. It is gentle and noninvasive. I was introduced to the *Aerobic Exerciser* at a Krieger conference. I liked it, but my education was not in looking at machines because of my training and how I work. When I came back my friend had purchased a machine. I had to try it and I loved it! I bought the machine, too, and we now have three of them!

I work in Silicon Valley and the pace of life there is very quick. The clients I see are really in their linear lives a lot. I use the *Aerobic Exerciser* to help them and it has completely uplifted my practice because I can put them on the *Aerobic Exerciser* for five minutes before I actually do my hands-on work with them and it makes my work and their level of receptivity and their ability to gain the benefits miraculous. They walk out of there really knowing who they are, really having visited and dwelled in that healing place and are now an integrated and very happy person.

I love the *Aerobic Exerciser* and I love the fact that there can be a machine that people can use on their own and they don't have to always rely on me. I always put my clients on the machine first before I work on them. I actually keep it on my table so I just move it out from under their feet. In fact, last week I was in a company that hires me to come in and they only had 20 minutes with me. I do five minutes on the machine and 15 minutes with my oils and my work. It completely rejuvenates them!

..F., Krieger Practitioner

Personal Testimony of the Aerobic Exerciser

Dr. J. and L, doctors of Chiropractics state that the *Aerobic Exerciser* qualifies as one of the most important modalities that they have tested over the past ten years. In their opinions, the reason for this is that it mobilizes the **lymphatic drainage** of the body. This is critically important, as Dr. Gaston Naessens from France has shown that in cancer and other chronic degenerative illnesses, the **lymphatic system** becomes all clogged up like gelatin instead of freely flowing. Given their training in Applied Kinesiology and J.'s own disability of five years from chronic fatigue syndrome, multiple chemical sensitivities and immune dysfunction secondary to chemical injury, they have been acutely aware of his need for improved **lymphatic function**.

___ Since the arrival of the *Aerobic Exerciser* J. has been using it one to 1½ minutes one to two times a day. Amazingly, during this time, his **lymphatic drainage** has continued to work with no other treatment. This is truly incredible! Needless to say, he has been thinking and feeling better. ..J. and L., DC

FRAUDULENT COPYCATS

Be Aware that there are Many Copycat Machines Selling on the Market

- Many much less effective machines are selling on the market, but there is only one *Aerobic Exerciser*.
- The *Aerobic Exerciser* has been granted two international patents
- More than 38 years of intensive research has been vested in this design.
- It has passed the rigorous UL safety examination for US electrical appliances.
- You can trust this machine.
- You have a 14-day money-back guarantee and a two-year warranty on parts and labor.

A Superior Product is Always Copied

Because the *Aerobic Exerciser* produces good results and enjoys good sales, some who are interested only in making profits are blindly and without any technical basis, manufacturing products that resemble it, yet are of inferior quality. Some people seem to think that just any machine capable of vibrating can be put on the market. They do not realize that they are placing great doubt on their morality and conscience.

It is wise to choose the product certified and made by the original manufacturer. With the original *Aerobic Exercisers*, distributors have every confidence when recommending them, and consumers can have that same confidence when using them.

Copycats Are Not Based on Proven Research and Engineering

It is an acknowledged fact in business that if a product is good, it is certain there will be copies that will follow it in the marketplace. There is no arguing that fact.

In first inspection the *Aerobic Exerciser* seems very simple in concept, but it embodies years of development and research and it is the product of great intelligence. It is absolutely not just simply vibrating.

In order not to infringe on our patent, the copycats are forced to use a design different from ours. They have to use a different external configuration and have to employ different internal mechanisms to produce the vibrating motion. Consequently, who is to say what might occur to the consumer as a result of their use? It is doubtful that their design is based on the years of research and proven effectiveness through the use by thousands of happy customers like our machine.

Copycats May Sell Cheaper, but...

Fraudulent knock-offs may sell for something just over US \$100. So what is it about our product that makes us stand out in the marketplace and stand firm on our price? In addition to the above-mentioned factors, “truth ultimately speaks louder than lies or slanders,” we offer the following:

- Our distributors all enjoy using the product themselves and they recommend the product to relatives and friends out of sincere love and concern. They give detailed explanations on how to use the equipment to attain effective results. The knock-off products are of inferior quality and tend to be made in a crude and slipshod manner. There is obvious lack of pride in construction. At best, they are nothing more than mere ‘toys’ and not necessarily beneficial to health.
- What is the effect from our product’s use? This is really the most important factor. If it is good for the body, why should we think it is ‘expensive?’ It is actually quite cheap.
- In the case of these disposable ‘toys,’ even \$1 makes them expensive. Moreover, no amount of money is worth the possibility of causing harm to one’s body.
- Our company is a decent and honestly managed company. We provide perfect pre- and after-sale service. The consumer is protected when purchasing our product.
- Our sales partners are messengers of health and well-being. We consider it our obligation to collect and distribute knowledge on health. For our customers, it is a one-time investment that yields perpetual protection.

Imitations Do Not Provide Results

D. reported that a friend of hers bought the same kind of exerciser from Taiwan. She said that the price was much cheaper and it had the same functions. Her friend called her back two weeks later and asked whether using the exerciser could cause her body stiffness. She also asked her what speed best suited people who were just starting to use the exerciser. D. later learned that her friend had a copycat product. Her friend gave up on the copycat exerciser because her backaches had not been relieved. When she went back to find the seller, the company and the dealer had disappeared and she could no longer find them.

This story can serve as a warning to others that they may be aware that although knock-off products are cheaper, the damages such products cause are not worth the money you may have saved. Health is more important than money. Health is wealth. ..D.

BEWARE OF FRAUDS

Everyday there are a lot of telephone inquiries asking such things as, “What’s the difference between the *Aerobic Exerciser* and imitation machines?” The response is as follows:

Undulating Motion is Correctly Designed

The *Aerobic Exerciser* swings the entire body from left to right in a gentle, undulating motion while the user is reclined with ankles elevated on the machine. This exercise relaxes all muscles, promotes blood circulation to enhance the body’s own natural absorption of oxygen, and stabilizes and balances the nervous system. It is a low energy consuming exercise, increasing the amount of bodily oxygen intake..all greatly promoting good health. It activates the response to insulin, prevents arteriosclerosis, staves off senility, enhances immunity and cardiac pulmonary function, prevents cancer, and so on. The *Aerobic Exerciser* is certainly a simple, safe, and effective exerciser.

Many users praise the precision and quality. The *Aerobic Exerciser* is unique and is immediately distinguishable from the other imitation machines. The fact that the *Aerobic Exerciser* has been patented for its excellence is something that cannot be overlooked.

Internal Mechanism Creates Uniform Motion

One of the patents focuses on the internal mechanism. The main drive mechanism of the machine is located at the center of the device. The swinging motion is thus exactly uniform and equal. With imitation machines, the drive unit is at the side of the device and the left and right swing distance is not equal. The user can sense the imbalance in the strength of the swinging and this leads one side of the body to be irritated. This is similar to what textile or computer operators experience when they repeat the same motion for many hours and then stand up with pain in the associated parts of the body.

Height and Weight Designed for Optimal Effect

The other patent pertains to the shape of the exerciser. The height and width of the machine are precisely designed for optimal effect. The frequency of the swinging motion was arrived at after years of research and testing by Dr. Inoue. In other words, a speed any faster or slower would not produce the same good results. A user once told me that a faster or slower speed actually caused discomfort, like heavy-heartedness, perturbation, or other such hard to explain discomfort. When any but the proper speed is used, this sort of adverse effect might be experienced on the first use of the machine or after several or repeated uses..one might never know.

Don’t Spend Your Money on a Cheap Copy

When we spend money on the purchase of an exerciser to help with our illness or to improve health, it would be sad if we did not actually obtain the improvement we were after, or perhaps even suffered some adverse effect to our health. The *Aerobic Exerciser* is exerciser-tested and approved by Japanese and US authorities.

Health is Your Most Valuable Asset

Dear friends, health is the most valuable treasure anyone has. You need to think carefully when you contemplate such a purchase. The quality and performance factors of an exerciser that effect your health are things you must carefully consider. I hope you consider carefully this advise. ..Dr. Y.

Use the Original *Aerobic Exerciser*

The *Aerobic Exerciser* is registered as a medical device in Japan, and none of the other imitations are. Why? Because they only go back and forth instead of undulate. Only the *Aerobic Exerciser* has the patent on the engineering and on the design to get the motion up into the brain and get it working. You can do the testing and it will come back and prove that the movements from imitation machines won't go through the brain. Only the *Aerobic Exerciser* has that quality.

Don't let anybody tell you there is no difference. If someone comes to you with one of those imitations, you come to me. We have videos that will show you what the differences are with the *Aerobic Exerciser* and some of the different copycats. They are imitations. You will not get the same effect. ..D.

Imitation Machines Can be Detrimental

Imitation machines on the market do not have patents and do not have the correct frequencies and will probably cause problems. I worked on two people who used imitation machines and they got very sick..one went into seizures and another was so sick she couldn't stand up for four days. They are not *Aerobic Exercisers*. The *Aerobic Exerciser* has the patents; it has the correct frequency. Dr. L., ND

***Aerobic Exerciser* Machine has Superior Movement**

Other machines I have checked become jerky after one or two minutes and become offensive to the body. Anyone using the machine would have to stop after five minutes or less. Dr. Inoue has captured the right rhythm in the *Aerobic Exerciser* that seems to make the body flow. There is a movement that makes it harmonious to the body so that you get a whole effect through all the chakras and all the meridians. ..Dr. R. ND

WHY THE AEROBIC EXERCISER?

As in all things worthy of imitating, **the Aerobic Exerciser has been cloned many times.** Despite some claims that there is 'no difference' between the *Aerobic Exerciser* and other exercise machines, there are definite questions the buyer should address:

- **How qualified is the inventor?**
- **How many years has it been on the market?**
- **Does this machine have 38 years of research and the experiences of 100,000 patients behind it?**
- **Is this machine registered anywhere as an approved medical device?**
- **Does this machine list any patent information?**
- **What is the manufacturing standard of this product?**
- **Does the company give a 14-day money-back option to try the machine?**
- **Does this machine have at least a two-year warranty?**
- **Will this machine be an asset or a liability?**
- **Can my body and muscles totally relax while I am on the machine and while it is in operation?**
- **When it stops, do I feel the 'buzz' in my fingertips and over my whole body?**
- **Does this machine resonate and have the exact, correct movement that is in harmony with the brain and body?**
- **Does this machine create the cross-crawl brain patterning which releases the serotonin, decreases depression, and puts the user in an Alpha and Theta state, providing a feeling of well-being and deeper sleep?**
- **Does this machine have world-wide distribution?**
- **Does this machine have a marketing program where I can earn on sales and be reimbursed?**

Aerobic Exerciser Unequaled among Competitors

Thirty-eight years of research and testing with the *Aerobic Exerciser* have perfected the exact swing or fish motion to give this remarkable piece of equipment the correct vibration and frequency to the brain. What its precise movement does for the brain is unequaled in any other machine tested.

In "Brain Gyms," a college course taught for teachers with ADD students, the body is shown to have 32 figure eight points that need to be in motion to access clear thinking. The *Aerobic Exerciser* is the only device to date that accomplishes this with the fish-wave motion. The cross-crawl patterning sets the neurotransmitters in a connecting motion to release the serotonin and put the user into the Alpha and Theta stages of meditative sleep, thus providing a feeling of well-being and deeper relaxation.

This is why so many testimonies have been reported where people are getting off Prozac and Ritalin. Depression and feelings of being overwhelmed or despondent have been eased. The *Aerobic Exerciser* is also helping stroke victims and those with spinal injuries. It is wonderful for oxygenating the whole body. ..D.

Fraudulent Copies on the Market

Because of the dramatic and miraculous results being obtained from the *Aerobic Exerciser*, there are now fraudulent copies on the market. The *Aerobic Exerciser* is manufactured under patent and under strict quality control.

The object of these "knock-offs" is only monetary gain. They are only capable of vibrating and their manufacturers have given no consideration to the five design principles incorporated into the *Aerobic Exerciser*. Therefore, they are not effective and are just cheap and fraudulent copies.

Experiment in Comparing *Aerobic Exerciser* with Copycat Model

An interesting experiment was performed by Dr. R., DC, in June of 1999 wherein he compared the chakras (or energy centers) of two different individuals after a two-minute testing period with the *Aerobic Exerciser* and a copycat model. Using arm muscle response, Dr. R. tested each person individually. On the imitation machine, there was weakness in every chakra. On the *Aerobic Exerciser* all the chakras were strong. The men then changed machines and used them for two more minutes. The individual who had previously been on the imitation machine and showed weakness now registered strong in all the chakras, while the man who had been energized on the *Aerobic Exerciser* now had weakness in all the energy points after using the imitation model.

Dr. R. commented, "This tells me that when a muscle is strong, what it is being exposed to is in harmony with the body. The essence is..**when something is in harmony with the body, that strengthens and adds to its life.** When something is in disharmony with the body, it is destructive. The *Aerobic Exerciser* people have been able to put together a device of a mechanical nature that adds to the strength of the body, so this gives you an opportunity to know who you are, what you are, and to enhance your health.

The frequency of the machine is also critical. It creates the cross-crawl patterning of the brain and takes oxygen to every cell in the brain, the big toe, as well as the fingers. You don't get that on any other machine out there."

..Dr. R., DC

Putting the *Aerobic Exerciser* to the Test..

Like other distributors, R. has had to deal regularly with copycat machines that are available, so he decided to find the truth out for himself. He ordered a copycat machine to evaluate three things:

- Copy cat machines violate the patents of the *Aerobic Exerciser*.
- The machines move too fast and can hurt people.
- The machines are made cheaply and they don't last.

When R. received his copycat machine, it looked pretty much like the *Aerobic Exerciser*, although he could see that the connections of the cords and the fastenings of the case were cheaper. He placed them side by side and turned them on. The copycat machine went faster than the *Aerobic Exerciser* and made an annoying buzz continuously and also made a loud grinding kind of sound while in operation. The instructions warned the buyer not to use it more than 15 minutes at a time and to let it rest for 30 minutes between uses. The buyer was also not to use it in any kind of commercial application.

Personal Experience in Testing Machines

In order to be fair, R. tried the copycat machine first for one minute and switched to the *Aerobic Exerciser*, then he also went back and forth again. The copycat machine hurt his back after just two one-minute uses. His lower back felt strained and bothered him the rest of the day. He wanted to use the copycat machine for ten minutes, but just couldn't make himself do it, as it felt too harsh and jarring to his body. He had another person try it for ten minutes, and while it didn't hurt his back, he noticed he did not get any of the 'chi' rush he gets from using the *Aerobic Exerciser*.

R. then had an engineer come over and evaluate the mechanisms of the two machines. They opened up both units and found they were both very similar as far as the layout was concerned, but the engineer pointed out several observations:

- The copycat was typical of a cheap reverse engineered knock-off unit.
- The motor housing was cheaply made and open.
- The clearance between the motor and the moving parts was sloppy.
- The piece that transfers the power from the motor to the moving shaft was made of plastic rather than of steel as in the *Aerobic Exerciser*.

After experiencing the lower back strain from the copycat unit from just a few minute's use, R. compared it to the 15-20 minutes he spends on the *Aerobic Exerciser* without experiencing any problems at all. Fortunately, that day R. received his *FIR Dome* and used it on his wrenched back. His lower back pain suddenly, within 15 minutes, was almost totally gone! ..R.

Copy Cat Machines Not the Same..

J., Health Therapist, spoke in a recent meeting of a revealing experience with a naturopath who wanted to analyze her blood. He did so and could not believe the purity of it. It was so oxygenated! This she attributes to living a healthy life style, eating correct foods, using essential oils and regular use of the *Aerobic Exerciser*. J. asked him if he would like to try the *Aerobic Exerciser*, as she had brought one along with her. He said, "No..I do not want to get on the *Aerobic Exerciser*. I have been on a *Aerobic Exerciser* and it literally ripped me up! It took me about two weeks to get over it."

J. was aware of copy cat machines being sold in the area and told him, “The machine you used was not *the Aerobic Exerciser*. It was a copy cat. If you would like an experience with a real *Aerobic Exerciser*, not a copy cat, it is your choice. Would you like to try it?” He said, “Yes..go get it.”

Keep in mind that he had been into the chiropractor several times trying to get his back readjusted from the damage the copy cat machine had done to him. He was very sensitive to his body responses and could feel that the motion and movement was so different from the other machine. After being on the original *Aerobic Exerciser* he said, “This is not the same machine. This is so smooth.” After it shut off he said, “I did not get this on the other machine. This is phenomenal!”

So when someone says..”There’s another machine and it’s cheaper and it’s just like it..” It is not! And this naturopath knew it. ..J., Health Trainer

Imitation Machines Do Not Have ‘Chi’ Frequencies

Consider the “Chi” factor. The patented *Aerobic Exerciser* is set to vibrate 2.3 cycles per second (which is the frequency that the brain uses to calm the body). Benefits can also be induced at double and quadruple this frequency. For example, the frequency of 4.6 cycles per second is the frequency the brain uses to induce deep sleep. The frequency of 9.2 cycles per second is the frequency the brain uses to induce meditation. All of these benefits are experienced by those using the *Aerobic Exerciser*. In simple terms, the *Aerobic Exerciser* is like a radio that is capable of tuning in the Health Benefit radio station. The *Aerobic Exerciser* imitators do not have the “Chi” frequencies and therefore, the body does not receive any “Chi” benefits at all. ..Dr. R., Biological Chemist

Discomfort and Tension with Imitation Machine

After listening to an audiotape on the *Aerobic Exerciser* one individual saw a similar machine advertised on a television shopper’s program. She immediately ordered one for only \$99. After using the machine a few times she commented that she could only stay on her machine for about one minute because it made her feel sick. Then she got on the *Aerobic Exerciser* and almost immediately asked, “Does this machine move in a figure-8?” She looked at it carefully and made sure the motion of the machine was indeed moving, not just back and forth, but in the form of a figure-8. She laid back then and relaxed on the *Aerobic Exerciser* for the full five minutes with no discomfort at all.

She took the imitation machine to the house of her friend who had an *Aerobic Exerciser* so they could compare it side by side with the *Aerobic Exerciser*. When her friend tried it she could feel tension beginning to build in her head without just two minutes’ time. Also the right side of her abdomen began to hurt. When it stopped she said it did not relax her the way the *Aerobic Exerciser* had, but in fact it had the opposite effect, leaving her more tense and stressed as a result. ..L.

Side by Side Comparison

“After sharing my good experiences with a friend, she was really enthusiastic and decided to order one from a TV shopper’s channel. It looked about the same as the *Aerobic Exerciser* and cost less, so I was anxious to try it, too. When it arrived, we tried them out side by side. I couldn’t stay on her machine comfortably for five minutes. I felt like it was twisting me and it was actually stress-inducing instead of relaxing. Something was definitely different, and we were both very aware of it and disappointed in the “phony” copy of the *Aerobic Exerciser*.” ..K.

CALCIUM AND THE AEROBIC EXERCISER

Calcium is the most abundant mineral in the body. The calcium factor is the most abundant factor in regulating human health. It has long been recognized as vital to hundreds of biological functions, some of which are the following:

- Formation and maintenance of strong bones, teeth, and gums.
- Maintenance of a regular heartbeat.
- Transmission of nerve impulses.
- Lowering of cholesterol levels.
- Prevention of cardiovascular disease.
- Development of muscular growth and contraction.
- Prevention of muscle cramps.
- Facilitation of blood clotting.
- Prevention of cancer.
- Prevention of bone loss associated with osteoporosis.
- Provision of energy.
- Maintenance of proper cell membrane permeability.
- Participation in the protein structuring of RNA and DNA.
- Activation of several enzymes, including lipase, which breaks down fats for utilization by the body.
- Facilitation of neuromuscular activity.
- Protection against development of pre-eclampsia during pregnancy.
- Maintenance of healthy skin.

Crucial Function - Neutralization of Acid

According to R., chemist and author of *The Calcium Factor*, calcium has an even more important and crucial function in addition to all of these mentioned functions, and that is the **neutralization of body acid**. When the body fluids become acidic because of lack of ingested minerals, the acid drives oxygen out of the body, making the body extremely susceptible to disease. Calcium is extremely effective at neutralizing acid. Also, calcium forms a molecule which is a buffer that holds the body fluid in the alkaline range or the no-acid range.

Acids expel oxygen. They drive oxygen out of the body. Alkalies, on the other hand, absorb the oxygen. A very mild alkali, like baking powder, absorbs over 100 times more oxygen than a mild acid-like vinegar. Therefore, when the body is full of calcium, the body is also full of oxygen..which is the main biologic ingredient necessary for a healthy life. Thus, it can be concluded that anything that helps the body retain oxygen is extremely beneficial to good health, and calcium has to be placed at the top of this list.

Calcium-Consuming Cultures Have No Disease

Since consuming enough calcium can really prevent disease, then there should be millions of people who consume lots of calcium all over the world who never get sick. There are many cultures all over the world who do not get sick and these cultures live almost twice as long as we do in the United States and the aging process is dramatically slowed down!

The Longevity Factor

Some of these cultures are the Azerbaijanians high in the mountains, Georgians (high in the mountains)..they are both from Russia. There are also the Bamas of China (high in the mountains) and the Hunzas of Pakistan (high in the mountains). There are the Titicaca Indians in Peru (high in the mountains), the Yokabama Indians of Equador (high in the mountains). In southern Japan there are millions of Okinawans. All of these cultures routinely live to be 100 years and there is virtually no disease, no cancer, no heart disease, no diabetes, no mental disorders..and no doctors! All of these cultures consume over 100 times the calcium that we are told to consume. Except for the Okinawans, these cultures are all high in the mountains and they get their water from mountain glaciers. This water is turbaned and full of ground-up rock that is loaded with calcium and other nutrients.

It's interesting to note that in Japan the average life expectancy is 77 years. In Okinawa, it is 103! The aging process is also dramatically reduced. This is because the DNA which can keep you young cannot replicate unless it lays on a calcium substrait, or in other words, it must be filled with calcium, which is the case for the Okinawan diet.

Calcium from the Coral Reefs

The Okinawans live in coral-reef islands, and the coral is basically calcium. Their water is loaded with calcium and they also supplement their diet with a product from the reefs themselves. In other words, they are eating part of the reefs.

Years ago when the Okinawans began examining the reefs very closely, they could see that the environmental weathering caused the surface to become pliable and break off, forming coral sands..or coral calcium which dropped to the base of the reefs. They also discovered that when they put the coral into their soil they had more abundant crops..some reported up to three times as much rice! It wasn't long before they began putting the coral calcium in their own food and their own water supply. The result was 'Japanese exodus.' All of the doctors of Okinawa left a disease-free Okinawa!

Additional Validation for Calcium

This information has been validated by Dr. L. in her recent book *Nature's Pharmacy*, where she states that the most assimilable way to get calcium and other minerals in *ionized* form, the form in which it must be reduced to be absorbed by the body. A balanced ionic mineral source is the "coral water" drunk by certain Japanese islanders reported to have unusual longevity. Their drinking water has a high content of ionized minerals leached from the coral on which the island was built. The results is a highly alkalized water that keep the body alkaline and resistant to disease. Researchers have found that this "coral" water can actually neutralize waste products contained in it, including bacteria, heavy metals, fluoride, and chloroform..

The World's First Drugstore..

The early explorers discovered the benefits of Japanese coral and filled their ships with coral calcium. The world's first drugstore (now an historic monument in Barcelona Spain) has its shelves filled with coral calcium from Okinawa Japan. The doctors of that day used it successfully to treat almost every disease. At the turn of the 20th century mainland Japan was importing coral calcium. Today over 14 million Japanese consume coral calcium daily, along with 44 million Chinese and millions of people in Europe.

Calcium Claims Made

On October 14, 1998 the *New York Times* newspaper had a big article on calcium stating that calcium supplementation reverses cancer. Calcium can cure cancer. On January 14, 1999 a Phoenix newspaper was reporting that calcium supplements reverse cancer. "Calcium cures cancer."

The Reader's Digest in February of 1999 printed an article on the super nutrient, calcium, which it claimed not only reduced hypertension and PMS, but also reversed cancer. Calcium supplements apparently cured cancer. On May 3, 1999 *The US World News Report* had a big article on how the super nutrient, calcium, reverses cancer and seemed to be involved in a host of all other diseases. They said, "As a matter of fact, you can't find a disease where calcium doesn't play a crucial role." The world is catching on to the fact that we are all calcium critters and that when we lose calcium, we must replace it.

Unfortunately, by the time the average American is 35 years old, there is more calcium going out than coming in. This is the beginning of all degenerative diseases. If we want to stop this vicious cycle of disease and death, we have to change our ways.

Providing the "Chi" Nutrient

Ironically, the next nutrient in line is not a nutrient mineral element. A nutrient is a substance that causes the body to benefit with good health. In conclusion, R., Biological Chemist, puts forth the theory that the next nutrient to calcium is the "Chi" nutrient. The Chi nutrient is provided to the body by using the *Aerobic Exerciser*. The human body needs the benefits attributable to the use of calcium supplementation and the *Aerobic Exerciser*. We should all begin with the calcium factor and combine that with the *Aerobic Exerciser* that both fill our bodies with the oxygen we need to stay healthy..the calcium keeping us alkaline and full of oxygen and the *Aerobic Exerciser* purging our bodies with oxygen.

The best thing each of us can do is consume calcium and drink water before and after we use the *Aerobic Exerciser*, and we are going to see remarkable results. To begin with, we can start the curing process for any degenerative disease that we may have now. Next, the aging process should dramatically slow down. Finally, we can add several decades of healthy living to our lives.

HSIN TEN ENTERPRISES (HTE)

- **Hsin Ten (Health and Wealth) Group** was established in 1990 in Taiwan. Their original premise was to "keep the root in Taiwan, embrace Mainland China, and look forward to the world."
- In January of 1993 an office was established in Malaysia, in June HTE branched into Hong Kong, and in October of 1993 they opened an office in New York City, USA.
- In February of 1994 the company went into Thailand. In August they opened an office in Mainland China.
- In February of 1995 the Australian market was begun.
- Additional branch offices are now incorporated successfully in Singapore, Indonesia, New Zealand, and agencies in 18 island countries of the South Pacific.
- Plans are now underway to go into the Middle East and Eastern Europe

Truth in Company

The **Hsin Ten Company** carries products that have truth in them, and anybody with a small amount of effort can actually have nice income. There is truth in this company; there is no deception.

..G. Gaylor, Arizona

Machine in Constant Use with No Problems

In the 18 months that I have been involved with the Hsin Ten Company I can say to all of you and everyone in the whole world that I have never had one machine come back to me...not one.

I have had my machine for 18 months and have never had a problem with it. It has been in constant use, not just for five or ten or 15 minutes, but people have been on it constantly. If there ever is a problem, we have a 12-month guarantee with the machine and we just send it back to the company and they replace it.

..c. Moses, Australia

An Honorable Path

I am thankful for the journey and the path that has led me to the **Hsin Ten Enterprises** organization. I'm honored to be a member of this well-intentioned, spiritually motivated manufacturer of unique, health-enhancing products for the whole family.

..K. Priestly, Health Consultant

**AEROBIC
EXERCISER
BENEFITS**

SECTION B: CONTENTS

AEROBIC EXERCISER BENEFITS

1. Aches and Pains
2. Alzheimer's Disease and Brain Disorders
3. Arthritis, Bursitis, and Related Problems
4. Asthma and Allergies
5. ADHD and Learning Disabilities
6. Autonomic Nervous System
7. Back Problems
8. Blood Pressure - Hypertension & Hypotension
9. Cancer
10. Cellulite
11. Child or Infant Care
12. Chronic Fatigue Syndrome
13. Circulatory System and Related Disorders
14. Diabetes and Hypoglycemia
15. Digestive System Disorders
16. Endocrine System Disorders
17. Energy Centers (Chakras)
18. Energy Increase
19. Eyes, Ears, Nose & Throat
20. Feet, Leg, and Knee Problems
21. Female Complaints
22. Fibromyalgia
23. Heart Disease & Related Problems
24. Injuries
25. Kidney Disease and Related Problems
26. Lymphatic System
27. MD & Muscular Diseases
28. Mental Awareness
29. MS & Nervous System Disorders
30. Neck and Shoulder Problems
31. Osteoporosis & Related Problems
32. Parkinson's Disease
33. Pet Care
34. Physical Fitness
35. Pregnancy
36. Respiratory System Problems
37. Sexuality
38. Skin Irritations
39. Sleep Disorders
40. Stress & Emotional Problems
41. Toxicity
42. Viral Infections & Polio

ACHES AND PAINS

Aches and pains affect almost everyone, and many times **headaches** are a sign of other underlying health conditions. Pain is merely a symptom of another health problem in the body, so proper treatment first involves careful diagnosis to locate what is causing the pain. It is then essential to treat the root condition, rather than attempting to mask its symptomatic effects with temporary measures such as painkillers or tranquilizers.

Pain is usually a localized physical suffering associated with bodily disorder (as in a disease or an injury). It can be a message sent by the body to the brain, signaling that disease, injury, or strenuous activity has caused trouble in some area. **Chronic pain** has become the most common health disorder of the United States and affects nearly one out of three Americans. It is descriptive of that pain for which there seems to be no underlying reason. It is just there, everyday, interfering with the daily pursuits and enjoyment of life. It sometimes needs to be dealt with at the physical-nervous system level, or sometimes at the emotional and psychological level.

Twenty-one Years of Illness

S. had been tortured by diseases for 21 years. He was a man almost forgotten and abandoned by his community. Twenty years ago he began to feel more and more **fatigued and weary**. There was **tension and pain** and later the disease progressed into **general muscular cramps**. It happened frequently, sometimes over ten times a day. More and more symptoms occurred, such as **headache, insomnia, loss of appetite, weight loss and emaciation**. He would have severe pain after walking ten minutes or more. He could not sit or stand for longer than half an hour at a time.

Aerobic Exerciser Oscillation Gave Needed Massage

Some weeks ago he met a friend and she recommended that he visit a doctor for whom she had high regards. After talking to S. the doctor told him his best choice was to use the *Aerobic Exerciser*. He explained that the *Aerobic Exerciser* produces rhythmical oscillations. The patient lays down while doing the exercise, so there is no pressure at all. It produces the beneficial effects of a general massage. It relaxes the nerves and muscles. Tension and cramps will disappear. Aches and pains are reduced. This oscillating exercise accelerates general blood circulation, increases metabolism, improves the general well-being, and regulates the functioning of the nervous system.

S. lost his ability to work and his family left him. He went to doctors of Western medicine as well as Chinese traditional medicine. He spent several thousand dollars on acupuncture, moxibustion and massage. He was able to pay his bills through the help of his brothers and sisters, but eventually their help ran out and he became unable to afford to pay the doctors.

The doctor told him if he continued using the machine for an appropriate length of time his health would recover. He allowed S. to go to his clinic every day, two or three times a day free of charge. He used the *Aerobic Exerciser* twice a day and on the twelfth day the aches and **pain** he had over his whole body had **basically disappeared** and there were **no more cramps in his muscles**.

He could walk for half an hour without any pain and was able to sleep well. Today, when Stephen gets up he feels good. He expressed his great love for the doctor and for the *Aerobic Exerciser*. "It has really saved me!" he said. ...s.

Effective for Migraine Headaches

I have had at least three different **migraine** sufferers and every **headache** dissipated so fast by using this method. It has made an enormous difference. ..D.

Got Pain? Try the *Aerobic Exerciser!*

According to Dr. L., Naturopath, there have been remarkable results for those suffering from **muscle cramps, migraines, and inflammation**, with the use of the *Aerobic Exerciser*. It has also been a boon for those suffering from **arthritis pain, chronic sciatica, and back pain**. If there is any negativity, you need to cut back on time for awhile and build up very slowly. This comes from excessive toxins in the body and not enough water intake.

If you have **migraine headaches**, put your hands underneath your head to help stimulate response. ..Dr. L., N.D.

Multitudes of Improvements!

One seminar participant started using the machine and worked up to ten minutes twice a day. One night she either had what she felt was pleurisy or a gall bladder attack. The **pain in her chest was so severe** that her whole body went into shock and she thought she would be going to the hospital in an ambulance. She got on the *Aerobic Exerciser* for just 10 minutes and it **totally took the pain away**.

Migraine Suffering Eliminated

“Twenty-eight years after having a C-section to deliver my baby, I got a **migraine headache that lasted ten days**, and I have suffered for the past 28 years thereafter. Then, **five years ago migraines started happening every week**, causing me to spend more time in bed with severe pain.

Meanwhile a friend brought over the *Aerobic Exerciser*, so I tried it for two minutes. When I got up I had a slight headache, but that headache was different because any slight headache becomes a migraine in my life. The next day I tried it again for two minutes and, once again, a slight headache but no migraine. My neck muscles were sore and I could hear crackling in my neck. The vertebrae at the base of my skull was moving! I have had a number of chiropractors and massage therapists try to move my vertebrae over the years. They were not successful..now it’s moving!

I then bought a *Aerobic Exerciser* for myself and use it regularly. I have been using the *Aerobic Exerciser* for four months and have not had another migraine in the past two months! The last migraine I experienced I challenged it as a woman, and I worked up to 15 minutes a day. Now I am doing four minutes in the morning and six minutes at night. Every joint in my body is loose and moving the right way! All my friends are noticing my improvements and want a *Aerobic Exerciser* too! ..C.

Pain from Lyme’s Disease Relieved

M. bought her *Aerobic Exerciser* in November and the *FIR Dome* about two weeks later because she had just been diagnosed with **Lyme’s Disease**. For about a week she used the *FIR Dome* about three hours a day. She also used the *Aerobic Exerciser* and began to feel better. Her muscles continued improving. She says, “I don’t know where I would be without my *Aerobic Exerciser* and my *FIR Dome*.”

..M

Headache Pain, Back, and Shoulder Pain Alleviated

K. from Tennessee reported that she was introduced to the *Aerobic Exerciser* and was very skeptical of its benefits, but she agreed to try it. Within the first week she was convinced that even though it is “passive exercise,” getting the oxygen in her body flowing made a noticeable difference in how she felt.

One day she had a **terrible headache** from caffeine withdrawal. Instead of taking Tylenol and a nap, she drank a cup of water and used the *Aerobic Exerciser*. In 15 minutes the **headache was gone!** It was almost too good to be true. There had been many times that those types of headaches had turned into **full blown migraines** that required a dark room, quiet hours or even a full day to get rid of them. She was hooked! There had to be something to this to get such good results.

Following an automobile accident several years ago, she began having a lot of **pain and tension** in her back, neck and shoulders. Now after utilizing her *Aerobic Exerciser*, she can get the feeling of a full body massage in just 10-15 minutes and be totally relaxed. Now she uses the *Aerobic Exerciser* morning and evening. She really looks forward to it! It’s like have her own private chiropractor, but a lot less expensive and more convenient! ..K.

Continual Pain and Headaches Reduced with *Aerobic Exerciser*

In 1995 C. was diagnosed with Fibromyalgia. Her **body ached with pain** and she slept only two hours without waking. She was completely exhausted and **suffered with migraines** at least once a week and sometimes two. The headaches lasted from 24 to 48 hours. After using the *Aerobic Exerciser* for two months she is a different person. She now sleeps for five to six hours without waking, has **no more migraines**. She no longer suffers with backaches or sciatica and is more limber. There were times when she could hardly walk. The bottom of her feet have stopped hurting and she no more numbness in her left arm and hand. There is **less pain from arthritis**, less indigestion, and better concentration. She has experienced more energy and a feeling of well-being.

C. reports feeling better than she has done for years. She uses her machine for 10-15 minutes at least twice a day and when she has pain day or night she uses it for a few minutes. ..C.

Stiffness and Soreness Eliminated

T. says she purchased her *Aerobic Exerciser* in November 1999, shortly after losing her husband to cancer. She was very low on energy. After using her machine for several months she is now back to gardening, mowing grass, and bike riding. After working outdoors too long she used to get **stiff and sore**. Now she gets on her *Aerobic Exerciser* for five to ten minutes and is as good as new. ..T.

Carpal Tunnel Pain Relieved

The first time P. used her *Aerobic Exerciser* she was having **carpal tunnel pain**. Within five minutes the **pain left**, and did not return. ..P.

Headaches Reduced

M. reports that she has **fewer headaches** and less shortness of breath. Plus, she likes the financial opportunity the *Aerobic Exerciser* brings. ..M.

Pain Reduction Noted

The *Aerobic Exerciser* has been an exciting thing in the life of J. The quality of her life has been changed so that she is truly in awe. She was diagnosed with Systemic Lupus over ten years ago and has sought to restore her health from all the medical profession has to offer. She was wondering what could be done to help her with her **muscle, joint and all-over body pain**. She finds the motion of the machine feels similar to an all-over body massage which gives her **relief from pain** to a point where it is now manageable. She is truly amazed and so joyful for all the aid the machine has given her. ..J.

Pain in Shoulder Relieved

E. from Colorado reports that after her first use of the *Aerobic Exerciser* the **constant pain** in her right shoulder blade left. She has continued to receive significant benefits in her routine of using it twice a day for 15 minutes each time. Since her machine arrived she has only had two **headaches** that were manageable. In the past she has been in bed for several days a month with **migraines**. ..E.

Pain and Soreness Reduced with Use of *Aerobic Exerciser*

After using their *Aerobic Exerciser* for four weeks, C. and her husband from Pennsylvania have not had to go to the chiropractor or the massage therapist since they got their machine. Even with remodeling their home, doing shoveling and other heavy work, her husband has not been **stiff and sore** while using the *Aerobic Exerciser*. Anytime anything bothers them, they get on their machine. ..C.

Multiple Pains Gone!

M. from Colorado had been experiencing **constant pain** in her right shoulder and joint for almost a year from her work as a massage therapist. She was being treated with acupuncture for three months, but was still **having pain**. She was actually considering selling her massage business and then she tried the *Aerobic Exerciser*. Her first reaction was one of total relaxation. She began feeling like her old self after several months of feeling awful. Later that evening when she was doing a massage she could not believe the stamina and enjoyment she had again. She made up her mind to have her own *Aerobic Exerciser*.

..M., Massage Therapist

ALZHEIMER'S DISEASE AND BRAIN DISORDERS

Alzheimer's disease is a degenerate disease of the central nervous system characterized especially by premature senile mental deterioration. It is progressive in its nature; it attacks the brain, resulting in impaired memory, decreased intellectual and emotional functioning, and ultimately complete physical breakdown. Symptoms vary, from depression, fatigue, and occasional forgetfulness to disorientation and aggressive or paranoid behavior.

Recognized after Two Years..

One user whose wife has Alzheimer's disease decided to see if the *Aerobic Exerciser* would have a positive effect upon his wife. For two years she hadn't recognized him. He was in the habit of taking breakfast into her and feeding her every morning and every lunch time so that she would have all the enzymes she needed. He felt it was more nutritional food. He took the *Aerobic Exerciser* into the nursing home and put it on the end of the bed and let her be on it for ten minutes..and she knew him!

Can you imagine what a thrill that would be when your wife hadn't recognized you in two years! She still could not talk and carry on a conversation, but she was happy to see him.. The nurses all commented when they put her to bed at night that she was so much more pleasant and content.

Anything to do with the brain, like depression, like ADD..the *Aerobic Exerciser* works so well!

..D.

Boon for Alzheimer's

According to Dr. L., Naturopath, there have been remarkable results with victims of Alzheimer's disease with the use of the *Aerobic Exerciser*. It has also been a boon for those suffering from severe **brain damage and paralysis**. ..Dr. L, ND

Brain Damage Victim Helped by the *Aerobic Exerciser*

L. suffered an accident injury four years go and spent six weeks in a coma with **brain damage and paralysis**. After using the *Aerobic Exerciser* there were improvements in sensation, balance, speech, cognition, circulation, and attitude. His parents write: "We put him on the machine for two minutes, then put him on for another five minutes. When the machine shut off, Jeffrey had a BIG SMILE on his face and said, 'Wow!' After using the *Aerobic Exerciser* for only three weeks, he is walking forward better and is able to walk backwards in a figure eight or circle with no problems or assistance. His doctors said this would be impossible. He is moving his legs and arms better, too. A deep purple discoloration from his toes almost to his knee from poor circulation has completely disappeared.

. M. and L.

Amazing Facts on Brain Activity

Dr. R., a PhD, who won the Nobel Prize for brain research, made this statement: “Better than 90% of the energy output of the brain is used in relating the physical body to its gravitational field. The more mechanically distorted a person is, the less energy is available for thinking, metabolism, and healing.”

That is hard to believe..**90% of brain activity just to keep us upright against gravity!** This also explains why distortions in the body can have such far-reaching effects and it shows how the *Aerobic Exerciser* can have such an overall effect on the body. As it relaxes the spinal muscles, this begins to remove the spinal distortions, and so the body naturally has more energy available for thinking, metabolism, and healing, just as Dr. Sperry told us. ..Dr. J., DC

Aerobic Exerciser Gets You Back in Perspective

If I have a morning when I don't **know where or how to start**, I will get on the *Aerobic Exerciser* for five minutes. All of a sudden I can get off and feel wonderful! If I have all these creative ideas, but I **can't remember** how to spell, I'll get on it..I can spell! I can prioritize. The left brain and the right brain get together. When you are under stress they separate and it's hard to get the perspective. So five minutes on that *Aerobic Exerciser*..I'll tell you, it will make a little miracle for you! ..D.

ARTHRITIS, BURSITIS AND RELATED PROBLEMS

***Arthritis** is a prevalent malady in today's world. It is an inflammation of the joints, surrounding tendons, ligaments, and cartilage. It occurs due to infectious, metabolic, or constitutional causes and is among the oldest known afflictions of human beings and can affect virtually every part of the body, from the feet to the knees, back, shoulders, and fingers. **Arthritis** effects range from slight pain, stiffness and swelling of the joints, to crippling and disability. **Arthritis** affects people of all ages. _____The sac-like cavities that are filled with lubricating fluid (synovial), at areas where friction is likely to occur, such as where muscles or tendons pass over bony places, sometimes become inflamed. This condition is known as **Bursitis**. The circumstance causes acute and chronic localized pain and tenderness and is sometimes associated with loss of normal range of motion of that joint and sometimes becomes reddish colored and warm. **Bursitis** most commonly affects the joints of the shoulder, elbow, and hip. They are often referred to as "frozen" due to the loss of normal range of motion.*

Aerobic Exerciser and FIR Dome to the Rescue!

The day finally came when I began to use the *FIR Dome* and the *Aerobic Exerciser*. After I used them for only two or three days, I felt the **stiffness of my body going away**. Six months later I found them very effective. I could say goodbye to those days of wasted money, time and energy spent on medicine, massage and the like. Now I can do these healthy exercises for recuperation purposes at home. I now have a good appetite. I can sleep well at night. I have gained weight and can ride my bike to take my daughter to school or to bring her home again. I passed the examination to get a driver's license. I can once again enjoy the good things in my life.

Four Times a Day

I used the *FIR Dome* and the *Aerobic Exerciser* simultaneously four times a day initially and I always felt great afterwards. My nerves, shoulders, and back felt a lot better, and **body and limb flexibility improved**. This further strengthened my confidence in the machines. I even continued using them while I was taking traction treatment at the hospital. None of my remaining symptoms worsened so I was pleased and was satisfied with the results." ..C.

Good for Arthritis Pain

According to Dr. L., Naturopath, there have been remarkable results for those suffering from **arthritis pain** with the use of the *Aerobic Exerciser*. It has also been a boon for those suffering from paralysis. ..Dr. L., N.D.

Bursitis Pain Relieved

D. reported that he had suffered for years with **bursitis**. It was always a continual irritation. He had cortisone shots years ago and it would help for a while, but nothing was lasting. Since using the *Aerobic Exerciser* he has full motion of his shoulder and arm. He can rotate his arm completely, he can lift it over his head and has no pain at all. ..D.

Help for Rheumatoid Arthritis

I had a lady who was about 80 years old who got the *Aerobic Exerciser*. She has **rheumatoid arthritis** and had constant pain in her shoulders and in her wrists. Her hand was numb. I just talked to her to find out how she is doing and she said, “My shoulder doesn’t hurt anymore. My wrists don’t hurt, and my hand is not numb anymore!” V., Health Therapist

Arthritis in Hands Relieved

It sounds to good to be true, but the *Aerobic Exerciser* has actually **relieved the arthritis in my 75-year-old mother’s hands.** ..C. M.

Arthritic Toe Relieved with *Aerobic Exerciser*

The *Aerobic Exerciser* has been a blessing for G. and B. from South Carolina. G. has gotten rid of his bone spurs. B. was having problems with **arthritis in the big toe**, insomnia, and aching muscles in the back and shoulders. Their energy levels are now off the charts! ..G. and B.

Arthritic Pain Responds to *Aerobic Exerciser*

R. from Pennsylvania got the *Aerobic Exerciser* and started using it in December. She was having trouble with her **left knee**. It swelled up two inches larger than the other knee and was very hot. The veins behind her knee were inflamed and protruding. She went to the doctor and was sent to the hospital for an MRI and to be tested for blood clots. After \$4000 in tests she concluded that she had fluid and **arthritis on her knee** and wanted to take the fluid off and inject steroids. She refused and showed the doctor the brochure for the *Aerobic Exerciser*. He looked at it and said, “Try this for three months and then come back and see me. I have a lot of people who could use this.”

R. started using the *Aerobic Exerciser* three minutes, three times a day, along with the *FIR Dome* twice a day for an hour and had **immense relief within four days**. After three months she canceled her doctor appointment because she already had relief. ..R.

ASTHMA AND ALLERGIES

***Asthma** is a condition often of allergic origin that is marked by continuous or paroxysmal labored breathing accompanied by wheezing, by a sense of constriction in the chest, and often by attacks of coughing or gasping. This disease often causes obstruction of the airways. During an asthma attack, spasms in the muscles surrounding the bronchi (small airways in the lungs) constrict, impeding the outward passage of stale air.*

***Allergies** are altered bodily reactivity (as hypersensitivity) to antigens in response to a first exposure. They are often exaggerated or pathological responses to substances, situations, or physical states that are without comparable effect on the average individual. They can cause far more serious health problems, both physical and mental, than is commonly believed. Proper diet and nutrition, combined with other alternative approaches, can relieve and reverse allergies, even after conventional approaches have failed.*

Aerobic Exerciser Stabilized Breathing Patterns

People with **asthma** find that their breathing patterns become more stable with the use of the *Aerobic Exerciser*. ..Dr. J., DC

Asthma Helped by Aerobic Exerciser

“My **asthma has been helped significantly** with the use of the *Aerobic Exerciser*. I have not had to use my inhaler at all.” ..L.

Best Results Yet!

A distributor from South Dakota has all kinds of **allergies** that seem to be environmental, but she is afflicted all the time. When she learned about the *Aerobic Exerciser*, she sat down and cried. She is now having results she has never seen before.

Asthma Dramatically Improved with Aerobic Exerciser

A. had a fight with **asthma**. After using the *Aerobic Exerciser* for a couple of weeks she went to spend a weekend with a friend and took the machine with her. While visiting, she started to have an **asthma attack**, so they put her on the *Aerobic Exerciser* and then planned to give her a treatment of medication. After putting her on the machine, she did not need the treatment! The **wheezing had stopped** with just ten minutes on the *Aerobic Exerciser*.

Six weeks later A. is now using her inhaler less than once a week instead of a couple of times a day. She uses the machine for ten minutes twice a day and is doing better than she has ever done. ..A.

ATTENTION DEFICIT HYPERACTIVITY DISORDER AND LEARNING DISABILITIES

Hyperactivity is the state of being excessively or pathologically active, meaning over or above normal behavior. The term “attention deficit hyperactivity disorder” (**ADHD**), is a syndrome of learning and behavioral problems that is not caused by any serious underlying physical or mental disorder and is characterized especially by difficulty in sustaining attention, any impulsive behavior (as in speaking out of turn), and usually by excessive activity. It can also be classified as a mental disorder assessed on the basis of behavior appropriate to a given mental age, characterized by inability to concentrate, hyperactivity, impulsiveness, etc. These conditions are primarily due to the high consumption of sugar, an unstable home life, food allergies, food additives, heavy metal toxicity, etc. At least 50% of ADD children have been mis-diagnosed and **behavioral problems** could be significantly corrected through the elimination of such things in their lives.

Common in today’s world are **disabilities** associated with environmental disturbances that often result in **hyperactivity**. These are often made manifest in children who have been become subject to many chemicals in the environment, creating imbalances, toxins and sensitivities to many conditions, including certain foods. Among these are **learning disabilities** and **thought disorders** that can cause behavioral problems, confused thinking, schizophrenia, and brain dysfunction. A child who is inattentive, overly talkative, impulsive, or excessively irritable is often placed in one or the other of the categories mentioned above.

Connecting the Neurotransmitters

The *Aerobic Exerciser* is able to take us down into the Theta stage of sleep. When we reach this stage we are more relaxed, and when we are more relaxed we have what they call 32 figure-8’s in the body. In those afflicted with **ADD** or **ADHD**, the neurotransmitters in the brain don’t quite connect, and that is why they give children Ritalin to give those neurotransmitters connected, but it has a lot of side effects. When you get down to Theta and it is connecting, the neurotransmitters release the serotonin. The serotonin is what makes us happy! It’s what makes us cheerful. It’s why people don’t have depression, why they don’t have to take the Ritalin. .D.

Brain Connections Regrowing!

Naturopath, L., reports that the *Aerobic Exerciser* has been helpful with many cases of **ADD**. The oscillating movement of the *Aerobic Exerciser* integrates the right and left brain. This releases serotonin which gets rid of depression. It also makes **ADD** a thing of the past. Brain connections are regrowing. It aligns meridians. I shakes energy blocks out of the chakras. The *Aerobic Exerciser* strengthens the neuronal connections between the right and left brain, thus eliminating much of the **ADD** prevalent in today’s society. .Dr. L., N.D.

Potential Great for ADD

We have one girl with **ADD** who is ten years old. She lives with her grandparents. Her grandfather is a chiropractor and her grandmother is a naturopath. Her naturopathic grandmother told me, "You know, she has never gotten 100% on a spelling test in her life, so we decided to put her on the *Aerobic Exerciser* for just five minutes before she went to school because she had a spelling test that day. Do you know—she got 100% just from trying this before she went to school!

I asked one of the doctors.."Why would the *Aerobic Exerciser* make such a difference in this child?" It was because this machine was incorporating those 32 figure-8's that give the body the cross-crawl patterning so necessary to get the neurotransmitters to go in and connect the right and left brains. Then these children can express what they have studied, instead of having the right and left brain responses separated like you have in **ADD** children. ..D.

Serotonin Release Aids Depression

The motion of the *Aerobic Exerciser* releases the serotonin. That is why **children are getting off Ritalin** and **adults are getting off Prozac**, because they are not depressed. There's enough serotonin in the body with what this machine does. The key to the *Aerobic Exerciser* is the undulating motion that will put the user right into a figure-8, which puts the meridians in motions, which puts the chakras turning to the right as they should do. ..D.

Success with ADD and Learning Disabilities

What you want is to have the energy do a full travel flow through the body in a figure eight pattern. When you relax, the autonomic nervous system releases and the body lets go of the blockage and goes into an alpha state. Body healing takes place while you are in the alpha state. That is why you get the tremendous turn-around in your body healing and functioning. Everything opens up and the body makes connection with energy while in the figure eight. It actually **gets right brain/left brain func-tioning**. The right brain/left brain function is why we have so much success with **ADD** and learning disabilities. It is putting meditation and exercise together. Plus, it increases the oxygen and the energy, takes 30% of the stress, and allows the body to realign itself. ..P.

Aerobic Exerciser Assists with Learning Disabilities

V., a teacher in Highland Elementary at Highland Utah, feels that use of the *Aerobic Exerciser* can assist children with **learning disabilities**. We know this because the *Aerobic Exerciser* works in a sfigure-8 motion which facilities the whole body movement and gets the cranial-sacral fluid up into the brain and gets both sides of the brain working. It is going to make a great shift for these children and we are very excited! ..V.

Get Happy!

We are having people getting off Ritalin because of ADD. If you have anybody with **ADD** or learning disabilities, the right and left neurotransmitters in the brain don't connect. What the *Aerobic Exerciser* does is create the cross-crawl patterning in the brain that makes them connect. Then it releases the serotonin and walla! You're happy! The world looks wonderful! ..D.

Brain Gym Findings..

A college course taught for teachers with **ADD students** is called *Brain Gyms*. It shows that the body has 32 figure-8 points on the body that need to be in motion to access clear thinking. The reason we have the students getting off Ritalin and people getting off Prozac is because those points are in check. It creates the serotonin so they can relax and the functioning of the cross-crawl patterning in the brain can develop. This is especially applicable for stroke victims or any kind of circulation problem. There is no harder place to circulate than the brain, and when you can get it circulating, these kinds of things are happening. ..D.

Learning Disabilities Respond

M., a Cranial Therapist, reports that she loves using the *Aerobic Exerciser* with little children. In a July 1999 meeting she stated: "My favorite thing to use it for is **learning disabilities**. I find a couple of things: I'm working with the cranial fluid. There's a system in the body besides the circulation. You can put your hand on your heart and you can feel your pulse and you know that the heart is pumping. You can put your hand on your chest and you can feel your breathing..that's your respiratory system. There is also a cranial-sacral rhythm in the body.

A lot of research has been brought forth from Dr. U., who has done incredible studies on autism and other forms of **physical/mental disabilities**. What he has found is that we have a system that nobody talks about in the anatomy classes, and that is, from the top of your head to the bottom of your spine there is cerebral spinal fluid that goes up and down. It is rhythmic and what I find is that by getting on the *Aerobic Exerciser* it helps to loosen things up so that I can deal with the work that I am doing. ..M., Cranial Therapist

A Lock in the System Can Result in ADD

M. found that with children who have **learning disabilities**, there is a bone called the "temple bone" right where the ears are located. That bone can get locked down with birth trauma, especially by forceps delivery or by hitting the side of the head accidentally on the playground or whatever. These kids start getting **ADD or ADHD**, which is hyperactivity. It's not because they are stupid, but it's because they have a lock in their systems. There's no room. So what we do in cranial work is open up those temporal blocks. Interestingly enough, the sitz bones (where you sit on) correspond to the temporal bones. When you are on that *Aerobic Exerciser*, that is what you are moving..you are moving the whole pelvis, which helps the movement of the temporal bones.

Aerobic Exerciser Promotes Brain Cross-over

The other thing she found with the *Aerobic Exerciser* is **cross-over in the brain**. For years therapists did the system of getting the kids to cross-over, then they went into educational change theology and all did the cross-overs in many different ways. With the *Aerobic Exerciser*, guess what it does? **The cross-over the brain**, the eye patterns, and so forth happen very naturally. ..M.,Therapist

AUTONOMIC NERVOUS SYSTEM

*The **Autonomic Nervous System** is a part of the vertebrae nervous system that is responsible for or innervates smooth and cardiac muscle and glandular tissues and governs involuntary actions (as secretion and peristalsis) of the involuntary bodily functions, including those of the heart, blood vessels, visceral smooth muscles, and glands. It consists of the sympathetic nervous system which, in general, stimulates the body to prepare for physical action or emergency, and the parasympathetic nervous system which, in general, stimulates the opposite responses.*

Movement of Aerobic Exerciser Stimulates the Autonomic Nervous System

Within the brain and extending through the core of the spinal column is the central nervous system, and branching out from the nerve network that reaches every part of the body and provides all body functioning not under conscious control (breathing, digestion, heart rate, etc.) is an extended nerve network called the **autonomic nervous system**. This system provides vital balance to the body's nerve functioning. Any impairment to the spinal alignment or abnormal spinal pressure on vertebrae joints can impair the **autonomic nervous system**, resulting in minor and major body dysfunction, disorder, and disease.

The spine's design permits sideways 'snakelike' movement that serves to relieve vertebrae joint pressure and thereby promote greater well being. The *Aerobic Exerciser* provides this movement wherein pressure on the intervertebral discs momentarily releases and the **autonomic nervous system** is stimulated.

Getting the System Performing

The number one benefit from the *Aerobic Exerciser* is to the **autonomic nervous system**. What does this nervous system do? It is comprised of anything in your body that you do automatically..eyes blink automatically when they are dry; tears come when they need to be washed out; your heart beats without you telling it to; your kidneys go ahead and clean your blood; your liver takes the uric acid out; your bladder empties when it gets full. That is autonomic. That is the biggest benefit of the *Aerobic Exerciser*. In working autonomically, do quadriplegics see a difference? A major difference! Are they cured? No! But if you can be so much more aware of things because that **autonomic nerve** feeling is coming back, because when you are still all the time, how well does anything work? It gets old and rusty, and so the *Aerobic Exerciser* gets that the whole process moving. To those who are the quadriplegics, the paraplegics, those who have had strokes..it is just a Godsend. ..D.

Aerobic Exerciser to Balance Autonomic Nervous System

Dr. L, Naturopath, writes that the *Aerobic Exerciser* helps balance the **autonomic nervous system** and correct sleep patterns. ..Dr. L, ND

Effect on Autonomic System

The *Aerobic Exerciser* also seems to have a very positive effect on the **autonomic system**. This is that system that takes care of digestion and circulation, elimination..all those things we don't have to worry about. This system is divided into two divisions: The **sympathetic branch** revs the body up and gets it ready for action. It puts more blood into the muscles, increases the heart rate and breathing, and does all those things necessary for physical activity. After an emergency situation is over the body goes into the **parasympathetic mode**. This calms the body down, lowers the blood pressure, slows the heart rate, and relaxes the muscles. This system is also responsible for digestion, as it puts more blood into the digestive organs..the stomach and the liver and the pancreas.

The body is continually seeking a balance between these two systems. How does all of this apply to the *Aerobic Exerciser*? The nerves that enervate the **sympathetic system** leave the spine, and those that go to the parasympathetic system are in the head. These are called the cranial nerves, and there are some **parasympathetic nerves** in the sacrum. The gentle action of the *Aerobic Exerciser* relaxes the spinal muscles, taking the pressure off the nerves..not only in the spine, but in the head and in the sacrum as well. All of the organs and tissues supplied by these nerves simply have to work better.

..Dr. J., DC

BACK PROBLEMS

Back pain is the leading cause of disability for people under the age of forty-five. Eighty percent of all Americans suffer from back pain at some point in their lives. **Back pain** is one of the most common reasons for hospitalization in the United States. A variety of problems in the muscles, tendons, bones, ligaments, or an underlying organ, such as the kidneys, may cause backaches.

Back pain can be divided into two categories, acute and chronic. **Acute pain** comes on quickly, either immediately or over a period of several hours. It is often the result of a sudden motion or injury that may come from something as simple as lifting up a heavy object, or from an accident or fall. On the other hand, **chronic pain** comes on slowly and remains for a very long time, sometimes lasting for months or even years. It may come and go but it prevents many people from doing the things they would like to do. **Aches and pains in the lower back** can be a chronic problem.

Use of Aerobic Exerciser Avoided Surgery

I have had so many people who, because of **back problems**, could not even put their arms up for two to five years who now have full flexibility. Use pillows with them at first..make it so it feels comfortable. That is very important. If you are lying there and your neck hurts, you are going to get stiff. One man was scheduled for **back surgery** and he did not have to have the operation after he got the *Aerobic Exerciser*. ..D.

Relief for Lower Back and Neck Pain

Dr. J., Chiropractor from Australia, reported that people with **lower back and neck problems**, people who have had very chronic problems over a long period of time and a whole range of things find the *Aerobic Exerciser* is extremely helpful. ..Dr. J. DC

Broken Back Relieved

C. has suffered pain for 20 years from a **back broken three times, lower back fusion, disk removal with complications**, anxiety, and insomnia. The *Aerobic Exerciser* has been a marvelous help for him. He says, "The relaxation derived from the *Aerobic Exerciser* has been phenomenal! Waking up and getting on the machine every morning is the best. I also use it to alleviate pain. The gentle oscillation **opens my pinched nerve channels** and realigns my body by relaxing cramped muscles. I have less pain, better sleep and a better attitude." ..C.

Chronic Back Pain Reduced

“I have witnessed positive pain reducing effects with **chronic back pain** patients and **post surgery back** patients after putting them on the *Aerobic Exerciser*.” ..M., Trainer

Back Spasms Gone!

My husband and I live in Pleasant Grove, Utah. He is a master mechanic, but could not longer work underneath the vehicles because of **back spasms**. After lying on the *Aerobic Exerciser* for 15 minutes, the spasm was gone! After he went back to his work the spasm returned. Not to be deterred, he got back on the *Aerobic Exerciser* to get relief. He was finally able to complete the work on a vehicle he had been waiting a year to repair and now is again working at his favorite past time. ..D.

It Makes Me Feel So Good!

One woman told of her sister who had a **chronic bad back** lasting over a 10-12 year period. She began using the *Aerobic Exerciser* and in a matter of weeks her back was totally healed. She said, “I don’t care if it makes me spin. I don’t care if it takes care of every health problem I have ever had. I want it because it makes me feel so good!”

Persistent Use Alleviates Back Problems

V., an Elementary Teacher at Highland, Utah, took her *Aerobic Exerciser* to school and shared it with her teaching associates. One teacher had a **back problem** so severe that it was extremely painful for her to get down on the floor. After using the *Aerobic Exerciser* she reported that she was almost pain-free for an hour and then the pain came back. Valerie arranged to take her classes so she could spend three sessions on the *Aerobic Exerciser* that day. Each time she came back she felt better and better and the pain was actually diminishing. ..V.

Free from Bulging Disc Pain

Another user had a major healing experience through the *Aerobic Exerciser* in relation to his **back**. He was in a terrible car accident several years ago and had **bulging discs** in C-6, 7, 5 and also in the lumbar region. He had \$40,000 worth of medical treatment and was still feeling terrible. He particularly noticed the cold in his bones. After using the *Aerobic Exerciser* for six months he realized he was pain-free when he walked out to his mail box in three feet of snow. He attributes this to the machine that has brought blood and circulation to the whole spinal column.

Aerobic Exerciser Helpful for Lower Back Problems

Dr. J., Chiropractor from Australia, reported that people with **lower back and neck problems**, people who have had very chronic problems over a long period of time and a whole range of things find that this is extremely helpful. ..Dr. J., DC

Welcome Relief for Stiff Back

I had a **very bad back** and about mid-June in 1998 I was hurting so bad I didn't want to get out of bed. At that time I was going to a chiropractor three times a week and it was a challenge just to get out of bed. I felt so horrible I didn't want to get up and I didn't feel like doing anything except go to work, come home, and flop on the bed. When I would wake up in the morning my **back would be so stiff** that it took me about 10-15 minutes before I could feel like I was a live again.

My wife suggested we try the *Aerobic Exerciser* (which I refused at first), but finally decided not to suffer through it if I could get some help. The first time I got on the machine, I didn't know how..I didn't know why, but I just knew my body responded to it. That's all I knew about it. I used it for two or three days and felt better than I had in a long time.

I have used the machine very faithfully, 20 minutes in the morning and 20 minutes at night—almost without fail—since last June. I haven't been to a chiropractor since the end of August. I sleep deeper; I sleep better; I have more energy. ..D.

Relief with the *Aerobic Exerciser* and *FIR Dome*

K. suffered from **severe vertebrae lordosis and dislocation**. At the age of 42 her **body began to ache**. At 45 she began to wear an osteopathic iron jacket. When lying down she was extremely uncomfortable and she only managed to sleep by lying on her stomach. During the day her efficiency was almost nil. She went to doctors of Chinese herbal medicine, of internal medicine, and to temples. Whenever she heard something relative to her disease she would go for consultation and seek help. Within the span of five years she traveled nearly all over the country trying to find the cause for this disease in order to relieve her agony.

Wearing the osteopathic iron jacket only reduced further aggravation to the disease, but it did not bring a cure or dramatic improvement. She finally succumbed to the prospect of surgery. The doctors told her there was no guarantee that the operation would give her a full recovery. Then they commenced with physical therapy such as traction, thermal application, and electrical stimulation.

She was introduced to the *Aerobic Exerciser* by a friend and she used it two or three times. Then she was introduced to the *FIR Dome* and at first used it only as a thermal therapy machine. Finally felt she had an appliance she could trust. From then on she used it every chance she got. After three months she began to see the beneficial effect of the machine.

Then she also began to use the *Aerobic Exerciser* again and three weeks later was able to sit in a chair without a backrest. She no longer had to sit in a rocking chair. She no longer even had to wear the osteopathic iron jacket. She was a new person! Her advice is that those who suffer from chronic disease must be patient. Persistence will bring the results they seek. ..K.

Aerobic Exerciser Realigns Back and Spine

One user is a dancer and also uses the machine to **realign her back and spine**, shake out her legs and feet after classes and rehearsals. She regards it as a beautiful and gentle friend.

Strengthen Back with *Aerobic Exerciser*

Dr. L., Naturopath, writes that after a few months of work with the *Aerobic Exerciser*, your **back** may become stronger so that it doesn't go out anymore. He also has found there is reduced **back pain**, straightening in **scoliosis**. One chiropractor said that the *Aerobic Exerciser* is the most important modality he has tested over the past ten years. ..Dr. L., ND

Kidney Failure and Scoliosis

I have a lady who came in to me two weeks ago. She is 72 years old and she was feeling terrible. She wanted to feel better..she's not ready to die yet! I did some tests on her and she was in kidney failure. She also had horrible **scoliosis in her back** and absolutely no energy. When your kidneys aren't working you have no energy whatsoever. The kidneys (in Chinese medicine) are the center of energy. They clean up your blood and everything else. Actually, every organ in your body works in a little bit different frequency. That's why when you get into Energy Medicine, you actually use different frequencies to affect different organs of the body.

Back Pain Relieved

I put this lady on the *Aerobic Exerciser*. She was frail, so much so that I had to help her up on the table. (I had to put the machine on the table because she didn't want to get down on the floor.) She said, "If I do, I'll never get up!" So I put the *Aerobic Exerciser* up on the table and turned it on.

When it finished, she told me, "Doctor, this is the first time in my life I haven't had **back pain!**" I was amazed. She said, "This **scoliosis** is terrible. Ever since I was born I can remember having **back pain**. I don't have any now!" We both agreed, this is pretty good stuff!

***Aerobic Exerciser* Realigns the Back**

This definitely showed me that the *Aerobic Exerciser* not only puts you in the alpha state, but it realigns the **back**. It is quite interesting how it works. It puts you into that oscillating rhythm. If you think about it..if you have something that is a little out of kilter, it is going to wave it right into place.

.Dr. S., MD, PC

Help for Neck and Joint Problems

I have had several people who have had joint problems..it has actually improved their **back pain** and improved how it felt. I have had people with neck problems. I put these people on it and they do very well. It actually (as I said) puts the body into a state where everything gets moved. I have used it on people with **ruptured disks**. It has actually brought those disks into being better. You should be able to use it if you have a **back fracture**, but it needs to be stabilized so that you are not going to re-fracture it. ..Dr. S., MD, PC

***Aerobic Exerciser* Helpful for Lower Back Problems**

Dr. J., Chiropractor from Australia, reported that people with **lower back and neck problems**, people who have had very chronic problems over a long period of time and a whole range of things find that this is extremely helpful. ..Dr. J., DC

Chronic Problems Relieved

A distributor from Orange City IA had a **chronic back pain** that did not respond to any treatment. She could not turn nor rotate her body. She was introduced to the *Aerobic Exerciser* and used it for three minutes. When she went to get up, she was able to do so without pain. She turned to the right; she turned to the left, she turned backwards and forwards—all without pain! This was incredible for her. She decided she had to have a machine of her own, and has since shared with it with many individuals.

..V.

Back Problems Alleviated

M. had experienced **bad back problems** for 20 years. He had been a long-haul driver and a bus driver over that period of time. After using the *Aerobic Exerciser* for three days he couldn't believe what was happening. He said, "I didn't know there could be anything that could **cure my back.**" He got up and went all the way to the rest room before he realized that his back didn't hurt! He ended up buying three *Aerobic Exercisers* for personal and business use. ..M.

Hip Problems Relieved

A 74 year-old woman reported after having purchased a *Aerobic Exerciser* that her husband never tries anything new. However, he saw this curious machine laying around the house and decided to try it. His **problem hip that had troubled him for nine years** began to feel better. In just a few days his hip was feeling great!

Fractured Tail Bone Corrected

A seminar participant told of her friend who had her last baby about nine years ago and the process of childbirth actually **broke her tail bone.** It was so bad she was in a traction device for several months. She **could not bend from the left to the right** and she had a **bulge in her side** from all of the trauma. She used the *Aerobic Exerciser* and the problem has corrected.

Lower Back Pain Relieved by *Aerobic Exerciser*

T. has suffered from **lower back pain** for several years. He visited an orthopedic specialist who recommended surgery, but as his wife and he had planned an auto trip to Canada he decided against any surgery until after the trip. In addition, he had undergone two heart surgeries and his cardiologist discouraged back surgery, stating that his heart condition may make another surgery somewhat risky and may be worse for him than the back pain.

Sometime later, a friend visited their home and told them about a new machine he called an "aerobic exerciser," which stimulated oxygenation of the blood and was giving many back pain sufferers decided relief. This friend sent them some interesting literature about this *Aerobic Exerciser* and followed it up with a demonstration.

The couple purchased this interesting machine and after only two months of prescribed use he has been almost totally relieved of **lower back pain.** He is delighted with the health improvement he is

now enjoying and would not dream of giving up his *Aerobic Exerciser*. Both he and his wife feel invigorated by it and look forward to the many benefits promised for its continued use. ..T

Reduce Spinal Misalignments

Spinal traction can be obtained through the use of the *Aerobic Exerciser*. When you are reclining, the spine does not have to support the weight of the body, and so it assumes a natural state. If you repeatedly vibrate the spine every day, the misalignments will gradually be reduced.

Importance of Spinal Traction

Doctors stress the importance of spinal traction and the adjustment of bones and muscles. An improperly aligned spine leads to sore bones and problems in the main and collateral channels, as well as in the vital organs of the body. Thus, if the spine is out of proper alignment, it can cause such things as migraines, inflammation of the shoulder, spurs, sciatica, stomachaches, gout, and joint pain. These problems can all occur because nerves radiate from the spine to the vital body organs. The nervous system is the brain's communication system. A crooked spine constricts the peripheral nervous system radiating from it, and if that happens to extend to the stomach, the stomach will be pathologically changed. Vital organs will ache. Severe symptoms such as sciatica and spurs can result. Sciatica victims can be successfully treated by using the *Aerobic Exerciser* for three months so long as the 2nd and 5th sacrum joints are not deformed.

Repeated Use of *Aerobic Exerciser* Eliminates Spurs

If you are massaged repeatedly by the action of the *Aerobic Exerciser*, you will not develop spurs. The *Aerobic Exerciser* adjusts the spine by oscillating the patient from head to toe like a wriggling centipede. The *Aerobic Exerciser* can adjust the whole spine all the way up to the vertical vertebra.

Aerobic Exerciser Stops Back Pain Following Pregnancy

Following pregnancy, any woman who has developed back pain due to a misaligned spine can improve this condition with one week's use of the *Aerobic Exerciser*.

Aerobic Exerciser Removes Spinal Distortions

Dr. R., PhD, who won the Nobel Prize for brain research, made this statement: "Better than 90% of the energy output of the brain is used in relating the physical body to its gravitational field. The more mechanically distorted a person is, the less energy is available for thinking, metabolism, and healing." That is hard to believe..90% of brain activity just to keep us upright against gravity! This also explains why distortions in the body can have such far-reaching effects and it shows how the *Aerobic Exerciser* can have such an overall effect on the body. As it relaxes the spinal muscles, this begins to remove the spinal distortions, and so the body naturally has more energy available for thinking, metabolism, and healing.

An electromyograph records the difference in electrical potential and heat difference of the spine and compares the right to the left. The information goes into a computer which gives us a color print-

out of the findings. I had one of these done on my daughter before she was on the *Aerobic Exerciser* for the first time. She was treated four minutes on the *Aerobic Exerciser* and another **scan was done on her spine.** The difference was astounding! I don't mean to imply that everything was better, but the changes were certainly dramatic! ..Dr. J., DC

Scoliosis Pain Relieved with *Aerobic Exerciser*

K. reported at a July 1999 meeting..”My mother has severe **scoliosis** and has had it for years. She takes so many pain pills that it has really frightened me. She is 83 years old and she started getting on the *Aerobic Exerciser* and in five minutes on the machine her pain was gone completely! She may sneak a pain pill now and then, but it helps her so much more than anything she has tried. She has tried braces, she has tried electrical stimulation, and all kinds of things. I don't know what this is doing, but it is helping her really well.

K. also told of a friend who had an accident years ago while and was paralyzed for quite a while. The *Aerobic Exerciser* is helping his digestive system and also helping his **spine**. He has had to go to chiropractors a lot, but this is helping him relax. ..K.

Back Problems Relieved

K. spoke at a July 1999 meeting and expressed her appreciation for the *Aerobic Exerciser* and the *FIR Dome*. She said, “When we first got the *Aerobic Exerciser* I was having **back problems** and I was going to a traditional chiropractor regularly. I have a spot just above my sacrum that was acutely tender. I could put my finger on it and it would be very painful. However, after being on the *Aerobic Exerciser* for five minutes and then waiting a minute or two so that I could receive the full benefit of the machine, I got up and felt that same spot and it was no longer tender. It was just a little sensitive. I got more out of the five minutes on the *Aerobic Exerciser* than I would have from a traditional chiropractic adjustment—and it didn't cost me any extra and it was quick! So I love it.” ..K

Help for Scoliosis

“I have **scoliosis** that I was apparently born with, and to my delight the *Aerobic Exerciser* is helping to **straighten out my spine**. It has done a great deal to correct a situation I thought was hopeless.” ..J.

***Aerobic Exerciser* - A Boon for Old Back Injuries**

F., Krieger practitioner from the Silicon Valley, spoke in July 1999 of the benefits of the *Aerobic Exerciser* in her practice. Her husband has now insisted on having his own machine because he is a classic husband of a body worker. He does not get her hands-on work as much as he would like. He now has absolutely no **back problems**. He had a football injury in highschool where he has literally had a **bad back** all the time. With the *Aerobic Exerciser* he now has no problems at all.

..F., Krieger Practitioner

Aerobic Exerciser brought Limberness and Agility

I. from Calgary introduced his 80 year-old brother-in-law to the *Aerobic Exerciser* when he came into town to see his chiropractor for **back problems**. After being on the *Aerobic Exerciser*, he phoned and canceled his appointment. He said, "I don't need an adjustment. I've been on the *Aerobic Exerciser*." He is more limber and agile now and feels terrific. Naturally he now has his own machine. ..I.

"Pillow up" Those Who Need Extra Back Support

In a July 1999 training, D. said, "I feel that every person can be helped by the *Aerobic Exerciser*. Sometimes you have to do things, such as put pillows under the knees. I find that at least one in ten have fragile knees and **lower back problems**. If one isn't enough, I put another pillow between the knees and the lower back. Many people cannot get down on the floor..they need a board on their bed. Some people can barely handle it for two minutes. I have had people who can only handle it a minute and a half. One chiropractor said that was all he could handle for the first three months! He had **false hips** and he needed enough to get some circulation, but 1½ minutes was all he could handle.

"Pillow people up"..that's important. Know how to handle it. We don't want anyone to hurt. Then if they don't need the pillow later, they can take it out. ..D.

Back Muscles Strengthened with Aerobic Exerciser

R., chemist and author, lauds the value of the *Aerobic Exerciser*. He says of his wife, "My wife just lives for her *Aerobic Exerciser*. Before she had her *Aerobic Exerciser* she would go to the chiropractor 25-50 times every year because of a **bad back**. Now her back gives her no problems.

When you set up the figure-8 motion and your back is flat, all of the disks can slip in and out and back and forth. The attached muscles move with them and are, therefore, exercised. Muscles are almost never exercised or forced to exercise and to strengthen. When the muscles strengthen, they then begin to hold the disc in place more properly. The result is the end of **back problems**.

..Dr. R, Chemist & Author

Use Care with Herniated Disks

I have had some people with **herniated disks** who have benefitted greatly with the *Aerobic Exerciser*. I have had some where their chiropractor said they should be on it for only 30 seconds to 1½ minutes to start with, so a two-minute session was not feasible. One individual had a **herniated disk** and never was on it for more than 1½ minutes for the first month until it was healed. Then he moved up the time factor. It can't heal without circulation, but the more you hurt, the less you want to move. And the less you move, the less circulation you have. ..D.

Pain in Back Gone!

K. from Tennessee reported that she was introduced to the *Aerobic Exerciser* and was very skeptical of its benefits, but she agreed to try it. Within the first week she was convinced that even though it is "passive exercise," getting the oxygen in her body flowing made a noticeable difference in

how she felt.

Following an automobile accident several years ago, she began having a lot of **pain and tension in her back**, neck and shoulders. Now after utilizing her *Aerobic Exerciser*, she can get the feeling of a full body massage in just 10-15 minutes and be totally relaxed. Now she uses the *Aerobic Exerciser* morning and evening. She really looks forward to it! It's like have her own private chiropractor, but a lot less expensive and more convenient! ..K.

Relief from Backaches and Sciatica with *Aerobic Exerciser*

In 1987 C. was injured in an automobile accident that **injured her scapula**. She was in constant pain until she started using the *Aerobic Exerciser*. She has also suffered for years with **sciatica** and again the *Aerobic Exerciser* helped this also. After using the *Aerobic Exerciser* for two months she is a different person. She **no longer suffers with backaches or sciatica and is more limber**. There were times when she could hardly walk.

C. reports feeling better than she has done for years. She uses her machine for 10-15 minutes at least twice a day and when she has pain day or night she uses it for a few minutes. ..C.

Back Pain Responds to *Aerobic Exerciser*

B. from Montana told of her daughter who had been to a chiropractor three days in a row with **back pain**. After the first time on the *Aerobic Exerciser* the **pain is completely gone** and has not returned. The *Aerobic Exerciser* has been an answer to their prayers. ..B.

***Aerobic Exerciser* took the Pain Away!**

L. of Colorado, had been searching for years for help with her **back pain**. She used the *Aerobic Exerciser* twice a day for two months before she noticed the **pain relief in her back**. She made this statement: "After ten years of **back pain** chiropractors, acupuncture, lotions and potions, I found the *Aerobic Exerciser*. I was so excited! After two months it took my **back pain** away. It was a miracle and it gave me my life back!" ..L.

Pain from Broken Back Gone!

D. broke her back in her 20's and has suffered **chronic back pain** for 26 years. After using the *Aerobic Exerciser* for three months, her **pain is completely gone**. ..D.

Help for Lower Back Problem

R. has used his *Aerobic Exerciser* for a year and it has helped his **lower back problem and upper back and neck**. He uses it twice a day for 15 minutes each time. ..R

Lower Back Pain Relieved

For many years P. has been afflicted with **lower back pain**. She and her husband have been using the *Aerobic Exerciser* and the *FIR Dome* at least once a day for six weeks. P. has noticed that the **pain in her lower back** is almost gone. They are now sharing both machines with their friends with the hope that they, too, can feel better and have a better quality of life. ..P.

Back Problems and Back Surgery Respond to *Aerobic Exerciser*

V. has had her *Aerobic Exerciser* since July 1999 when she had a **severe sciatic problem** and her chiropractor had her use the *Aerobic Exerciser* before he gave her an adjustment. She was so pleased with the results that she bought a machine from him.

Later, she traveled to Florida to see her son who had had three **back surgeries**. At that time he could not tolerate even two minutes on the machine. They then decided to have him try it while sitting in a chair and putting his feet on the cradle for ten minutes. That night he felt much better and was able to lie on his back, which he could not do before. He is doing much better now and uses the *Aerobic Exerciser* every day without fail. ..V.

Spine Aligned with use of *Aerobic Exerciser*

The *Aerobic Exerciser* has been an exciting thing in the life of J. A year ago she lost so much mobility she could no longer get up and down. If she lowered to a squatting position, her legs could not hold her up. After one week using the machine several times each day, she noticed she could get up and down better and soon discovered she could do several knee bends without stopping. She truly enjoys the relaxation and finds the feeling after the machine shuts off very pleasant. It seems to **align her spine** and she has also noticed some decrease in her abdomen. She is truly amazed and so joyful for all the aid the machine has given her. ..J.

Back and Neck Pain No Longer Controls Life

R., MD, is a 72 year-old medical doctor and psychiatrist who used the *Aerobic Exerciser* for about a week and noted some remarkable improvements. Prior to this he had availed himself of the usual prescribed medical therapies and medications.

He was afflicted with **chronic back and neck pain** due to ankylosing spondylitis, where the **spine becomes fused and rigid**. This started 35 years ago. Dr. R. used the machine twice daily and his **back and neck pain** changed to the point that they did not control his life anymore. He suggests the best thing anyone can do for themselves is to try four treatments and then decide for themselves. ..R., MD

Lower Back Stiffness Diminished

T. from Colorado used the *Aerobic Exerciser* twice a day for least ten minutes over a three-week period. For 25 years he suffered from **lower lumbar stiffness** and the muscles, ligaments and tendons are continuously sore. That condition has diminished significantly. ..T.

Lower Back More Limber

R. is 85 years young. After six weeks of using the *Aerobic Exerciser* he can stretch his arms over his head. This is a major accomplishment for him, as he has not been able to do that for many years. His **lower back is much more limber.** ..R.

Back and Sciatic Pain Relieved

After going to a chiropractor regularly for three years for **back and sciatic nerve pain,** T. from Illinois began faithfully using the *Aerobic Exerciser* for a short period of time. He no longer has to go to the chiropractor—instead he just gets on the *Aerobic Exerciser* and has relief for the remainder of the day. ..T.

Improvements to Back Ailments

After having the *Aerobic Exerciser* for a little over a month, G. and H. from Oregon have enjoyed remarkable benefits. G.'s **back has loosened up** considerably. He finds it nice to be able to relax for 15 minutes flat on his back listening to some good music. When he first used the *Aerobic Exerciser*, due to **sacral pain,** it was very difficult to lay on his back for more than a few minutes. The only position that was comfortable was with his arms down along his sides due to the bad **cervical discs.** Now he can use the machine for 15 minutes with great relaxation and **no pain in his sacrum.** He can also stretch his arms above his head or rest his hands under his head and be pain-free. ..G. and H.

20-year Back Problem Alleviated with *Aerobic Exerciser*

L. from Colorado has had a **back problem** since he was 20 years old. He has a massage recliner with heat and vibrators, an apparatus that he straps his ankles in and hangs upside down—all sort of support belts and other equipment. They all felt good when his **back was hurting,** but he has never seen anything that would take the problem away. He has been using the *Aerobic Exerciser* since the end of June and has had **zero back problems.**

Several weeks ago he and a friend loaded seven truckloads of concrete, trees, tree roots, and fence posts with cement. This went on for ten days. Previously, any one of these days would have been enough to lay him up with an **aching back.** He could not believe it—not one time did his back feel like it was strained or giving out! In a recent trip he drove 2,400 miles with no problems! Anyone with **back problems** knows what driving a long time does to your back. Thanks to the *Aerobic Exerciser* L. again had no problems. He feels it is definitely a “Miracle Machine.” ..L.

Sciatic Nerve Pain Relieved

M. bought her *Aerobic Exerciser* in November and the *FIR Dome* about two weeks later because she had just been diagnosed with Lyme's Disease. She was also using the *Aerobic Exerciser* about

twice a day for a problem with her **sciatic nerve**. She feels a great deal of relief by using the machine while lying on her stomach. One of her other problems is that her **hip frequently goes out**, but using the *Aerobic Exerciser* gets it back in place every time. She says, "I don't know where I would be without my *Aerobic Exerciser* and my *FIR Dome*. ..M

BLOOD PRESSURE HYPERTENSION - HYPOTENSION

Hypertension is any abnormally high tension or abnormally **high arterial blood pressure**, or a disease of which this is the chief sign when it is also the systemic condition accompanying **high blood pressure**. It can also be a state of **high emotional tension**. Blood pressure increase when the arteries through which the blood flows become narrow, then the heart has to push extra hard to force blood through. The narrowed or tense arteries come first. The pounding, over-active heart comes later, if at all. Some people have an inherited tendency to become **hypertensive** and must severely limit their salt intake or take diuretic medications regularly to avoid complications. Many others gradually develop **high blood pressure** as they age, which may not be very threatening in itself, but takes on a more sinister importance when it occurs along with a pattern of overweight, smoking, and clogged arteries.

High blood pressure is often caused by the many stresses that occur in today's world. Strong feelings and urges need outlets and when they are curbed, the **blood pressure** soars. Most experts say that four or of every five cases of **high blood pressure** stem from such stresses rather than age, physical disease or strain.

Abnormally **low blood pressure** is generally termed as **hypotension** and may be caused by an imbalance in the body. When the body is balanced the **blood pressure** will be neither hyper nor hypo. Symptoms of faintness or dizziness (as may be experienced when the pressure is low) may be indicative of inadequate thyroid function or a form of blood disease.

Aerobic Exerciser Normalizes Blood Pressure

A naturopath in Australia who suffered from **genetic low blood pressure** had tried everything, but after two weeks using the *Aerobic Exerciser* her blood pressure has been normalized. She said, "I have been in the natural therapy business for 30 years and nothing has compared to this machine." It has equalized both high and low blood pressures. ..Dr. J, DC

Elevated Blood Pressure? Try the Aerobic Exerciser

According to Dr. L., Naturopath, there have been remarkable results for those having **high blood pressure** with the use of the *Aerobic Exerciser*. It has also been a boon for those suffering from cardiac pulmonary disease who can't exercise. .Dr. L, N.D

Multitudes of Improvements!

One seminar participant started using the machine and worked up to ten minutes twice a day. She reported that her **blood pressure** was 136/90 and it **went down to 106/65** with no other therapy
Blood Pressure Down, Oxygen Level Up!

Once a week where I work, I have the nurse check my oxygen and my **blood pressure**. When I went to get a physical for life insurance in May of 1998 my blood pressure was very high. Now it is down to 82. The oxygen testing device tells what the body is assimilating and the nurse said anything around 88 is normal. I am 60 years old, and I am definitely not normal! My reading was 94 and she said that is normally what you get with a 30-34 year-old person. It was about 80-81 when I started, so it has moved up and my **blood pressure** has **moved down!** I feel better and I started jogging as of about three weeks ago. I jog about 3 ½ to 4 miles per day. ..D.

Helps for Normalizing Blood Pressure

If you elevate both feet by placing them on the *Aerobic Exerciser* and then let it swing you to the right and to the left in a serpentine manner, and if you do this two or three times a day for one or two months, the blood vessels will regain their elasticity and a **low blood pressure** condition will gradually disappear. Use the *Aerobic Exerciser* every day and you will have better blood circulation.

When patients with **high blood pressure** use the *Aerobic Exerciser*, the deposited cholesterol begins to break up in five to ten days and after a month or two it will become more and more sparse. The cholesterol finally disintegrates, thus reducing **high blood pressure**. That is how, without taking medication, **blood pressure problems** of either type can be improved. If you are taking medicine, the benefits will be even more dramatic.

Aerobic Exerciser has Influence on Blood Pressure

As I see it, one of the ways in which the *Aerobic Exerciser* exerts such a strong influence is on the energy field or aura. It relaxes the muscles of the spine and this removes some of the interference from the spinal nerves, and this changes how the entire body functions. As this happens new information is sent out to the field and again, the field changes. We know that things like prayer and meditation can affect the body. They do this by working with the mind. They can **lower blood pressure**, improve digestion, do all kinds of things that make the body work better. As the body improves, once again, this has an effect on the energy field. ..Dr. J., DC

CANCER

***Cancer** is a malignant tumor of potentially unlimited growth that expands locally by invasion and systemically by metastasis or that spreads destructively. During this disease healthy cells stop functioning and maturing properly. As the normal cycle of cell creation and death is interrupted, these newly “mutated” cancer cells begin multiplying uncontrollably, no longer operating as an integrated and harmonious part of the body. They also become parasitic and can develop their own network of blood vessels to siphon nourishment away from the body’s blood supply. This process, if unchecked, will eventually lead to the formation of more tumors and further sap the body’s energy supply, weakening and eventually poisoning the patient with toxic byproducts.*

Cancer Cannot Live in Presence of Oxygen

The **cancer** cell is the ‘arch-criminal’ of **cancer**. Yet it is a common cell...nothing very special until it begins to change from lack of oxygen. We have learned from scientists such as Otto Heinrich Warburg, a two-time Nobel Prize winner, who showed that the ‘cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.’ Simply put, **cancerous** cells cannot live and develop in the presence of oxygen. ..O., Nobel Prize Winner

Importance of Good Circulation

When the common cell begins to change and proliferate, it becomes a malignant tumor. If a **cancer** cell does NOT increase, it is merely a cell, nothing dangerous. Unfortunately, the worst thing that troubles us is that a **cancer** cell does increase and proliferate. When it does so, it becomes a **cancerous** tumor, which will be too powerful to put under control.

Cancer would not be a dreadful disease without its proliferation, and if so, the death rate would be sharply cut. When a **cancer** cell goes into the blood, it begins to rush here and there in the body. Then it settles down somewhere. The thing is..how to prevent the **cancerous** cell from settling down, with-out which the cell cannot proliferate.

The **cancerous** cell’s positioning or settling down has everything to do with the capillaries, which are at the end of the blood vessels. First, the cell is rushing hither and thither, trying to position itself by going through the capillary—and there could be no settling down if it goes through (which takes place if there is good blood circulation). The cell could easily position itself by settling down, however, if it fails to pass the capillary because of functional disorder in the circulation.

All in all, good blood circulation of the capillaries—without functional disorder—leaves no room for the **cancerous** cell to settle down. Because of this, the cell will be killed by the immunocyte (the immunity cell) and there could be no **cancerous** cells if the blood circulation is smooth.

Oxygen is Anti-Cancer

When **cancer** is present in the body the cells can only work in an anaerobic environment where there is no oxygenation. They love to be in a state of oxygen deprivation. Anytime you oxygenate the body and give it more than enough so that it is in a surplus state, the body is going to be healthier.

With the *Aerobic Exerciser*, every five minutes is equivalent to 30 minutes of the exercise component and is equivalent to 30 minutes of the oxygenation. You are gaining a full 30 minutes with the body being recumbent, with the body not burning any oxygen. Thus, the oxygen that is created goes into a pure surplus. ..Dr. J., DC

Aerobic Exerciser Alleviated Many Problems

J. reported that after an operation to remove **breast cancer** 18 months ago, followed by radiation therapy, her immune system was affected and the muscle pain, chronic fatigue and headaches increased. After many visits to different health professionals and spending a fortune on special diets, supplements and medicines, etc. she is now convinced that the *Aerobic Exerciser* has alleviated more than half of her problems. She is looking forward to being completely healed in the next few months.

..J.

A Holiday Wish..

We have a client who signed up for Hospice services with **stage 4 cancer**. She hadn't been able to eat for months, so she was down to 89 pounds and had been using a wheel chair off and on since we started working with her in February. We really bought the *FIR Dome* to help her, as she had spent most of her savings being treated in Mexico. Her husband comes every morning to borrow our *Aerobic Exerciser* and *FIR Dome* and returns them by noon because we work in the afternoons.

After three weeks of using the *FIR Dome* and the *Aerobic Exerciser*, she was able to eat and on Thanksgiving Day she ate a full meal, which was her holiday wish. ..S.

Increased Oxygen Aids Cancer Treatment

I have studied the effects of oxygen therapies for several years and have had reservations with some of the forms of application in expense, side effects, and access for most patients. The *Aerobic Exerciser* eliminates the restrictions of high expense, most toxic side effects, and access to the procedure by allowing affordable purchase. It provides a daily conditioning of the respiratory system, resulting in increased oxygen intake by the blood and utilization by the tissues. It is helpful for most musculo-skeletal conditions, respiratory conditions, and infections. Any disease condition that responds favorably to increased oxygen in the tissues—including **cancer**, fibromyalgia, etc.—will be aided with this machine. ..Dr. R., DD, ThD, ND

Aerobic Exerciser - Bad for Cancer!

Here is the interesting fact..when you are on the *Aerobic Exerciser* and your legs are accelerating and decelerating and you are pumping the lymphatics through the natural valve system, it's pulling the excess water out of the interstitial space, allowing oxygen and glucose to come back into the cell. So on a *Aerobic Exerciser* you are effectively being a bad guy to the **cancer**.

If you get oxygen and glucose to the cell this starts to produce electrical energy again, and if you remove the fermented glucose away from the cell, that **cancer** is going to starve to death! That is exciting! A person can actually stop **cancer** very quickly as far as the growth is concerned if they eliminate the fermented glucose, according to Dr. Warburg in 1982 in Germany, winner of the Nobel Prize. ..C., *Certified Lymphologist*

Aerobic Exerciser and FIR Dome Combat Cancer

So you can starve **cancer** to death simply by using the *Aerobic Exerciser* and the *FIR Dome*. The reason I say the *FIR Dome* too is because the Far Infrared (FIR) wave length of the *FIR Dome* breaks up the clustered blood proteins and sends them out in every direction. Here is the key if you are going to try to eliminate disease in your body. When you're on the *Aerobic Exerciser* and you get the *FIR Dome* over you and you take a deep breath, the lungs are pumping your lymphatic vessels and you are pulling the toxins out. It works on a negative pressure system. ..C., *Certified Lymphologist*

Cancer Victims Respond

I have suggested to **cancer** victims that they try the *Aerobic Exerciser* for five times a day, every few hours. They can't believe the difference when they use it for shorter amounts, more often, and with more water. That will really make a difference. I am amazed that I am in this spot where we have as many as five Hospice people call us a day. I don't feel adequate, I am humbled, but they keep calling me back saying it works! They are so happy, and I can't deny them at least what we do have. ..D.

Oxygen Imperative for Cancer Treatment

T. says she purchased her *Aerobic Exerciser* in November 1999, shortly after losing her husband at cancer. She was very low on energy. She has a history of **cancer** and knows that the oxygenation factor is definitely beneficial. ..T.

CELLULITE

Cellulite is an accumulation of subcutaneous fat found in the thighs, hips, and buttocks of some women. It is a lay term for unsightly looking dimples in various parts of the body, especially the thighs, knees, buttocks, stomach, and arms. This condition is considered to be due to an increased ratio of fat cells to lean body mass. It is formed by fibroid masses of protein that have accumulated in the spaces between the cells due to faulty elimination through the lymph system. In order to eliminate the cellulite, the deep inguinal lymph nodes (which is where all of the accumulation that forms the cellulite must pass) must be opened up by creating a pumping action in the lymph system.

Cellulite Gone!

D. reports that the cellulite on the backs of her legs has disappeared after several months of using the *Aerobic Exerciser*. Her daughter (a massage therapist who knows her mother's imperfections) exclaimed as they were enjoying themselves in the hot tub, "Mom, you have absolutely no cellulite on the backs of your legs!"

This may mean that oxygen is going to each and every cell of the body and the oscillating action of the *Aerobic Exerciser* is opening up the lymph nodes and eliminating the cellulite. D. receives many calls every month from people who are saying, "I lost all the cellulite off my legs!" This is happening from 22 to 55 year-old individuals who are thrilled to have the advantage of losing cellulite just by oxygenation. It is a very simple, non-invasive way. ..D.

Can Treatments Help Cellulite?

What can we do for cellulite? This is an interesting thing. Cellulite occurs where the fat cells get caught up in globs and when you tighten up your buttocks there will be these little bumps all over. With the *FIR* and the *Aerobic Exerciser* together they basically put that fat into a state where it oscillates and it can actually dissolve the cellulite a little bit because it distributes the fat more evenly. That's what happens to get rid of the cellulite. It may even get burned up a little bit!

Vacuumping versus "Chi-ing"

I have another machine in my office that I bought before I heard about the *Aerobic Exerciser* and it like a big vacuum cleaner. You stick it on the body and you suck that fat by moving it up through the lymphatics. It reduces the fat and the cellulite in the parts of the body where you don't want it.

It is very expensive. The machine cost us \$13,000! It costs \$400 to get ten treatments. I would rather buy a *Aerobic Exerciser* and get the energy, plus get the cellulite off! Dr. S., MD, PC

Cellulite in Thighs Diminished

It sounds to good to be true, but the *Aerobic Exerciser* has actually diminished cellulite in my 75-year-old mother's thighs ..C.

CHILD OR INFANT CARE

The proper care of **children and infants** has become a national issue. Natural and alternative approaches can be very effective in maintaining a **child's or an infant's health**, as well as treating common childhood illnesses with fewer harmful side effects than conventional medicine. Certain standard medical treatments, such as the extensive use of antibiotics and immunizations are being challenged by researchers, physicians, and government officials with regard to their safety and overall effectiveness.

Treating a Small Child

You can put a **small baby** right on your stomach or right between your legs to give the **infant** the benefit of the *Aerobic Exerciser*. The rhythmic movement of the machine gives them a wonderful therapeutic massage. They can feel that energy expanding and they sense the benefits.

Our grandson who is only 18 months old gets on it himself. He just loves it! ..D.

Hypothermia Responds to *Aerobic Exerciser* and *FIR Dome*

K. told of her **12 year-old son's** experience with the *Aerobic Exerciser* following a case of hypothermia. This was induced by several hours of swimming in cold water and exacerbated by going fishing without a coat. He became very ill and was not lucid. His body shook and his eyes began rolling back into his head. His breathing was shallow. The quick thinking of K. in putting him on the *Aerobic Exerciser* brought a timely, life-saving response. Within two minutes his eyes became normal and his body relaxed; he began breathing normally. In addition, application of the *FIR Dome* served to warm his body externally and internally. He totally responded to these machines and was soon feeling normal again. It was an unforgettable experience! ..K.

Great Asset to Midwifery..

L., a practicing midwife, uses the *Aerobic Exerciser* as a valuable aid in her work. It prepares the mother for delivery and in the case of a **baby** in breech position, the machine was the means of causing the **baby** to correct its birth position and be born normally. She wouldn't be without the *Aerobic Exerciser*! .. L., Midwife

Aerobic Exerciser from Cradle to Grave..

The thing that is nice about the *Aerobic Exerciser* is you can use it from a **newborn** all the way through. What do you do with a **newborn**? You just put the **baby** on your chest, get on the *Aerobic Exerciser*, and it puts that movement right into the **baby**. For a **baby** that has colic or that is imbalanced in any way, it helps balance the system. Any time you get movement, then you have circulation and if you have circulation you reduce pain. I am not trying to make any claims, but I have seen **18 month-olds** who love it the *Aerobic Exerciser*. ..D.

CHRONIC FATIGUE SYNDROME

*Chronic fatigue syndrome (CFS) was defined by the Centers for Disease Control in Atlanta Georgia in 1988. Prior to this it was felt this was an imaginary ailment because medical researchers could not pin-point a single factor which causes CFS. It is now classified as a **syndrome** rather than a disease because of this fact. It includes a group of symptoms which occur together and seem to have the same cause. It is an infectious illness which afflicts an estimated 3 million Americans and 90 million people worldwide. The symptoms include deep fatigue unrelieved by sleep; muscle and joint pain or weakness; headache; memory loss, mental confusion and poor concentration; digestive problems; sensitivities; severe exhaustion from minor activity; and depression.*

*In today's world the **CFS** victim often gets hidden parasite, yeast, and viral infections which are results of a weakened immune system. One infection puts demand on the immune system which can't kick it, and another infection may join in, leading from one to another in a domino effect.*

Maladies Relieved with Aerobic Exerciser

J. described her ailments as headaches, **chronic fatigue**, shortness of breath, depression, fibromyalgia, anxiety and stress. She began using the *Aerobic Exerciser* for five to eight minutes three times a day. Her husband noticed a difference in her attitude almost immediately.

In about one week she began to notice changes taking place. She had a lighter feeling and an awareness and clarity of thought. Her headaches were healed instantly and she rarely had a return headache (which mainly came through stress.) After using the machine for a short time she was able to wake earlier and achieve much more during the day. She had deeper sleep and noticed a significant change in her well-being. J. also reported that after an operation to remove breast cancer 18 months ago, followed by radiation therapy, her immune system was affected and the muscle pain, **chronic fatigue** and headaches increased. After many visits to different health professionals and spending a fortune on special diets, supplements and medicines, etc. she is now convinced that the *Aerobic Exerciser* has alleviated more than half of her problems. She is looking forward to being completely healed in the next few months. ...J.

Chronic Fatigue Syndrome Takes its Toll

The Reverend N. told her story of suffering from **chronic fatigue syndrome** since 1990. At first she thought it was just exhaustion from working a 40-hour week and another 40 or more hours in the same week doing volunteer work at a shelter for homeless people. In 1994 she had to give up her volunteer work at the shelter, but continued on with other community service. However, she became so ill that her consciousness almost left her body. She lost so much weight and people started the rumor that she had AIDS. She constantly needed to sleep four to six hours after having been wake for only five minutes.

Radical Change!

This continued on until she began to use her *Aerobic Exerciser*. Almost immediately she did not have to take a nap during her lunch hour. In fact, if she tried to, she could not go to sleep! She suddenly had enough energy to get through the whole day at work and an entire evening of work at home. The energy was alive and evenly distributed throughout the day. It was like a miracle to her! Another miracle..on the fifth day of use she discovered she had lost ½" in her chest, waist and hips and 3" on her abdomen. During this period she had not exercised because of a back problem.. The only thing that had changed was her being able to use the *Aerobic Exerciser* for 15 minutes in the morning and again in the evening. .. Reverend N.

Chronic Fatigue Abated with Use of *Aerobic Exerciser*

R., MD, is a 72 year-old medical doctor and psychiatrist who used the *Aerobic Exerciser* for about a week and noted some remarkable improvements. Prior to this he had availed himself of the usual prescribed medical therapies and medications.

He has suffered from **chronic fatigue** for five years with lack of physical energy where many little daily things were difficult to do. Dr. R. used the machine twice daily and his **chronic fatigue** disappeared surprisingly after five days and he has no trouble doing things again. He suggests the best thing anyone can do for themselves is to try four treatments and then decide for themselves. ..R., MD

CIRCULATORY SYSTEM AND RELATED DISORDERS

*Symptomatic of **Edema** is bloating and swelling of face, fingers, hands, legs, and sometimes the abdomen. This is caused by an abnormal infiltration and excess accumulation of serous fluid in the connective tissue or in a serous cavity. It is also called **dropsy**. This usually accumulates in sub-cutaneous spaces (intercellular spaces, between the cells) in the body. Problems to consider are allergies, poor kidney excretion or secondary to problems with protein absorption, vitamin B deficiencies, or heart failure, liver, and kidney disorders. It most often occurs in the feet and ankles, but any part of the body may develop **edema**. The bloating and swelling of **edema**, in turn, can cause muscle aches and pains. Fluid retention is often caused by allergies. Many women develop some degree of **edema** during pregnancy. Persistent **edema** may be caused by kidney, bladder, heart, or liver problems.*

***Varicose Veins** are abnormally enlarged, bulging, often bluish and lumpy-looking veins caused by **impaired circulation**. These prominent veins are often accompanied by dull, nagging aches and pains. Swelling, leg sores, itching, leg cramps, and a feeling of heaviness in the legs are characteristic of **varicose veins**. The veins are tube-shaped vessels in graduated sizes, but unlike the arteries, the veins have tiny valves on their inner walls to prevent the blood from flowing backward toward the arteries. **Varicose veins** occur when the valves do not work properly, circulation is impaired and blood accumulates in the veins, stretching them. If **varicose veins** are not treated properly, complications such as bleeding under the skin, deep-vein blood clots, an eczema-like condition near the affected veins, or ulcerated spots near the ankles may occur.*

*The heart and blood vessels, together with the blood they contain, form the cardiovascular or **circulatory system**. This system transports nutrients and oxygen to all body cells and removes their waste products. It also carries specialized cells that help protect against infection. There are many disorders associated with the **circulatory system**. When plaque or fatty deposits form along the walls of the arteries, it causes them to harden and constrict. Hypertension (or high blood pressure) results because the blood exerts greater force against the walls of the narrowed and/or more rigid blood vessels. **Poor circulation** can also result from varicose veins, which develop because of a loss of elasticity in the walls of the veins.*

Numbness in Hands and Feet Alleviated

*One woman reported having **bad circulation**, involving numbness in her hands and feet for a 30-year period. After continued use of the *Aerobic Exerciser* that numbness is about 96% gone. Her hands—which were always cold—are now back to normal.*

A Boon for Cold Hands and Feet

*According to Dr. L., Naturopath, there have been remarkable results for those suffering with **cold hands and feet** with the use of the *Aerobic Exerciser*. It has also been a boon for those afflicted with **numbness** in the feet. ...Dr. L., ND*

Life-saving Therapy

C. told the story of her daughter's serious illness which began one summer afternoon when she had a sharp pain in her throat along with a stiffening of the neck. Her pupils no longer focused. Her face began to convulse and it was difficult for her to speak clearly. All those terrible things happened in less than a few minutes. Her mother put her on the *Aerobic Exerciser* for 15 minutes and had her use the *FIR Dome* for 15 minutes to literally save her life even before sending her to the hospital. Later, the doctor said it was caused by the **lack of oxygen in the blood circulation in the neck**. The two first-aid builders put her in a safe condition. After they returned home C. gave her daughter another 15 minutes of treatment on the *Aerobic Exerciser*. It was on the third day that she returned to normal health. ..C.

Circulation Improved with Use of *Aerobic Exerciser*

D. reported that she used to feel pain around her spinal cord. Sometimes she could not even stand up straight. Her mother used to wake up during the night because her **circulatory system was not functioning well**. Her hands and feet were freezing cold. All these situations improved after they started using the *Aerobic Exerciser*. ..D.

Numbness in Toes Dissipated

Several months ago the last two toes on each of my feet became numb and without feeling. I was very worried about neuropathy or a similar problem. I rubbed my toes faithfully with *Cypress* oil (known for its **circulatory benefits**) and spent 15 minutes twice a day on the *Aerobic Exerciser*. I am thrilled to report that the numbness has almost completely gone and feeling has returned! ..J.

Accident Victim Helped by the *Aerobic Exerciser*

L.. suffered an accident injury four years go and spent six weeks in a coma with brain damage and paralysis. After using the *Aerobic Exerciser* there were improvements in sensation, balance, speech, cognition, circulation, and attitude. His parents write: "We put him on the machine for two minutes, then put him on for another five minutes. When the machine shut off, Jeffrey had a BIG SMILE on his face and said, "Wow!" After using the *Aerobic Exerciser* for only three weeks, he is walking forward better and is able to walk backwards in a figure-8 or circle with no problems or assistance. His doctors said this would be impossible. He is moving his legs and arms better, too. A deep purple discoloration from his toes almost to his knee from **poor circulation** has completely disappeared

.. M. and L.

Pain Relieved after Using *Aerobic Exerciser*

W. reports that his wife has been suffering from **edema** since a long air flight to China. Her **feet and legs have been swollen** since that time and would not go down. She got on the *Aerobic Exerciser* and the pain went away. ..W.

Circulation Restored to Hands and Feet

D. has suffered with diabetes and **neuropathy** in his feet and lower part of his legs. It has caused a situation where he has absolutely **no feeling** in those body parts. He also has no feeling in his hands. This condition has existed for about two years. After using the *Aerobic Exerciser* for several months he can now feel the tingling and sensation in his feet and in his hands that he never could feel before. He is getting a little more motion back into his feet and can move easier. He has noticed a marked difference in improved motion in his hands. He has also had sensations in his toes which has been absent for a long time. .D.

Aerobic Exerciser Reduces Varicose Veins

H. had one of his legs stripped of the veins so that they could rebuild an arm that got cut off. The **varicose veins** he had on one leg were really severe and his other leg looked like the size of a pencil. Within two months of using the *Aerobic Exerciser* all the veins on the one leg went right back into his leg. He reported that it is now so much better than it was. ..H.

Circulation Improved

We have a nephew and his **ankles would swell up** so badly they would hang over his shoes. We worked with him nutritionally and helped the situation somewhat, but when they got the *Aerobic Exerciser* it really helped his **circulation**. It improved him so much that his ankles don't hang over the tops of his shoes. There are a lot of exciting benefits! ..V., Health Therapist

Feeling Back in Hands

One distributor had not been able to use his hands for a long time. They had been **numb for three years** and after two times on the *Aerobic Exerciser* and he got the feeling back!

Blood Circulation Improved

The *Aerobic Exerciser* has been an exciting thing in the life of J. She finds the motion of the machine feels similar to an all-over body massage and her **blood circulation has increased**. She is truly amazed and so joyful for all the aid the machine has given her. ..J.

Circulation Improved with Aerobic Exerciser

After being diagnosed with diabetes six years ago M. from Pennsylvania found she had very little energy and her **circulation was poor**. Her **feet were always cold** and she had to wear socks to bed in all seasons. Since starting to use the *Aerobic Exerciser* her energy has improved and her **circulation is much better**. She thanks God for the *Aerobic Exerciser* and would not be without it. ..M.

DIABETES AND HYPOGLYCEMIA

There are two basic types of **diabetes: diabetes insipidus and diabetes mellitus**. The first is a rare metabolic disorder caused either by a deficiency of the pituitary hormone, vasopressin, or by the inability of the kidneys to respond properly to this hormone. It is characterized by the excretion of large amounts of urine regardless of how much liquid is consumed. **Diabetes mellitus** results from a defect in the production of insulin by the pancreas. It is a variable disorder of carbohydrate metabolism caused by a combination of hereditary and environmental factors and usually characterized by inadequate secretion or utilization of insulin. Without insulin, the body cannot utilize glucose (blood sugar), its principle energy source. As a result, the level of glucose absorbed by the body tissues is low. This **diabetes** is generally divided into two categories: type I, called insulin-dependent or juvenile **diabetes**, and type II, or non-insulin dependent **diabetes**.

Hypoglycemia is an abnormally low level of blood sugar (glucose) or abnormal fluctuations of blood sugar levels, secondary to an oversecretion of insulin by the pancreas (insulin acts to help clear blood of glucose).

Feeling Returning to Feet and Hands

D. has suffered with **diabetes** and neuropathy in his feet and lower part of his legs. It has caused a situation where he has absolutely no feeling in those body parts. He also has no feeling in his hands. This condition has existed for about two years. After using the *Aerobic Exerciser* for several months he can now feel the tingling and sensation in his feet and in his hands that he never could feel before. He is getting a little more motion back into his feet and can move easier. He has noticed a marked difference in improved motion in his hands He has also had sensations in his toes which has been absent for a long time. ..D.

Diabetic Readings Lowered

C. reported that he has worked with people who are **diabetics** and are on the point of comas who have said their readings have come down to a certain level within two weeks after using the *Aerobic Exerciser*. ..C.

Metabolism Stabilized

Dr. J., Chiropractor, was very much underweight. Her metabolism, after a period of about six months of using the *Aerobic Exerciser*, became stable. She had been suffering with **blood sugar level problems** and she needed to eat six small meals a day. If she didn't eat within 20 minutes of getting up in the morning, then she was quite cross. She just couldn't focus on the day.s

After six months of using the machine daily, she now finds that she can get up in the morning and can wait three or four hours before she eats. That has never been possible in her life. Now her metabolism is very stable. ..Dr. J., DC

Insulin Intake Reduced

Dr. J. reported seeing people who are **diabetics** be off or reduce their insulin in dosage. Some have even gone off it again because the metabolism has become stable and the body's own system (the autonomic or unconscious nervous system) can help the body's hormonal system secrete whatever it is at the right time, in the right place, in the right amount. *..Dr. J., DC*

Blood Sugar Level Under Control

One user has had wonderful results with the *Aerobic Exerciser* after only three months. Her **sugar level** is under complete control and four other people who bought the machine from her said their **sugar levels** are under control. One young lady who was diagnosed with multiple sclerosis has been using the *Aerobic Exerciser* for one month and she is already getting feeling back. An older acquaintance had a by-pass and also had **sugar diabetes** and he was one of the ones whose sugar was lowered.

Aerobic Exerciser Assists in All Processes

The *Aerobic Exerciser* will help to improve all of those organs, so after you have used it for several months is when you are going to get a better feeling for how much it has improved you. It will improve you. Is it going to take you all the way? It can. Is it going to do it with everybody? Probably not..depending on how much damage has already been done. For instance, with a **diabetic** who has destroyed the pancreas, chances are it is not going to bring it back..because they have destroyed it.

On the other hand, if your are not a full **diabetic**..can we heal the pancreas? Yes! So we want to improve the energy of the body. Americans want short cuts..they want something that works really good, that always works, that always gets the job done. *..Dr. L., ND*

Circulation Improving and Neuropathy Pain Relieved

J. writes the following: "I am **diabetic** with **neuropathy** in my feet and **venous insufficiency** in both ankles. By my using the *Aerobic Exerciser* for 15 to 20 minutes twice a day the circulation is improving and the burning sensation has almost gone. Before I started with the *Aerobic Exerciser*, I would wake up several times during the night with a terrific burning sensation whenever the covers touched my ankles. Now I am getting a good night's sleep. *..J.*

Diabetic Receives Improvement

After being diagnosed with **diabetes** six years ago M. from Pennsylvania found she had very little energy and her **circulation was poor**. Her **feet were always cold** and she had to wear socks to bed in all seasons. Since starting to use the *Aerobic Exerciser* her energy has improved and her **circulation is much better**. She thanks God for the *Aerobic Exerciser* and would not be without it. *..M.*

DIGESTIVE SYSTEM DISORDERS

The **digestive** organs break down food into small nutrient molecules that are used to supply the body's energy needs and the raw materials that are required for growth and repair. Chewing breaks down food by physical action; chemical digestion uses digesting agents called enzymes to break down food particles even further. Food is swallowed, then squeezed down the esophagus into the stomach by muscular action. The digestive process is completed here, assisted by enzymes from the pancreas as well as bile produced in the liver. Digested food is then absorbed through the small intestine wall into the bloodstream. The large intestine absorbs most of the remaining water from undigested food, which is eliminated through the anus as feces. Proper **digestion** is a requirement for optimum health. Disorders of the gastrointestinal tract are quite common and can lead to improper digestion, malabsorption, and nutritional deficiencies, all of which may contribute to the development of many other diseases. Alternative medicine treats these disorders with diet, nutritional supplements, herbal remedies, and stress reduction to restore proper digestion and enhance overall health.

The gastrointestinal tract is a tube 25 to 30 feet long that begins at the mouth and ends at the anus. It comprises the mouth, pharynx, esophagus, stomach, small intestine (duodenum, jejunum, and ileum), large intestine (cecum, ascending colon, transverse colon, and descending colon), rectum, and anus. The Western diet of high-fat, high-carbohydrate, highly processed foods with many additives and preservatives is the root cause of many **digestive disorders**.

Aerobic Exerciser Benefits to Digestive System

One user reported not being able to consume any food that contained fiber after having surgery on his **digestive system**. The doctor had no clue on how to improve the situation. Fortunately, after using the *Aerobic Exerciser* for two weeks the side effects were all gone. He can now eat anything he desires.

Start Out Slowly and Use Enzymes to Assist Digestion

If you experience gas pains in your chest while using the *Aerobic Exerciser*, they are caused by your **digestion**, so you want to be using a good enzyme. You need a good enzyme to counteract the gas, because it is pushing against your diaphragm, causing you to have heart pains, etc., but it's not really heart pains. It is really **the gas**. So drop down to two minutes on the *Aerobic Exerciser* until you get it down and also use the enzyme. A lot of people over 40 have **poor digestion**. It's very common, so you are more likely to have **bad stool habits** and **gas** and/or **hiccups**, etc. because our **digestion isn't doing its job**. By using the *Aerobic Exerciser* it improves your small intestines and large intestines. It improves their peristaltic action, and it improves the health of the stomach. How long you need to take them depends on how much damage you've done. For you to have poor enzymes says you'll either have a weak pancreas or a weak liver.

Aerobic Exerciser Assists in All Processes

The *Aerobic Exerciser* will help to improve all of those organs, so after you have used it for several months is when you are going to get a better feeling for how much it has improved you. It will improve you. Is it going to take you all the way? It can. Is it going to do it with everybody? Probably not—depending on how much damage has already been done. For instance, with a diabetic who has destroyed the pancreas, chances are it is not going to bring it back..because they have destroyed it. On the other hand, if your are not a full diabetic..can we **heal the pancreas**? Yes! So we want to improve the energy of the body. Americans want short cuts..they want something that works really good, that always works, that always gets the job done. ..Dr. L., ND

Aerobic Exerciser has Influence on Digestion

As I see it, one of the ways in which the *Aerobic Exerciser* exerts such a strong influence is on the energy field or aura. It relaxes the muscles of the spine and this removes some of the interference from the spinal nerves, and this changes how the entire body functions. As this happens new information is sent out to the field and again, the field changes. We know that things like prayer and meditation can affect the body. They do this by working with the mind. They can lower blood pressure, **improve digestion**, do all kinds of things that make the body work better. As the body improves, once again, this has an effect on the energy field. ..Dr. J., DC

Oxygen Generated in Intestinal Tract

A user in China reported having a very **bad intestinal track** due to all his travels in South America and India. Three months after being introduced to the *Aerobic Exerciser* he was put on the German electric diagnostic machine and the doctor checked out his meridians from his intestinal tract. He was very impressed that they were better than average. “Are you taking colonics?” he asked. He told him the only thing he was doing was using the *Aerobic Exerciser*. It had generated oxygenation within his intestinal tract.

Eliminate Impacted Material in the Intestines

The *Aerobic Exerciser* works the **stomach** and by doing so, it breaks loose impacted fecal material. A lot of people have impacted fecal material, but it is something you don't want to have because it will toxify the body. Some of the material may have been there for ten years. The massaging action on the intestines improves the **peristaltic action** and helps to get rid of material that has been there for a long time. ..Dr. L., ND

Regular Elimination for First Time in 18 Years!

Health Therapist, V., told of his wife's problem with **elimination and regularity** since childhood. In three days of using the *Aerobic Exerciser* things changed. Her whole life started to change. They were amazed that anything could work so fast!

He also spoke of a client—an 18 year-old girl—who had **no natural elimination** since she was an infant and had to have an enema from one to three times a week to keep her body functioning. He had her take the *Aerobic Exerciser* home and try it. It was the first time in this girl's life that she has not had to have an enema! V. stated.."It is hard to believe, but this actually happens for people. What this machine can do in oxygenating and massaging is remarkable!" ..V., *Health Therapist*

A System Stimulator

J. spoke of her pleasant surprise when the *Aerobic Exerciser* stimulated a **sluggish elimination system**. She said, "I have a very stubborn streak in my DNA when it comes to elimination, so when I tried that *Aerobic Exerciser* for five minutes and had to run to the rest room, I thought..'This is exciting!' We talked for 30 more minutes and they invited me to try the machine again before they left..and I had a repeat performance. That was really exciting! I called up my husband and asked 'Do you think we should get one of these?' and he said, 'If it did that for you, don't hesitate—order one!' It was a wonderful decision!" ..J.

Godsend to the Colon

When we get down to the **colon**, the wonderful little wave-like motion of the *Aerobic Exerciser* has been a God-send to us. Many people have said, "My colon was like a war zone, but since I got my *Aerobic Exerciser*, it's like a garden of peace!" That's what happens when you get movement, you get oxygen, and you get a feeling of well being that detoxifies in a very simple manner. ..D.

Pain from Intestinal Blockage Relieved with *Aerobic Exerciser*

My husband has an ileostomy and every once in a while it refuses to work and **blocks up** so that nothing can get out. Can you imagine what the peristalsis does when it is pushing and pushing and nothing can come out! This **blockage** really gets miserable and very painful. When it goes on for several days, it's a terrible ordeal. This is the problem he was having and he couldn't sleep because he hurt so bad, so he decided he would get on the *Aerobic Exerciser*. He would get on the machine and after he had been on it a little while the pain would leave and he would go right to sleep on the machine. He did that quite a few different times.

When the **blockage** released, then he had the problem with diarrhea. He gets dehydrated and has a lot of **cramping** until he can get his system back in order again. When he had all this **cramping** and pain he was so miserable he would get down on the *Aerobic Exerciser* again and it would relieve his pain. So this machine can relieve pain in many different situations. ..N.

Bloating and Digestion Relieved with *Aerobic Exerciser*

The *Aerobic Exerciser* has been a blessing to I. who has had her machine since November 1998. It helps get rid of **bloating, improves her digestion and elimination**. She also uses it daily to help her clients relax and relieve tension before she works on them. ..I.

Increased Digestive Elimination Activity

M. states that she has had her *Aerobic Exerciser* for three months and has noticed **very regular bowel movements**. She loves the internal organ massage. ..M.

Discomfort Decreased and Elimination Improved

For many years P.'s husband has suffered **pain in abdomen due to pancreatic cysts and adhesions** after surgery. They have been using by the *Aerobic Exerciser* and the *FIR Dome* at least once a day for six weeks. Her husband has noticed a **decrease in amount of discomfort in abdomen**.

P. has also noticed improvement in her own **digestion and elimination**. They are now sharing both machines with their friends with the hope that they, too, can feel better and have a better quality of life. ..P.

Cholesterol Levels Improved

J. reports that she and her husband enjoy the *Aerobic Exerciser* so much. After using the machine for eight weeks (with no other changes in the diet, exercise or medication), the **triglycerides were down 34 points; HDL (good) cholesterol up 11 points and LDL (bad) cholesterol down 19 points** Each day she checks her pluses, so she and her *Aerobic Exerciser* and very "good friends!" ..J.

ENDOCRINE SYSTEM DISORDERS

The ***endocrine or hormonal*** system consists of a number of ***endocrine*** glands which are scattered around the body. These glands manufacture chemical messengers called hormones and release them into the bloodstream. Hormones control the rate at which specific target organs or glands work. Together, the endocrine system and the nervous systems control and coordinate all the body's activities. The endocrine glands include the ***pineal*** (which controls the daily rhythms of sleeping and waking), the ***parathyroids*** (which determine calcium levels in the blood), the ***thyroid*** (which controls metabolism), the ***adrenals*** (which release a number of hormones), the ***pancreas*** (which controls the level of blood glucose), the ***ovaries and testes*** (which release the sex hormones).

Pancreatitis is inflammation of the pancreas, which may be either acute (short-lived episode that resolves or heals completely) or chronic (irreversible, degenerative cellular changes within the pancreas which usually continue and progress even after the cause, usually alcohol, is removed.) A pancreas attack usually lasts about 48 hours, with severe pain that radiates straight into the back. Pain usually begins suddenly, reaches a severe and maximum intensity within several minutes, and persists for hours or days. During the attack, pancreatic enzymes are released into the bloodstream and diagnosis of acute pancreatitis is made by assessment of the blood levels of these enzymes.

Severe Disease Diagnosed

Mr. L., a reporter for the New York Overseas Chinese Journal, told his personal story, relating how he was on his way home from work when he felt a sharp pain in the abdomen which turned to a violent ache. By the time he reached home, he couldn't stand up. He was pale and covered with sweat. He was rushed to the hospital where he was diagnosed four days later as having an ***acute pancreas gland inflammation***. The disease was so severe he was limited to a conservative drip infusion. On the tenth day the terrible pain appeared again and an examination showed there was a 14-centimeter perforation on the gland and fluid had to be drained out by tube. During the treatments the main tube frequently clogged, causing a fever and exhausting his strength. He took large amounts of penicillin and radiation. By the time he checked out of the hospital nearly two months later he had lost 60 pounds, was swollen and pale, had no hair on his head, had insomnia, had difficulty breathing, was too weak to walk, had high blood sugar and was draining 200 cc fluid a day into a bag attached at his waist. A pancreatic specialist advised him to "take good care of yourself and you can expect to recover in one year."

Recovery with the *Aerobic Exerciser*

A month later he began to use the *Aerobic Exerciser*. In only one week the results were so remarkable that he slept soundly throughout the night. His spirits became noticeably better, his appetite improved, and fluid loss was reduced by half. Three weeks later tests showed that the anemia was gone and the swelling had completely disappeared. The following month (exactly one month after starting to use the *Aerobic Exerciser*) L. had color in his face, thick hair on his head, was happy and energetic, and returned to work engaging in the daily activities of a news reporter. Two months later, he successfully removed the fluid tube, eight to nine months earlier than he expected. ..L.

ENERGY CENTERS (CHAKRAS)

*The homeostasis (or state of equilibrium) of the body is the primary function of the spine. Along this axis are located a majority of the nerve points for the organs as well as the subtle power centers, the **chakras**. On the human physical plane, the **chakras** manifest themselves through the endocrine glands, which regulate all physical and emotional functions.*

The Chakras (Energy Centers) and Corresponding Glands - The location of the chakras and corresponding glands are as follows:

- | | |
|----------------------------|------------|
| 1. Base of the spine | Sex glands |
| 2. Lumbar region | Adrenals |
| 3. Solar plexus | Pancreas |
| 4. Heart | Thymus |
| 5. Throat | Thyroid |
| 6. Brow (third eye) | Pituitary |
| 7. Cerebrum | Pineal |

Aerobic Exerciser Reestablishes Balance in the Energy Centers

We can interpret disease as out-of-tune behavior of one or several organs of our body. When a strong, harmonious rhythm influences an **energy field** that has lost its equilibrium or rhythm, the harmonious influence can reestablish order and balance in the system.

The *Aerobic Exerciser* with its harmonious rhythm has the potential of helping multitudes of people throughout the world. ..Dr. D., DC

Chakras Open Up during Use of *Aerobic Exerciser*

When a person is able to see colors after the rhythmic movement of the *Aerobic Exerciser* goes off, it means that the **chakras** are opening up. The *Aerobic Exerciser* opens up the **chakras, the energy centers** of the body. It also indicates that the fluids are moving across the blood brain barrier. ..G.

Mentally-Directed Energy

Dr. L., Naturopath, advises users to direct the **energy** to the place they want it to go, especially during the period of stillness after the *Aerobic Exerciser* stops. If the user feels **blocks in the energy** while on the machine, a positive affirmation such as “I love myself even as God has commanded and I choose to have energy flow to my brain.” This will mentally direct the energy to the centers where it is needed. ..Dr. L., ND

The Body is Energy..

Everybody has seven **chakras**, twelve meridians, 6000 **energy frequencies**, plus one aura. This has been studied for 3000 years, it is not new. This is how the Chinese health experts really deal with people, so we are going to record an individual's readings before the *Aerobic Exerciser* and then again after just to show you what the *Aerobic Exerciser* does on a mental, emotional, and spiritual level.

The machine does improve your energy; it does improve your circulation; it does improve your lymph flow. If you improve the lymph flow and circulation of a human, you are working on any and all diseases. Anything that moves the lymphatic glands also moves the blood and is working on any disease you have or are about to have.

We all go around looking for panaceas—the perfect something to help our bodies—but people have been looking for this perfect thing for at least one hundred years. This little *Aerobic Exerciser* comes as close to being the panacea as anything I have seen because by increasing the blood flow, the lymph flow, the energy of the body, and also what it will do to the aura and to the **chakras** is all very positive and very wonderful.

What is an Aura?

An aura is the energy that surrounds the body, and we all have it. Some people are 2" thick and some people are 4' thick! What is the difference? Those with a 2" aura are those who are not doing very well spiritually. If the aura is thick, that person is doing very well spiritually. One way to bolster the aura is with the *Aerobic Exerciser*. We will show this by comparing the before and after measurements of the aura. I want you to know the importance of having a thick aura compared to a thin one and having thick **chakras** compared to thin ones.

Auras can be Changed by Repeated Use

You can change the **aura (or energy)** for about 24 hours by using the *Aerobic Exerciser*. That is why I suggest to my clients that they use it every day. That way we can handle the trauma and disappointments that come to us through life. If your **energy** levels are low, you are more prone to get sick. It is important to use the machine every morning, and then again when you have a special challenge to face and/or at night. Be careful, as you can overdo the use of the machine and it can make you sick because it will dump too many toxins out of your liver.

Start out somewhere between two and five minutes, depending on how healthy you are and what sort of problems you might have. After that, work up one minute per week. When you reach 15 minutes that is a good place to stop. That is sufficient for most people.

I can feel the *Aerobic Exerciser* building my **chakras** and my aura, so I am very happy with 15 minutes. It is very important that we take the responsibility to keep our aura and **chakras** thick as we go through life because if you don't you are probably going to get sick. I know this is true, and if you have a thin aura or thin **chakras**, you will get illness. ..Dr. L., ND

Aerobic Exerciser in Harmony with Body's Pulse

You should be able to take pulses on different points on the body and have them in exact synchronization. If they are not, this indicates that there is some degree of communication problem. The **adult energy field** pulses at around 70-75 beats per minute and it is interesting that the *Aerobic Exerciser* (at the rate of 150) is a perfect harmonic of the body's original pulse. ..Dr. J., DC

Aerobic Exerciser has Influence on Energy Field

As I see it, this is one of the ways in which the *Aerobic Exerciser* exerts such a strong influence on the **energy field or aura**. It relaxes the muscles of the spine and this removes some of the interference from the spinal nerves, and this changes how the entire body functions. As this happens new information is sent out to the field and again, the field changes. We know that things like prayer and meditation can affect the body. They do this by working with the mind. They can lower blood pressure, improve digestion, do all kinds of things that make the body work better. As the body improves, once again, this has an effect on the **energy field**. ..Dr. J., DC

All Components of Health Affected by Aerobic Exerciser

The three components of health—the body, the mind, and the **energy field**—can all affect one another, and the gentle action of the *Aerobic Exerciser* will ultimately have a beneficial effect on all three. We believe that perfect energy—that is, God’s universal energy—is available to us all the time. However, our **energy fields** can become congested with negative thoughts of past experiences and memories that interfere with this perfect energy ever reaching our body. The methods which I use can help to clear the field and make the body better capable of dealing with whatever stress comes along, and it appears that the *Aerobic Exerciser* is achieving similar results. ..Dr. J., DC

Visualization - a Wonderful Tool with the Aerobic Exerciser

D. suggests visualizing colors to get into a **mode of meditation and inspiration**. The most profound color is always white light (which is Christ’s light). The other one (if you want beginning mode) is green with gold flecks. As soon as you feel any kind of **inspiration** there will always purple at the top—you will feel it. It’s your enlightenment. The *Aerobic Exerciser* makes every cell of the body move. It creates the movement, it cleans it and detoxifies it so the DNA in each cell has the memory and is free to function as it was created to do. That is why so many people see the reaction with the *Aerobic Exerciser* instead of thinking..”Will it heal this..will it heal that?” No! Your body heals itself by detoxifying and giving the movement to the cells so the DNA can do the job it was meant to do, and that is the key to what the *Aerobic Exerciser* is. ..D

Get in Touch with Yourself

There are so many wonderful things that the *Aerobic Exerciser* does. I love it because it helps you **get in touch with yourself**. It helps you with that great word *remember*. Remember who you are and where you came from and why you are here. It helps you **get in touch with that inner self**. It is a thrilling experience to see in the mind’s eye a beautiful violet color that starts like a little fountain and billows up into a huge eruption. I think, “Isn’t this wonderful!” I have been told that this is a sign that it is crossing the blood brain barrier, that it is actually enhancing brain cells. That is what I strive for—to try and visualize something beyond myself as I lie there. To me, it is just the climax of the day to be able to lie there and enjoy the wonderful experience and all the benefits it brings. ..J.

The ‘Color Show’ of Her Life..

M. shared her experiences relative to the **euphoria** one experiences on the *Aerobic Exerciser*. She has been involved with alternative health care for about four or five years and has been introduced to all kinds of modalities. She was introduced to the machine by a chiropractor friend and after using it for five minutes she felt great, but the most significant thing to her was that later that day she went out to the cemetery where my brother was buried to do some meditating. While lying on the grass she shut her eyes and I had what she described as ”the **color show** of my life.” She stated further, “I have never seen all of the colors that came to me from bottom to top, never in all these years with health care. I have seen a color here or there, but this went from red, orange, yellow, green, blue–on up to white. The whole field was just covered with one color at a time and it was just amazing to me, so I knew the *Aerobic Exerciser* did something very unusual.” ..M.

ENERGY INCREASE

Each of us has various fields of energy that can be measured instrumentally with an EKI, an EEG, or electro-acupuncture biofeedback testing. These energy fields are continuously affected by changes in physical or psychological health and can even be influenced by the energy fields of others.

Energy medicine uses diagnostic screen devices to measure the various electromagnetic frequencies emitted by the body in order to detect imbalances that may be causing present illness, or contributing to future disease. These disturbed energy flows can then be returned to their normal, healthy state through the input of electromagnetic signals that specifically counteract the affected frequencies to restore a normal energy balance within the body.

Energy Up, Depression Down..

A., massage therapist, reported that by the first week of using the *Aerobic Exerciser* she had more energy. Depression decreased and she has an over-all feeling of well being. ..A., Massage Therapist

More Energy

“My wife has lost a tremendous amount of weight. The machine has completely toned her stomach and given her lots of energy. Her varicose veins are disappearing and so are her aches and pains. My asthma has been helped significantly. I have not had to use my inhaler at all.” ..L.

Shakes Out Energy Blocks

Dr. L., Naturopath, states that the *Aerobic Exerciser* has helped many individuals with energy increase. It has also helped people to actually “see” energy. The motion of the *Aerobic Exerciser* shakes energy blocks out of the chakras and helps balance the autonomic nervous system. ..Dr. L., ND

Revitalize the Brain

When you do Yoga and deep-breathing exercises, the forcing of the energy upward actually increases your body’s energy state. It makes it easier for your body to get the oxygen and you are forcing most of that energy up to the brain because that is where you want most of the energy. When you are doing Yoga, etc., you are trying to get most of the oxygen to revitalize your brain. If we can get the brain functioning good enough, it will get the rest of the body working good.. This is the pattern whereby your body works. ..Dr. S., MD, PC

Better Blood, Better Energy

A woman in her 50's purchased a *Aerobic Exerciser* and used it faithfully as directed. Later she went to her doctor to get her blood work done. He looked through the dark filled microscope and said, "What are you doing? You have to be doing something..you have the **blood of a 20 year-old!**" She couldn't think of anything she had been doing until she told him she had been using the *Aerobic Exerciser*. He was curious about it (and she just happened to have one in her car), so she brought the machine inside and put him on it. He looked at his own blood, used the machine, and he bought three of them! Later, he put someone on the machine who had been using it over an extended period. He tested their blood, had them get on the *Aerobic Exerciser* for 15 minutes, then tested them again. He found that the red blood cells got thicker and in better shape. He only tested one person, so it was not valid study, but is an experience worth sharing.

It has been found that when people use the machine they have utterly stopped getting that fatigued feeling and that feeling of heaviness associated with iron-deficient blood.

Perseverance Paid Off in Energy

I have a lymph system that shuts off, so I was jumping on the mini tramp to activate it. I could only jump three jumps before I was getting sick because it was cleaning the toxins from the liver. When I started the *Aerobic Exerciser* it really began to detox me, but I loved the movement and the feeling. I don't think I would be up moving around without the machine. I knew it the first time I was on it.

I wanted more **energy**, but I have learned to use it for only six minutes at a time and my body is gradually riding itself of toxins. You can't imagine what the machine has done for my **energy!** It is phenomenal. Also the toning and tightening is coming. ..B.

Continued Use of Aerobic Exerciser Brings Energy and Good Health

At first I did not feel anything when I used the *Aerobic Exerciser*. I felt the "chi," but there was no improvement—mainly because I was already in good health. Then I started to think.."If you're not sick and you do not have the problems, what a perfect way to stay healthy by using this machine!"

I have started to notice little things lately. For example, the other day I got up and I wasn't functioning (which is not like me), so I decided to get on the *Aerobic Exerciser*. I set it for five minutes because that was all the time I had. I put some essential oil blends on me and when I got off that machine I was wide awake, bushy-tailed, **full of energy**, and ready to go! That itself tells me that if we may not think it is doing anything or that we are not getting results, just continue to use it and you will stay healthy. You may not notice a lot of changes, but the machine is keeping you where you want to be. So I have admitted that whether I notice a lot of things or not, my little voice tells me to use it and I use it! ..D.

Increased Energy Levels

M. states that she has had her *Aerobic Exerciser* for three months and has noticed **increased energy levels**, and increased balance and serenity She loves the internal organ massage. ..M.

No More Sluggish Feeling..

K. from Tennessee reported that she was introduced to the *Aerobic Exerciser* and was very skeptical of its benefits, but she agreed to try it. Within the first week she was convinced that even though it is “passive exercise,” getting the oxygen in her body flowing made a noticeable difference in how she felt. She reported that she **had more energy and didn’t have that sluggish feeling** she very often experienced by late afternoon.

Now she uses the *Aerobic Exerciser* morning and evening. She really looks forward to it! Now she can get the feeling of a full body massage in just 10-15 minutes and be totally relaxed. It’s like have her own private chiropractor, but a lot less expensive and more convenient! ..K.

Energy Increase with *Aerobic Exerciser*

In 1995 C. was diagnosed with Fibromyalgia. Her body ached with pain and she slept only two hours without waking. She was completely exhausted and suffered with migraines at least once a week and sometimes two. The headaches lasted from 24 to 48 hours. After using the *Aerobic Exerciser* for two months she is a different person. She now sleeps for five to six hours without waking, has no more migraines. She no longer suffers with backaches or sciatica and is more limber. There were times when she could hardly walk. The bottom of her feet have stopped hurting and she no more numbness in her left arm and hand. There is less pain from arthritis, less indigestion, and better concentration. She has **experienced more energy and a feeling of well-being**.

C. reports feeling better than she has done for years. She uses her machine for 10-15 minutes at least twice a day and when she has pain day or night she uses it for a few minutes. ..C.

Fatigue Relieved with *Aerobic Exerciser*

The *Aerobic Exerciser* has been a blessing to I. who has had her machine since November 1998. It helps to relieve **fatigue in her body**. She uses it daily to help her clients relax and relieve tension before she works on them. ..I.

Improved Energy Level

T. says she purchased her *Aerobic Exerciser* in November 1999, shortly after losing her husband at cancer. She was **very low on energy**. After using her machine for several months she is now back to gardening, mowing grass, and bike riding. She has practiced yoga and understands **energy**. She knew after trying the *Aerobic Exerciser* just one time that she had to have one for herself. ..T.

Energy Level Increased

D. from North Carolina suffered from various problems resulting from a severe whiplash four years earlier and mercury and chemical toxicity. Within one week her neck felt much better and her neck and spine continue to improve and her **energy level increased**. She felt **much stronger** and could hike further and higher. ..D.

Energy Increase Noted

The *Aerobic Exerciser* has been an exciting thing in the life of J. A year ago she lost so much mobility she could no longer get up and down. If she lowered to a squatting position, her legs could not hold her up. After one week using the machine several times each day, she noticed she could get up and down better and soon discovered she could do several knee bends without stopping. She is truly amazed and so joyful for all the aid the machine has given her. The machine has also helped with fluid retention so that she has lost a few pounds. She has also noticed she **has more energy.** ..J.

More Energy from Use of *Aerobic Exerciser*

After receiving her *Aerobic Exerciser* and using it for one week, D. from Colorado found that her many problems were being eliminated. Three heel spurs were gone after four days, her swollen eardrum (a 35-year problem) was normal in two weeks. She began to sleep better and have **more energy.** She is very happy with her progress and feels blessed that she found the *Aerobic Exerciser* when she did. She feels that with good food, good vitamins, essential oils, and good living she is well on her way to another 60 years. ..D.

Energy Increase is a Plus!

After having the *Aerobic Exerciser* for a little over a month, G. and H. from Oregon have enjoyed remarkable benefits. They have both experienced **more energy.** H. was experiencing anxiety because he was trying to quit smoking, and the machine always gave him a tranquil feeling after the session was over. He has three sessions per day and now experiences anxiety-free days. He also notices that his responses from a more peaceful place within himself. ..G. and H.

More Energy from Use of *Aerobic Exerciser*

E. from Wisconsin purchased an *Aerobic Exerciser* because his wife has fibromyalgia. She used to come home from work tired and sore and now she mows the lawn and does the wash. It is fantastic! She is about 70% better and she has **more energy.** They both feel that the *Aerobic Exerciser* is the best investment they have ever made for their health and well-being. ..E.

Energy Levels Off the Charts!

The *Aerobic Exerciser* has been a blessing for G. and B. from South Carolina. G. has gotten rid of his bone spurs. B. was having problems with arthritis in the big toe, insomnia, and aching muscles in the back and shoulders. Their **energy levels** are now off the charts! ..G. and B.

More Energy is a Boon!

F. from Wisconsin has been under considerable stress recently and reports that he has been getting relief from this with the *Aerobic Exerciser* and it is now giving him **more energy**. He just wouldn't be without it! ..F.

Energy Improved with *Aerobic Exerciser*

After being diagnosed with diabetes six years ago M. from Pennsylvania found she had very **little energy** and her circulation was poor. Her feet were always cold and she had to wear socks to bed in all seasons. Since starting to use the *Aerobic Exerciser* her **energy has improved** and her circulation is much better. She thanks God for the *Aerobic Exerciser* and would not be without it. ..M.

EYES, EARS, NOSE AND THROAT

Disorders relative to nose and throat are part of respiratory system inadequacies. The nose, importantly, is the means by which we take air into our bodies. It filters out dust, provides moisture, and acts as an air conditioner by warming the air we take in. Like the nose and mouth, the throat does not need sprays, gargle, or lozenges to keep it healthy. Together with ears and eyes, disorders are usually hay fever, nasal congestion, sneezing, conjunctivitis, blurring of vision, itchy eyes, tearing, light sensitivity, recurrent ear infections, dizziness, loss of balance, ringing in the ears, and sinus headaches. These organs can be afflicted with infections, injuries, inflammations, etc.

Some serious eye conditions such as glaucoma and cataracts can be treated successfully today. Eyestrain can best be treated by putting to an end the conditions that are causing it, such as improper lighting and improper reading conditions. Glare should always be avoided. The ear is made up of three parts—the outer ear, the middle ear, and the inner ear and are sometimes subjected to infections that can impair the hearing.

Improved Peripheral Vision

The Reverend N. that her vision has improved and her range of peripheral vision has been greatly increased. After continued use of the *Aerobic Exerciser* she was able to perform eye exercises more adequately that she had done previously. ..Reverend N.

A Help for Deafness

A, Massage Therapist, reported that her hearing is returning to her deaf left ear since she has been using the *Aerobic Exerciser*. She uses the machine to also help her relax and enhance her digestive process. ..A., *Massage Therapist*

Hearing and Eyesight Improved!

B. had been using it for about one week and all of sudden she didn't have to wear her hearing aid.she could hear! She has never had it in her ear since. Her eye sight also improved as well as her sex life! She says, "It has helped me so much! I will never be without it. We carry it with us everywhere we go." She also made a little bag and put herbs in it which she puts over her eyes while she is using the machine. ..B.

Swollen Eardrum Returned to Normal

After receiving her *Aerobic Exerciser* and using it for one week, D. from Colorado found that her many problems were being eliminated. Three heel spurs were gone after four days, her **swollen eardrum** (a 35-year problem) was normal in two weeks. She began to sleep better and have more energy. She is very happy with her progress and feels blessed that she found the *Aerobic Exerciser* when she did. She feels that with good food, good vitamins, essential oils, and good living she is well on her way to another 60 years. .D.

FEET, LEG, AND KNEE PROBLEMS

Many of the troubles involved with **foot pain** are due solely to improper care, neglect, or abuse. The **feet** cause a big percentage of avoidable man and woman hours of suffering in the world. Seven out of ten people have some **foot trouble**. Walking around a little helps to relieve the strain of standing, and getting the **feet** up on a couch or footstool for even a few minutes' rest at a time often does wonders. **Foot pain** can be due to flat feet or fallen arches, corns, calluses, bunions, ingrown toenails, Athlete's foot, or any other related complaint.

Leg and knee pain can be attributed to a number of different causes. Injury or inflammation of the sciatic nerve causes pain which travels down the **leg** from the **thigh** or back into the **feet** and **toes**. Certain muscles of the **leg** may be partly or completely paralyzed, making it difficult to move the thigh and **leg**.

Bottoms of Feet Pain-free

C. reported that the bottoms of her **feet were in constant pain**. After using the *Aerobic Exerciser* over a short period of time she began realizing that she was having no more pain. ..C.

Flexibility in Foot Restored

V. told of her daughter's **injured ankle**. As a gymnastics teacher, her daughter wasn't able to perform her daily routines. After using the *Aerobic Exerciser* she reported having more flexibility in her foot. She had previously experienced therapy from several different modalities. ..V.

Pain in Knees Gone!

"The most exciting story I want to share with you is one my mother had. She is 87 years young. She lives in a trailer park and she goes around and visits all these old people. They are old because some of them are 60 and they can't even get out of the chair. They are in really bad shape. Mother's **knees** have been bothering her, so I made her a cane so she could walk around, and it has helped a lot. She bought the *Aerobic Exerciser* and after two days I went over to see how she was doing. She said, 'I can't believe it..the **pain is nearly gone from my knees**, totally gone!' Then she said, "It's still there a little bit, but not enough to complain about. Then I noticed that a lot of other aches and pains I have are just about totally gone.' I told her..'At 87 you have earned a few!' She is excited. She is going around taking it to all of her friends in the trailer park because there a lot of them who really cannot get out and walk. I don't know about you, but as we are getting older we don't usually get the exercise that we need to have. I think the *Aerobic Exerciser* is great. I think it is a wonderful thing for everyone—particularly the older generation." ..B., *Massage Therapist*

Pain and Swelling Relieved by *Aerobic Exerciser*

J. spoke of her problems with **swelling and aching legs**. Many times her legs would hurt so much that she would ask her husband to rub them in the middle of the night to see if it would stop the aching. After using the *Aerobic Exerciser* the pain and swelling went away. Her **ankles were also very swollen and blue**. This swelling, also, has gone down. No more pain, no more swelling in legs and ankles. ...J.

Help for Cold Hands and Feet

According to Dr. L., Naturopath, there have been remarkable results for people suffering from **cold hands and feet** with the use of the *Aerobic Exerciser*. It has also been a boon for those plagued with **numb feet**. ...Dr L., ND

Numbness in Toes Dissipated

Several months ago the last two toes on each of my **feet became numb** and without feeling. I was very worried about neuropathy or a similar problem. I rubbed my toes faithfully with *Cypress* oil (known for its circulatory benefits) and spent 15 minutes twice a day on the *Aerobic Exerciser*. I am thrilled to report that the numbness has almost completely gone and feeling has returned! ...J.

Knee Pain Gone!

I had a sister who had a **bad knee** that had been operated on twice. It was paining her for years. She came to my house to visit a few weeks ago. She was on the *Aerobic Exerciser* for eight minutes and the pain in her **knee** went away. She said, "I can't believe it..that is the first time the pain has gone away in eight years!" She is very happy to find something to help her. ...L., ND

Pain in Knee Gone!

"My nine year-old son awoke one morning with **intense pain in his knee**, so much so that he could not walk nor put any pressure on his leg. The biggest dilemma for him was that he could not play T-ball..and he had been waiting all year to participate in this game!" This was reported by a distributor who then took her son to a medical doctor, but he could find nothing wrong, so she went to a Naturopathic doctor who diagnosed the malady as 'probable growing pains' or perhaps a calcium shortage. Since the family had recently purchased a *Aerobic Exerciser*, her son asked if he could use it. He did so and loved the way it made him feel. He used it several times that day and the next morning, the pain was so much relieved that he could walk could even play T-ball! He used the machine faithfully three times every day and at the end of one week the pain and abnormality was completely gone. He loves the *Aerobic Exerciser*! ...C.

Accommodates Those with Bone Replacements

For those who have **hip replacements or knee replacements**, the *Aerobic Exerciser* can be put on a bed and used for their benefit. Just put a bread board (or similar flat board) underneath the machine so that the air can circulate underneath the machine, then have the person place their feet on the machine. ..D.

No More "Short" Leg!

"I used to go to a chiropractor before I became a therapist and every time I went in for a treatment the chiropractor said, 'Your **right leg is 1/4" shorter.**' He would adjust me and balance it out. The next week I would go in and it was still 1/4" shorter. Now, for the first time in 25 years, my legs are mostly even. If I lay on my stomach there is only about an 1/8" difference where they used to be 1/4" ..and now the cuffs on my pants don't wear off on the right side anymore! It's great to tell people what this machine does, how it happens, and how your health can improve and increase!" ..V, Therapist

Remove Toxins, then Burning and Aching Feet will Improve

One young lady was so excited to get her *Aerobic Exerciser* because for years she has been really having a lot of trouble with her **feet**. They **ached and burned and hurt**. She had been to many doctors and they all told her there was nothing they could do for her. She was told that the *Aerobic Exerciser* helps with circulation and it helps people with neuropathy and everything.

She bought a machine because she had faith that it would help her. After she had used it for a week she called and reported that she was **in so much pain she couldn't walk**. The pain had gone up from her feet all the way up past the knees and she couldn't walk.

How do we counsel someone with this reaction? Her body was undoubtedly very toxic and it would be well for her to take the bath in the vinegar for the first night, then the soda bath the second night. It was suggested that she still go on the *Aerobic Exerciser* for six minutes each time—twice a day. This young lady took the advice and the very next day she said, "You're not going to believe this. I got in the bathtub and I felt this funny little prickly feeling in my muscles in my legs. It was almost like popping, but I just laid there and enjoyed the bath and when I got out the pain was gone."

She is now able to enjoy her *Aerobic Exerciser*. She is sleeping like a baby at night. After two days of the vinegar and the soda water baths all the toxins had been pulled out of her legs and she is able to use her *Aerobic Exerciser* and really enjoy it.

Gout Relieved with *Aerobic Exerciser* and Hot House

C. had remarkable results with the pain and distress of **gout** after using the *Aerobic Exerciser* and the *FIR Dome*. For years he had been treated with many herbs and folk prescriptions and had monthly stays in the hospital for regular check-ups and treatments. C. was introduced to the *Aerobic Exerciser* and began to use it with his feet under the radiation of the *FIR Dome*. After about 20 minutes he stopped to look at his feet and was overjoyed and surprised. The swelling was abating and his reddened, hardened feet had noticeable changes. ..C.

Gout Cured after Six-month Use of *Aerobic Exerciser*

C.'s father was troubled for years with **gout** and after using the *Aerobic Exerciser* for half a year, his **gout** was cured. He now feels happy and enjoys life. ..C.

“Pillow up” Those Who Need Extra Knee Support

“I feel that every person can be helped by the *Aerobic Exerciser*. Sometimes you have to do things, such as put pillows under the knees. I find that at least one in ten have **fragile knees** and lower back problems. If one isn't enough, I put another pillow between the **knees** and the lower back. Many people cannot get down on the floor..they need a board on their bed. Some people can barely handle it for two minutes. I have had people who can only handle it a minute and a half. One chiropractor said that was all he could handle for the first three months! He had **false hips** and he needed enough to get some circulation, but 1½ minutes was all he could handle.

‘Pillow people up’..that’s important. Know how to handle it. We don’t want anyone to hurt. Then if they don’t need the pillow later, they can take it out.” ..D.

Knees Improved with Use of *Aerobic Exerciser*

“Just a few days back we climbed the big wall in China. Our **knees** were lots better than they were a year and a half ago when we learned about the *Aerobic Exerciser*. We wouldn't have been able to do that! We didn't go to the top and we didn't travel the whole wall like some of the others, but we did get on it. We are elated that my husband just had his 79th birthday and could climb that wall as high as he did! He would have gone just a little bit farther to the top, but he wanted to celebrate that 79th birthday!” ..A. and C.

Artificial Knees and Hips Respond to *Aerobic Exerciser*

Artificial **knees and hips** have reacted wonderfully. We have a number of those people who are having a hard time getting down on the floor, so we just put the *Aerobic Exerciser* on the bed. When you put it on the bed, you need to be sure to have a flat board underneath it to allow circulation to the motor. If the bed is really soft, you might want to have someone monitor the machine to ensure that it does not vibrates off the bed. People have had miraculous results using it on the bed, because it is a very common thing not to be able to lie down on the floor.

We find that the **knee support** pillow really works well for anybody with **knee replacements** or hip replacements. It gives them that added support they need. We had it made the exact height so that it is compatible to the height of the machine and you have the same support to relieve any pressure. I personally use the pillow every single time. ..D.

Feeling Restored in Feet

For nine years S. from Colorado has suffered from **loss of sensation or feeling in his feet**. He has been using the *Aerobic Exerciser* twice daily for 15 minutes and is now beginning to get **feeling back in his feet**. He swims a lot and does other exercises, but the *Aerobic Exerciser* has really **helped his feet**. ..S.

Legs and Knees Helped with *Aerobic Exerciser*

B. from Montana told of her experience with her legs. I had vein stripping done several years ago and her **legs ached terribly** when she climbed stairs. Since chiiing she is running up and down stairs pain free after just two short months..

Her father's **knee pain** is less severe and he finds it easier to climb stairs. The *Aerobic Exerciser* has been an answer to their prayers. ..B.

Circulation to Feet and Ankles Improving

J. writes the following: "I am diabetic with **neuropathy** in my feet and **venous insufficiency in both ankles**. By my using the *Aerobic Exerciser* for 15 to 20 minutes twice a day the circulation is improving and the **burning sensation has almost gone**. Before I started with the *Aerobic Exerciser*, I would wake up several times during the night with a terrific burning sensation whenever the covers touched my ankles. Now I am getting a good night's sleep." ..J.

Mobility Improved, Weight Loss Noted

The *Aerobic Exerciser* has been an exciting thing in the life of J. A year ago she lost so much mobility she could no longer get up and down. If she lowered to a squatting position, **her legs could not hold her up**. After one week using the machine several times each day, she noticed she could get up and down better and soon discovered she **could do several knee bends without stopping**. She is truly amazed and so joyful for all the aid the machine has given her. ..J.

Pain in Knee Reduced with Use of *Aerobic Exerciser*

After using their *Aerobic Exerciser* for four weeks, C. and her husband from Pennsylvania have not had to go to the chiropractor or the massage therapist since they got their machine. Even with remodeling their home, doing shoveling and other heavy work, her husband has not been stiff and sore while using the *Aerobic Exerciser*. C. had surgery on her **knee** a year ago and still had some problems going up and down steps. Since using the *Aerobic Exerciser* her **knee feels better**. Anytime anything bothers them, they get on their machine. ..C.

Knees and Ankles Improved with *Aerobic Exerciser*

L. from Colorado had an aneurysm that resulted in a stroke. Most people die from this situation, but L. survived and is recovering at a remarkable rate. However, after the stroke she was not able to do her daily yoga and her **arthritic knees** hurt so much that her walking was not improving. Without being able to move enough, fluid build up in all her joints and her **ankles were swollen badly**. She got her *Aerobic Exerciser* six months later and used it three times a day for five minutes. Her **knees** hurt a lot for the first three days, then on the fourth day they quit hurting. After two months her lymph system had pumped out all the fluids in her joints and her **ankles** returned to normal. She uses her machine two to three times a day for 10 to 15 minutes. ..L.

Heel Spurs Were Gone!

After receiving her *Aerobic Exerciser* and using it for one week, D. from Colorado found that her three **heel spurs** were gone after four days. She feels that with good food, good vitamins, essential oils, and good living she is well on her way to another 60 years. ..D.

Arthritic Toe Relieved with *Aerobic Exerciser*

The *Aerobic Exerciser* has been a blessing for G. and B. from South Carolina. G. has gotten rid of his bone spurs. B. was having problems with **arthritis in the big toe**, insomnia, and aching muscles in the back and shoulders. Their energy levels are now off the charts! ..G. and B.

Bad Feet Respond to *Aerobic Exerciser*

After using the *Aerobic Exerciser* for four weeks, K., a bank teller from South Carolina, was able to stand on her **feet** all day. This was a boon to her because she had **bad feet** and she has not been able to walk or jog or exercise as she had always done. The *Aerobic Exerciser* takes the place of something she has always dreaded to do daily—it also saves her time. She just lies back and relaxes and the machine does all the work. She wouldn't trade it for anything! ..K.

Knee Pain Relieved

F. from Wisconsin reports that he has been getting physical therapy for his **left knee** since the doctor prescribed it about two months ago. His *Aerobic Exerciser* is now helping **relieve the pain in his knee**—he just wouldn't be without it! ..F.

FEMALE COMPLAINTS

Female complaints can cover a wide spectrum. Irregular bleeding, spotting, bleeding too much, clots, or a total absence of blood are all signs that a woman's reproductive system needs attention. Women may also experience symptoms such as cramping, headaches, and mood changes. Conditions addressed include those related to the menstrual cycle and menopause, as well as diseases of the uterus, vagina, bladder and breasts.

Relief for Monthly Blues

A New York distributor told of his wife's complaints with her **monthly menstrual periods**. That 'time of the month' was always accompanied by continual pain and cramping. After she began using the *Aerobic Exerciser* she had the first relief in years. Her menstruation periods gradually improved and now the periods come and go without pain. ..Dr. D., DDS

Hot Flashes Gone!

A woman bought a *Aerobic Exerciser* and reported that in three days she got rid of all her **hot flashes**. She thought that was pretty super!

FIBROMYALGIA

***Fibromyalgia**, along with fibromyositis and fibrositis are names used to describe the ailment in which aching, pain and stiffness occurs in the joints and the muscles, worse in some places more than others. It is inflammation of the fibrous connective tissue in the body. There may be calcification around the connective tissue and lack or proper circulation. There is usually overall fatigue and general pain, sometimes due to lack of sleep because a person may have trouble getting comfortable. Headaches may occur due to the muscles affected in the back of the neck or the shoulder at the base of the skull. The general feeling of “hurting all over” kind of pain may be brought on by a little exercise. One must determine the cause of the inflammation, restore proper nervous system input, circulation, and restore hydration.*

Maladies Relieved with Aerobic Exerciser

J. described her ailments as headaches, chronic fatigue, shortness of breath, depression, **fibromyalgia**, anxiety and stress. She began using the *Aerobic Exerciser* for five to eight minutes three times a day. Her husband noticed a difference in her attitude almost immediately. In about one week Julie began to notice changes taking place. She had a lighter feeling and an awareness and clarity of thought. Her headaches were healed instantly and she rarely had a return headache (which mainly came through stress.) After using the machine for a short time she was able to wake earlier and achieve much more during the day. She had deeper sleep and noticed a significant change in her well-being. J. also reported that after an operation to remove breast cancer 18 months ago, followed by radiation therapy, her immune system was affected and the muscle pain, chronic fatigue and headaches increased. After many visits to different health professionals and spending a fortune on special diets, supplements and medicines, etc. she is now convinced that the *Aerobic Exerciser* has alleviated more than half of her problems. She is looking forward to being completely healed in the next few months. ..J.

Increased Oxygen Aids Fibromyalgia

“I have studied the effects of oxygen therapies for several years and have had reservations with some of the forms of application in expense, side effects, and access for most patients. The *Aerobic Exerciser* eliminates the restrictions of high expense, most toxic side effects, and access to the procedure by allowing affordable purchase. It provides a daily conditioning of the respiratory system, resulting in increased oxygen intake by the blood and utilization by the tissues. It is helpful for most musculoskeletal conditions, respiratory conditions, and infections. Any disease condition that responds favorably to increased oxygen in the tissues—including cancer, **fibromyalgia**, etc.—will be aided with this machine.” ..Dr. R., DD, ThD, ND

Hope for Fibromyalgia Patients

F., a Krieger practitioner, stated the following, “One of the things that I am excited about with my *Aerobic Exerciser* development is that a number of people with **fibromyalgia** are starting to work with it. I am finding that it is a little different for them than a lot of other people. They need to just simply go deeper because of the tendency for inflammation in the tendons and in the muscles. They are getting a lot of benefits as long as they keep the minutes down. That has just been miraculous! I love the *Aerobic Exerciser* and I love the fact that there can be a machine that people can use on their own and they don’t have to always rely on me. I always put my clients on the machine first before I work on them. I actually keep it on my table so I just move it out from under their feet.” ..F., Krieger Practitioner

Extended Improvements with Use of *Aerobic Exerciser*

In 1995 C. was diagnosed with **Fibromyalgia**. Her body ached with pain and she slept only two hours without waking. She was completely exhausted and suffered with migraines at least once a week and sometimes two. The headaches lasted from 24 to 48 hours. After using the *Aerobic Exerciser* for two months she is a different person. She now sleeps for five to six hours without waking, has no more migraines. She no longer suffers with backaches or sciatica and is more limber. There were times when she could hardly walk. The bottom of her feet have stopped hurting and she no more numbness in her left arm and hand. There is less pain from arthritis, less indigestion, and better concentration. She has experienced more energy and a feeling of well-being.

C. reports feeling better than she has done for years. She uses her machine for 10-15 minutes at least twice a day and when she has pain day or night she uses it for a few minutes. .C.

Fibromyalgia Symptoms Respond to *Aerobic Exerciser*

J. from Denver was afflicted with **fibromyalgia** and even though she took a lot of nutritional products she still ached all over. After using an *Aerobic Exerciser* for three weeks her good days came more frequently and she decided to buy herself a machine. Other ailments began to diminish—her bad days were fewer and less intense, her sleep improved, her neck and shoulders were not nearly so sore or tight. Her massage therapist remarks that her muscle tone has greatly improved. J. loves the machine!

..J.

Benefits for Fibromyalgia Victim

E. from Wisconsin purchased an *Aerobic Exerciser* because his wife has **fibromyalgia**, a very painful soreness of bones and muscles. She has used it for three weeks and she is a changed wife. She used to come home from work tired and sore and now she mows the lawn and does the wash. It is fantastic! She is about 70% better and she has more energy. They both feel that the *Aerobic Exerciser* is the best investment they have ever made for their health and well-being. .E.

HEART DISEASE AND RELATED PROBLEMS

Many heart ailments have resulted from the American lifestyle, which combines too little exercise, too much stress, and a diet of highly processed foods often deficient in essential nutrients. The United States leads the world in death rates from heart disease, with over 60 million Americans currently suffering from the disease. However, it is one of the most preventable chronic degenerative diseases. It now appears that the primary culprit in Heart disease is not high cholesterol levels, but the presence of oxidized cholesterol in the bloodstream. Overwhelming evidence shows that the risk of heart attacks and strokes can be greatly decreased through dietary changes, exercise, stress reduction, and nutritional supplementation to help prevent excessive oxidation of cholesterol in the bloodstream.

Stroke can be defined as a sudden diminution or loss of consciousness, sensation, and voluntary motion caused by rupture or obstruction (as by a clot) of an artery of the brain. When the symptoms from a stroke last for 24 hours or less, followed by full recovery of lost functions, the episode is called a transient ischemic attack (TIA). Symptoms may develop within a few minutes to over several days. Symptoms are loss and/or impairment of movement, sensation and specific functions controlled by the part of the brain that is damaged, not necessarily the specific artery that is affected. For example, damage to the speech center of the brain results in loss or slurring of speech. Also associated are headaches, dizziness, confusion, difficulty swallowing, and visual problems. About 30 percent of cases of stroke are fatal; about 30 percent result in partial loss of function; and about 30 percent completely recover.

Reasoning Returned with Stroke Victim

G. had a stroke almost two years ago. It was very severe. He could not even move one part of his right side. He could not even feed himself. He gradually started to get better, but he still couldn't cope; and not being able to cope, he could not reason. That is frustrating. We are so used to reasoning things. When the grandchildren came over and started making noise, he started screaming at them instead of thinking, "I need to move myself out of the room.." He couldn't reason. It's so hard to have to think for someone totally when we are used to having them think for themselves over 60 years.

They got a *Aerobic Exerciser* last April and this last December is the best quality of life they have ever had since they have been married, even before his stroke. His wife remarked, "I can't thank you enough. This is worth its weight in gold!" Now he can reason and when there is enough serotonin you don't have depression either. And when you don't have depression, life is a whole lot better! ..D.

Great Way to Oxygenate Heart for Those Who Can't Exercise

Naturopath Dr. L., writes that the *Aerobic Exerciser* has been very helpful for cardiac-pulmonary patients who can't exercise. ..Dr., ND

Aerobic Exerciser Assisted Stroke Victim

N. bought the *Aerobic Exerciser* to help her husband who had suffered a **stroke**. It has helped him so much. It has ended up being a Godsend to her as well. Her nerves were going down hill and the **stroke** was the final straw. She was in tears most of the time and did not have energy to get up in the morning. After 3½ months of using the *Aerobic Exerciser* she is back on track and able to deal with her problems.

..N.

Breathing Again!

C. reported working with a woman who begged him to put her 72 year-old father on the *Aerobic Exerciser*. Her father was asthmatic and had a **stroke** 12 months prior to that time. He was paralyzed, twisted to the right side and moved forward, and it took 15 minutes to get him down on the floor and put him on the machine. He was left there for just one minute. When they stood him up again he actually straightened up considerably and there was a light in his eyes. He exclaimed, "I can breathe!" ..C

Stroke Recovery

"My brother-in-law had a **stroke** four years ago. For 3½ years he had no use of his right hand and had to hold it with his good hand. He could not write. He loved to fish with my husband, but he will probably never be able to hold another fishing pole because he was right-handed and he just couldn't use a fishing pole without his right hand.. He dragged his foot when he walked and he had a hard time getting anywhere if there were stairs. He had disorientation in his thinking. He couldn't reason when he was hungry. He would just say, 'I'm hungry.' instead of acting on his own.

For the past six months he has been on the *Aerobic Exerciser* and the *FIR Dome* and now 100% of all the **paralysis** is gone! He is better than he was before he had the **stroke**. He is 58 years old, and to be paralyzed for 3½ years and to have all the **paralysis** go is nothing short of a miracle!

We have had this happen dozens of times, but I just told you this account because it was my family. Can you imagine what my sisters feels! ..D.

Heart Healthy after Use of *Aerobic Exerciser*

A close friend of Dr. J., Chiropractic doctor, had a **heart attack** and in his rehab he checked with the cardiologist and asked if he could use the *Aerobic Exerciser* because he believed it could really assist him. The cardiologist said, "Yes, add that to what you are doing." The gentleman was going overseas, so he went back and asked the cardiologist to check him and make sure that everything was clear. After the doctor viewed him he said, "Look, this is absolutely amazing! I have never seen anything like this. I can't see where your heart muscle has been affected in any way!" This gentleman had done everything that was asked, but the additional thing he did was to add the *Aerobic Exerciser* to his regime. ..Dr. J., DC

Congestive Heart Failure Response

Dr. S., MD, has many patients with **heart problems** and he put them on the *Aerobic Exerciser*. **Their oxygen came up!** It was the most amazing thing he had ever seen! Everybody he put on the machine had an increase in their oxygen levels. He also has a little machine called an oxymeter that he uses in his practice. It tells me how well people are getting oxygen. He has a lot of patients come in who are not oxygenating well. Their oxygen levels are maybe 82 to 92%, which is not good. If you are above 93 you are okay. Preferably, it would be up to 95, 96, 97, 98%. The higher the oxygenation, the better off you are doing and the better your lungs work.

Before ordering something, Dr. S. has to prove to himself that it is working, so he would lay these people down on the *Aerobic Exerciser*. They would be either asthmatics or people with chronic obstruction **pulmonary disease**, emphysema, and different things. ..Dr. S., MD, PC

No Problems with Valve Replacement

Is the *Aerobic Exerciser* safe for **heart patients**? A gentleman stated that he had had two heart valves replaced. Even though he had to be on Coumadin to keep the blood thin, he uses the *Aerobic Exerciser* every day and hasn't had any problem. ..D.

Heart By-Pass Helped by *Aerobic Exerciser*

A couple reported that the husband had undergone **heart by-pass surgery** and also had sugar diabetes. Both husband and wife have been helped with the *Aerobic Exerciser* ..A.

Dramatic Results during Stroke Recovery

One investigator's mother was **recovering from a stroke** she had suffered six months previously and they were looking for anything that might help her. They purchased a *Aerobic Exerciser* for their mother and the results were dramatic! ..L.

Heart Mobility Achieved with *Aerobic Exerciser*

M., Cranial-Sacral Therapist, explained the necessity of visceral (or organ) movement. She stated, "I would like to explain something to you about the heart that is really fascinating. The heart (just like the visceral) moves. If it is stuck it is not going to have the mobility it needs to have so that it can function properly. If things don't move, things don't function.

Interestingly enough, the sacrum is a triangular bone that comes into the tail bone. It is like a triangle. The sacrum has the exact same rhythm as the heart, and what I find almost always is those who have **heart problems** always have a stuck sacrum. What do you think the *Aerobic Exerciser* does? It loosens the sacrum!" ..M., Cranial-Sacral Therapist

***Aerobic Exerciser* Highly Recommended by Cardiologist**

One lady used a *Aerobic Exerciser* as a loaner and her husband had an appointment with the **cardiologist**. She told him to ask the doctor about the *Aerobic Exerciser* and what he thinks about it. The doctor's reply was, "That is an excellent machine, and I highly recommend it." ..D.

Heart Condition Responds to *Aerobic Exerciser* and *FIR Dome*

One woman called to report that she was so sick for several nights she really thought she was going to die, and since she went on the *Aerobic Exerciser* and used the *FIR Dome* for a couple of days she has not felt so good in years. She said we saved her life!

Her brother gave some extra insight on the situation: “A year ago they took the family aside and told us that they didn’t expect my sister to live through the night. The doctor who attended her said that he and the rest of the staff in the room—before they took the CT scan or whatever they did—had never seen a **heart in that bad a condition**. She laid around for many months trying to fight depression and trying to fight the disease.

Now I can’t keep up with her. She walks three to five miles a day. She shares the machine with anybody. She’ll let them use her machine and tell them about it. She got my mother over her skepticism and Mom finally bought one. My sister is a new person, she is a bundle of energy!” ..D.

Disclaimers are Necessary

The question has been asked, “What about the **disclaimers of pregnancy and heart?**” The FDA requires that those two things be covered, no matter what—on everything. The *Aerobic Exerciser* will not hurt a **pacemaker**. We can’t say it will never do it because as soon as we say that, it makes us liable. Someone might have had a heart attack that day anyway from eating too much fat, and then use the *Aerobic Exerciser* for five minutes, so we have to use words from wisdom. If they want to use that excuse, don’t try to talk them out of it. One gentleman had a pacemaker and every time he would go in and have his heart checked, there was absolutely nothing there. The doctor said, “You’re just a dead man living on a battery!” There was **no heart beat on its own**. After using the *Aerobic Exerciser* his heart rate went up to 45 beats per minute! ..D.

***Aerobic Exerciser* and Congestive Heart Failure**

A patient of Dr. S., MD, had **congestive heart failure**. He put her on a monitor and her oxygen level was at 85. She had to have oxygen continuously—24 hours a day. He put her on the *Aerobic Exerciser* for five minutes and her oxygen level went up to 95! She felt so wonderful! She could go three days without her oxygen and still have a marvelous amount of energy. The pain that she had was totally eliminated. Pain only comes when there is lack of circulation or when there is pressure on areas that are blocked. When you move out blockages you move out pain. A pain-free healthier life is what we all want to achieve so that we can be the best person possible and our mind can be free to function. ..D.

Stroke Victim Recovering

L. from Colorado had an **aneurysm that resulted in a stroke**. Most people die from this situation, but L. survived and is recovering at a remarkable rate. She has not been able to do her daily exercise, but with the use of the *Aerobic Exerciser* she has been able to retain her health. She uses the machine two to three times a day for 10 to 15 minutes. ..L.

INJURIES

An ***injury*** is an act that damages or hurts; it implies the inflicting of anything detrimental to one's comfort or health, including the inflicting of pain, suffering, or loss. ***Injuries*** from vehicle accidents or other traumatic events pose many problems. Fractures often occur. A concussion or a fractured skull may result from a severe blow on the head. Dislocation is many times the result of a broken bone. Sprains and strains occur where the muscle stretches and becomes quite painful. The injured part swells and there is pain and discoloration of the skin which becomes red and reddish blue. Bruises usually occur with injuries. The skin is not broken, but the tissues under the skin are injured, resulting in pain, swelling and black and blue marks due to blood that has collected under the skin. Cuts and scratches are common injuries. Any cut that goes deeply into the skin may heal better if it is sewn together.

Accident Victim Helped by the Aerobic Exerciser

L. suffered an **accident injury** four years go and spent six weeks in a coma with **brain damage and paralysis**. After using the *Aerobic Exerciser* there were improvements in sensation, balance, speech, cognition, circulation, and attitude. His parents write: "We put him on the machine for two minutes, then put him on for another five minutes. When the machine shut off, he had a BIG SMILE on his face and said, 'Wow!'"

After using the *Aerobic Exerciser* for only three weeks, he is walking forward better and is able to walk backwards in a figure eight or circle with no problems or assistance. His doctors said this would be impossible. He is moving his legs and arms better, too. A deep purple discoloration from his toes almost to his knee from poor circulation has completely disappeared." ..M. and L.

Broken Leg Recovery

"Last Saturday I was skiing and I **fell and broke one of my knees**. This was a recurrence of an old **injury** 18 years ago, and I needed a new transplant. I didn't fall very hard, but my leg was just hanging and I knew I was in trouble. I got the Ski Patrol and was taken down in a toboggan where they advised me to go right to the hospital. I couldn't even stand on my leg, but I said, 'No, I am going to go home and 'do my thing' first.' About 2:00 in the morning I was in terrible pain and I knew I had to do something. I got on the *Aerobic Exerciser*, but I could feel that nothing was working in my leg. I couldn't put any pressure on it, so I decided to use some an essential oil blend for the pain. I rubbed the oil on and used on some magnets and I wrapped it all with an Ace bandage. I did take a pain pill, but I got up the next morning and I could walk enough to even hobble around!"

That evening I found I couldn't sleep, so I wrapped it very tightly with an Ace bandage, put two pillows underneath my knee, and got on the *Aerobic Exerciser* for three minutes..(I usually do 20 minutes). I had enough of the tingle that I got up the next day (the third day) and I hardly limped. They called me today from the ski resort and asked how badly it was broken and I told them I was going snowmobiling Friday and I am walking without a limp! We can't stress how incredible the oils work with the oxygen from the *Aerobic Exerciser*. They are so matched they are beautiful." ..D.

Aerobic Exerciser Helps Heal Bones

“The *Aerobic Exerciser* works on the bones as well as the blood.” So says C., who had an **automobile accident** in June 1998. She had to have surgery in the later part of the month and a **plate put in her arm.** The doctor told her he could take the plate out after a year if it was bothering her. She asked him two or three times, “When can I get this plate out?” And he said, “After it has been there a year we’ll talk about it.”

In February 1999 C. went in for a check-up and the doctor said, “Let’s x-ray your arm and see how it’s coming along.” When he came back with the x-rays in his hand he had a big smile on his face. “Your arm is totally healed,” he said..”You can get this plate out any time you want. You have healed like a 16 years-old!” That was really a thrill for her. She is 70! ..C.

Broken Vertebrae Respond to the Aerobic Exerciser

“In 1964 I was in a **terrible car accident** and the **second and third vertebrae from the top were broken,** so all of these years I have had an awful time doing anything above my head, like cleaning ceilings. I used to like to macrame, but I couldn’t do that for very long. Since I have been on the *Aerobic Exerciser* I have scrubbed every ceiling in my house and have no backache! ..R.

Long-term Back Pain caused by Snowmobile Accident

R. recently related an amazing experience with the *Aerobic Exerciser*. He had a **very bad snowmobile accident** in which he **broke 18 bones, punctured his lung, and incurred several other injuries.** Three of the bones were the vertebrae in his lower back which involved a great deal of pain and a long healing process. **His back was very puffy and swollen and was sore every day.** He was resigned to the fact that he would have this kind of pain for the rest of his life. Being an avid golfer, he tried to get on the course as often as he could, even though he was in a lot of pain.

Just two weeks ago he began using the *Aerobic Exerciser*. The pains and swelling are now totally gone! Several days ago he was feeling so well that he played 18 holes and carried his clubs! It was absolutely fabulous..there was no pain! In addition, R. related how wonderful it has been to get some real sleep. The past few weeks have been the first time since the accident that he has finally slept all through the night. He is convinced that his return to health is the *Aerobic Exerciser*. It has made such a difference in his life! ..R.

Hip Injury Responds to Aerobic Exerciser

M., Cranial-Sacral Therapist, told of the first person she worked with on the *Aerobic Exerciser*. A friend came to her house and saw the *Aerobic Exerciser*. He asked “What’s this thing?” and she said, “That’s my *Aerobic Exerciser*.” He said, “Can I use it?” and she answered..”Of course.”

She didn’t realize that when he was a young boy he had **broken or hurt his hip,** and they fused it when he was nine years old . The bone to the leg was completely fused to the hip so he has always had to **walk stiff-legged.** He said that the *Aerobic Exerciser* was the first thing that ever happened to him to ease the pain of that hip! It was the actual movement of the body. ..M.,Cranial-Sacral Therapist

Long-term Vehicle Injuries Relieved with *Aerobic Exerciser*

L. was involved in a **vehicle accident** in 1960 where her **skull was pushed down with two vertebrae inside her skull**. There was also some **brain damage**. Acupuncture relieved her neck and shoulders, but only temporarily. Her neck would stiffen up again and she was unable to turn her head and look over her shoulders. There was always a grating sound and pain in her neck.

After five minutes on the *Aerobic Exerciser* she could feel the tension in her neck easing, allowing her shoulders to return to their correct position. Her hip muscles also relaxed, allowing her to bend sideways again and regain her flexibility. Her skin improved and as a bonus, she lost weight in six to eight weeks. She feels ten years younger and looks better, too! ..L.

Injuries, Restrictions Loosened by *Aerobic Exerciser*

M., Cranial-Sacral Therapist, stated, “I work with children and people with restrictions who have been in **accidents** and have had **injuries**. I put them on the *Aerobic Exerciser* first and it seems to loosen things up so that I can get in there. It is not just the bones, because underneath the bones is the large fascial tissue (which is a thick membrane we call the meninges). You have heard of meningitis. That is inflammation of the meninges.

The fascia (which is the membrane which holds it together) is like a web. It starts at the top of your head and goes down to the ends of your toes. We are really an energetic system. We have the web that holds us altogether, and by moving this web with the *Aerobic Exerciser*, it loosens things up. It loosens scar tissue up, it loosens restrictions from **accidents and injuries, birth trauma**, etc.

A lot of people I work with have **birth traumas**—headaches and so forth that have never resolved—and the visceral manipulation is done so that everything has movement. We have the cranial movement all the time, but at the same time, all this fascial tissue that is holding all the organs together is moving so that it is also expanding and contracting all the time. There is a rhythm to it. Everywhere in the body I can touch and I can feel this cranial rhythm and everything should be expanding and contracting.

Let’s say we have an **injury** and it’s a **back injury** and I can feel the rhythm expanding and contracting down to the feet and I get up to the pelvis and it’s hard. It’s not moving. Then I can get up to the shoulders and it’s moving again up to the head. What is happening is a restriction because of an injury. What the *Aerobic Exerciser* helps to do is to loosen that up. Cranial-sacral therapists can actually release it and help that person to come back to normal.” ..M., Cranial-Sacral Therapist

Relief from Injury Pain

K. from Tennessee reported that she was introduced to the *Aerobic Exerciser* and was very skeptical of its benefits, but she agreed to try it. Within the first week she was convinced that even though it is “passive exercise,” getting the oxygen in her body flowing made a noticeable difference in how she felt. After an **automobile accident** several years ago she began having a lot of **pain and tension** in her **neck and shoulders**. Now she can get the feeling of a full body massage in just 10-15 minutes and be totally relaxed and stress-free. It’s like having her own private chiropractor, but a lot less expensive and more convenient! ..K.

Back Injury Responds to Aerobic Exerciser

In 1987 C. was injured in an **automobile accident** that injured her scapula. She was in constant pain until she started using the *Aerobic Exerciser*. She has also suffered for years with sciatica and again the *Aerobic Exerciser* helped this also. After using the *Aerobic Exerciser* for two months she is a different person. She no longer suffers with backaches or sciatica and is more limber. There were times when she could hardly walk.

C. reports feeling better than she has done for years. She uses her machine for 10-15 minutes at least twice a day and when she has pain day or night she uses it for a few minutes. .C.

Pain from Accident Injury Relieved

E. from Colorado reports that after her first use of the *Aerobic Exerciser* the constant pain in her right shoulder blade left. The pain was a result of an **automobile accident** four years ago. She has continued to receive significant benefits in her routine of using it twice a day for 15 minutes each time.

..E.

Whiplash Injury Responds to Aerobic Exerciser

D. from North Carolina suffered from various problems resulting from a **severe whiplash** four years earlier. Within one week her neck felt much better and her **neck and spine continue to improve.** She is now active the entire day and night and is so happy to be alive again and be able to help many other people. ..D.

KIDNEY DISEASE AND RELATED PROBLEMS

Symptoms of Kidney problems often manifest themselves as pains in the back or below the waist line on either side of the spine. Dust sediment passes in the urine and there is a great desire to urinate, but efforts fail. If urination stops, a catheter must be used. Most common in kidney problems is the accumulation of kidney stones. Overeating and eating the wrong diet of acid-forming foods is one of the main causes. The liver becomes overloaded and congested, and what it cannot take care of it passes on to the kidneys and there it causes inflammation and gravel, and kidney stones.

A kidney disease accompanied by the presence of blood protein in the urine is Bright's Disease. One of the most common symptoms is loss of appetite; in some cases the skin is dry and there will be fever or shortness of breath and palpitation of the heart, a swelling of the ankles and under the eyes, which is a sign of a dropsical condition developing, and pain in the kidneys.

Kidneys, the Center of Energy

"I have a lady who came in to me two weeks ago. She is 72 years old and she was feeling terrible. She wanted to feel better..she's not ready to die yet! I did some tests on her and she was in kidney failure. She also had horrible scoliosis in her back and absolutely no energy. When your kidneys aren't working you have no energy whatsoever. The kidneys (in Chinese medicine) are the center of energy. They clean up your blood and everything else. Actually, every organ in your body works in a little bit different frequency. That's why when you get into Energy Medicine, you actually use different frequencies to affect different organs of the body.

She came in today and had a chelation therapy. I chelate these people and then I have them go get dialyzed because they have no way to get the toxins out of them because their kidneys are shot. When we chelated her the first time she came in and I used the *Aerobic Exerciser* on her, I was only able to use 2 ccs of the substance I use to chelate the toxins out of people. Today I was able to use 7 ccs, which absolutely astounded me! This substance is pretty toxic and if it just sits in there it is going to cause damage, but her kidneys have actually started functioning a little bit! I am hoping it is going to get her kidneys going and she'll only be on dialysis for a couple of months. Hopefully, it will open up her kidneys and get them working on a permanent basis. She was so impressed with the *Aerobic Exerciser* she wants to do that everyday because it helped her back and also increased her energy, which to this woman was vital, because she didn't have any energy.

I used it for short amount of times with this lady. Now I put her on it for perhaps two minutes. If it makes her feel worse, we go back to one minute. It would be better to use it three times a day for one minute or two minutes than to give her five minutes and have her feel terrible." ..Dr. S., MD, PC

Using the *Aerobic Exerciser* and *FIR Dome* for Kidney Disease

A doctor was talking about **kidney disease**. The position he recommends for **kidney** and bladder disease was with the front of the ankles on the *Aerobic Exerciser* and the *FIR Dome* over the back. In company with proper enzymes it will neutralize lactic acid and uric acid just like the *Aerobic Exerciser*. It also helps to reduce the inflammation because it has a resonance that has the same frequency as the human body. ..C

Water Foremost for Kidneys

We have you drink an 8-ounce glass of water before you get on the *Aerobic Exerciser*. Why? Because the first thing it does is go right to the **kidneys** to detoxify the blood. If you have oxygen in the blood, you have the blood detoxified and you are already a winner. Generally, you will find that the **kidneys** are the first organ to work when you get off the machine. Some people have to wait 15 to 20 minutes. Some people get up and go immediately because it massages the **kidneys**. It also massages the colon, the heart, the liver, the spleen..all organs get massaged. If there are any acids built up around these organs, then the acids will be released, so you monitor the length of time you can be on the *Aerobic Exerciser*. ..D.

LYMPHATIC SYSTEM

The **Lymphatic System** removes excess fluid from the body's tissues and returns it to the circulatory system. It helps the body fight infection. It consists of lymphatic vessels, lymph nodes, and associated lymphoid organs, such as the spleen and tonsils. **Lymph** vessels form a network of tubes that reach all over the body. **Lymph** is a clear fluid containing lymphocytes (T-cells and B-cells of the immune system) which circulate through the channels of the lymphatic system carrying waste away from all parts of the body to the lymph nodes. The lymph nodes filter out the wastes in the lymph, particularly bacteria, preventing it from entering the bloodstream, while at the same time allowing the lymphocytes to pass through.

The Aerobic Exerciser and Your Lymphatic System

Let's talk about the **lymphatic system**. A blood vessel has blood flowing through it; a lymphatic vessel has lymphatic fluid flowing through it. There is a big difference between a blood vessel and a lymphatic vessel. The lymphatic vessel has valves. If you are on an *Aerobic Exerciser*, you are experiencing the acceleration and deceleration of the body. The lymphatic fluid is going through the vessels and there is a one-way valve pushing and opening repeatedly like a hydraulic jack. Jumping on a trampoline causes the same type of action. When you are going up, the valves are closed. When you are coming down, the valves are opening, picking up more fluid, so whether you are jumping on a trampoline or getting on an *Aerobic Exerciser* you are going to move lymphatics. This process happens automatically while on the *Aerobic Exerciser* and it is so relaxing. You don't have to worry about falling or getting hurt on the trampoline. Even though the overall effect of the *Aerobic Exerciser* versus the trampoline is about equal in generating body electricity, the *Aerobic Exerciser* is simpler and more relaxing to use.

A Unique Function..

Let's look at the cell and see what actually happens. The blood vessels and the **lymphatic vessels** run side-by-side with cells in between. We call the space between them "interstitial space." The cell has a unique function. For the cell between the vessels to function properly, it has to have two things: **oxygen and glucose**. When the oxygen mixes with glucose, it makes a unique chemical called adenosine triphosphate (ATP). Oxygen plus glucose make the perfect fuel for the cell. When the cell receives oxygen and glucose, it produces electricity for the body to run. We know that the **blood system has a pump to move the blood throughout the body, which is the heart**. but when the blood gets down into different parts of the body—far from the heart—the heart needs help from the electrical system of the body.

Help with Lymph Drainage

The Reverend N. reported that the *Aerobic Exerciser* is helping with **lymph drainage**. ..Reverend N.

What Moves the Lymphatics?

They say there is no pump to move the lymph fluid through the lymphatic system. You have more lymphatic fluid and more vessels in the lymphatic system than you do blood, and they are more unique. The **only natural pump for the lymphatic system is the lungs**. This was proven by a medical doctor in England, Dr. J., who was a Lymphologist. Dr. J. put a gentleman on a treadmill and had him running on it, thinking that exercise would move the lymphatics. However, nothing of measurable significance happened. The gentleman was told to stop running because what they thought would take place did not happen, so he stopped running and took a bit sigh of relief. When he took that big deep breath at the very peak of inhalation is when the subclavian vein (right from the base of the throat) went off like a geyser! The lymph moved dramatically! The gentleman was told to stop running because what they thought would take place did not happen, so he stopped running and took a bit sigh of relief. When he took that big deep breath at the very peak of inhalation is when the subclavian vein (right from the base of the throat) went off like a geyser! The **lymph** moved dramatically!

An Easy Exercise..

This is something you can do very easily. Before you get out of bed, do a little morning meditation, say your morning prayers, and breathe deeply for about 20 minutes. Take a deep breath and hold it at the peak of inhalation. When you relax you exhale and force out the old air you have been carrying around for a week or two. We call that “toxins.” As you continue to do this exercise, it moves the **lymphatics**.

Importance of the Aerobic Exerciser

This is why the *Aerobic Exerciser* is so important. The **lymphatic system** works on a negative pressure system and when you take a deep breath, it pulls the excess water out away from the cells. If there is too much water around the cells, they can't get the oxygen or the glucose they need to produce the electricity for the body. If you take chemicals into your body such as too much salt, too much sugar or caffeine, or if you have too much stress, it dilates the blood vessels allowing blood proteins and water to surround the cells in the interstitial space.

When you are on the *Aerobic Exerciser*, your legs are accelerating and decelerating and you are pumping the **lymphatics** through the natural valve system. The motion is also pulling the excess water and trapped proteins out of the interstitial space, allowing oxygen and glucose to come back into the cell. This, in turn, can produce electrical energy. ..C., *Certified Lymphologist*

Lymph Drainage Mobilized

The *Aerobic Exerciser* mobilizes the **lymphatic drainage of the body**, according to Dr. J. and his wife, both Doctors of Chiropractics. They have spent many thousands of dollars researching health-related equipment, and the *Aerobic Exerciser* qualifies as one of the most important modalities they have tested over the past ten years.

The mobilization of the lymphatic drainage is critically important (according to Dr. G. from France) who has shown that in cancer and other chronic degenerative illnesses the lymphatic system becomes all clogged up, like gelatin instead of freely flowing.

Efforts for Lymphatic Drainage

Dr. B. has a disability of five years from chronic fatigue syndrome, multiple chemical sensitivities and immune dysfunction secondary to chemical injury, so he and his wife have been acutely aware of his need for improved **lymphatic drainage**. They are both trained in Applied Kinesiology and were spending about one hour a day using methods and a modification of the Vawter massage technique from Europe just to keep his lymphatic drainage working. When they obtained their *Aerobic Exerciser* he began using it for 1½ minutes one to two times a day. During this time, his **lymphatic drainage** has continued to work with no other treatments. That is incredible to him! Needless to say, he has been thinking and feeling better. They both state that it has already been a major contributing factor to their health and well being. ..Dr. J., DC

Aerobic Exerciser and *FIR Dome* Create Energy to Eliminate Trapped Proteins

“When the cells receive oxygen and glucose, then it will produce the electrical energy it needs. But you cannot have cells produce electrical energy if there is excess water around the cells, so when you accelerate/decelerate the body, it pumps the **lymphatics** to eliminate the excess water.

It is the job of the blood system to get the oxygen and the glucose to the cell, and it is the job of the lymphatic vessel to pick up the excess toxins, excess water, trapped blood proteins, fermented glucose, and all the other issues in the interstitial space. The *Aerobic Exerciser* will actually pull out the excess water from that environment to a certain extent. The only problem is you still have trapped blood proteins and they cluster like grapes and they are almost impossible to break up. The only thing that we know of that breaks up clustered proteins is energy. That is why I love the *FIR Dome* and the *Aerobic Exerciser*.” ..C., Lymphologist

A Boon for Lymphatics

The *Aerobic Exerciser* itself is very, very beneficial. It’s not only great to bring the brain into an alpha state, but it’s also good for the **lymphatics**. The **lymph system** is where a lot of our waste products go, so if we can get our **lymphatics** flowing and get our cells cleaned up, it is a great boon. The **lymph system** brings it up through a duct in our chest called the thoracic duct. The pump of the body that pumps the **lymphatics** is the lungs, so deep breathing is very essential. While you are ‘chilling,’ take some long, deep breaths. It is very good for you. It will actually oscillate you even more.

..Dr. S., MD, PC

Exercise Moves Lymphatics

M., Cranial-Sacral Therapist, stated that exercise is one of the greatest ways to move the **lymphatics**, so by using the *Aerobic Exerciser* it gets movement going. Movement is the only way to get the **lymphatics** to really pump good. Exercise and **lymphatic drainage** help to get it moving.

..M., Cranial-Sacral Therapist

Lymphatic Drainage Techniques

Naturopath, Dr. L, has given instructions on performing **lymphatic drainage** as follows:

1. After your treatment with the *Aerobic Exerciser*, wait for the “Chi” to completely subside.
2. Lift your feet off the *Aerobic Exerciser* and place them on the floor in front of it so your knees are elevated.
3. Raise your arms at chest level with elbows perpendicular to the body and fingers touching, slowly move your arms to the left while you move your knees to the right. Repeat this cycle two times.
4. Place your fingertips a few inches below the base of the back of your neck.
5. Pull your hands forward, applying gentle pressure, until your fingers come to the clavicle.
6. Tap (press-hold-release) the space that is just above the bone three to five times.

..Dr. L., N.D.

Lymphatic Drainage Working Wonderfully!

Dr. J. and L, doctors of Chiropractics state that the *Aerobic Exerciser* qualifies as one of the most important modalities that they have tested over the past ten years. In their opinions, the reason for this is that it mobilizes the **lymphatic drainage** of the body. This is critically important, as Dr. Gaston Naessens from France has shown that in cancer and other chronic degenerative illnesses, the **lymphatic system** becomes all clogged up like gelatin instead of freely flowing. Given their training in Applied Kinesiology and J.'s own disability of five years from chronic fatigue syndrome, multiple chemical sensitivities and immune dysfunction secondary to chemical injury, they have been acutely aware of his need for improved **lymphatic function**.

___ Since the arrival of the *Aerobic Exerciser* J. has been using it one to 1½ minutes one to two times a day. Amazingly, during this time, his **lymphatic drainage** has continued to work with no other treatment. This is truly incredible! Needless to say, he has been thinking and feeling better. ..J. and L., DC

Stimulated Lymph System Relieves Body of Toxins

After a bout with a respiratory condition and then using the *Aerobic Exerciser*, J. from Colorado began to have no mucus buildup of any kind. This happened when the toxins were eliminated quickly from the body as the machine constantly pumps the **lymph systems** and brings this about. ..J.

MUSCULAR DYSTROPHY AND OTHER MUSCULAR DISEASES

***Muscles** are bundles of specialized cells that are able to contract and relax, creating movement. These give us the ability to carry out the enormous variety of movements we are capable of. The muscle movements are called voluntary, skeletal, striped, or striated muscles. Muscle can waste away if the nerves that connect them to the brain are damaged. This happens in polio and other afflictions of the nerves and spinal cord. Muscles are affected by a great variety of diseases. There are the intrinsic ailments of the muscles such as **muscular dystrophy** where the muscles are weakened and shriveled away gradually by the disease. It occurs much more frequently in males than in females. The disease affects important muscles, even those of the trunk of the body. As it progresses, it may incapacitate the patient so completely that he cannot even stand or sit. There are other less extensive forms of **muscular dystrophy** where the fortunate ones will have rather mild disability.*

Help for Muscular Dystrophy

One Utah distributor told of his friend's wife who is afflicted with **muscular dystrophy**. One of her legs is really constricted and she walks with an abnormal gait, which throws her back out. She got on the *Aerobic Exerciser* for two days and said, "This is the first time in a long while that I can feel tingling about right here in my back!" Three weeks later she reported that the tingling sensation had moved up measurably. She commented that she feels looser, she sleeps better, she feels better. She is doing better. .D.

MENTAL AWARENESS

***Awareness** is to have knowledge of something or to have vigilance in observing or alertness in drawing inferences from what one experiences. By taking time to relax, one becomes more mindful of his/her own condition, grows **more aware** of the body's subtle signals, and responds to stress long before its destructive effects can take hold. By incorporating many short relaxation practices throughout the day and conditioning oneself to relax instead of tensing when encountering a source of stress, the depleted energy reserves can be rebuilt. How a person frames or perceives experiences may also have a direct impact on the immune system. Symbolic threats produce real physiological consequences. Perception of meaning, and the language used, may also be an essential element of healing.*

Movement of Spinal Fluid

The rhythmic movement of the *Aerobic Exerciser* causes the **fluid to cross over the membrane of the brain.** There is nothing that moves the fluid around the brain except movement, and it can only be a fish-like movement or jumping on a trampoline (which is not very effective.) When this happens it actually releases endorphins in the brain and you have a wonderful feeling. You get all of the wonderful, tingling sensations that are from the stimulation through the spine. .G.

Action Triggers Cellular Memory

Studies now reveal that the action of the *Aerobic Exerciser* actually **triggers cellular memory.** We all have 73 trillion cells in our body and when we have a car accident that results in whiplash, that goes into the cellular memory. This machine triggers that memory. The reason for that is because it pumps cerebral spinal fluid. .C.

Enhances Focus

Dr. J., chiropractic doctor, told of top golfers and tennis players in Australia who find the daily use of the *Aerobic Exerciser* **helps them to focus** on their game. Ordinarily, they use meditation to accomplish this, but it takes about one hour to reach that state. After using the *Aerobic Exerciser* for only five minutes, they were able to achieve the same results. In this submeditative state they could work on their game and relax at the same time. They could gain an oxygen surplus. This gave them more time to do other things, plus it allowed them to truly focus on their game in a very relaxed mode.

..Dr. J., DC

Oxygen to the Brain

The Reverend N. reported that her **thoughts are clearer**. She felt that she was finally getting some oxygen to her brain. Her therapist was amazed at how much **clearer and healthier her energy field** was. The *Aerobic Exerciser* helped her cleanse and clear not only her body, but her mind, spirit, and emotions. ..Reverend N.

Good News for Epileptics!

C. from Australia reported that people in Melbourne are working with **epileptics** and they are having enormous results. The circulation of the blood is very significant. ..C.

Revitalize the Brain

When you do Yoga and deep-breathing exercises, the forcing of the energy upward actually increases your body's energy state. It makes it easier for your body to get the oxygen and you are forcing most of that **energy up to the brain** because that is where you want most of the energy. When you are doing Yoga, etc., you are trying to get most of the oxygen to **revitalize your brain**. If we can get the brain functioning good enough, it will get the rest of the body working good.. This is the pattern whereby your body works. ..Dr. S., MD, PC

Unclutter Your Mind!

When the body detoxifies, the **mind** does the same thing. Sometimes I am so busy I don't even know where to start..I have so many phone calls to return and I have meetings to plan, etc. etc. I can get on the *Aerobic Exerciser* for five minutes and when I get off, I know exactly what I need to do. I know what decisions I must make and can put everything in perspective. It is so wonderful when life is so complicated and you can get it simplified again. What the machine does is give you extra perception.

I know that most people are having similar challenges in their lives and to have something that can make your life and other peoples' lives better is wonderful! ..D.

MS AND OTHER NERVOUS SYSTEM DISORDERS

The brain, spinal cord, and nerves together form the **nervous system**, the communication network of the body. It has two main parts: the central nervous system (which consists of the brain and spinal cord and is the control center of the network) and the peripheral nervous system (which consists of cable-like nerves that link the CNS to the rest of the body). If we compare the brain to a control center, we can think of the **nervous system** as a communications network that directly or indirectly associates all our activities with that center. Messages from both the outside and from within our own bodies come to the brain via the nerve network, for a decision on what is to be done. In addition to the fifteen billion nerve units in the brain, there are billions of receiving points, called receptors all over the body. These are for vision, hearing, pain, pressure, and other functions and feelings. Like any other part of the body, the nervous system is subject to many ailments. These may be organic, in which the nerve structure is affected. They may be functional, which means that a part of the body or mind is in trouble, not that no change in the nerve structure is apparent.

Multiple sclerosis affects the central nervous system and usually occurs in early adult life. Normally, nerve fibers are surrounded by a larger of insulation called myeline. MS results when the nerve fibers of the central nervous system develop multiple patches of demyelination (removal of the myelin sheath). Nerve transmission is disrupted, leading to feelings of pins and needles in the hands and feet, numbness, loss of balance, clumsiness, sensitivity to heat and cold, blurred or double vision, and difficulty walking.

Neuropathy is an abnormal and usually degenerative state of the nervous system or nerves. It is a general term that signifies disturbances and pathologies in the peripheral nervous system (nerves outside of the spine), often inflammatory in nature, and may be secondary to disease such as diabetes, pressure such as from nerve entrapment as in carpal tunnel syndrome in the wrist, disk lesions or due to unknown causes (usually nutritional deficiencies).

MS Patient Finds Improved Quality of Life

We have had patients with **multiple sclerosis**. The *Aerobic Exerciser* does not cure MS, but one particular person who was totally bed-ridden (or if not in bed has to be in a motorized wheelchair) finds that the use of the machine dialy really adds to the quality of her life. ..Dr. J., DC

Aerobic Exerciser - Best Therapy for MS

Dr. L., Naturopath, is recovering **multiple sclerosis**. He feels that the *Aerobic Exerciser* is the thing that has helped him the most. ..Dr. J., DC

Boon for Any Type of Paralysis

The *Aerobic Exerciser* is a Godsend for any kind of paralysis and for those who are limited in any area of movement. For **multiple sclerosis**, start them at two or three minutes at a time. Release of toxins can cause light-headedness, nausea, or some soreness, but at the same time, they know it is doing the job! ..Dr.

MS Responds to the *Aerobic Exerciser*

The husband of a distributor in Florida has **multiple sclerosis**. She is very much into nutrition and works diligently to help her husband. However, since they have purchased and used the *Aerobic Exerciser* he has improved dramatically. It is the first time they have found something that has actually helped him.

Sciatic Condition Relieved

K. shared his testimony on the *Aerobic Exerciser* and his experience in overcoming a **sciatic (pinched nerve condition)**. He is a health consultant and is in contact with many health professionals, modalities, and related products and services. His experience in self-healing with the machine has given him a desire to share it with everyone. ..K.

Amazing Battle with Pain

F. of China told her remarkable story where she gave the following account: "I began with a pain which I thought was caused by a stiff neck, but it turned out to be very serious when I was examined. The doctor told me the illness might cause **paralysis** if I refused an operation. Aside from surgical treatment, there was no other effective recourse.

My left chest and left hand began to suffer from **muscular atrophy** during that terrible period. Also, the upper part of my body was stiffening just like a piece of wood, and I was walking like a robot. The **nerves of my cervical vertebra and thoracic vertebra were constricted** and I had difficulty speaking or even turning or moving my head in any direction. I could only sit upright at night because the acute pain would kill me when I tried to lie in bed. All of my bones were as painful as if they were being eaten by worms. I was desperately hopeless and I thought I would rather die young than live to bear the agony of these serious illnesses. Facing a desperate situation, I did not know what to do. One day a friend took me for a spinal treatment. I was very skeptical, plus being afraid, but I finally accepted the treatment. On the first day, after two hours of using the *FIR Dome*, the doctor was going to work on my vertebrae. However, my spine was as stiff as a washboard so I had two additional hours of irradiation. I could feel the improvement after that treatment, yet the pain was still there.

On the fourth day I could feel a gradual greater progress in the treatment, so I brought the *FIR Dome* and the *Aerobic Exerciser* home with me. From that time on, I have been using them earnestly every day. I spent an average of six hours a day on the treatment. Twenty days later I felt much better, but I could not bear the sharp pain in my back and hands when I was being irradiated by the *FIR Dome* or when I was treated by the *Aerobic Exerciser*. Often it was so painful that I could not stand up after a treatment. My husband was trying to help me, but the pain was too sharp to allow him to do so.

Is Surgery the Answer?

Seeing my unbearable sufferings, my husband and I made the decision to go to the hospital for an operation. One day my friend called and asked me to visit another doctor. The doctors suggested I should just continue using the *Aerobic Exerciser* and the *FIR Dome* because there had been an improvement and there was no need for me to have the operation. I followed his advice after careful consideration. I continued to use the machines and gained greater confidence in them. I began to believe that full recovery might be possible. After 1½ months about 70% of my maladies had disappeared. I went on using the *FIR Dome* for another six months. Now I am glad to say I am almost fully recovered. I know I must not become complacent, for if I were to stop using them out of laziness, the stiffening and painful muscles would stage a comeback.

I am becoming stronger and healthier with each passing day. My abnormal weight has reached its normal range again. My friends say I look more and more beautiful. I want to advise those who are suffering from various diseases to use the *FIR Dome* and the *Aerobic Exerciser*. ..F.

Debilitating Disease Improved with Use of *Aerobic Exerciser*

Dr. J. reported that one of his patients had a very debilitating problem called **chronic sympathetic dystrophy**. This patient was helped by the *Aerobic Exerciser* where nothing else could help. There were even thoughts of amputating her limb before this time. Her quality of life has now been improved and some function is now returning, something that no one thought possible. ..Dr. J., DC

MS Responds to *Aerobic Exerciser*

One young lady who was diagnosed with **multiple sclerosis** has been using the *Aerobic Exerciser* for one month and she is already getting feeling back.

Neuropathy Relieved

D. has suffered with diabetes and **neuropathy** in his feet and lower part of his legs. It has caused a situation where he has absolutely no feeling in those body parts. He also has no feeling in his hands. This condition has existed for about two years.

After using the *Aerobic Exerciser* for several months he can now feel the tingling and sensation in his feet and in his hands that he never could feel before. He is getting a little more motion back in his feet and can move easier. He has noticed a marked difference in improved motion in his hands. He has also had sensations in his toes which has been absent for a long time. ..Dr.

Feeling Back in Leg

A distributor reported, "I have a friend who has **MS**. She didn't know she had **MS**, but her **legs had been really numb for about four years**. She got an *Aerobic Exerciser* and is not having feeling in one leg."

Full Use of Shoulder Returned

R. had **neuropathy** in her shoulder and had problems sleeping at night. No matter which way she turned, her shoulder was in pain. When she raised her hands over her head while using the *Aerobic Exerciser* it was very painful at first, but as she persisted she could do it for longer periods of time. Now that position feels the most comfortable of any other position. She now has full use of the shoulder and the pain has gone. ..R.

Help for MS! A Marvelous Piece of Equipment

A health professional got into this business because his **wife had MS**. She was in a wheelchair and had been there for 20 years. While in Australia someone told him about the *Aerobic Exerciser* and the great success they were having with it. They suggested having his wife try it—what did they have to lose! He loved his wife so much he would do anything for her—that was the reason he got into health modalities—so they took her out of the wheelchair and onto the bed and onto the machine. She was on for a few minutes and when it was over, she said, “I feel better. **I can move easier. I don’t hurt as much!**” He left Australia, hoping to find a machine in the U.S. that he could purchase for her.

After obtaining an *Aerobic Exerciser* in the U.S., he called on the telephone and said, “Do you know what this thing is doing! **It moves the fluid in the spinal cord. I have never found any piece of equipment that could do that!** Do you know how important that is?”

No More Socks to Bed!

“The last three weeks is the first time in four years that I have been able to go to bed without my socks on. I don’t know if anybody here has any kind of **neuropathy** or any problems where they take their socks and go to bed. You can’t rest. You can’t go to sleep. This is the first time in over a year—and it has been just about three weeks now—that I could take my socks off and go to bed just like normal people do. That is pretty exciting because I have struggled with the condition for a long time!”

..V. Health Therapist

Feeling Back in Feet and Hands!

A. is working with a couple who both have **MS**; they are both in wheelchairs and we demonstrated the *Aerobic Exerciser* on them the other day and it was the first time in a long while that they felt tingling in the bottoms of their feet and in their hands! A. said..”We only put them on for two minutes. We were very excited about this and so were they. Needless to say, they have ordered both the *FIR Dome* and the *Aerobic Exerciser* and they are using it several times a day. I understand they are very excited. This, I think, is going to be one of our miracle stores. ..A.

NECK AND SHOULDER PROBLEMS

***Neck and shoulder problems** constitute a variety of maladies for individuals. Swollen glands in the neck are a common problem due to an enlargement of the lymph nodes. If these glands are painful, it means there is an infection somewhere in the head. A stiff neck commonly is the result of a muscle cramp precipitated by a chill, sleeping in a cramped position, tonsillitis, unaccustomed exercise, or sudden twisting of the neck.*

***Shoulder maladies** can also result from many different problems. Infection in the shoulder bone can cause an acute infection called **acute osteomyelitis** which is very serious because the germs can invade the whole body. **Shoulder fractures** can occur which usually cause only temporary disability. **Frozen shoulder** is a very disabling limitation of motion of the important shoulder joint can develop after bursitis. The condition, which results from bands of adhesions around the joint can also be due to other causes. **Bursitis** is a common problem. It is an inflammation of the lubricating parts around joints, usually affecting the shoulder.*

Use of Aerobic Exerciser Restored Feeling in Numb Shoulders.

Dr. J, a chiropractor, had a horse accident when she was nine years of age and her left **shoulder blade area had been numb** since that time. Thirty-five years of chiropractic care had removed the pain and she had quite good motion, but it was always numb..just no feeling in that area. After three weeks on the *Aerobic Exerciser* she felt some major burning for two or three days, and then that burning went away. After it left, all the sensory nerves returned to that part of her body.

In her own words, Dr. J. describes her experience: “After two weeks my left trapezium muscle (left upper shoulder area) started to heat up and it released energy for three-four days continuously. I knew a healing was happening on a childhood injury area, so I didn’t worry. Since then my shoulder area is the freest I ever remember, though I’ve danced since childhood and have had consistent chiropractic care for thirty years.” ..Dr. J., DC

Mini-Miracle - Shoulder Restored to Full Motion!

J.’s husband, who is also a chiropractor, was blown off the roof of their home during some cyclonic weather. His **spine and left shoulder were fractured** during the fall and it totally tore everything in the shoulder. He had extensive care from some of the best professions, also extensive massage and acupuncture. About 80% of the motion in that shoulder came back, but he was still suffering pain if he moved it beyond that motion. He knew that 80% is considered to be the top level of rehabilitation and felt it probably would never improve beyond that.

He used the *Aerobic Exerciser* for two weeks, beginning with five minutes the first week and moving on to ten minutes the second week. At first it was necessary to put pillows underneath his arm as it would not move down, but gradually the pillows could be removed and his arm actually laid flat on the floor! He later realized he could move his left arm to full motion! He instantly realized there was something magic happening way beyond what he thought was just a little machine that gave the body a relaxing mass. ..Dr. J., DC

Aerobic Exerciser Helps Heal Torn Rotor Cuff

Another user reported having suffered with a **torn rotor cuff** in his shoulder for two years after he collided with a tree while driving his tractor. He used the *Aerobic Exerciser* for six months and his shoulder was almost totally healed.

Arm Can be Rotated Again!

D. reported that he had suffered for years with **bursitis**. It was always a continual irritation. He had cortisone shots years ago and it would help for a while, but since using the *Aerobic Exerciser* he has full motion of his shoulder and arm. He can rotate his arm completely, he can lift it over his head and has no pain at all ..D.

Help for Serious Back and Shoulder Problems

C. related her amazing story as follows: "I have been suffering from arthritis for about ten years. If I took a long walk or did other such things, all of the joints of my entire body would ache. The illness had troubled me a lot, both physically and spiritually. Because of the illness, I had to give up the job I love. I lost my close friends and even my family life was badly damaged. I was very disheartened and short-tempered. My doctors suggested that I should keep on doing exercises or my joints would become even more stiffened.

Although I did try to follow the advice of doctors and learned various kinds of exercises, I gave up because I did not have any interest in them. After a long period, the upper part of my body—including **the vertebrae, shoulders, and cervical vertebrae—became fairly stiffened.** Even a small movement of my head was very painful and difficult. If I got too tired after a day's work, I could not get up from my bed or even make a turn of my body at night. During that long period of my illness, I merely relied on lots and lots of pain-killers. I spent a lot more time on the so-called recuperation and rehabilitation programs at the hospital and spent a huge amount of money on my daily massage at home. With each passing day, I did not know when and where was to be the end of my gloomy life.

The day finally came when I began to use the *FIR Dome* and the *Aerobic Exerciser*. After I used them for only two or three days, I felt the stiffness of my body going away. Six months later I found them very effective. I could say goodbye to those days of waste in money, time and energy spent on medicine, massage and the like. Now I can do these healthy exercises for recuperation purposes at home. I now have a good appetite. I can sleep well at night. I have gained weight and can ride my bike to take my daughter to school or to bring her home again. I passed the examination to get a driver's license. I can once again enjoy the good things in my life.

I used the *FIR Dome* and the *Aerobic Exerciser* simultaneously four times a day initially and I always felt great afterwards. My nerves, shoulders, and back felt a lot better, and body and limb flexibility improved. This further strengthened my confidence in the machines. I even continued using them while I was taking traction treatment at the hospital. None of my remaining symptoms worsened so I was pleased and was satisfied with the results.” ..C.

Shoulder Pain Relieved..

One user was in a car accident five years ago that left her with a **constant neck and shoulder pain**. After using the *Aerobic Exerciser* for only two weeks, she felt so much better that she shared it with all her friends, and they all just loved it! She continues feeling better and better each day.

Relief for Lower Back and Neck Pain

Dr. J., chiropractor, reported that people with **lower back and neck problems**, people who have had very chronic problems over a long period of time and a whole range of things find the *Aerobic Exerciser* is extremely helpful. ..Dr. J., DC

Neck More Flexible

The Reverend N. reported that her neck is much more flexible. She had suffered considerable damage through an accident and now her **neck is more mobile** with much less pain. ..Reverend N.

Help for Neck and Joint Problems

I have had several people who have had joint problems..it has actually improved their back pain and improved how it felt. I have had people with **neck problems**. I put these people on it and they do very well. It actually (as I said) puts the body into a state where everything gets moved. I have used it on people with ruptured disks. The *Aerobic Exerciser* has actually brought those disks into being better. You should be able to use it if you have a back fracture, but it needs to be stabilized so that you are not going to re-fracture it. ..Dr. S., MD, PC

Treatment for Neck Spurs

For people with **neck spurs** (who have no evidence of heart disease) the *Aerobic Exerciser* and the *FIR Dome* are very effective used together as a daily maintenance. The person should lie on the stomach on a large pillow and radiate the back of the neck with the *FIR Dome*.

For people with **neck spurs** (who have evidence of heart disease), the *Aerobic Exerciser* and the *FIR Dome* can be used simultaneously, but put the *FIR Dome* over the stomach. Do not use more than one *FIR Dome*.

Flexibility Returned to Arms

One distributor reported that her **arms were really locked up** and when she got her *Aerobic Exerciser* she could not raise her arms. She could not put both hands straight up without it really hurting. Now she has perfect flexibility!

Relief from Neck and Shoulder Pain

K. from Tennessee reported that she was introduced to the *Aerobic Exerciser* and was very skeptical of its benefits, but she agreed to try it. Within the first week she was convinced that even though it is “passive exercise,” getting the oxygen in her body flowing made a noticeable difference in how she felt.

After an automobile accident several years ago she began having a lot of **pain and tension** in her **neck and shoulders**. Now she can get the feeling of a full body massage in just 10-15 minutes and be totally relaxed and stress-free. It’s like having her own private chiropractor, but a lot less expensive and more convenient! ..K.

Back and Neck Pain No Longer Controls Life

R., MD, is a 72 year-old medical doctor and psychiatrist who used the *Aerobic Exerciser* for about a week and noted some remarkable improvements. Prior to this he had availed himself of the usual prescribed medical therapies and medications.

He was afflicted with **chronic back and neck pain** due to ankylosing spondylitis, where the **spine becomes fused and rigid**. This started 35 years ago. Dr. R. used the machine twice daily and his **back and neck pain** changed to the point that they did not control his life anymore. He suggests the best thing anyone can do for themselves is to try four treatments and then decide for themselves. ..R., MD

Neck and Shoulder Stiffness Diminished

T. from Colorado used the *Aerobic Exerciser* twice a day for least ten minutes over a three-week period. For 25 years he suffered from **shoulder and neck stiffness** and the muscles, ligaments and tendons are continuously sore. That condition has diminished significantly and there has been a notice-able **change in his left shoulder rotation**. ..T.

Tension in Shoulders Relieved

For nine years S. from Colorado has suffered from loss of sensation or feeling in his feet. He has been using the *Aerobic Exerciser* twice daily for 15 minutes and is now beginning to get feeling back in his feet. He swims a lot and does other exercises, but the *Aerobic Exerciser* has really helped his feet as well as his **shoulders**. He feels a **release of tension in the shoulder** area as he puts his arms overhead while using the machine.. ..S.

Shoulder Pain Gone!

M. from Colorado had been experiencing **constant pain in her right shoulder and joint** for almost a year from her work as a massage therapist. She was being treated with acupuncture for three months, but was still having pain. She was actually considering selling her massage business and then she tried the *Aerobic Exerciser*. Her first reaction was one of total relaxation. She began feeling like her old self after several months of feeling awful. Later that evening when she was doing a massage she could not believe the stamina and enjoyment she had again. She made up her mind to have her own *Aerobic Exerciser*. ..M., Massage Therapist

Injured Neck Responds to *Aerobic Exerciser*

D. from North Carolina suffered from various problems resulting from a severe whiplash four years earlier. Within one week of using the *Aerobic Exerciser* her **neck felt much better** and her **neck and spine continue to improve.** She has also been using the *FIR Dome* for the last three months and this has helped to heal the tissues of her neck and shoulders even more. She is now active the entire day and night and is so happy to be alive again and be able to help many other people. ..D.

Neck and Shoulder Pain Responds to *Aerobic Exerciser*

J. from Denver was afflicted with fibromyalgia and even though she took a lot of nutritional products she still ached all over. After using an *Aerobic Exerciser* for three weeks her good days came more frequently and she decided to buy herself a machine. Other ailments began to diminish—her bad days were fewer and less intense, her sleep improved, her **neck and shoulders were not nearly so sore or tight.** Her massage therapist remarks that her muscle tone has greatly improved. J. loves the machine! ...J.

Reduced Pain in Shoulder Joint

After having the *Aerobic Exerciser* for a little over a month, G. and H. from Oregon have enjoyed remarkable benefits. H.'s **shoulder and joint pain** is much less. Before the *Aerobic Exerciser* G. would pick up a heavy object with his left hand and couldn't even hold it up. Now he has strength in those areas. He is hoping to use the machine between massages so that he can continue to notice significant improvements. ..G. and H.

OSTEOPOROSIS AND RELATED PROBLEMS

***Osteoporosis** is a condition that affects especially older women and is characterized by decrease in bone mass, with decreased density and enlargement of bone spaces producing porosity and fragility. Currently, one-third of postmenopausal women in the US have osteoporosis, and the US has the highest rate of osteoporotic fractures in the world. However, the condition can be halted and even reversed using alternative treatments such as nutritional supplementation, diet, herbs, and natural hormonal therapy with progesterone cream. This disease can be caused by decreased levels of estrogen and progesterone, hormones that play important roles in bone building. The disease can also result from a poor diet and insufficient exercise. The American diet of processed foods, carbonated soft drinks, caffeine, and high protein, sugar, and salt consumption can promote **osteoporosis**.*

Aerobic Exerciser Produces Globulin in Blood

C. reported that the *Aerobic Exerciser* indeed does help **osteoporosis** because it produces globulin in the blood (especially for people past the age of 30, and especially with women.) ..C.

Pain Reduced with Aerobic Exerciser

The Reverend N. reported that an x-ray of her back showed **osteoporosis**, arthritis, and bone spurs cause by old injuries to her back. The arthritis was literally dislocating her ribs! One hip was much lower than the other. She felt like her back was on fire all the time and she could hardly sleep at night, much less stay asleep because of the pain.

After one week of using the *Aerobic Exerciser* she was almost pain-free. She had experienced acupuncture, cranio-sacral therapy, deep connective tissue therapy, Reiki, Kahuna healing, chiropractic, and massage. Everything help a lot, but then the pain returned. They didn't know why until they looked at the x-ray. It was the machine that worked out the crooked ridges in her back and reduced the pain. The massage therapist could see the differences clearly. Also, the bone spur on her foot is receding. Everyday there is a difference and she is often pain-free. ..Reverend N.

PARKINSON'S DISEASE

***Parkinson's Disease** is a chronic, progressive nervous disease chiefly of later life that is linked to decreased dopamine production in the substantia nigra and is marked by four major symptoms: slowness of movement, muscular rigidity, resting tremor (trembling at rest or no movement), and postural instability (shuffling, unbalanced walk which progresses into uncontrollable tiny, running steps to keep from falling). This disease usually begins as a slight tremor in one hand, arm, or leg. The tremor is at its peak during rest, improves with movement, and is completely absent during sleep. The tremor gets worse with fatigue and stress. As the disease progresses, there is more stiffness, weakness, and both sides of the body become involved and the initial tremors may become less prominent. There may develop shaking of the head, a mask-like expression on the face in which the eyes do not blink, and a rigid, bent-over posture that is permanent. Speech becomes difficult and slow, handwriting becomes small. Depression and dementia may occur.*

Help for Parkinson's Disease

E., a former health food store owner, has tried everything in alternative health to assist her husband with **Parkinson's disease**. The *Aerobic Exerciser* has worked better than anything else they have tried.

Additional Relief

V. of her friend who had **Parkinson's disease**. After her first experience on the *Aerobic Exerciser* she slept through the night. She got up only two times during the night compared to ten times, as was her usual case. She is very excited! After her friend has used the machine for a week she reported that she doesn't have to wake during the night at all. She can now raise her arm up above her head which she had never been able to do without excruciating pain. ..V.

A Godsend for Parkinson's Disease

A distributor told of her husband who has **Parkinson's**. It was diagnosed eight years ago. He has taken a lot of nutritional supplements in addition to medication, but without the nutritional power he would never be what he is. He still works three days a week, and up until last September, he worked five days a week. They were introduced to the *Aerobic Exerciser* and heard the testimony of someone else who had **Parkinson's**, so they decided to purchase the machine. He could tell the very first morning that it was going to be beneficial. He was straighter and felt so good. Now he exercises a lot; he walks a lot. He comes home at noon and lays on the *Aerobic Exerciser*, takes a nap, has his lunch, and then goes back to work. He uses it again before he goes to bed and is able to sleep without waking up. They are so thankful. He still has a little bit of trembling, but not nearly to the extent he had it before. They feel like God has opened a door for them and they love sharing it with people.

Parkinson's Ailments Respond to Aerobic Exerciser

“My mother has lived with me since 1996 and she was diagnosed in 1995 with **Parkinson's disease.** However, the medication never has worked for her. When I took her in to the doctor she was so stiff she no longer can walk. He began to question the diagnosis and said it may be **“stiff man's disease,”** something I had never heard of before. He put her on a really heavy drug--the strongest he could find--and it did absolutely nothing. I had watched her lose the ability to walk, to feed herself, or to talk.

When my good friend told me about the *Aerobic Exerciser*, I tried it thinking it might possibly help my mother. She is still **really stiff.** I can't put her on the floor, but I put the machine on the end of her bed. We have only had the *Aerobic Exerciser* for about a month, but in this time she has started to use her right hand. She can use her thumb and finger. She has started to reach for her own water and she will take it herself. She has started to try to feed herself again! Also, the first time I put the machine on the end of her bed and put her on it, a big smile came on her face. Having not been able to move, she really enjoys the feeling of movement. We are doing this in the morning and at night for about five minutes. I teach school so she is with a care giver during the day, and I am thinking it probably would be good to have her use it more during the day.”

..V. Little

Pet Care

The principles of alternative medicine are as applicable to animals as they are to human beings. Alternative veterinary medicine is directed toward maintaining natural good health. Animal treatment and healing are achieved using gentle yet effective methods, to treat not only symptoms, but to cure their underlying conditions.

Treating a Pet

As with a small child or infant, you can put your **pet on your stomach** or right between your legs to give it the benefits of the *Aerobic Exerciser*. The rhythmic movement of the machine gives them a wonderful therapeutic massage. They can feel that energy expanding and they sense the benefits.

..D.

PHYSICAL FITNESS

***Physical fitness** is achieved by the development and care of the body ranging from simple calisthenic exercises to a course of study providing training in hygiene and gymnastics. It should be balanced, just as a diet should be. You need one of more activities to exercise the heart and lungs to build endurance. Brisk walking, jogging, and swimming relatively long distances are good for this. Other parts of the program should be aimed at improving strength, agility, flexibility, and muscle tone.*

Passive, oxygenated aerobic exercise is a new way to accomplish physical fitness. This exercise provides more energy and stamina, strengthens the back bone and joints, increases oxygen intake, activates internal organs, and helps provide a more sound a more restful sleep. The few minutes you spend each day with the Aerobic Exerciser aerobic exerciser will help you relax and breathe easily while oxygenation takes place throughout your entire body.

Beware of Too Much Anaerobic Exercise

People go to aerobic classes hoping the regime will help them lose weight, but they stay the same or even put on weight. They don't understand it. They're perspiring and working hard. What is occurring is that these people are actually doing not aerobic activity, but anaerobic activity. In anaerobic activity we go into oxygen debt, not oxygen surplus. The body has to repay that debt and work to create some surplus. People who walk daily, jog gently, ride a bike gently, do gentle swimming are engaging in pure aerobic activity which will give the body an oxygen surplus.

The *Aerobic Exerciser* is not a substitute for exercise. It's an added aid to well being. Every five minutes on the machine is **equivalent to 30 minutes of walking**. When you do active aerobic exercise, you use part of the oxygen generated to fund the activity. Passive aerobic exercise (the *Aerobic Exerciser*) does not consume oxygen and creates very few acid by-products. When everything in the body slows down (heart rate and breathing) you go into an alpha brain wave and it **allows the oxygen surplus**.

Fat on the Way Out!

V. told of a coworker in her school who was more than **100 pounds overweight**. She shuffled along as she walked due to pain in her knees and legs. She began using the *Aerobic Exerciser* which V. took to school and after a few experiences on the machine she found that her legs and knees were not hurting anymore. When she got in her car to go home, she said, "My fat wasn't sitting where it always sits! When I had my shower this morning the fat wasn't there where it always is! Even the diarrhea I have had doesn't recur after I have used the *Aerobic Exerciser!*" ..V.

Surprising Weight Loss

W. is **down 12 pounds** from when he started using the *Aerobic Exerciser*. He has been overweight consistently for a lot of years and it is nice to be going down a little. ..W.

Losing Inches!

D. was excited to report that almost everyone who is using the *Aerobic Exerciser* is losing inches. The **average loss for men is 3" on their waist**. It is not a fast loss, but since fat retains the toxins in the tissue, when enough oxygen gets in there the fat can be metabolized and the tissue is no longer storing toxins. ..D.

Body Toned

One woman reported that after two weeks use of the *Aerobic Exerciser* she checked in the mirror and was surprised to see her **body looked much more toned**. Two months later she checked again and was excited to see that her body had reverted back to the way it was in her 20's. She was nearly age 52!

Another user reported she was very surprised to find out that she **lost 12 pounds** in just four weeks!

Tighter Abdominal Muscles

A user from China reported that using the *Aerobic Exerciser* **tightened up her abdominal muscles**. Instead of being flabby as it formerly was, she can now really feel strength and it's easy to hold her stomach in.

Aerobic Exerciser Helps 'Center' the Body

One user does a lot of jogging and exercising. He decided to check out the *Aerobic Exerciser* and see what the effect would be without any other exercise input, so he stopped all of his running, jogging, etc. for three to four weeks. At the end of the period he resumed these activities again.

He found he didn't run any faster, but he was more "centered." **His body felt very aligned and straight**. He said, "What the *Aerobic Exerciser* did for me was to provide my own chiropractor!" He has noticed this same effect over the last five months since using the machine.

This individual also found that he **lost a belt size** in a few months of using the *Aerobic Exerciser*. He attributes this to the toning of the hips, buttocks, and thighs through the rhythm pattern of the machine.

Eliminated Jet Lag

One user reported that using the *Aerobic Exerciser* has **eliminated jet lag** when he travels. He couples this with deep breathing and it is very beneficial. He travels a great deal by air and takes his machine with him. When he reaches his hotel he gets on it for 15 minutes and feels like a new man!

Weight Loss and More Energy

“My wife has **lost a tremendous amount of weight**. The machine has completely **toned her stomach** and given her lots of energy. Her varicose veins are disappearing and so are her aches and pains. My asthma has been helped significantly. I have not had to use my inhaler at all.” ..L.

Clients Love to Use the Machine

“I have found that most clients will use the *Aerobic Exerciser* on a regular basis. It provides them with aerobic conditioning with no impact trauma damage to the joints or stress to the heart and circulatory vessels. This provides a toning of all muscles, a rise in metabolism, facilitating **weight loss, and a reshaping of the body**. I have increased my efficiency at work by 30% and reduced my need for sleep to about six hours from resting on the machine only 15 minutes every other day. I have also had several growths drop off my body with no return. One of these growths had been there for 40 years!”

..Dr. R., DD, ThD, ND

For Firmer Breasts

Dr. L., Naturopath, states that the *Aerobic Exerciser* has been helpful to many women in **firming the breasts**. He also states that the *Aerobic Exerciser* has been effective with **weight loss**. The machine creates an oxygen efficient body, which is the secret to health and longevity. ...Dr. L., ND

Fat can be Metabolized

D. reports that those with whom she has shared the *Aerobic Exerciser* **have all lost inches**. The average on the men is 3" on their waist. Not everyone loses weight, but **everyone loses inches**. This is a “given.” It is not a fast loss, but since fat retains the toxins in the tissue, when enough oxygen gets in, the fat can be metabolized and the tissue is no longer storing toxins. It’s exciting to see the benefits people have! ..D.

Weight and Inch Loss Reported

W. reports **losing 17 pounds and 6" on his waist** over a period of about four months of using the *Aerobic Exerciser*. ..W.

Multitudes of Improvements!

One seminar participant started using the *Aerobic Exerciser* and worked up to ten minutes twice a day. She reported having **lost four pounds in three days!** Her appetite went up and she didn’t want to lose more weight, so she cut back on her time. Now she is just using it five minutes at a time.

Wonderful Results in Three Months

“I have had wonderful results with the *Aerobic Exerciser* after only three months. I have **lost nine pounds and 5½” on my measurements!** My sugar is under complete control and four other people who bought the machine from me said their sugar levels are under control. One young lady who was diagnosed with multiple sclerosis has been using the *Aerobic Exerciser* for one month and she is already getting feeling back. An older acquaintance had a by-pass and also had sugar diabetes and he was one of the ones whose sugar was lowered.” ..S.

Weight Loss Achieved

A distributor from Rawlins WY reported, “I have only had the machine for three months and I have **lost nine pounds and 5½”!**

Lose Cravings with *Aerobic Exerciser*

When we talked to a few doctors, we found that people were saying, “I seem to be losing my **cravings for chocolate** since using the *Aerobic Exerciser*. I seem to be losing my **cravings for eating all the time and munching between meals.**” People were losing cravings for alcohol, smoking, and all these different types of things. We learn from nutrition studies that we feel hungry and eat because the body needs nutrition, so when we are hungry all the time, our body just said, “Whatever you ate didn’t do anything for me. I need more.” So we keep sticking all the wrong things in our mouths, and that is what goes on. We need to be thinking how we want to feed the cell, not the palate.

Height Shrinking Eliminated?

The thing that impresses me most as a therapist is the possibility of retaining our height. If we walk, if we run, if we jump on a little trampoline..we have the law of gravity pushing down. Have you ever noticed how **people, as they get older, get shorter?** If we could just get people to get on a *Aerobic Exerciser* and lie there and get their bodies loosened up and relaxed, it might be the end of people getting shorter as they get older. The slant board used to be wonderful for people to lie on because it gives space and relief at the spine so you get better circulation, but now we have the *Aerobic Exerciser* and that can help take care of it. ..V., Health Therapist

Lost Weight with Use of *Aerobic Exerciser*

L. suffered injuries from a major car accident in 1960 and received relief with the *Aerobic Exerciser* more than 30 years later. She also **lost weight in six to eight weeks.** ..L.

Stomach Becoming Tightened

L. received her *Aerobic Exerciser* in December of 1999 and uses it daily. Her **stomach is slowly tightening up** and she is now sleeping much better. ..L.

Employ Walking Along with the *Aerobic Exerciser*

‘E’ stands for Exercise. The *Aerobic Exerciser* is a wonderful exercise, but I would recommend that you do something else along with it. **Walking** is one of the best exercises I can think of if you make sure that you get the normal swing in the arms. As the left leg goes forward, the right arm should swing forward. This is called a “contra-lateral pattern” and it keeps the communication open in the body—top and bottom, left to right, front and back, so walking is much more than a cardiovascular exercise. .Dr. J., DC

A Boon for the Lazy ‘Jogger’

M., Cranial-Sacral Therapist, happens to also like the *Aerobic Exerciser* because she is lazy! She tells her children, “I am jogging now! I’m getting **my hour’s worth of jogging!**” (while she is laying there rotating back and forth). That’s one thing she likes, and her clients like that, too! They can just lazily go back and forth and back and forth..it’s a fun thing! Again, it’s all about energy. M.,Therapist

Do We Need Other Exercising?

M. responded to this question as follows: “Yes, I like to go walking, I like to move the muscles. Yes, you still need the movement of the muscles, but like I said, I am lazy. Of course, I am also busy, too. I like to just get in there and be on my living room floor. Also, the fascial tissue goes around every muscle, around every bone, around every part of the body..every nerve, every blood vessel. Again, with the *Aerobic Exerciser* you are still getting **movement in all those parts** and you are **moving those lymphatics**, which is detoxification, so you are still detoxifying your body. ..M., Therapist

Inch Loss with *Aerobic Exerciser*

A., owner of a self empowerment center, experienced **loss of inches** after using the *Aerobic Exerciser*. She made this observation: “The first week I used this, I lost ½” in my waist. I was very excited about that. I knew immediately something had shifted with the *Aerobic Exerciser* because I hadn’t done anything differently than what I was doing. If you haven’t experienced the *FIR Dome* let me tell you, it is just as phenomenal as the *Aerobic Exerciser*. You use them together and what a great combination they are! You can’t beat it!” .A.

No Need for “Thunder Thighs”

K. from Tennessee reported that she was introduced to the *Aerobic Exerciser* and was very skeptical of its benefits, but she agreed to try it. Within the first week she was convinced that even though it is “passive exercise,” getting the oxygen in her body flowing made a noticeable difference in how she felt.

Although she has walked one to two miles daily for several years, K. has not been able to firm up and get rid of the inches that she wanted to lose. She thought “thunder thighs” was her genetic curse.

After two months on the *Aerobic Exerciser* she had the additional benefit of having **5" gone from the hips and 3" gone from her waist!** She does not experience the cravings she once had; apparently she is metabolizing more of the nutrients from her food because she is **no longer feeling hungry all the time.** In addition to the inches that are gone, so are **16½ pounds in just the last couple of months.** She is **wearing her teenage daughter's clothes** again, and it feels great! ..K.

Weight and Inch Loss with *Aerobic Exerciser*

B. from Montana told of her father whose **appetite has dramatically decreased and he's lost about 15 pounds** in two months after using the *Aerobic Exerciser*.

In just two short months B. is also **down 2 ½ sizes in jeans.** She had no intention of **losing weight**—it just happened and she can't believe it! She has been on numerous programs with no success. This machine has been an answer to their prayers. ..B.

Weight Loss after using the *Aerobic Exerciser*

P. states that she has been on her *Aerobic Exerciser* and *FIR Dome* for three months and is now feeling better and better every day. She finds that she does much better for short periods of time and more often. She has **lost weight** and her depression is much less. ..P.

More and more weight coming off!

J. reported that her husband has faithfully ridden his indoor bike for thirty minutes every other day, but could not lose any weight. When he began using the *Aerobic Exerciser* he **lost four pounds in the first three weeks and is continuing to lose more.** Both she and her husband are pleased over this extra benefit. ..J.

Mobility Improved, Weight Loss Noted

The *Aerobic Exerciser* has been an exciting thing in the life of J. A year ago she lost so much mobility she **could no longer get up and down.** If she lowered to a squatting position, her legs could not hold her up. After one week using the machine several times each day, she noticed she could get up and down better and soon discovered she **could do several knee bends without stopping.** She is truly amazed and so joyful for all the aid the machine has given her. The machine has also helped with fluid retention so that she has **lost a few pounds.** ..J.

Inches Lost with *Aerobic Exerciser*

After using the *Aerobic Exerciser* for four weeks, K., a bank teller from South Carolina, **lost three inches** and her husband has also **lost several inches.** The *Aerobic Exerciser* takes the place of something she has always dreaded to do daily—it also saves her time. She just lies back and relaxes and the machine does all the work. She wouldn't trade it for anything! ..K.

Weight Loss is a Plus

I. from South Carolina has been using the *Aerobic Exerciser* for about four weeks. She has **lost seven pounds.** In addition, the machine is helping her deal with depression. She says..”I am very thankful and I hope it will help others as much as it has me.” ..I.

PREGNANCY

*The decisions a woman and her husband make during preconception, **pregnancy**, and childbirth will shape the life of their child. As alternative medicine increases in popularity, future parents and caregivers are looking toward natural therapies such as nutritional supplementation, homeopathy, herbology, massage, and aromatherapy in order to give birth to a healthier child. Currently, natural practitioners in the field of childbirth are addressing the need for dietary changes, abstinence from harmful substances, childbirth classes, and emotional support during the birth. Other options range from the modern technology of a hospital birth to water birth in the home; from obstetric care to midwifery; from medical drug intervention to labor-inducing herbs.*

Can be Beneficial during Pregnancy

C. told of a woman who teaches natural birthing. She is a midwife and has a school of natural birthing. If a woman is physically in good shape and loves to play tennis or other sports during her **pregnancy**, there is no harm associated with the *Aerobic Exerciser*. It has been her experience through consultation that pregnant women are having enormous results and the births are far easier with the use of the machine. It circulates and oxygenates the blood. On the other hand, there are women who, if they play tennis, etc. would be in trouble. This is an individual decision and must be regarded in that fashion. ..C.

Aerobic Exerciser Okay for Stabilized Pregnancy

After the **pregnancy** has been stabilized for several months, then the *Aerobic Exerciser* could greatly assist the prospective mother. ..Dr. J., DC

In Case of Pregnancy..

What about **pregnancy**? I have not personally used it with someone who is **pregnant**. I work with some midwives who have used it on **pregnant** women. In one case it made the cervix so strong that the patient had a difficult time with dilation and she ended up having a C-section. So I would hesitate to recommend it for women who are **pregnant**. ..Dr. S., MD, PC

Use Aerobic Exerciser Following Pregnancy

Following **pregnancy**, any woman who has developed back pain due to a misaligned spine can improve this condition with one week's use of the *Aerobic Exerciser*.

Regain a More Slender Figure Following Childbirth

During **pregnancy**, the fetus presses on blood vessels and this can lead to an abnormal enlargement of a vein or artery and also dropsy. People who stand for long periods of time or who have overworked naturally want to sit on a sofa and elevate their feet to relieve the pain. This reverses the flow of lymph and helps to disperse lactic acid.

Regular use the *Aerobic Exerciser* for five months following **pregnancy** can accelerate this process, thus improving the physical conditions that contribute to vein enlargement and dropsy. About 33% of women put on weight after confinement. If a woman uses the *Aerobic Exerciser* one week after delivery it will help to contract the womb. With regular use, the *Aerobic Exerciser* will help women regain a more slender figure and help gain or restore a healthy glow.

Internal Massage from *Aerobic Exerciser* Helped Conceive Child

“For me, the best benefit from the *Aerobic Exerciser* was an **internal massage, which was instru-mental in helping me to conceive our first child** after 15 years of persistence. I am 42 years old and have been married for 20 years. A dear friend who is 39 years old also conceived after using the *Aerobic Exerciser* regularly.

I have seen several doctors along the East Coast since 1980. Many procedures, even extremely costly artificial insemination, including fertility drugs, laparoscopic examinations, vitamins, etc. have had no effect. My husband and I travel often with our work, not always able to be together at the same time and place. One doctor’s theory of our childless state was that we needed relax. That does not work with career-minded couples! This drawn out process seemed to take over our lives and left us feeling incomplete and frustrated.

While I was away working on a movie, a fellow crewmember had tried my *Aerobic Exerciser*. She wanted to know if it might prevent her from conceiving. When she contacted the main office, she was told that it might help her conceive, as **it gently massages the internal organs that may have adhesions that prevent conception**. It was true, she conceived shortly after I did! I am enjoying our miracle child. This is a miracle! I am now pregnant again! We thank God and the *Aerobic Exerciser* for helping us have our long-awaited family.” ..C. M.

The *Aerobic Exerciser* Helped Get Life Back!

“Twenty-eight years ago I was **pregnant with my first child** and I weighed 99 pounds. The baby grew to 9 pounds in less than nine months! I carried 40 extra pounds in my stomach and I started to waddle as well! **After my second child, I gained weight and my figure continually became pear-shaped** and sedentary. I would spend three to six days in bed every other week for years. Then, five years ago migraines started happening every week, so I spent more time in bed. I weighed 165 pounds and I felt as though I had slept through my entire life.

I recently bought an *Aerobic Exerciser* and use it regularly. I am walking well for the first time in 28 years, and I can lie on my back for over an hour! I am also getting my shape back. I even have a waist line again! I don’t feel heavy like before. I can wear a belt and it doesn’t look like a ribbon on a box! I want to tell everyone that I feel like Rip Van Winkle! All my friends are noticing my improvements and want an *Aerobic Exerciser* too!” S ..C..

Can the *Aerobic Exerciser* be Used during Pregnancy?

In answer to this question, there are some interesting suggestions. The *Aerobic Exerciser can be used, but* to preclude any problems, it should not be used by those who suffer from presentation placenta or habitual miscarriage. Use of the machine should be suspended during the first trimester and during the final month before delivery.

It is not advisable to start using it during pregnancy if you have never used it before. However, it is wonderful to use following delivery to help recover from the labor and the delivery. It is always advis-able to consult your physician for advice if you have any concerns about using it.

Great Asset to Midwifery..

L., a practicing midwife, uses the *Aerobic Exerciser* as a valuable aid in her work. It prepares the mother for delivery and in the case of a baby in breech position, the machine was the means of causing the baby to correct its birth position and be born normally. She wouldn't be without the *Aerobic Exerciser!* .. L., Midwife

***Aerobic Exerciser* Helpful for Active Mother-to-be**

During pregnancy, the first trimester is the one that should be watched more closely, but if you are busy with aerobics and exercising, the *Aerobic Exerciser* is not a problem. For someone who is totally sedentary, you don't want to detox. As long as you keep the time low enough that you are not detoxi-fying—if you get nausea, that's detox—it is a wonderful form of exercise. Just slow it down. Don't do anything to detox really fast. Do it slowly and drink more water and use it more often.

..D.

RESPIRATORY SYSTEM PROBLEMS

The **respiratory system** supplies the body with oxygen and removes waste carbon dioxide. Air is moved into and out of the **respiratory system** by breathing. During inhalation, air is drawn in through the nose, pharynx, trachea, and bronchi, and into the lungs. Oxygen from the air that reaches the alveoli diffuses through the alveolar walls and into the surrounding blood capillaries. This oxygen-rich blood is carried first to the heart and is then pumped to cells throughout the body. There are many diseases associated with the **respiratory system**. The major single cause of disability of lung origin in the U.S. is **emphysema**. It causes a significant number of deaths each year. Other disabilities include **bronchitis** and **lung infection**. Air pollution and exposure to industrial fumes of some types increase the severity of respiratory symptoms. The air passages, or bronchi and bronchioles, have cells that destroy invading organisms. They have other cells that produce mucus to trap foreign material. The mucus is washed up to the throat where it is swallowed or eliminated through the mouth and nose. Retained mucus acts to narrow the air passages, making coughing less efficient and leading to further retention of mucus and narrowing of the bronchioles.

Patients with Respiratory Problems Respond to the *Aerobic Exerciser*

“The most dramatic effects I have yet seen using the *Aerobic Exerciser* have been my patients with **pulmonary dysfunction**; e.g., **emphysema, alpha-1 antitrypsin, bronchitis, lung infections, and chronic loss of function**. They exhibited an increased ability to breathe better after use. This effect generally lasted most of the day. Their ability to perform activities of daily living was significantly improved; energy levels leaped and mental attitude improved.” ..M.

Aerobic Exerciser Conditions the Respiratory System

“I have studied the effects of oxygen therapies for several years and have had reservations with some of the forms of application in expense, side effects, and access for most patients. The *Aerobic Exerciser* eliminates the restrictions of high expense, most toxic side effects, and access to the procedure by allowing affordable purchase. It provides a **daily conditioning of the respiratory system**, resulting in increased oxygen intake by the blood and utilization by the tissues. It is helpful for most musculoskeletal conditions, **respiratory conditions**, and infections. Any disease condition that responds favorably to increased oxygen in the tissues—including cancer, fibromyalgia, etc.—will be aided with this machine. ..Dr. R., DD, ThD, ND

Aerobic Exerciser Maintains High Oxygen Level

My husband went to the hospital with **pneumonia** and his oxygen was up from using the *Aerobic Exerciser* from 96 to 98, even with **pneumonia**!

SEXUALITY

*While a great deal has been written about men and women who want to have children because they think they should, most people who feel that life is worth living want to pass on the precious gift of life to create a new life with the beloved partner. But **sexual** intercourse is also an expression of love in the most intimate manner. Giving and receiving the great pleasure (and experiencing the release which accompanies it) is a **natural and healthy desire**. A man and a woman are bound to one another most securely when they share this deepest of all attachments.*

Who Needs Viagra?

C. Moses of Australia reported that men could throw away the Viagra and get on the *Aerobic Exerciser*. **It works!**

Women have reported **profound experiences** with using the machine. Many people have shared that they have an **orgasmic feeling**. ..C.

Sex Life Improved!

A. has had her *Aerobic Exerciser* since May of 1998 and had been using it for about one week. All of sudden she didn't have to wear her hearing aid..she could hear! She has never had it in her ear since. Her eye sight also improved **as well as her sex life!** She says, "It has helped me so much! I will never be without it. We carry it with us everywhere we go." She also made a little bag and put herbs in it which she puts over her eyes while she is using the machine. ..A.

SKIN IRRITATIONS

Almost all skin diseases are caused by impure blood or infection. A proper diet is the first consideration, including fresh fruits, vegetables, and well-cooked grains. Plenty of exercise in the fresh air is also important. Also, some common skin problems can be caused by allergies or environmental sensitivity in the form of eczema, hives, and angioedema (a form of swelling).

Skin consists of two main layers—the outer layer (or epidermis), which consists of tough, flattened cell remnants that protect the lower layers. The upper layer is continually worn away and replaced by cells produced by the basal layer; these flatten and die as they move toward the surface. The second layer of skin is the dermis (the inner layer) which contains nerve endings, hair follicles, and oil-producing sebaceous glands.

All individuals are daily exposed to an incredible number of synthetic materials and chemicals in the environment, so the protective shield provided by the skin is of great importance. Be your own detective when a skin condition appears and try to think of every substance that touches your skin at that point. Such things as cheap detergents or detergent residue in clothing or in the fabric itself that contacts your skin may be at fault.

Improved Skin, No Jowls..

The Reverend N. reported that her complexion was clearer and she is losing the appearance of having “jowls.” An area where she had oral surgery cleared up at a much faster rate. ..Reverend N.

Rash Disappeared!

D. from North Carolina suffered from various problems resulting from a severe whiplash four years earlier and mercury and chemical toxicity. Within one week her neck felt much better and her neck and spine continue to improve. Her four-year rash started to disappear and within one month was gone. This alone is a miracle to her! ..D.

Eczema Problem on the Way Out!

When D. from Colorado received her *Aerobic Exerciser* she was feeling lousy. She had had eczema for two years. At that time it was on her hands and feet—they were weeping and peeling. In one week of using the machine they were dry and healing and her skin is almost normal. She had many more afflictions that have been reduced and eliminated. She feels that with good food, good vitamins, essential oils, and good living she is well on her way to another 60 years. ..D.

SLEEP DISORDERS

Most people who work at competitive jobs, worry about children being in an automobile accident, and don't even relax during their hours of recreation, know what it is to have occasional—or recurrent—sleepless nights. **How much sleep do we need?** The number of hours of sleep required for good health varies from person to person. The essential test is whether you feel rested in the morning and have sufficient energy to carry through the day's activities. If you don't **chronic fatigue** may accumulate and contribute to what can be a serious illness.

Some forms of **insomnia** come from such problems as muscular jerking of the legs, arthritis, ulcers, and hyperthyroidism—and the insomnia may be overcome when these conditions are treated. One cause is **sleep apnea**, a nocturnal disorder that may affect as many as 50,000 people in the US and sometimes wakes its victims hundred of times a night. So brief may be the episodes (snore-like gasps for air) that victims may be completely unaware of them and for years may be unable to account for their daily fatigue.

“Chi” Before Going to Bed

Use the *Aerobic Exerciser* for 15 minutes immediately before going to bed, then go right to bed. Perform your nightly rituals before you get on the machine. Tests reveal this practice takes you into the Theta stage, where **sleep is wonderful!** ..D.

I Sleep Three More Hours!

V. told of her massage therapist who used the *Aerobic Exerciser* and reported that he had **slept six hours.** V. asked him what that meant. He said, “Oh, it was wonderful. I usually only sleep three!” ..V.

Insomniacs find Sleeping Patterns Return

For many people who are in the day-to-day rush of life, we find that the sympathetic nervous system does not cut off at the end of the day. It is still running when they are attempting to sleep and attempting to relax. The *Aerobic Exerciser* is wonderful in helping bring about a balance in this autonomic nervous system. Many people who have had **trouble sleeping**—who have been **insomniacs for 20-30 years**—have found after using this machine only for a matter of days, that their sleeping patterns return. ..Dr. J., DC

Clients Love to Use the Machine

I have found that most clients will use the *Aerobic Exerciser* on a regular basis. It provides them with aerobic conditioning with no impact trauma damage to the joints or stress to the heart and circulatory vessels. This provides a toning of all muscles, a rise in metabolism, facilitating weight loss, and a reshaping of the body. I have increased my efficiency at work by 30% and **reduced my need for sleep to about six hours from resting on the machine only 15 minutes every other day.** I have also had several growths drop off my body with no return. One of these growths had been there for 40 years! ..Dr. R, DD, ThD, ND

No More Insomnia

S. reported that the *Aerobic Exerciser* has **driven away her insomnia**, tender hands and pains that had troubled her for many years. ..S.

Slept Like a Baby!

“The other morning I **couldn’t sleep**—I couldn’t get my brain to shut off—I had a thought come to mind and I was all excited about this and that, so about 3:00 in the morning, that’s not the time you want to stay awake! So I got up and got on the *Aerobic Exerciser*, and went back to bed and **slept like a baby.**” ..B., Massage Therapist

Better Sleep and a Better Attitude!

“The **relaxation** derived from the *Aerobic Exerciser* has been phenomenal! Waking up and getting on the machine every morning is the best. I also use it to alleviate pain. The gentle oscillation opens my pinched nerve channels and realigns my body by relaxing cramped muscles. I have less pain, **better sleep** and a better attitude.” ..C.

Helps with Insomnia

Dr. L., Naturopath, states that the *Aerobic Exerciser* helps correct sleep patterns and has been very beneficial to those suffering from **insomnia.** ..Dr. L., N.D.

Sleep Apnea Gone!

My husband has **sleep apnea.** Does anyone know what that is? It’s a real pain because they go to sleep on you and you are holding your breath because you think they’re not going to breathe. It was getting so it interrupted my sleep as much as his, so I told him to go to the doctor. And he said, “I believe I’ll use the *Aerobic Exerciser.*” (He had never used it just before he went to sleep.) Now he uses it for 30 minutes, goes right to bed, and goes to sleep. No **sleep apnea!** No apparatus on his nose! He feels like a new person! ..D.

Sleep Apnea Corrected with *Aerobic Exerciser*

“My wife had a problem related to **sleep apnea** where at night when she would go to sleep, her tongue would go back in her throat, and when she would go to breathe it would just block off. She would make eight or ten attempts to try and get a breath of air—and finally it would break loose and she would breathe fast for a while. I would stay awake at nights just waking her up trying to get her to breathe because I was afraid she was going to suffocate. I don’t know how long it took using the *Aerobic Exerciser*, but the concern is gone. She sleeps peacefully now with no problems. That is exciting! I know people with that situation whose bodies are literally in a zombie-like condition because they **don’t get enough oxygen while they are resting** to nourish the muscle tissue. It was probably the most exciting thing to me to know that this machine could actually help the person get over something that serious! I know people who have to wear a machine at night when they go to bed in order to sleep, and that’s not fun—and it’s a pretty hard adjustment. ..V., *Health Therapist*

Long-term Back Pain caused Sleepless Nights

M. related an amazing experience with the *Aerobic Exerciser*. He had a very bad snowmobile accident in February of 1995 in which he broke 18 bones, punctured his lung, and incurred several other injuries. Three of the bones were the vertebrae in his lower back which involved a great deal of pain and a long healing process. His back was very puffy and swollen and was sore every day. He was resigned to the fact that he would have this kind of pain for the rest of his life. Because of this, he **had not been able to get a good night’s rest** since the accident.

Just two weeks ago he began using the *Aerobic Exerciser* and not only are the pain and swelling gone, but he has been to get some real sleep. The past few weeks have been the first time since the accident that he has finally slept all through the night. He is convinced that his return to health is the direct result of the *Aerobic Exerciser*. It has made such a difference in his life. ...M.

***Aerobic Exerciser* Promotes Deep Relaxation and Sleep**

K. spoke of the *Aerobic Exerciser* with this comment: “If you use the *Aerobic Exerciser* just prior to sleep, it puts you more into the Theta state— that **deeper state of relaxation** just prior to sleep—and so it helps you to relax deeply and go into sleep faster and do so more easily and deeply. That benefit alone is worth a fortune. I love it!” ..K.

Better Sleep and More Energy

K. from Tennessee reported that she was introduced to the *Aerobic Exerciser* and was very skeptical of its benefits, but she agreed to try it. Within the first week she was convinced that even though it is “passive exercise,” getting the oxygen in her body flowing made a noticeable difference in how she felt. She had more energy and began **sleeping better** and really **feeling refreshed in the morning**. Now she can get the feeling of a full body massage in just 10-15 minutes and be totally relaxed and stress-free. It’s like having her own private chiropractor, but a lot less expensive and more convenient! ..K.

Sleep Improvement with Aerobic Exerciser

In 1995 C. was diagnosed with Fibromyalgia. Her body ached with pain and she **slept only two hours without waking.** She was completely exhausted and suffered with migraines at least once a week and sometimes two. The headaches lasted from 24 to 48 hours. After using the *Aerobic Exerciser* for two months she is a different person. She now sleeps for five to six hours without waking, has no more migraines. She no longer suffers with backaches or sciatica and is more limber. There were times when she could hardly walk. The bottom of her feet have stopped hurting and she no more numbness in her left arm and hand. There is less pain from arthritis, less indigestion, and better concentration. She has experienced more energy and a feeling of well-being.

C. reports feeling better than she has done for years. She uses her machine for 10-15 minutes at least twice a day and when she has pain day or night she uses it for a few minutes. .C.

Insomnia Helped with Aerobic Exerciser

B. from Montana told of her mother who suffered with **insomnia.** After two months she is most impressed that her **insomnia** is almost gone and she wakes only once or twice per night as opposed to four to five times. The *Aerobic Exerciser* has been an answer to their prayers. ..B.

Sleep Improvement with Aerobic Exerciser

The *Aerobic Exerciser* has been a blessing to I. who has had her machine since November 1998. It helps to relieve fatigue in her body and gives her a **much sounder sleep.** She uses it daily to help her clients relax and relieve tension before she works on them. ..I.

Sleeping Better..

L. received her *Aerobic Exerciser* in December of 1999 and uses it daily. She is now **sleeping much better.** ..L.

Good Night's Sleep Again!

J. writes the following: "I am diabetic with neuropathy in my feet and venous insufficiency in both ankles. By my using the *Aerobic Exerciser* for 15 to 20 minutes twice a day the circulation is improving and the burning sensation has almost gone. Before I started with the *Aerobic Exerciser*, I would wake up several times during the night with a terrific burning sensation whenever the covers touched my ankles. **Now I am getting a good night's sleep.** ..J.

Sleep is Comfortable without Pain

R., MD, is a 72 year-old medical doctor and psychiatrist who used the *Aerobic Exerciser* for about a week and noted some remarkable improvements. Prior to this he had availed himself of the usual prescribed medical therapies and medications.

He was afflicted with chronic back and neck pain due to ankylosing spondylitis, where the spine becomes fused and rigid. This started 35 years ago. The pain has caused many **sleep disturbances**. Dr. R. used the machine twice daily and his pain changed to the point that it did not control his life anymore. **Sleep is comfortable** without continuously having to find a painless sleeping position. It seems that his bed and he are friends again! He suggests the best thing anyone can do for themselves is to try four treatments and then decide for themselves. ..R., MD

Sleeps More Soundly

T. from Colorado used the *Aerobic Exerciser* twice a day for least ten minutes over a three-week period. For 25 years he suffered from lower lumbar stiffness and the muscles, ligaments and tendons are continuously sore. That condition has diminished significantly. He has also noticed more stamina and he **sleeps more soundly** ..T.

Better Sleep and More Energy

After receiving her *Aerobic Exerciser* and using it for one week, D. from Colorado found that her many problems were being eliminated. Three heel spurs were gone after four days, her swollen eardrum (a 35-year problem) was normal in two weeks. She began to **sleep better** and have more energy. Her trips to the bathroom at night were less frequent. She is very happy with her progress and feels blessed that she found the *Aerobic Exerciser* when she did. She feels that with good food, good vitamins, essential oils, and good living she is well on her way to another 60 years. ..D.

Aerobic Exerciser Contributes to Great Sleep

J. from Denver noticed that she began to sleep better after purchasing her *Aerobic Exerciser*. Other ailments began to diminish—her bad days are fewer and less intense. Her massage therapist remarks that her muscle tone has greatly improved. J. loves the machine! ..J.

Sleep Improvement with Aerobic Exerciser

N. from South Carolina made the following statement: “I have been a nurse for 30 years. I’ve used my *Aerobic Exerciser* less than one week. I am home-bound because my husband is an invalid with numerous adverse health conditions. This puts a lot of stress on me because of his constant care. Using the *Aerobic Exerciser* helped relieve my stress. I also **sleep better**. I can’t get out and walk, as the doctor ordered, so the machine gives me my needed exercise anytime I want it. I just love my *Aerobic Exerciser!*” ..N.

STRESS AND EMOTIONAL PROBLEMS

***Stress** is a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation. It can be defined as a reaction to any stimulus or interference that upsets normal functioning and disturbs mental or physical health. It can be brought on by internal conditions, such as illness, pain, or emotional conflict, or by external circumstances such as a death in the family or financial problems. Even a positive experience—a new marriage—can be a stress-provoking event. Currently, between 70 and 80 percent of all visits to physicians are for **stress-related** disorders. **Chronic stress** directly affects the immune system, and if not effectively dealt with, can seriously compromise health.*

Aerobic Exerciser, a Great Stress Buster!

One user reported that she uses the *Aerobic Exerciser* as soon as she gets home from work and out of traffic, specifically as a **stress buster** from these activities, so she is ready to go into the evening relaxed and refreshed. She is a dancer and also uses the machine to realign her back and spine, shake out her legs and feet after classes and rehearsals. She regards it as a beautiful and gentle friend.

Positive Effect on Cerebral Balancing

Dr. J., chiropractic doctor, reported that in **emotional crises** the *Aerobic Exerciser* has an effect on cerebral balancing because of the synchronicity, the balancing, and the rhythm that takes place. People who have been in emotional crises, who are continually upset and having **trouble being emotionally stable** have reported that it has been easier for them. Life has been easier. They are not as up tight. They are not as focused on the problems they have been having. They have been able to relax. So across the board, the *Aerobic Exerciser* offers a great deal to many, many people. ..Dr. J., DC

Aerobic Exerciser Helps Relieve Stress

Naturopath, Dr. L. writes that the *Aerobic Exerciser* helps with **stress**. If you feel overwhelmed in the morning when faced with the day's tasks, the *Aerobic Exerciser* can help. The *Aerobic Exerciser* frees the mind to work on your mental and spiritual aspect. Dr. L. suggests using affirmations while on the *Aerobic Exerciser* to affect mental and spiritual awareness. ..Dr. L., ND

Promotes Relaxed, Meditative State

P. states..”This surprising little machine fills a great need in modern day living. Beyond its many physical health benefits, it quickly puts you in a **relaxed, meditative state.**” ..P., MA

*****A Wonderful Stress Reliever

F. spoke about her work as a Krieger practitioner where the **stress level** is very high among her clients. She said, “The clients I see are really in their linear lives a lot. I use the *Aerobic Exerciser* to help them and it has completely uplifted my practice because I can put them on the *Aerobic Exerciser* for five minutes before I actually do my hands-on work with them and it makes my work and their level of receptivity and their ability to gain the benefits miraculous. They walk out of there really knowing who they are, really having visited and dwelled in that healing place and are now an integrated and very happy person. ..F., Krieger Practitioner

Thanks for Stress Release

I am so thankful for the *Aerobic Exerciser* because of what it does in our times of **high stress.** We have our lights, we have our electric smog. We have all kinds of challenges from the air we breathe and the water we drink to the **stress level** at which we live. I am thankful that we have something that can oxygenate and give us energy, like a generator for our bodies so they can clean out, work more, and do better. ..D.

Stress-free and Relaxed!s

K. from Tennessee reported that she was introduced to the *Aerobic Exerciser* and was very skeptical of its benefits, but she agreed to try it. Within the first week she was convinced that even though it is “passive exercise,” getting the oxygen in her body flowing made a noticeable difference in how she felt. She had more energy and began sleeping better and really **feeling refreshed in the morning.** Now she can get the feeling of a full body massage in just 10-15 minutes and be totally **relaxed and stress-free.** It’s like having her own private chiropractor, but a lot less expensive and more convenient! ..K.

Aerobic Exerciser provided Relaxation for User

L. of Colorado, had been searching for years for help with her back pain. She used the *Aerobic Exerciser* twice a day for two months before she noticed the pain relief in her back. L. did not get immediate relief, but she did enjoy how much the *Aerobic Exerciser* **relaxed her and she received the wonderful “Chi tingle”** when the machine shut off. She also believed in the long-term health benefits for the rest of her body. That’s why she stuck in there and was able to realize the dramatic effect it has had on her life. ..L.

Aerobic Exerciser as a Mood Changer!

This statement was made by P.: “My client’s son was in a **terrible mood** for going on ten years! After putting him on the *Aerobic Exerciser* his **mood changed to good** and he wanted to keep using it. I have had my machine for nine months and could not imagine living without it. It is the simplest way to help the most amount of people.” ..P.

Increased Balance and Serenity..

M. states that she has had her *Aerobic Exerciser* for three months and has noticed **increased balance and serenity** She loves the internal organ massage. ..M.

Clients Find Relaxation and Relief of Tension

The *Aerobic Exerciser* has been a blessing to I. who uses her machine daily to help her **clients relax and relieve tension** before she works on them. The Jin Shin Jyutsu pulses can be found very quickly in their bodies. ..I.

Depression Reduced

P. states that she has been on her *Aerobic Exerciser* and *FIR Dome* for three months and is now feeling better and better every day. She finds that she does much better for short periods of time and more often. She has lost weight and her **depression is much less.** ..P.

Total Relaxation Experienced

M. from Colorado had been experiencing constant pain in her right shoulder and joint for almost a year from her work as a massage therapist. She was being treated with acupuncture for three months, but was still having pain. She was actually considering selling her massage business and then she tried the *Aerobic Exerciser*. Her first reaction was one of **total relaxation**. She began feeling like her old self after several months of feeling awful. Later that evening when she was doing a massage she could not believe the **stamina and enjoyment** she had again. She made up her mind to have her own *Aerobic Exerciser*. ..M., Massage Therapist

Anxiety-free Days are a Blessing!

After having the *Aerobic Exerciser* for a little over a month, G. and H. from Oregon have enjoyed remarkable benefits. H. was experiencing **anxiety** because he was trying to quit smoking, and the machine always gave him a **tranquil feeling** after the session was over. He has three sessions per day and now experiences **anxiety-free days**. He also notices that his responses from a more peaceful place within himself. It helps to melt away all the **daily stresses**. ..G. and H.

Depression Disorder Helped by Aerobic Exerciser

I. from South Carolina has been using the *Aerobic Exerciser* for about four weeks. She has lost seven pounds. In addition, she suffers from **unipolar schizoaffective depressive disorder**. The *Aerobic Exerciser* is helping her deal with this problem. She says..”I am very thankful and I hope it will help others as much as it has me.” ..I.

Stress Relief is a Life Saver

F. from Wisconsin has been under **a lot of stress** recently. Using his *Aerobic Exerciser* for almost one month has really helped **relieve the stress** and given him more energy. He just wouldn't be without it! ..F.

Help for Stress with Aerobic Exerciser

N. from South Carolina made the following statement: “I have been a nurse for 30 years. I've used my *Aerobic Exerciser* less than one week. I am home-bound because my husband is an invalid with numerous adverse health conditions. This puts a **lot of stress** on me because of his constant care. Using the *Aerobic Exerciser* **helped relieve my stress**. I also sleep better. I can't get out and walk, as the doctor ordered, so the machine gives me my needed exercise anytime I want it. I just love my *Aerobic Exerciser!*” ..N.

TOXICITY

Toxicity is a rising concern in today's world—the result of exposure to thousands of toxic chemicals and pollutants in the earth's atmosphere, water, food, and soil. These pollutants manifest themselves in a variety of symptoms, including decreased immune function, neurotoxicity, hormonal dysfunction, psychological disturbances, and even cancer. People now carry within their bodies a modern-day chemical cocktail derived from industrial chemicals, pesticides, food additives, heavy metals, anesthetics, and the residues of pharmaceutical, legal, and illegal drugs. **Detoxification** therapy helps to rid the body of chemicals and pollutants and can facilitate a return to health.

Detoxification - Imperative to Health

Detoxification is the body's natural process of eliminating or neutralizing toxins via the liver, the kidneys, the urine, the feces, exhalation, and perspiration. As a result of the industrial revolution and the post-World War II petrochemical revolution, toxins have accumulated in the human system faster than they can be eliminated. The process of **detoxification** may be the missing link to rejuvenating the body and preventing chronic diseases. The cleansing of toxins and waste products will restore optimum function and vitality.

“Soaking Sessions”—Excellent Ways to Help Detox the Body

One of the body's most important organs for **detoxification** is the skin, the largest organ of the human body, which allows elimination through the pores. ‘Soaking sessions’ or baths help pull out toxins through the skin, promote perspiration, help bring down fevers, and relax and soothe sore muscles and bruises.

The application of the following baths will aid considerably in **detoxifying** the body prior to using the *Aerobic Exerciser*. They will not only help eliminate toxins, but will make it possible to move up more quickly and increase the usage of the machine in a shorter period of time. This can be accomplished by releasing many of the toxins beforehand and they will not be present to impact your use of the *Aerobic Exerciser*.

General Instructions:

- Fill a clean bathtub as full as possible with water at body temperature.
- Add the suggested substance.
- Immerse in the tub of water for at least 20 to 30 minutes
- Get out of the tub and drain the water.
- If desired, follow the bath with a regular bath.
- Drink at least eight ounces of pure water.
- Get on your *Aerobic Exerciser* for a relaxing session.

Ginger Bath

Add **3-4 TB ginger** to the warm water. This is an excellent bath for colds and flu.

Cider Vinegar Bath

Add **two cups apple cider vinegar** to the warm water. (Regular grocery store variety is fine.) This pulls the uric acid from the body and helps detoxify the liver and relieve aching joints.

Baking Soda Bath

Add **one cup baking soda** or **one cup Epsom salts** to the warm water. This pulls the lactic acid from the body and is excellent for sore muscles after a heavy workout. Take a little baking soda wherever you go..especially on a sports outing!

Oatmeal Bath

Add **one cup blended oatmeal** to the warm water. It provides an excellent soak for sores and rashes.

Clorox Bath

Add **one cup of Clorox** to the warm water. Only the brand *Clorox* should be used. Do not use any other bleach. This is an excellent way to help rid the body of radiation, aluminum, mercury, and other heavy metals.

Remove Toxins, then Burning and Aching Feet will Improve

One young lady was so excited to get her *Aerobic Exerciser* because for years she has been really having a lot of trouble with her feet. They ached and burned and hurt. She had been to many doctors and they all told her there was nothing they could do for her. She was told that the *Aerobic Exerciser* helps with circulation and it helps people with neuropathy and everything.

Unexpected Reaction

She bought a machine because she had faith that it would help her. After she had used it for a week she called and reported that she was in so much pain she couldn't walk. The pain had gone up from her feet all the way up past the knees and she couldn't walk.

How do we counsel someone with this reaction? Her body was undoubtedly **very toxic** and it would be well for her to take the bath in the vinegar for the first night, then the soda bath the second night. It was suggested that she still go on the *Aerobic Exerciser* for six minutes each time..twice a day. This young lady took the advice and the very next day she said, "You're not going to believe this..I got in the bathtub and I felt this funny little prickly feeling in my muscles in my legs. It was almost like popping, but I just laid there and enjoyed the bath and when I got out the pain was gone."

She is now able to enjoy her *Aerobic Exerciser*. She is sleeping like a baby at night. After two days of the vinegar and the soda water baths **all the toxins had been pulled out** of her legs and she is able to use her *Aerobic Exerciser* and really enjoy it.

Signs of Detoxification

When things circulate in your body, you **detoxify**. People will ask..”How long does it last?” It can be anywhere from two to five minutes. If you get sore or if you get nauseated..I say, “Yes! It is working! You are **detoxifying**..but it’s just a little too much!” So cut your time down. Drink more fluids. You don’t want to put your body into a cleanse. ..D.

Perseverance Paid Off in Detoxification

I have a lymph system that shuts off, so I was jumping on the mini tramp to activate it. I could only jump three jumps before I was getting sick because it was **cleaning the toxins from the liver**. When I started the *Aerobic Exerciser* it really began to **detox** me, but I loved the movement and the feeling. I don’t think I would be up moving around without the machine. I knew it the first time I was on it. I wanted more energy, but I have learned to use it for only six minutes at a time and my body is gradually **riding itself of toxins**. You can’t imagine what the machine has done for my energy! It is phenomenal. Also the toning and tightening is coming. ..B.

Toxicity Reduced and Oxygen Levels in Blood Greatly Improved!

Master herbalist, D. has ten years experience with herbal and electronic healing and is trained in the Darkfield Microscope and other machines. One of his clients was very ill and when he checked her **blood it was so bad** he could not get a true reading. He put her on the *Aerobic Exerciser* and the *FIR Dome* for 15 minutes, making sure she had consumed plenty of water before and after. After 15 minutes, all the client’s discomfort was gone. He resettled the blood and was amazed at how much it had improved in that period of time. He then put the client back on the machines for another 15 minutes to see if the improvement would continue. The *FIR Dome* was put over her cheek this time. After 15 minutes he tested the blood again. He said, “I have never seen oxygen levels in the blood shoot up like that. If you could put a marker on blood oxygen and overall improvement, it would have been up from 400% to 1200%. The client felt great and he was totally impressed. ..D, Master Herbalist.

Toxicity Reduced with *Aerobic Exerciser*

D. from North Carolina suffered from various problems resulting from a severe whiplash four years earlier and **mercury and chemical toxicity**. Within one week her neck felt much better and her neck and spine continue to improve. She has also been using the *FIR Dome* for the last three months and this has helped to heal the tissues of her neck and shoulders even more. It has also **detoxed more mercury/chemicals** and has help to clear her brain even more. She is now active the entire day and night and is so happy to be alive again and be able to help many other people. ..D..

VIRAL INFECTIONS AND POLIO

Viral Infections are caused by minute infectious agents, consisting of a nucleic acid core (either DNA or RNA which is the basic infectious material) with a protein shell (capsid), which is often multi-layered with fats. It is this capsid that is very difficult for many drugs to penetrate, thus requiring antiviral drugs to be very aggressive. Viral infections classically demonstrate fever, generalized aches, chills, fatigue, and symptoms that are specific for that virus.

For Example, the ***polio*** virus produces a wide range of manifestations from general mild illness to paralysis. In older children and adults the two most characteristic symptoms are fever and muscular paralysis.

Aerobic Exerciser Gives New Lease on Life

A contributor related his experiences with the *Aerobic Exerciser* and his ***post polio syndrome***. At age 15 he had an acute attack of ***polio*** and subsequently spent more than a year completely immobilized before learning to walk again and lead an almost normal life. In recent years, however, his condition started to decline and he began experiencing aches, pains, and other discomforts. He was diagnosed with ***post polio syndrome*** after 40 years!

His wife, a highly regarded massage therapist and physio assistant, purchased an *Aerobic Exerciser* for her clinic and this little machine has given him a new lease on life! He experienced some discomfort at first as dormant muscles began to be exercised. However, as the use and the frequency of the machine was increased, he regained a reasonable posture and almost eliminated a severe lower back pain that has been bothering him for years. He is now able to enjoy a fatigue-free bowling game and regain an interest in gardening and enjoying life to the fullest.

His wish is that others who suffer with ***post polio syndrome*** read this testimony, locate a machine, and experience the sensation of those tired old muscles coming to life again!

Pain from Post Polio Syndrome Relieved with Aerobic Exerciser

T. is a ***polio*** survivor, having been afflicted with the disease at age five. He was one of the lucky ones who totally recovered from his paralysis just in time to start the first grade. Thereafter he was able to lead a normal life, even going through Army basic training and serving 20 years in the MS Army National Guard as Chief Pharmacy Officer for a combat support hospital.

At age 48 he started becoming fatigued and developed severe pain in his legs. He tried different regiments of nutritional supplements, which gave some relief, but the pain became progressively worse. Finally he went to see a neurologist who, after running a series of tests, diagnosed him with **post polio syndrome**. He was told he would have to live with the condition for the rest of his life.

Everything changed, however, when he was introduced to the *Aerobic Exerciser*. He was skeptical at first, but was willing to give anything a try. In his words..”I am so thankful I did! My life has changed for the better. I have not felt this good in 20 years! I have my stamina back and the pain is gone.” He is now on a mission to share the *Aerobic Exerciser* with as many people as he can, especially **polio** survivors. ..T., *Pharmacist*

**ESSENTIAL
OILS
and the
AEROBIC
EXERCISER**

SECTION C: CONTENTS

ESSENTIAL OILS AND THE AEROBIC EXERCISER

- 1. What are Essential Oils?**
- 2. Using Essential Oils with the Aerobic Exerciser**
- 3. Experiences with Essential Oils with the Aerobic Exerciser**
- 4. Affirmations with Essential Oils and the Aerobic Exerciser**

WHAT ARE ESSENTIAL OILS?

Essential Oils are Essential!

A Major Role..

Essential Oils are the regenerating, oxygenating and immune defense properties of the plants. They contain the oxygen molecules which transport the nutrients to the cells of the body. Without oxygen molecules, nutrients cannot be assimilated. Essential Oils play a major role in their effect on blood circulation. Their ability as catalysts in delivering oxygen and nutrients to the tissues, while assisting in the efficient disposal of toxic waste, has been astonishing to researchers.

Highest Frequency of any Known Substance

Not only do essential oils contain oxygenating molecules, but they also have a bio-electrical frequency. Frequency is a measurable rate of electrical energy that is constant between any two points. Everything has an electrical frequency. Essential Oils contain a frequency that is several times greater than the frequency of herbs and food. Clinical research shows that Essential Oils have the highest frequency of any substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc., cannot live.

Learn Knowledge from the Ancients

According to the translation of ancient Egyptian hieroglyphics and Chinese manuscripts, priests and physicians were using Essential Oils thousands of years B.C. They were mankind's first medicine. There are 188 references to oils in the Bible. Some of these, such as Frankincense, Myrrh, Rosemary, Hyssop and Spikenard, were used for the anointing and healing of the sick. Biblical prophets recognized the use of Essential Oils as a protection for their bodies against the ravages of disease. The Three Wise Men brought the oils of Frankincense and Myrrh to the Christ Child. Clinical research has now found that Frankincense oil contains very high immunostimulating properties. Science is only now rediscovering healing substances that were used in ancient times.

Essential Oils Obtained by Distillation

Essential Oils are the subtle, volatile liquids that are distilled from plants, shrubs, flowers, trees, roots, bushes, and seeds. Low pressure and low temperature are the keys to maintaining the ultimate fragrance and therapeutic value. High pressure, high temperatures, rapid processing and the use of solvents or any other chemical will fracture the oil molecule and destroy the therapeutic value and alter the fragrance.

Chemicals Destroy Therapeutic Value

Any chemical combined with an Essential Oil destroys the effectiveness of its purpose and function. In order to produce the purest of oils, it may be very costly and require several hundred or thousands of pounds of plants to extract one pound of oil. For example Rose oil requires 5000 pounds of petals for one pound of oil. Peppermint requires 35 to 40 pounds of plants to produce one pound of oil. Melissa requires three tons of plants to produce one pound of oil (which sells for \$9000 to \$15,000). The ancient art of distillation is a delicate and precise art.

Essential Oils Travel Fast!

Scientific experiments have shown that Essential Oils can travel with relative speed when applied through massage or inhalation. The molecules of Essential Oils are so microscopic that they can penetrate the fatty layers of the skin. The lipid solubility of Essential Oils also allows them to travel trans-cellularly or directly through the cells. Their penetrating ability through the fatty tissue layers into the interstitial fluids may explain why Essential Oils enhance circulation and why massage with Essential Oils can be so beneficial.

Great Diversity..

Essential Oils are very diverse in their nature and effect and have different actions..unlike synthetic chemicals that have basically one action. For instance, ***Lavender*** can be used for burns, insect bites, headaches, PMS, insomnia, stress and so forth. Essential Oils can be compared to another very paradoxical group..human beings. For example, a man can be a father, husband, friend, co-worker, accountant, school teacher, church volunteer, scout master, minister, etc. The same applies with the oils.

Plants are Scientific Miracles!

Plants in nature are chemical factories. They take in the elements of the sun and the earth individually to receive the energy from both, converting them into molecules of carbohydrates, proteins, and fats. These are the crude fuels which we break down to produce ATP (adenosine triphosphate) which is the high octane fuel in the human body. The body has an affinity with nature's Essential Oils which absorb and pass through the body with great ease. ATP is a very important part of daily metabolism because it supplies the fuel for the cells. The body requires oxygen and glycosides in order to manufacture ATP. Essential Oils contain oxygen and glycosides which convert into glucose in the human body, which is the raw material of ATP.

Consider the Constituents of Each Oil

There are many different constituents (or chemotypes) that make up a single oil. Some individual oils may have anywhere from 200 to 800 different constituents. In order to make the best choice when using the oils, it helps to know some of these basic elements and functions for single oils application and the formulation of blends in order not to neutralize the therapeutic effect you are trying to create.

By understanding the chemistry of the oils, we can simply break down the major or parent constituents within an oil or oil group. This helps us understand the structural function of an Essential Oil. Each constituent has hydrocarbon, hydrogen, and oxygen as the main building blocks. These can be divided into two main groups:

- Hydrocarbons, which are made up almost exclusively of terpenes, monoterpenes, sesquiterpenes, and diterpenes. The terpenes hydrocarbon includes limonene. They are found in 90% of the citrus oils and are antiviral. Pinene, which is also a part of the terpene family, is antiseptic and is found in high proportions in the conifer turpentine oils like ***Fir, Spruce, Pine, and Juniper.***
- Oxygenating compounds, mainly esters, aldehydes, ketones, alcohols, phenols and oxides. Acids, lactones, sulphur, and nitrogen compounds are sometimes also present. These are the oils that will lend the highest potentiality for increasing oxygen in support of immunol function.

Esters are very common and found in a large number of Essential Oils. They include linalyl acetate, which is found in *Clary Sage, Bergamot, Lavender*. Geraniol acetate is found in *Marjoram*.

Gifts from God..

All Essential Oils have antibacterial properties. They increase the production of white blood cells, which help treat infectious illnesses. It is through these properties that aromatic herbs and oils have such high repute with respect to creating an environment that is absolutely lethal for such conditions as malaria, typhoid, and the epidemic plagues during the 16th century.

It has been found that people who use Essential Oils consistently have a high level of resistance to illnesses. They catch fewer colds, flues, and diseases than the average person. Indications show that for those who do contract a cold, flu or illness, they will recover 60 to 75% faster than those who do not use oils. Antibacterial and antiviral oils (which are very powerful agents against colds, flues, etc.) are *Basil, Lavender, Hyssop, Frankincense, Rosemary, Bergamot, Eucalyptus, Melaleuca, Clove, Oregano, Cistus, Thyme, and Mountain Savory*.

MANY WAYS TO USE ESSENTIAL OILS

- Essential Oils may be **diffused** at various times throughout the day as you desire. They are best diffused for 15-30 minutes as you become accustomed to them. As you learn how they work, you may choose to diffuse them for longer periods of time. You may also diffuse different oils one after another. You may mix single oils, but do not mix the blends, as they are already mixed and you may change the fragrance and the desired results.
- The oils may be **worn** like perfume or cologne.
- Essential Oils are great for both **body and foot massage**. The feet are the second fastest area of your body to absorb oils because of the large pores. Three to six drops per foot are adequate to experience a feeling of peace, relaxation, or energy. Become familiar with the contact points of the foot and work on them specifically for organ-related problems. If massaging a large area of the body, always dilute the oils by 15 to 30% with a pure vegetable oil.
- Try them as **food flavoring** in your favorite recipe
- A few drops of *Melaleuca* or *Lemon* in the dish water or washing machine help promote greater **hygiene**.
- Adding a few drops of your favorite oil to your **bath water** is soothing to both the mind and the body.
- Most Essential Oils have been placed on the GRAS (Generally Regarded as Safe) list and can be **ingested** for medicinal purposes. Please check the GRAS list before using them in this way.

USING ESSENTIAL OILS WITH THE *AEROBIC EXERCISER*

Perfect Partners!

Essential Oils play a major role in their effect on blood circulation. Their ability as catalysts in delivering oxygen and nutrients to the tissues, while assisting in the efficient disposal of toxic waste, make them **perfect companions to the *Aerobic Exerciser***.

The molecules of Essential Oils are so microscopic that they can penetrate the fatty layers of the skin. The lipid solubility of Essential Oils also allows them to travel transcellularly or directly through the cells. Their penetrating ability through the fatty tissue layers into the interstitial fluids may explain why Essential Oils enhance circulation and why massage with Essential Oils can be so beneficial.

The immune system can be greatly improved by the general increase in movement and the decrease of the viscosity of the blood. This will enhance circulation and is vital to good health, as it affects the function of every cell and organ, including the brain. Increasing circulation will increase blood oxygen and when combined with Essential Oils, oxygenating molecules will improve cellular and organ function.

Two Great Oxygenators..

Like the *Aerobic Exerciser*, Essential Oils are great oxygenators. The use of the Essential Oils along with the *Aerobic Exerciser* can enhance the following benefits:

- Give life to the cells
- Transport nutrients
- Deliver nutrients to the cells
- Stop premature aging
- Prevent fungal infection
- Create tissue regeneration
- Keep the blood pure
- Strengthen the immune system
- Maintain youth
- Give energy
- Increase mind and memory activity
- Increase digestive function

All Essential Oils are antioxidants and perform such functions as:

- Prevent all mutations
- Work as free radical scavengers
- Prevent fungus
- Prevent oxidation in the cells
- Help oxygenate the cells

EXPERIENCES WITH ESSENTIAL OILS AND THE AEROBIC EXERCISER

TWO POWERFUL TOOLS WORKING TOGETHER

***Aerobic Exerciser* and Essential Oils Assist in Circulation and Reduce Pain**

Due to a long-time foot problem, M. is constantly plagued with the problem of keeping a good flow of circulation and oxygenation in her foot. Through experience with the *Aerobic Exerciser* and the Essential Oils, Marion has found this therapy to assist in circulation and reduce pain. She also uses the *FIR Dome* to release pain. She combines it with the *Aerobic Exerciser* and uses the Essential Oils that help with the lessening of scar tissue. There are blends that are excellent for pain and the oil of ***Frankincense*** is a wonderful healing oil, so she utilizes both to help heal her foot. Her intent is to regenerate the tissue. With the *Aerobic Exerciser* it will oxygenate and increase the circulation.

Due to her long-term problem, her foot is one of the most vulnerable spots in her body, and pain tends to settle there quickly. This happens if there is a weakness or some kind of infection anywhere. Using the *Aerobic Exerciser* along with the oils will assist in pulling out the toxins.

A Tremendous Releasing Agent

M. puts a special blend of Essential Oils on her feet to assist in the release of the spine and in releasing the tension in the muscles all the way up. It is an incredible release mechanism. It is a wonderful blend that has been used to help empower the physical and spiritual bodies. It helps us overcome fear and opposition. It has been found very beneficial in helping to align the physical structure of the body and in relieving pain along the spine. It also balances and aligns electrical energies within the body.

Since the feet have the largest pores of any part of the skin, Essential Oils are usually applied “neat” or without dilution, but one can use a carrier oil (a plain vegetable-based carrier oil) if they feel it is a better balance for them.

***Frankincense* for Mental Clarity and Balancing**

M. also uses ***Frankincense*** daily on the top of her head (on the crown chakra) for mental clarity and balancing. ***Frankincense*** is oxygenating; it will cross through the blood-brain barrier. It is anti-catarrhal (anti-mucous) and anti-tumoral. It is a wonderful oil! Inasmuch as the *Aerobic Exerciser* and the figure-8's it promotes in our bodies strengthen the neuronal connection, using both of these mediums make an incredible combination! ..M.

Essential Oils and the *Aerobic Exerciser*

Using Essential Oils with the *Aerobic Exerciser* can be very beneficial. If you will put them on your forehead, your earlobes, or on the back of your neck, it increases your oxygenation by 150%! When you smell it—or even if it is on the body—it gets the oil through the whole system. ..D.

Numbness in Toes Dissipated

“Several months ago the last two toes on each of my feet became numb and without feeling. I was very worried about neuropathy or a similar problem. I rubbed my toes faithfully with Cypress oil (which is known for its circulatory benefits) and spent 15 minutes twice a day on the *Aerobic Exerciser*. I am thrilled to report that the numbness has almost completely gone and feeling has returned to my feet!” ...J.

Fit the Oils to Your Needs

As you learn more about Essential Oils and their varied properties, you will find it challenging and rewarding to use them in conjunction with the *Aerobic Exerciser*. It is wonderful to experiment and experience the amazing results you can achieve through the use of different blends as well as single oils.

If you are experiencing digestive distress, rub the abdominal area with a blend designed specifically for digestive function. The oils in this blend have been found to be beneficial in digesting toxic material and for alleviating indigestion, stomach cramps, upset stomach, belching, bloating, and heartburn. Drink a glass of pure water and lie down with your feet on the *Aerobic Exerciser*. Cup your hands over your nose and inhale deeply the residue of the oil on your hands. You will find that relief comes quickly as you couple the use of this Essential Oil blend with the motion of the *Aerobic Exerciser*. ...J.

Try Some Essential Oils for Yourself!

Two Great Favorites!

Peppermint and Lavender are fantastic single oils to use in company with the machine. Lavender has been universally used for just about everything and is a wonderful companion with the *Aerobic Exerciser*. It promotes consciousness, health, love, peace and a general sense of well-being. Peppermint is purifying and stimulating to the conscious mind. It engenders mental awakening and opens up the sensory system. In fact, its benefits for increasing the mental accuracy of students have been documented at the University of Cincinnati where test scores increased up to 28% after the inhalation of Peppermint.

Lavender - Use it after a Busy Day

A lot of times at the end of a busy day or to get calm after a hurried schedule, you can use Lavender. This oil is wonderful and historically has been used to help reduce depression, anxiety, stress and tension. This blend may help hyperactive children get off Ritalin. It may also help children with hypertension. It can be used at the end of a stressful day to promote relaxation and peace or to relieve insomnia. Breathe it directly while using the *Aerobic Exerciser*. You can put a little bit under your nose so you are breathing it and smelling it. You can put some on the top of your eyebrows, on your temples, even right underneath the eye, like a sinus mask. This way you are also breathing it the entire time you are on the *Aerobic Exerciser*.

Need Joy in Your Life? Try *Rose*!

Another beautiful oil you might want to try is *Rose* or *Ylang Ylang* which are wonderful oils. When inhaled, they bring back memories of being loved, being held, sharing loving times, feeling and opening those blocks in our lives where perhaps we have shut down and cannot seem to love or receive love or have love of self. When there is grief, the adenoids and the adrenal glands shut down. *Rose* opens these glands.

Many Benefits from *Lemon* Oil

One individual put *Lemon* oil on his hands while he was using the *Aerobic Exerciser*. He literally cupped his hands and breathed it in. This is pure, therapeutic grade *Lemon* oil (not the kind you dust the furniture with!) He had a wonderful experience when the muscles in his neck and his shoulders relaxed and he knew he was having a neck alignment. His neck literally strengthened while he was using the *Aerobic Exerciser*, and he could tell it while he was smelling the oil! That was a great experience for him.

***Lavender* and “Chi” for Better Sleep**

If you are working with something emotional and you want to relax and calm down, sleep is another important area to consider. Sometimes the brain just does not want to shut off for the night! Try putting *Lavender* oil across the tops of the ears and on your pillow case, use the *Aerobic Exerciser*, and then go right to bed!

Have the Tools for the Season..

There are other oils that are beneficial to use, especially during the winter season along with the *Aerobic Exerciser*. If you have a sick child, try using *Eucalyptus* on his glands. This is a highly antiviral, antiseptic blend to protect the body from the onset of flu, colds, etc. Lay the child on top of you as you use the machine and he will also get the wonderful benefits of the oxygenation. Another helpful oil is *Ravensara*. This oil protects against upper respiratory conditions and has been very beneficial for alleviating symptoms of asthma, pneumonia, flu, sinusitis, sore throat, etc. Rub it on the child's chest, back and feet before starting the *Aerobic Exerciser* session.

Diffuse Oils for Family Protection

Another good tip is to have oils diffusing, either in a diffuser or a cool mist humidifier. We live in a desert climate, especially in the winter. We have forced-air heating and we get very dry. Put the Essential Oils—about five to eight drops—in a cool mist humidifier. You can alternate with *Lemon* and *Peppermint* as they purify any airborne thing.

Oils are Wonderful for the Classroom..

Knowledgeable school teachers use the Essential Oils in their classrooms. Sometimes they will diffuse the Lavender when everybody's been cooped up and getting cabin fever during the winter, so it emotionally calms things down. They will alternate oils because there are so many in an enclosed area. They will also diffuse the Lemon to purify the air.

Apply Essential Oils for Specific Needs

Apply Frankincense to the crown to increase spiritual connection.

Put a drop of Lavender on your finger and touch each chakra point close to (but not directly on the body). It brings about harmonic balance to the chakras. The chakras are located as follows: (1) Base of the spine, (2) Lumbar region, (3) Solar plexus, (4) Heart, (5) Throat, (6) Brow (third eye or middle of forehead), (7) Cerebrum (crown of head).

Apply an oil of choice to the temples, under the nose, behind the ears.

Put Myrrh on the third eye to help get a clear picture of the future.

Put Lavender on the ears for insomnia.

Some Preferences..

Most men like Peppermint under their noses. Some like Spruce.

Women enjoy Sandalwood, Ylang Ylang, Birch.

Run a diffuser while you are on the *Aerobic Exerciser*. Try Lemon, Spruce, or Lavender.

Try a Paint Mask with Essential Oils..

"I like to use little paint masks and drop essential oils on them before using the *Aerobic Exerciser*, then place the mask over my face.. In the evening I love to use Lavender. Sometimes I go to sleep even before the machine shuts off. In the morning I use something like Peppermint to get me up and moving. This blend cleans up the receptor sites on the neurotransmitters of the brain. Then you get that cross-crawl patterning with the *Aerobic Exerciser*. I am telling you, if you don't have a *Aerobic Exerciser*, get one! They are just marvelous healers." ..J.

AFFIRMATIONS

To Contemplate While Using the *Aerobic Exerciser* Combined with Essential Oils

Three Powerful Forces:

- *Aerobic Exerciser*
- Positive Affirmations
- Essential Oils

You can enhance the effectiveness of the *Aerobic Exerciser* by filling yours mind with positive affirmations, combined with the use of Essential Oils and specifically designed blends. Conversely, the Essential Oils are also enhanced by the powerful oxygenation of the *Aerobic Exerciser* and the energy of positive thinking.

You will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind. Your subconscious mind is like the soil which accepts any kind of seed..good or bad.

Whatever you impress upon your subconscious mind, the latter will move heaven and earth to bring it to pass. You must, therefore, impress it with right ideas and constructive thoughts.

Your subconscious mind has its own will and it is a very real something within itself. It acts night and day, whether you act upon it or not. It is the builder of your body, but you cannot see, hear, or feel it building, as all this is a silent process. Your subconscious has a life of its own which is always moving toward harmony, health, and peace. Charge your subconscious with the task of evolving an answer to any problem prior to sleep and it will answer you.

Three Steps to Success

1. Find the thing you love to do..then do it!

Pray for guidance if you are not sure. Repeat this often: "The infinite intelligence of my subconscious mind reveals to me my true place in life." As you persist with faith and confidence, the answer will come to you as a feeling, a hunch, or a tendency in a certain direction. It will come to you clearly and in peace.

2. Specialize in some particular branch of work and know more about it than anyone else.

Serve others..there must be casting your bread upon the waters.

3. You must be sure that the thing you want to do does not redound to your success only.

Your desire must not be selfish; it must benefit humanity. Go forth with the purpose of blessing or serving the world.

For Wealth - Use with *Spruce*

We are one with the infinite riches of our minds. Wealth, happiness, and success are ours. We are wonderfully blessed financially.

Money flows to us freely in avalanches of abundance. We use it for good only and use it wisely, judiciously, and constructively. It is constantly circulating in our lives. We release it with joy and it returns to us multiplied in many wonderful ways.

Infinite intelligence governs and watches over all our financial transactions and whatsoever we do shall prosper. Our sales are improving each day. We are advancing, progressing and getting wealthier everyday. By day and by night we are being prospered in all of our interests.

We rejoice in the good fortune of others and wish them greater and greater wealth. We are grateful for our wealth and abundance, success, happiness, and good health. We praise God daily and thank Him for these blessings.

(If you do not get results, it is because you indulged in fear thoughts perhaps ten minutes after these good affirmations and thus neutralized the good you had affirmed.

When you place a seed in the ground, you do not dig it up..let it take root and grow!)

For Health - Use with *Angelica*

Perfect health is mine, and the Law of Harmony operates in my mind and body. Beauty, love, peace, and abundance are mine. The principles of right action and divine order govern my entire life. My major premise is based on the eternal truths of life. I know, feel, and believe that my subconscious mind responds according to the nature of my conscious mind thinking.

My body and all its organs were created by the infinite intelligence of God. He knows how to heal me. His wisdom fashioned all my organs, tissues, muscles, and bones. This infinite healing presence within me is now transforming every atom of my being, making me whole and perfect now. I give thanks for the healing I know is taking place now.

The perfection of God is now being expressed through me. The idea of perfect health is now filling my subconscious mind. The image God has of me is a perfect image, and my subconscious mind recreates my body in perfect accordance with the perfect image held in the mind of God.

(You build a new body every 11 months, so you are really only 11 months old from a physical standpoint. If you build defects back into your body by thoughts of fear, anger, jealousy, and ill will, you have no one to blame but yourself.

If you think negatively, destructively, and viciously, these thoughts generate destructive emotions which must be expressed and find an outlet. These emotions—being of a negative nature—are frequently expressed as ulcers, heart trouble, tension, and anxieties.)

For Attitude - Use with *Ylang Ylang*

I am beautiful, poised, serene, confident, and calm. I am whole, perfect, strong, powerful, loving, harmonious, and happy. Joy, happiness, and cheerfulness are now becoming more and more my normal states of mind. Everyday I am becoming more and more lovable and understanding.

Henceforth, I shall grow more good-humored. I am now becoming the center of cheer and good will to all those about me, infecting them with good humor. This happy, joyous and cheerful mood is now becoming my normal, natural state of mind. I am grateful.

(Make this prayer the last utterance on your lips at night and the first in the morning. Pray for others also by sending out thoughts of love and health.

When thoughts of fear, anger, jealousy or envy draw your attention, immediately start this counter-acting force of affirmation going on in your mind.)

For Memory - Use with *Peppermint*

My memory from today on is improving in every department. I shall always remember whatever I need to know at every moment of time and point of space. The impressions received will be clearer and more definite. I shall retain them automatically and with ease.

Whatever I wish to recall will immediately present itself in the correct form in my mind. I am improving rapidly everyday and very soon my memory will be better than it has ever been before.

For Success - Use with *Geranium*

Divine order takes charge of my life today and everyday. All things work together for good for me today. It is a new and wonderful day for me and there will never be another one like this. I am definitely guided all day long and whatever I do will prosper. Divine love surrounds me, enfolds me, and enwraps me and I go forth in peace. Whenever my attention wanders away from that which is good and constructive, I will immediately bring it back to the contemplation of that which is lovely and of good report.

I am a spiritual and mental magnet, attracting to myself all things which bless and prosper me. I am going to be a wonderful success in all my undertakings today. In am definitely going to be happy all day long.

I think thee, Father, for my wealth, success, happiness, and health.

(Repeat these thoughts each day. Do so regularly until the feeling or mood of thankfulness dominates the mind. Whenever fear, thoughts of lack, poverty, and distress come into your mind, repeat these things. This thankful attitude will recondition the mind to the idea of success and happiness, wealth and health..and it will happen!)

**ABOUT
THE FIR
DOME**

SECTION D: CONTENTS

ABOUT THE FIR DOME

- 1. What is Far Infrared (FIR)?**
- 2. The Healing Effects of Far Infrared Rays**
- 3. Using the FIR Dome**
- 4. Clinical Treatments with FIR Dome**
- 5. Healing with Photons and FIR Therapy**
- 6. Twelve Points for the Prevention of Cancer**
- 7. The Origin of Cancer Cells**

WHAT IS FAR INFRARED (FIR)?

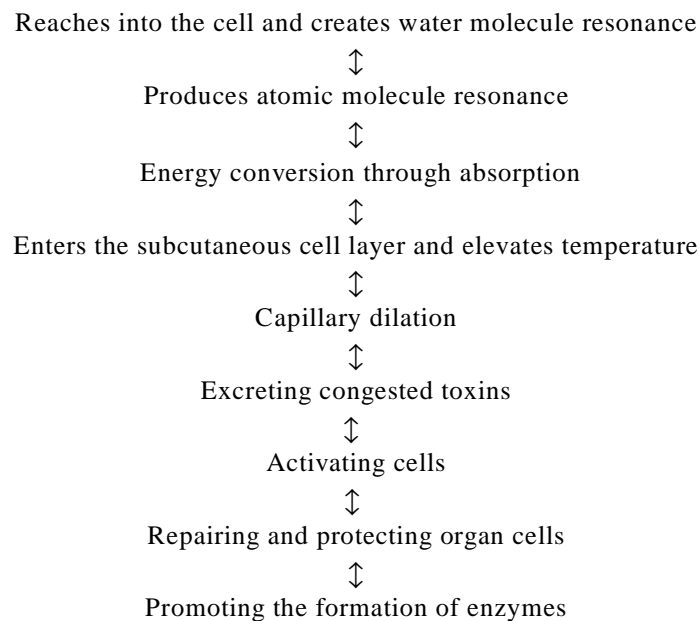
Some radiation within the magnetic spectrum, such as light, can be seen by the human eye. But most of these rays are invisible to us. FIR waves are invisible rays. FIR is capable of penetrating deep into the human body. It can gently elevate body temperature. When it does it helps to expand capillaries which stimulates blood circulation. This increases the body's energy reserve and accelerates the metabolic exchange between blood and body tissue. FIR increases the regenerative ability of body tissue. It also reduces abnormalities in the autonomic nervous system.

It is normal for the skin to attain a slightly reddish appearance following a treatment. You may experience the same sensation ones does after having received a massage.

Far Infrared Benefits

- Helps excrete through sweat and oil glands harmful substances such as heavy metals, lactic acid, non-esterified fatty acids, etc.
- Toenail fungus and poor peripheral circulation
- Abnormal nerve function, neuralgia, paralysis
- Regeneration of unhealthy tissue
- Pain of the shoulders, neck, and back muscles
- Chronic diseases
- Arthritis
- Chest colds
- Earaches
- Gastric and duodenal ulcers
- Skin aging
- Rheumatism
- Knee injuries
- Bronchitis
- Stomach aches
- Insomnia
- Gout
- Chronic nephritis
- Viruses
- Asthma

Far Infrared Physical Properties:



You Need to Know..

Substances harmful to the human body are excreted by the above functions through sweat and oil glands. This includes carcinogenic heavy metals, toxic substances from food processing, lactic acid, nonesterified fatty acids, fat and subcutaneous fat which cause fatigue and aging, as well as hypertension caused by sodium ions which trigger uric acid pain. .. *Far Infrared Ray - Hopes for Cancer*

About Cancer Cells ..

Cancerous cells cannot exist if blood circulation is smooth and continuous. Good circulation in the capillaries leaves no room for a cancerous cell to stop and take hold. (A cancerous cell has to stop moving to proliferate.) FIR helps capillaries to expand, improving circulation. The cancer cell also has a weak-ness. Heat above 42 degrees C. can kill it.

FIR heat can penetrate through the body and kill cancerous cells. FIR thermal treatment raises body temperature to 42 degrees C. FIR thermal therapy can alleviate pain and prolong life when conventional cancer treatment fails. In the U.S. the mainstream thinking on cancer treatment has undergone great changes. Surgery, radiotherapy, and chemotherapy are considered detrimental to health..they are invasive treatments. Thermal therapy and immuno-therapy are regarded as non-invasive. ..*Far Infrared Ray - Hopes for Cancer*

***FIR* is Excellent for:**

- Chronic disease, especially cancer
- Regeneration of unhealthy tissue
- Rheumatism, arthritis, gout, and reducing the density of uric acid
- High blood pressure - reduces blood pressure and improves circulation
- Chronic nephritis and other chronic disorders
- Gastric and duodenal ulcers
- Improves blood circulation of the anus veins for piles patients
- Relieves back, shoulder, neck, and muscle pain
- Paralysis, sciatica, neuralgia and abnormal nerve functions
- Aging skin, chapping, chilblains, and acne
- Helps excrete (through sweat and oil glands) harmful substances such as heavy metals, lactic acid, non-esterified fatty acids, etc.
- Knee injuries
- Chest cold, bronchitis
- Ear aches
- Stomach aches
- Toenail fungus and poor peripheral circulation
- Viruses

Far Infrared Rays (FIR) and Your Health

Far Infrared (FIR), a part of natural sunlight having the longest wavelength, cannot be seen with the naked eye. When we bask in the sun, the sunlight activates every cell in the human body. Since ancient times, people have believed that appropriate exposure to sunshine can maintain and even enhance health. However, long exposure to the summer sun has a negative impact on the skin. This fact is undeniable. Excessive sunlight can lead to freckles or other skin changes, some of which can be detrimental.

Although FIR cannot be seen with the naked eye, it has ability to penetrate, refract, radiate, and reflect. The human body can absorb FIR because of FIR's deep penetrating ability. All matter is made of uniquely-arranged atoms and molecules, and the molecules are all moving in unison. Molecules are composed of atoms. There is a continuous cyclical vibration among and between those atoms. When molecules are illuminated with electromagnetic radiation of the same intrinsic vibration frequency as the substance itself, the electromagnetic wave energy is absorbed and the amplitude of that substance's molecular vibration is increased. The increased vibration produces heat through friction.

Resonance-Absorption to Heat-Generation

Many organic molecules have the same intrinsic vibration frequency as FIR. That's why FIR (having the same vibration frequency) illuminates a substance, and that substance will filter out the FIR and experience a 'resonance absorption.' This is a process known as 'resonance-absorption to heat-generation' with the aid of FIR. In other words, the vibration of atoms and molecules will generate heat and result in resonance absorption. In skin, the following results will take place:

- Elevated dermis temperature
- Expanded blood capillaries
- Stimulated blood circulation.
- Extravasated blood (bruising) will be scavenged
- Cell tissues are activated
- Production of enzymes is enhanced
- Wastes from the aging process (the result of the natural process of metabolism) and detrimental aqueous substances will be eliminated through the sweat glands.

The Warming Effect of FIR..

The warming effect of FIR can stimulate metabolism and blood circulation. It can also promote the elimination of such things as poisonous carcinogenic heavy metals, toxic substances from food pro-cessing, lactic acid, free fatty acids, and subcutaneous fat associated with aging and fatigue, excess sodium associated with hypertension and uric acid, which causes pain. Furthermore, if sebaceous glands are activated, accumulated cosmetics in pores can be eliminated through the skin rather than by the kidneys. FIR is very helpful in this respect.

When we feel hot, we will instinctively seek shade. When we feel cold, we seek the warmth of sunshine. No one teaches us these responses. We have an innate desire for a comfortable temperature. Such temperature is actually synonymous with a comfortable energy frequency or 'wavelength.' That wavelength happens to 8 to 14 microns..the same as FIR. Seventy-five percent of our bodies is composed of water, protein, fat, and other substances, and all must function properly to sustain life. When living things absorb FIR of 8 to 14 micron wavelength, they experience resonance absorption. The vibrating movement of molecules in living tissue produces an increase in heat energy which in turn activates cells and enhances metabolism.

FIR has Three Properties:

- **Radiation** - it means it can directly reach human bodies just like light does. For example, sunlight which is also radiation, reaches through the vastness of space.
- **Deep Penetration** - FIR can reach well into subcutaneous layers of the body with its deep penetration ability, generating internal warmth suitable for molecule activation.
- **Resonance Absorption** - once illuminated, there is intrinsic vibration of body components..water, protein, fat, enzymes. The interior of the molecules (atoms and atomic structures) experience the resonance absorption of FIR of their same frequency.

In conclusion, the FIR not only makes the human body warm, but also can activate bodily functions. In other words, it will enhance and energize both your physical and spiritual states.

..Hopes for Cancer

THE HEALING EFFECTS of FAR INFRARED RAYS

What Does It Do?

- **Elevates the temperature of subcutaneous layers**, thus expanding blood capillaries, stimulating blood circulation, increasing metabolism between blood and tissue, promoting tissue regeneration and reducing cramping.
- **Penetrates 4-5 centimeters into the dermis** (middle layer of skin) from muscles into blood vessels, lymphatic glands and nerves.
- **Affects every living cell and produces warmth.** Through this cell tissue “micro friction” and the vibration of molecular resonance, chemicals within cells are activated.
- **The warming effect is helpful in eliminating** such things as the waste products generated by aging, heavy metals, toxic substances secreted by the sweat and dermis-layer fat glands.
- **Adjusts the autonomic nerve function** and reduces the over stimulation of sensory nerves.

The role of Far Infra Red Rays (FIR) in the Human Body

When FIR penetrates our bodies, it can be converted into the appropriate energy. This activates the self-regulating systems in our living tissue so as to alleviate bodily imbalance and assist in recovery. FIR can have considerable effects on the human body, as listed above. It is not only a beneficial health therapy, but can also be a substitute for other therapeutic modalities. Because of its heat penetration property, FIR radiates to the meridian points of the human body, just as acupuncture needles reach deep into tissue, but without leaving any marks on the exterior dermis.

FIR Waves Boosts Tissue Level

Dr. Oliver Chi summarized the effect of infrared rays on the body in these words: These rays are selectively absorbed by tissues needing a boost in their output. The internal production of infrared energy that normally occurs within our tissues is associated with a variety of healing responses and may require a boost to a maximal level to ensure the fullest healing response possible in a tissue which is being repaired. After boosting a tissue’s level to its maximum, the remaining rays pass onward harmlessly.

Heat-type Physical Therapy

FIR plays a comprehensive and compensating role in living things. That is why it can be designated as a heat-type physical therapy apparatus. The warming effect eliminates many waste products as mentioned above. When the body is warmed internally through molecular resonance, capillaries expand, activating blood circulation throughout the whole body to enhance metabolism. As a result, metabolic disturbances are ameliorated, tissue regeneration is promoted, and there is markedly enhanced growth potential.

We Live in a FIR Temperature Range

The natural resonant frequencies of molecules of water and organic substances are within the FIR wave frequencies; therefore, water and organic substances absorb energy easily from this wave. Our skin radiates a 9.36 micron FIR wave. A married couple who sleeps together live longer than a single person. Some of that may have to do with the emotional support they give each other. However, they also act as transmitters and receivers of FIR waves between each other, whereas the single person who sleeps alone acts as a transmitter without receiving any FIR waves.

..Reverse Aging

FIR is Superior

Between 1977 and 1987, more than 150 significant patents were granted for infrared devices. FIR heaters when turned on cause people to feel warmth instantly even though the air temperature remains cool. FIR energy can boil an egg without water. A FIR oven cooks more uniformly than a conventional oven and is not harmful like the microwave oven is. Air bubbles are uniform in baked bread and vitamins and flavors are preserved in other foods. FIR hair dryers operate much cooler and faster, reducing damage to the hair. FIR fabrics have also been created by impregnating wool and cotton fibers with ceramic-insulating powder. FIR fabric helps keep the body warm in a cold environment and provides a passive way to obtain the health benefits of FIR technology. Some items now containing these FIR fabrics are car and chair seats, quilts, socks, jackets, and athletic wraps.

USING THE *FIR* DOME

The *FIR* Dome can be Used in Various Positions while Performing Various Relaxing Activities

- It can be placed over the back while playing games.



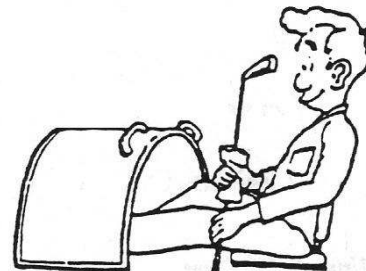
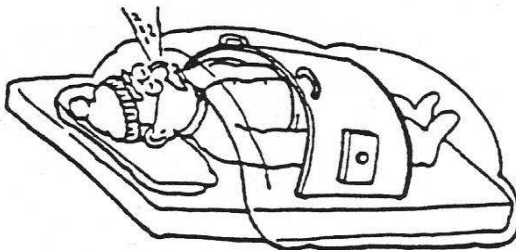
- It can be placed over the body while lying down on the back in various positions, reading, sleeping, etc. Do not cover the unit with blankets, comforters, or other coverings.



- It can be placed on a low table to make it comfortable to place an arm underneath it for treatment.



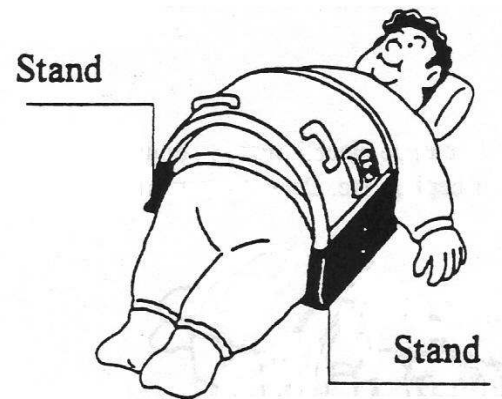
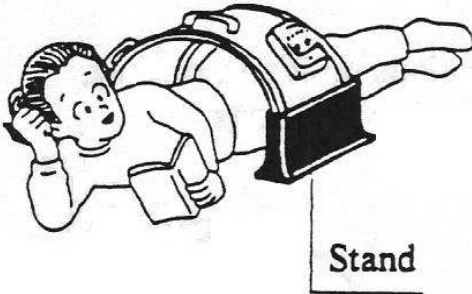
- It can be placed over the legs while sitting to treat the extremities or over the body while sleeping.



- Arm rests can be installed and the *FIR Dome* can be placed on one end. The person can then sit next to the unit while relaxing or watching TV. Clothes should not be allowed to contact the radiant plate when in use.



- One stand can be used to elevate one side of the unit, or two stands can be used if the person being treated needs the extra space underneath the unit.



- Treatments with the *FIR Dome* usually last 20 to 60 minutes. Initially, relief is only temporary, but with repeated treatments, the duration of relief becomes longer and eventually becomes lasting.
- During treatment one should not experience pain nor have a marked perception of heat. Following treatment, the skin may be slightly pinker than usual.
- Thirty to 60 minutes after a treatment the treated area should feel much like it had been massaged.

Some things to Remember:

- **Never open the eyes while head is under the unit.** Close the eyes and/or cover with heavy washcloth.
- **Avoid touching the radiant plate during operation.**
- **Do not sit on top of the unit.**
- **Limit use to one hour per treatment.**

FIR DOME HEALTH BUILDER

WHAT ARE FAR INFRARED RAYS (FIR)?

Within the magnetic spectrum, while some rays, such as light, can be seen by the unaided human eye, most are totally invisible to us. Far Infrared Rays (FIR) are well beyond the ability of the naked eye to see. FIR is capable of penetrating deep into the human body. It can gently and delightfully elevate the body's temperature. When it does so, it helps to expand capillaries which stimulates blood circulation. This increases the body's energy reserve, and accelerates the metabolic exchange between blood and body tissue. That's not all! FIR can actually increase the body tissue's regenerative ability. It also reduces abnormalities in nervous system and helps the autonomous system function properly. Needless to say, now that FIR's outstanding properties are gaining worldwide recognition and acclaim, we are beginning to see it appear in a wide variety of medical applications.

WARM, COMFORTABLE, FEELS SO GREAT. ENJOY IT ALL, AND BEST OF ALL, ENJOY IT AT HOME, TOO!

Are you giving enough thought to your own health and that of your family? Are you satisfied with your present condition - no complaints or concerns? It is important not to overlook the importance of a daily, routine health maintenance program! It is certainly better to avoid a health crisis than it is to have to treat one. This FIR Dome Health Builder produces its unique effect through radiant FIR heat. Its unique arched design enhances the thermal-effect. You get total enjoyment - it is completely safe and very comfortable. FIR radiation reaches deep into your body - anywhere and everywhere you want it to. It makes you feel absolutely terrific - blood circulation increases, metabolism is improved and your internal organs are stimulated. Why are we hearing so many wonderful and positive things from the many devoted users of the Health Builder? Because the FIR Dome Health Builder really works - maintaining general health and also helping to prevent various diseases. If you have been suffering from chronic ailments for a long time, give this a try! See for yourself if it can't restore YOUR lost vitality.

**SPECIAL FEATURES:

! The Importance of 8-10 micron Far Infrared Ray:

Normal human body temperature is 98.6 degrees. Most of our body heat is typically radiated away as far infrared at the 8-10 micron wavelength. (That is why a room full of people becomes warm.) So, if we generate 8-10 micron far infrared and direct it at a human body, it matches the radiant energy leaving the body and as much as 99 percent is absorbed below the surface of the skin. Through this principle of using complementary rays, the absorption of radiant energy stimulates the flow of blood throughout your whole body and energizes your metabolism. Using far infrared rays from the complimentary 8-10 micron wavelength is best for the body's overall comfort.

! Why the Deep, Penetrating Thermal Action?

The "Super Radiant Heating Surface" is covered with a very fine multi-faceted acute-angle silicon surface manufactured in New Mexico. When rays are scattered in all directions by the countless surfaces created by the silicon crystals, the effectiveness of the 160 degree span is even amplified. The radiant transmission area is increased some 10-fold. It simply wouldn't be possible to generate levels of FIR energy high enough to produce the effective results we achieve without the combination of these two design concepts: proper wavelength and a special reflective silicon surface.

! Electronically Controlled & Safe:

Though the radiation surface is capable of reaching 75 degrees C (167 degrees F), the temperature is automatically controlled by a built-in, specially-designed regulator which only allows a set temperature while a safety device precludes any chance of overheating from a malfunction.

! Simple To Operate:

The Fir Dome Health Builder performs its thermal treatment without ever having to touch the afflicted area. Just set the timer and relax. So simple and convenient! What's more, it consumes a mere 5 cents worth of electricity per hour.

! Small and Portable:

This is NOT like the huge FIR instruments you may have seen in hospitals. Ours is entirely new and sized just right for home use. You will be thrilled with the Health Builder's unique qualities. It is a must for your home!

! A Wider 160 Degree Heating Surface:

The 160 degree arched design greatly increases the radiation coverage and enhances its absorption. This unique sign is the hallmark of the Health Builder.

! Directions

Maximum: 20-60 minutes, twice daily. Initially, you will experience just the warmth and comfort. The long-term benefits will be gained, however, by using it on regular basis. A very slight reddening of the skin is normal. The relief you get is much like that from a good massage.

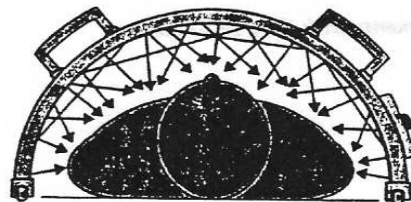


Figure 9-Patented Technology and processing for ultra high density radiation. A patented process makes possible 160 dispersed radiation to greatly increase radiation density.

CLINICAL TREATMENTS WITH THE *FIR DOME*

Of 150 patients given clinical treatment for sciatica, trifacial neuralgia, articular rheumatism, and stiffness in the shoulders, 70 percent experienced improvement or complete relief. Very good results were achieved and pain was relieved in cases of shoulder stiffness, bursitis, and lumbago after as few as one or two treatments. Speed of effectiveness and range of applicability are much better than for other heat therapies.

Condition	Area to Treat with Radiant Heat	Treatment Duration (Minutes)	No. of Treatments	Remarks
Aches and Pain (Muscular)	Locally and along the nerves toward the vertebra.	30 to 40	3 to 10	Soft tissue pain, such as in muscles, tendons, and ligaments can have many causes. The symptoms can also be varied: tenderness, referred pain, muscle spasm, stiffness, and painful cramping. Heat treatment is appropriate.
Arthritis	Locally, in the vicinity of the joint.	30 to 40	3 to 10	Use medium or low dosage for acute arthritis to reduce pain and swelling. With repeated treatments, the pain will go away.
Bed Wetting	Along the 12 th thoracic vertebrae to the 3 rd lumbar vertebrae, the lower abdomen near the bladder and the perineal area.	30 to 40	3 to 10	Apply occasionally to the inner thighs.
Bronchitis (Chronic)	Locally (from neck to chest)	30 to 40	5 to 20	In general, use radiant therapy to encourage the discharge of phlegm from the bronchi.
Edema of Joints	Locally	20 to 30	3 to 12	Some get relief of edema of the knee in as few as 3 to 4 treatments.
Frost Bite Chilblains	Locally	10 to 20	3 to 12	Far Infrared radiation markedly improves blood circulation and results are achieved without resort to medication due to enhanced circulation and metabolism.
Headache (Temporal)	Locally	20 to 30	1 to 6	Apply a little radiant heat in conjunction with relaxation therapy.
Inflammations of Shoulder Area	Locally, toward the lower cervical vertebra and on the stellate ganglion.	20 to 40	10 to 20	The effects of treatment on this malady are particularly striking. Both pain from motion and pain at rest go away as treatments continue. Subjective symptoms abate and the X-ray picture improves.
Itching	Locally	20 to 40	5 to 10	When used for itching of the female genitalia (rashes, etc.) it should be used the same way radiant heat treatment is used in dermatology.
Lumbago	Along the spine from the 3 rd lumbar vertebra to the 1 st coccygeal vertebra and the spinous process.	20 to 40	2 to 10	Muscular pain due to overexertion will be relieved by treatment. But with degenerative bone and nerve pathologies, a combination of therapies should be used. For severe pain, use a corset.

Neuralgia (Intercostal)	Along the ribs and vertebra.	20 to 30	5 to 10	Intercostal nerves run near the surface, so local heat treatment works well. Effectiveness is judged by diminished tenderness in the area of the nerves. Irradiate the spinous process from time to time.
Neuralgia (Post Herpetic)	Along the vertebra and the nerves serving the afflicted areas.	20 to 30	3 to 10	Herpes occurs in areas that control sensory nerves. Eliminate the herpes and in many cases the neuralgia will be cured.
Neuralgia (Trifacial)	Locally	20 to 30	10 to 15	When the cause is known, treat the cause. Radiant therapy is effective for idiopathic problems. Treat locally as well as the locus of pronounced tenderness. For hypersensitivity, reduce the dosage.
Rheumatism	Locally and along the nerves to vertebra.	20 to 30	10 to 20	Causes expansion of local blood vessels, increases circulation and so increases metabolism and reduces pain and inflammation, whether for muscular rheumatism, or lumbago.
Rheumatism (Muscular)	Locally, along the nerves toward the vertebra.	30 to 40	10 to 20	Appropriate for fascia in non-articular rheumatism. The objective of the treatment is pain relief and muscle relaxation.
Sciatica	Along the nerves toward the 3 rd lumbar vertebra thru the 1 st sacral vertebra, along the ischium.	20 to 40	5 to 20	Irradiate along the sciatic nerve for 5 or 10 minutes and then finish by illuminating the lumbosacral plexus for a short duration.
Sprain	Locally	5 to 15	5 to 15	Use low radiation while swelling is severe and after the tenderness subsides, apply moderate heat to the joint and surrounding areas.
Tendinitis	Locally	5 to 10	5 to 20	Inflammation of the tendon sheath is categorized as being either acute or chronic. Suppurative tenosynovitis should be treated surgically promptly. Depending on the cause, radiant heat is useful in lessening the pain of chronic tenosynovitis.
Upper Arm and Shoulder Pain	Locally and along the nerves toward the vertebra.	20 to 30	3 to 10	Degenerative diseases associated with aging, such as shoulder stiffness and scapulohumeral periarticular syndrome, are improved and pain lessened through a combination of heat therapy and exercise.

Conroy Cooper Therapist

(Specialist in energy medicine for medical clinics and Jamaican University Research Department. He works with many M.D.'s)

Place the Chi Machine at a 45 degree angle on a comfortable height table top. Sit in a chair turned sideways. (You may add a pillow to raise you higher. Comfort is very important.) Your energy circuit needs to be closed. To close energy circuit put index finger together with thumb. These are the times he suggested and most all results are achieved in three treatments, and you can use less.

Shoulder pain:

Place biceps on aerobic exerciser
Slide fir dome over arm
16 - 20 minutes



Elbow pain:

Place forearm on aerobic exerciser
Slide fir dome over arm
20 - 30 minutes



Wrist pain:

Place wrist on aerobic exerciser
Slide fir dome over arm
20 minutes



Knee pain:

Place 6 to 7 inches above ankle bone using
one leg at a time
Slide fir dome over leg



Testimonial February 2000

A seventy year old man came to try the Chi Machine in Jamaica. He had to use a cane and shuffled his feet to walk. He hadn't fed himself in two years. After Conroy used the processes above, 5 minutes on each area. He could pick up and hold a spoon and could carry it to his mouth. He also was able to pick up his feet and walk out steadying himself with his cane. He purchased a Chi Machine and Hot House that day and his progress has been improving with each day. He no longer needs a cane.

He is so thankful for the new independence, he now enjoys the benefits that so long ago he took for granted.

HEALING WITH PHOTONS

FAR INFRARED THERAPY

Low Reactive-level Laser Therapy (LLL) or Far Infrared (FIR) is a tool that creates photons. In his book *Healing with Photons*, Dr. G. E. Poesnecker, N.D., D.C., writes the following:

A Miraculous Tool

From first-hand experience, I can tell you LLL is a miraculous tool that on the surface seems contradictory. It can help alleviate the sensation of pain, but it can also bring back a sense of feeling in areas that have gone numb. It can remove overgrown scar tissue or it can simulate tissue growth. It can remove excess pigment, but it also restores pigment in areas where needed. It can activate healing components within the immune system, but also decrease the body's sometimes harmful inflammation response. LLL and its photons normalize tissue. Photons do this by activating enzymes.

Enzymes and Photons..

Enzymes are molecules that speed up the chemical reactions among other substances without themselves being destroyed or used up in the process. By directly triggering enzymes, the power of photons is multiplied by thousands through a domino-type effect. One photon can activate a single enzyme which in turn triggers a chemical reaction, which triggers another and another, etc.

With LLL there have been no adverse side-effects noted. It apparently normalizes tissue. It seems to act like a nutrient. Photons will only be absorbed by the cells that need help. If a cell is functioning normally, no benefit will be observed by LLL.

Glowing Results from Professionals

I have conducted interviews with several of the doctors who have been testing these units in their practices for the last year or so. Each of the doctors I've spoken with had nothing but the most glowing reports for LLL. Dentists have used the instrument for **dry socket problems, gum disease, and temporal mandibular joint (TMJ) disorders**. Others have used it on **keloids and scar tissue, torn knee cartilage, 2nd and 3rd degree burns, surgical and open wounds, damaged nerves, headaches, sinus problems, strains, sprains, and athletic injuries**.

Carpal Tunnel Syndrome Successes

One of the fastest growing complaints in this country today is **carpal tunnel syndrome (CTS)**. This condition responds to the laser as well. CTS is caused by repetitive motion and trauma to the median nerve passing through the wrist. Assembly line workers are particularly prone to the problem. The standard medical treatment for CTS is still surgery, which has a dismal success rate of less than 10%. Dr. Wayne Good, the plant physician at General Motors' Flint Assembly, has treated close to 600 patients with LLL and achieved positive results in over 70% of the patients. He is in the process of submitting his results for publication as further studies continue.

Tools of the Future

Photobiotherapy will become one of the premiere healing tools of our future. It will eliminate the need for many of today's common surgical procedures. I can see the day when every household in the country will have an LLL unit on hand. Instead of running to the medicine cabinet for aspirin at the first sign of a headache or pain, the laser will be the first choice of treatment. After using the unit for close to two years now, I'll stick with that prediction.

It seems like every day we're getting a little closer to realizing that subtle energies—like those emitted from these laser units—can have a profound effect on stimulating healing within the body. It is only a matter of time before physicians and the general public learn about LLL and just how beneficial it can be. When used properly, it is a safe, effective, natural tool that can enhance, rather than oppose the body's own innate healing powers.

Studies Being Conducted..

Studies are underway by members of the Harvard University Orthopedic Department at Massachusetts General Hospital to determine the effects of LLL on damaged cartilage cells. Early information indicates that LLL appears to stimulate the regeneration of cartilage cells. Currently, tests are being conducted in vitro, using cartilage cells from cattle.

Unparalleled Medical Breakthrough

In the next four to six months, these researchers hope to be conducting those same tests involving human cells. If the preliminary results are any indication of what will happen in human cells, LLL could revolutionize the way arthritis is treated. The ability to regenerate cartilage would be a unparalleled medical breakthrough.

*Research shows far infrared increases blood flow and vasodilatation to injured areas. This breaks down the immune barrier and reduces swelling. Lymphatic flow is increased to speed healing. Low level light has also been shown to enhance fibroblast production and collagen synthesis.

TWELVE POINTS FOR THE PREVENTION OF CANCER

Ten years ago the World Health Organization (WHO), the American Cancer Resistance Association, and the International Lung Cancer Association stressed this fact: **“Prevention, not an early diagnosis, of cancer is most important.”**

The following is quoted from the National Cancer Research Center as being

THE TWELVE POINTS FOR THE PREVENTION OF CANCER

1. Balanced nutritional intake
2. Variety of foods
3. Avoid over-eating and reduce fat consumption
4. Drink alcoholic beverages in moderation or not at all
5. Less smoking
6. Proper vitamin and fiber content in foods
7. Avoid salty and highly spiced foods
8. Do not eat burned food
9. Do not eat spoiled food
10. Avoid excessive exposure to sunlight
11. Exercise regularly
12. Maintain proper personal hygiene

Eight of the twelve points are closely related to food intake. In other words, your daily food is an important factor in the prevention of cancer.

According to our cancer experts, 30% of cancer cases can be prevented if you pay strict attention to your daily food habits. Another 30% is from non-smoking. This places the bulk of the responsibility upon each of us to prevent the onset of cancer.

THE *FIR DOME* FUNCTIONS ARE SUMMARIZED IN THE FOLLOWING:

1. Excellent for chronic diseases, especially for cancer.
2. Excellent for alleviation of rheumatism, arthritis, gout, and reducing the density of uric acid.
3. Very effective for chronic arthritis and also for asthma.
4. Very effective for better blood circulation of chronic nephritis patients, reducing blood pressure and improving urination.
5. Effective for strengthening the regenerative ability of the healthy tissues of patients with gastric ulcers and duodenal ulcers.
6. Effective for improving the blood circulation of the anus veins for piles and hemorrhoids.
7. Also good for diseases such as pains in back, shoulder, neck, muscles, paralysis, sciatica, insomnia, neuralgia, and of abnormal nerve functions, skin aging, chapping, high blood pressure, chilblains, and pimples.

THE ORIGIN OF CANCER CELLS

Powerful Messages from 20th Century Scientists

These quotes are the frank opinions of the Father of Alternating Current, a two-time Nobel Laureate, and a 19th century German philosopher. These were men whose truths are becoming evident in today's world of science. These were pioneers and scientists of the highest magnitude. This abstract uncovers (postmortem) the discoveries of these men and their contributions to future scientific studies.

Otto Warburg won his first Nobel Price in 1933 for his discovery of the hydrogen transferring enzyme. His discoveries are quoted below and as follows: **“But, even for cancer, there is only one primary cause. Summarized in a few words, the cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.”**

“But nobody today can say that one does not know what cancer and its prime cause is. On the contrary, **there is no disease whose prime cause is better known**, so that today ignorance is no longer an excuse that one cannot do more about prevention.

That the prevention of cancer will come, there is no doubt..for man wishes to survive. But how long prevention will be avoided depends on how long the prophets of agnosticism will succeed in inhibiting the application of scientific knowledge in the cancer field. In the meantime, millions of men and women must die of cancer unnecessarily.”

..Otto Warburg, “The Prime Cause and Prevention of Cancer”, 1969, p.16. Translation by Dean Burk, National Cancer Institute.

“Today's scientists have substituted mathematics for experiments and they wander off through equation after equation and eventually build a structure which has no relation to reality. The scientists from Franklin to Morse were clear thinkers and did not produce erroneous theories. The scientists of today think deeply instead of clearly. One must be sane to think clearly, but one can think deeply and be quite insane.” *..Nicola Tesla, “Radio Power Will Revolutionize the World, Modern Mechanics and Inventions. July 1934, p. 2*

“All truth passes through three stages: First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as self-evident.”

..Arthur Schopenhauer, “International Tesla Society Journal of Power and Resonance,” Vol. 5, No. 4 19W, p. 40

“Because no cancer cell exists, the respiration of which is intact, it cannot be disputed that **cancer could be prevented if the respiration of the body cells could be kept intact.**”

Dr. F. M. Eugene Blass, an Oxidation Specialist and engineer/designer of the Pennsylvania Steel-Coke ovens, clinically verified Warburg’s foundational work. Returning to the United States in 1925 cured of his cancer and armed with the knowledge of the Institute for Sauersloff-Heilverfahren, Blass adamantly represented the German Kneipp/Nature Cure and Oxidative therapies.

“The recognizable results of an insufficient oxidation either because of a lack of minerals or oxygen or because of the presence of foreign matter in the bloodstream are the symptoms which bear the imposing nomenclature of modern ‘dis-ease.’ The different kinds of parasites, which are the ‘germs’ commonly blamed for the creation of these various symptoms, find food and lodging in the diseased soil which accumulates in the body, but logically, are not the cause of disease. **A clean habitation will not tolerate such hospitality and normal vital fluids constitute the best insurance against sickness.**”

“Oxidation is the source of life. Its lack causes impaired health or disease; its cessation is death.”

Dr. William F. Koch, MD, PhD, a well-published pathologist and medical school professor, presented his co-practitioners with a ‘study of the phenomena of the free radical, the double bond, and its alpha-placed hydrogen atom in the pathogenesis and correction of neoplastic, viral, and bacterial diseases.’

Quotes to illustrate further:

“Oxidation has several positions of control in its process in line with our postulate. The first is the potency of the functional carbonyl group (FCG) which must start the process by dehydrogenating the fuel. When this carbonyl group is not free, as when the hydrogen removed from the fuel is not taken away by some electron acceptor system, the oxidation is blocked. And this oxygen is essential as the ultimate electron acceptor in aerobic organisms, so lack of oxygen has two steps in blocking oxidation or hindering it.”

“After the pathogen—be it a virus, carcinogen, or some allergen—has made the pathogenic integration, the need for oxygen in the diseased cells is all the more imperative, and removal of all sources of the pathogenic amines is the prime consideration. And not until a good dispersion of the tissue colloids is had—and a good oxygen supply is present in the cells—should the reagent be given. For if it does not have a molecule of oxygen at hand to combine the free radical formed by each dehydrogenation, there will be no curative progression of oxidation, and the reagent is given in vain. This also applies to the free radicals produced by the use of the reducing agent.”

“Our postulate provides for the polymerization of the carcinogenic toxin as it develops to the cancer producing stage, and this provision is based upon the chemical and clinical circumstances that stare one straight in the face. Atrophy precedes neoplasia. If one answers that the neoplasia is a reaction to the atrophy stimulus—as hay fever is to the pollen stimulus—one must still offer a mechanism for the reaction.

The simplest mechanism that could be involved is that the toxin produces both changes, and this mechanism we have already explained as due to blockage in energy production and transfer. Recovery from the states caused by the carcinogenic agent—be it virus or chemical—is therefore a satisfactory support to the contention, since the same agency accomplishes the corrections of all states: atrophy, pre-growth toxic state, cachexia, and the turnifications.”

“The best proof of the correctness or practicability of any postulate in medicine is doubtless the curative value of its application.”

THE FIR

DOME

BENEFITS

SECTION E: CONTENTS

THE FIR DOME BENEFITS

- 1. Arthritis**
- 2. Artificial Body Parts**
- 3. Asthma**
- 4. Back Pain**
- 5. Cancer**
- 6. Circulatory System**
- 7. Digestive System**
- 8. Feet and Legs**
- 9. Female Complaints**
- 10. Neck and Shoulder Problems**
- 11. Physical Fitness**
- 12. Respiratory Problems**
- 13. Skin Irritations**
- 14. Toxicity**
- 15. Urinary System**

ARTHRITIS

***Arthritis** is an inflammation of the joints, surrounding tendons, ligaments, and cartilage due to infectious, metabolic, or constitutional causes. It is among the oldest known afflictions of human beings and can affect virtually every part of the body: from the feet to the knees, back, shoulders, and fingers. **Arthritis** effects range from slight pain, stiffness and swelling of the joints, to crippling and disability. **Arthritis** affects people of all ages. About 15% of the population today is afflicted with arthritis or a related disorder, and 200,000 children in the United States have some form of the disease.*

Long-term Arthritis Problems

C. related her amazing story follows: “I have been suffering from **arthritis** for about ten years. If I took a long walk or did other such things, all of the joints of my entire body would ache. The illness had troubled me a lot, both physically and spiritually. Because of the illness, I had to give up the job I loved. I lost my close friends and even my family life was badly damaged. I was very disheartened and short-tempered. My doctors suggested that I should keep on doing exercises or my joints would become even more stiffened.

Body Became Stiffened..

Although I did try to follow the advice of doctors and learned various kinds of exercises, I gave up because I did not have any interest in them. After a long period, the upper part of my body—including the **vertebrae, shoulders, and cervical vertebrae—became fairly stiffened.** Even a small movement of my head was very painful and difficult. If I got too tired after a day’s work, I could not get up from my bed or even make a turn of my body at night.

During that long period of my illness, I merely relied on lots and lots of pain-killers. I spent a lot more time on the so-called recuperation and rehabilitation programs at the hospital and spent a huge amounts of money on my daily massage at home. With each passing day, I did not know when and where was to be the end of my gloomy life.

Aerobic Exerciser and FIR Dome to the Rescue!

The day finally came when I began to use the *FIR Dome* and the *Aerobic Exerciser*. After I used them for only two or three days, **I felt the stiffness of my body going away.** Six months later I found them very effective. I could say goodbye to those days of wasted money, time and energy spent on medicine, massage and the like. Now I can do these healthy exercises for recuperation purposes at home. I now have a good appetite. I can sleep well at night. I have gained weight and can ride my bike to take my daughter to school or to bring her home again. I passed the examination to get a driver’s license. I can once again enjoy the good things in my life.

Four Times a Day

I used the *FIR Dome* and the *Aerobic Exerciser* simultaneously four times a day initially and I always felt great afterwards. My **nerves, shoulders, and back felt a lot better, and body and limb flexibility improved.** This further strengthened my confidence in the machines. I even continued using them while I was taking traction treatment at the hospital. None of my remaining symptoms worsened so I was pleased and was satisfied with the results.” ..C.

Far Infrared Rays and Arthritis

The infrared is very helpful in getting the circulation to the area so it moves out and many **arthritic people** see a huge difference. We have had people with **arthritic knees and arthritic hands** who could see a difference in only 15 minutes. Remember, we are all different. We can't make claims, but we have lots of stories. The infrared makes you so much more flexible when there is stiffness in the joints. You get flexibility with circulation. ..D.

Arthritic Pain Responds to *FIR Dome*

R. from Pennsylvania got the *Aerobic Exerciser* and started using it in December. She was having trouble with her **left knee.** It swelled up two inches larger than the other knee and was very hot. The veins behind her knee were inflamed and protruding. She went to the doctor and was sent to the hospital for an MRI and to be tested for blood clots. After \$4000 in tests she concluded that she had fluid and **arthritis on her knee** and wanted to take the fluid off and inject steroids. She refused and showed the doctor the brochure for the *Aerobic Exerciser*. He looked at it and said, “Try this for three months and then come back and see me. I have a lot of people who could use this.”

R. started using the *Aerobic Exerciser* three minutes, three times a day, along with the *FIR Dome* twice a day for an hour and had **immense relief within four days.** After three months she canceled her doctor appointment because she already had relief.

Another time she had an abscess in her tooth and knew she would probably need a root canal. Instead, she tried laying under the *FIR Dome* and within a short period of time the pain was gone. ..R.

ARTIFICIAL BODY PARTS

FIR Dome Helps the Body Regenerate

The *FIR Dome* feels wonderful on an **artificial hip**.it is so comforting. When pins or metal have been inserted, it does not harm them, as it doesn't get over 98 degrees. Keeping it at that constant temperature doesn't make the body temperature go up and doesn't make it go down. If a person is recovering from a break and has **metal pins in the body**, the *Hot House* is very soothing to them.

...D

ASTHMA

***Asthma** is a condition often of allergic origin that is marked by continuous or paroxysmal labored breathing accompanied by wheezing, by a sense of constriction in the chest, and often by attacks of coughing or gasping. It is a lung disease that causes obstruction of the airways. During an asthma attack, spasms in the muscles surrounding the bronchi (small airways in the lungs) constrict, impeding the outward passage of stale air. Sufferers often describe this plight as ‘starving for air.’ Typical symptoms of an **asthma attack** are coughing, wheezing, a feeling of tightness in the chest, and difficulty in breathing. Whatever the **asthma** invoking allergen is, it causes the bronchial tubes to swell and become plugged with mucus. This inflammation further irritates the airways, resulting in even greater sensitivity; the attacks become more frequent and the inflammation more severe.*

Great Therapy for Asthma and Bronchial Problems

C., lymphologist, reported that if a person has bronchial problems or breathing problems or **asthma** problems, they need to just experience the *FIR Dome*..they will be greatly relieved. A person came into his office with **pneumonia** and with therapy through lymphology and the *FIR Dome*, and the malady was gone in 15 minutes. Individuals with type A blood tend to produce more mucus—even if they are not eating mucus-forming foods—and the *FIR Dome* is really effective for them.

When people come to meetings and are **congested**, they get under the *FIR Dome* for 15-30 minutes and they are wonderfully improved. ..C., Lymphologist

Godsend for Respiratory..

One gentleman has a sauna (infra red) room and is very much afflicted with **asthma**. Even with this therapy he is coughing and spitting the whole time he is in his sauna room. He got underneath the *FIR Dome* and in 15 minutes he was ecstatic. He said, “I haven’t been able to breathe like this for five years!” ..D.

BACK PAIN

Back Pain is the leading cause of disability for people under the age of 45, with 80% of all Americans suffering from **back pain** at some point in their lives. Most people, though, are completely unaware of all the things they habitually do that contribute to this problem.. **Back pain** can be divided into two basic categories, acute and chronic. Acute **back pain** comes on quickly, either immediately or over a period of several hours. It is often the result of a sudden motion or injury that may come from something as simple as lifting up a heavy object, or from an accident or fall. On the other hand, **chronic back pain** comes on slowly and remains for a very long time, sometimes lasting for months or even years. It may come and go, but it is never far from one's mind, preventing one from enjoying the things one wants to do.

Comfort for a Sore Back

When the **back is sore**, you can just sit in the *FIR Dome*, using the arm rests. It is very comforting and nurturing, like a blanket. It is so warm and wonderful. ..D.

Severe Vertebrae Problems Alleviated

K. suffered from **severe vertebrae lordosis and dislocation**. At the age of 42 her body began to ache. At 45 she began to wear an osteopathic iron jacket. When lying down she was extremely uncomfortable and she only managed to sleep by lying on her stomach. Consequently, she got very little sleep. During the day her efficiency was almost nil.

She went to doctors of Chinese herbal medicine, of internal medicine, and to temples. Whenever she heard something relative to her disease she would go for consultation and seek help. Within the span of five years she traveled nearly all over the country trying to find the cause for this disease in order to relieve her agony.

Wearing the osteopathic iron jacket only reduced further aggravation to the disease, but it did not bring a cure or dramatic improvement. She finally succumbed to the prospect of surgery. The doctors told her there was no guarantee that the operation would give her a full recovery. Then they commenced with physical therapy such as traction, thermal application, and electrical stimulation.

Surgery Averted by Aerobic Exerciser and FIR Dome

She was introduced to the *Aerobic Exerciser* by a friend and she used it two or three times. Then she was introduced to the *FIR Dome* and at first she used it only as a thermal therapy machine. Continued use convinced her she finally had an appliance she could trust. From then on she used it every chance she got. After three months she began to see the beneficial effect of the machine.

Then she also began to use the *Aerobic Exerciser* again and three weeks later was able to sit in a chair without a backrest. She no longer had to sit in a rocking chair. She no longer even had to wear the osteopathic iron jacket. She was a new person! Her advice is that those who suffer from chronic disease must be patient. Persistence will bring the results they seek ..K.

Spine Injury Responds to *FIR Dome*

E. reports having injured her **back and spine** badly. She had all kinds of treatments without relief. When she got her *FIR Dome* she decided to lay on her side and just tip a little so that the heat could penetrate her spine. The results have been remarkable. She hardly knows the pain is there anymore.

..E.

Lumbar Vertebrae Pain Relieved

C. reported that his mother had a **great deal of pain associated with her lumber vertebrae** which had persisted for many years. She used the *FIR Dome* only a few times and found that her pain was gone almost overnight. She convinced her son of her now limber back by squatting down, something she had been unable to do for a long time.

..C.

Lower Back Pain Relieved

For many years P. has been afflicted with **lower back pain**. She and her husband have been using the *Aerobic Exerciser* and the *FIR Dome* at least once a day for six weeks. P. has noticed that the **pain in her lower back** is almost gone. They are now sharing both machines with their friends with the hope that they, too, can feel better and have a better quality of life.

..P.

Pain from Lyme's Disease Relieved

M. bought her *Aerobic Exerciser* in November and the *FIR Dome* about two weeks later because she had just been diagnosed with Lyme's Disease. For a week she used the *FIR Dome* about three hours a day and began to feel better. She was also using the *Aerobic Exerciser* about twice a day for a problem with her **sciatic nerve**. She feels a great deal of relief by using the machine and the *FIR Dome* while lying on her stomach. One of her other problems is that her **hip frequently goes out**, but using the *Aerobic Exerciser* gets it back in place every time. She says, "I don't know where I would be without my *Aerobic Exerciser* and my *FIR Dome*."

..M

CANCER

***Cancer** is a malignant tumor of potentially unlimited growth that expands locally in invasion and systemically by metastasis. In this disease healthy cells stop functioning and maturing properly. As the normal cycle of cell creation and death is interrupted, these newly “mutated” **cancer** cells begin multiplying uncontrollably, no longer operating as an integrated and harmonious part of the body. They also become parasitic and can develop their own network of blood vessels to siphon nourishment away from the body’s blood supply. This process, if unchecked, will eventually lead to the formation of more tumors and further sap the body’s energy supply, weakening and eventually poisoning the patient with toxic byproducts.*

Far Infrared (FIR) Research in Japan and China

Over the last 25 years, Japanese and Chinese researchers and clinicians have done extensive research on (FIR) treatment and report many findings. In Japan there is an “Infrared Society” composed of medical doctors and physical therapists to further research and support the health benefits of Infrared as a method of healing. One of the diseases most commonly treated in the Orient with this method is **cancer**.

Cancer Cannot Live in Presence of Oxygen

The **cancer** cell is the “arch-criminal” of **cancer**. Yet it is a common cell—nothing very special until it begins to change from lack of oxygen. We have learned from scientists such as Otto Heinrich Warburg, a two-time Nobel Prize winner, who showed that the “cause of **cancer** is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.” Simply put, **cancerous** cells cannot live and develop in the presence of oxygen.

Cancer Cells Cannot Live in Temperatures Above 42 Degrees C.

The **cancerous** cell has a weakness in its resistance to heat and will die if the temperature goes above 42 degrees C. FIR heat can penetrate deep into the body and kill **cancerous** cells. FIR thermal treatment raises body temperature to 42 degrees C. FIR thermal therapy can alleviate pain and prolong life when conventional **cancer** treatment fails.

In the United States, the mainstream thinking on **cancer** treatment has undergone great changes. Thermal therapy and immuno-therapy are regarded as non-invasive and safe.

Importance of Good Circulation

When the common cell begins to change and proliferate, it becomes a malignant tumor. If a **cancer** cell does NOT grow or proliferate, it is merely a cell, nothing dangerous. Unfortunately, the thing that greatly troubles us is when a **cancer** cell increases and proliferates. When it does so, it becomes a **cancerous** tumor, which will be too powerful to bring under control. **Cancer** would not be a dreadful disease without this proliferation, and so the death rate would be sharply cut. When a **cancer** cell goes into the blood, it begins to rush here and there in the body. Then it settles down somewhere. The key is how to prevent the **cancerous** cell from settling down, without which the cell cannot proliferate.

The **cancerous** cell's positioning or settling down is directly related to the capillaries, which are at the end of the blood vessels. First, the cell is rushing hither and thither, trying to position itself by going through the capillary. If it goes through, there could be no settling down (which is what happens if there is good blood circulation). The cell could easily position itself by settling down, however, if it fails to pass through the capillary because of some functional disorder in the circulation.

The **cancerous** cell has a weakness in resistance against heat. It will die if the temperature goes above 42 degrees C. The *FIR Dome* has its own heat source, which is penetrating and can transmit heat to the depth of the human body, thus killing the **cancerous** cell. FIR has its main function in helping the capillaries to expand by heat and promote good circulation.

Good blood circulation of the capillaries—without functional disorder—leaves no way for the **cancerous** cell to settle down. The cell will then be killed by the immunocyte (the immunity cell). There could be no **cancerous** cells if the blood circulation is smooth

..Source: Far Infrared Ray - Hopes for Cancer

Number One Way to Fight Cancer in the Orient..

The *FIR Dome* helps the body to regenerate. If you have any infectious pathogens, it stops them from reproducing. That is why they use it in Asia, to stop the **cancer** cells. The **cancer** cells cannot reproduce under this heat. The rays from the *FIR Dome* scatter in all directions and penetrate the body to create heat internally at 42 degrees C. Wherever it reaches that temperature, nothing can reproduce. The far infrared (FIR) heats from the inside of the tissues out, rather than just making the skin surface warm. The FIR can actually increase the body's tissue regenerative ability.

In the Orient, the FIR is the number one way to fight **cancer**. Here, we use chemotherapy and radiation. They have just reversed it. Here, people don't usually use FIR until they have exhausted all other resources. ...D.

FIR Dome Assists in Leukemia Recovery

"I had **leukemia** 18 years ago, so I have had a lot of problems since then with my lymph system having nodules. I have to watch it closely, so I put the *FIR Dome* over the area from my waist to my head and all the nodules are just kind of melting away. My lymph system is getting clearer. I usually have a massage on a bi-weekly or monthly basis and the *FIR Dome* has been just wonderful. I can't believe the way these nodules are coming out because it heats from the inside out. It dissipates the nodules in the lymph system, especially the breast area and under the arms. That is why I apply it from my waist to my head. It feels so wonderful!" ...D.

A Holiday Wish..

We have a client who signed up for hospice services with stage-4 **cancer**. She hadn't been able to eat for months, so she was down to 89 pounds and had been using a wheel chair off and on since we started working with her in February. We really bought the *FIR Dome* to help her, as she had spent most of her savings being treated in Mexico. Her husband comes every morning to borrow our *Aerobic Exerciser* and *FIR Dome* and returns them by noon because we work in the afternoons.

After three weeks of using the *FIR Dome* and the *Chi Machine*, she was able to eat and on Thanksgiving Day she ate a full meal, which was her holiday wish. ...S.

Melanoma Treatment

“I had a little problem called **melanoma** on my back about ten years ago. I got exposed to too much sun as a child. **Melanoma is a bad cancer** to have. It’s very bad. It spreads around and gets in your lymphatics and goes into the bones and then you are dead.

Every atom in our body has a certain oscillation and when they are in a normal state they are in between 8 to 15 hertz which is the same rhythm almost as the alpha state. The alpha state is 7 to 12, so the *Aerobic Exerciser* actually helps your body get into a better level or state and can help you with many things. I think it will be shown eventually that it will be a big help to lowering cancer tumors. It has not been proven yet, but I am working on it”. ..Dr. S., MD, PC

A New Life Experience

One Sunday I received a phone call from some people who wanted very much to come and see me. I told them I didn’t do business on Sunday, but they said, “Just this once—he may not be here tomorrow. The doctor says he has about 12 hours to live.” This person had been suffering from **bone cancer** for a long time and then it went dormant for three years. When it came back, it came back about ten times faster. His **cancer cell count** was at 1740!

I remembered reading about a lady who had a disease where she wished she was dead. She was a young mother and she started using the *FIR Dome* six hours a day. I thought..”Well, that is a new idea! I just usually use it an hour in the morning and an hour at night.” What was I supposed to say to someone who could barely talk, who had only been given 12 hours to live?

Started with the *FIR Dome*

He was put under the *FIR Dome*. He said the first 4½ hours were excruciating. He was in such terrible pain. He was in the **last stages of cancer** and had his own morphine pump. After 4½ hours the pain left. He called me and said, “You saved my life. I didn’t think I could make it, but once the 4½ hours passed I was doing okay.” Everyone was amazed. And why did this happen? It is my belief that **cancer** capillaries need circulation to keep going. When something is dead, gangrene sets in, there is no feeling. Pain is wonderful! If you don’t have feeling, you are dying! You get one or the other; you get feeling or you get death, whether it’s your feet or whatever it is! So we are seeing a pattern. There have been about a dozen **cancer** patients who all went through the same process of pain.

It has not even been two months since his 1740 **cancer count**, and a week ago he called me and said, “My **cancer count** was 105! My oncologist said, ‘I have never in all my life seen anything like this. Whatever you are doing, stay with it because it’s new technology.’” All he did was use the *FIR Dome* and what we call “electrical medicine,” discoveries made by Dr. B. He used those things. The doctor said, “I have heard about this, but I had never seen the results. I expect that within the next three weeks when we do your test (which will come up on the first of May) that your **cancer** will be at zero. You will be totally clear.” This happened in less than two months!

Another astounding thing is that the Hospice nurse said, “The best part of this is that the blood count went up! Your white count (which is your basic immune system) went above normal from down to death’s door to higher-than-normal!” He had already been through the chemo, the bone marrow transplant, and radiation. He was on the last level, and in just two months that white blood cell count was above normal! That is nothing short of a miracle! I am glad to be on this train of making a difference. He came in and handed his story to me this week which is documented below. ..D.

Cancer Recovery..A Personal Account of the Above Experience

“I am R. and I am 54 years of age. I was diagnosed with **multiple myeloma cancer** at the age of 49 and was given three years to live. At that time I was put through five chemotherapy treatments and 45 radiation treatments. I was determined to beat the **cancer**, so with the help of God and some special products I beat it in 20 months.

Five years later the **cancer** came back. Multiple myeloma is the fastest growing **cancer** there is and when the **cancer** comes back, it multiplies many times faster than the first time. In the beginning, the **cancer** was in my spine. I lost four vertebrae and shrunk 3½”. This time the **cancer** started in my ribs. Three ribs on the lower right side cracked. One week later the whole rib case and spine was engulfed in **cancer**. As fast as the **cancer** was spreading, it seemed there was not much more than a week left to live, even with the help of the steroids the doctors were giving me.

I was introduced to the *FIR Dome* to me—along with some other products—and literally saved my life. I got the *FIR Dome* first and immediately noticed a big difference. I used the *FIR Dome* for 6½ hours the first night and then anywhere from 4 to 12 hours a night after that. While under the *FIR Dome* I could feel the pressure relieved from my ribs and the pain go away.

Then I got the *Silver Pulser* and the *Magnetic Pulser* which I used for 35 minutes a day and also a magnetic mattress pad. I began taking a product called *Enzogenol*, an antioxidant, (1 mg. per pound of body weight), which was 120 mg. twice a day. By using these products and with the help of the good Lord, I beat the **cancer** in 2½ months. All of these products are the best in the world! My oncologist was very supportive of the treatment and very impressed with the results.” ..R.

Update on R.’s Condition

Now R. uses the *FIR Dome* from 6 to 8½ hours every day and he has a clean bill of health! His oncologist says it is even taking the scar tissue away from the **cancer**. He has full flexibility back.

The *FIR Dome* is considered a medical device in Japan. They are used there in the hospitals for **cancer**. ..D.

Remarkable Recovery!

A distributor reported that his 78 year-old mother had just had surgery three weeks ago and she had been diagnosed with **cancer of the lymph**. They took all the lymph glands out. They wanted her to go right into radiation and chemotherapy. She said, “Check it to see if it is cancerous.” They checked it and even though they had taken all the lymph out, there still was **cancer**. She said, “Give me two weeks before I start.”

Her son ordered the *FIR Dome* and by the time it arrived, ten days had gone by, so his mother used it for 3½ days, 24 hours a day right over the chest area because the two weeks would soon be over. The only time she got out from under it was just to use the bathroom. She said, “If I’m going to go..what is 3½ days under the *FIR Dome*?” She had faith in the *FIR Dome*. She put it over her and just figured that was what she was going to do before she had to go back into the doctor.

She used the *FIR Dome* for the 3½ days straight, then went in and had the **cancer** tested. It was at zero and her blood count was at zero for the cancer rate! ..D.

Cancer Pain Can Respond to *FIR Dome*

The most important thing I can tell you is what I found..that overall, people with **cancer** and tumors and pain that had areas of deterioration who get under the *FIR Dome* will either feel immediate relief or they will feel immediate pain. ..D.

***Chi Machine* and *FIR Dome* Combat Cancer**

So you can starve **cancer** to death simply by using the *Aerobic Exerciser* and the *FIR Dome*. The reason I say the *FIR Dome* too is because the Far Infrared (FIR) wave length of the *FIR Dome* breaks up the clustered blood proteins and sends them out in every direction. Here is the key if you are going to try to eliminate disease in your body. When you’re on the *Aerobic Exerciser* and you get the *FIR Dome* over you and you take a deep breath, the lungs are pumping your lymphatic vessels and you are pulling the toxins out. It works on a negative pressure system. ..C., *Certified Lymphologist*

CIRCULATORY SYSTEM

*The heart and blood vessels, together with the blood they contain, form the cardiovascular or **circulatory system**. This system transports nutrients and oxygen to all body cells and removes their waste products. It also carries specialized cells that help protect against infection. There are many disorders associated with the **circulatory system**. When plaque or fatty deposits form along the walls of the arteries, it causes them to harden and constrict. Hypertension (or high blood pressure) results because the blood exerts greater force against the walls of the narrowed and/or more rigid blood vessels. **Poor circulation** can also result from varicose veins, which develop because of a loss of elasticity in the walls of the veins.*

FIR Dome Breaks up Trapped Proteins

The *FIR Dome* breaks up the **trapped blood proteins** and then it can move right out. It goes in and expands the blood vessels of the body. As it does this, the metabolism changes between the tissue and the blood so that you have **circulation**. The key is having the metabolism changed. The temperature never goes over 98 degrees F., so it is never hotter than our bodies. Infrared has been used for over 50 years in the medical community, so this is medically acceptable. ..D.

Heart Condition Responds to Aerobic Exerciser and FIR Dome

One woman called to report that she was so sick for several nights she really thought she was going to die, and since she went on the *Aerobic Exerciser* and used the *FIR Dome* for a couple of days she has not felt so good in years. She said we saved her life!

Her brother gave some extra insight on the situation: “A year ago they took the family aside and told us that they didn’t expect my sister to live through the night. The doctor who attended her said that he and the rest of the staff in the room—before they took the CT scan or whatever they did—had never seen a **heart in that bad a condition**. She laid around for many months trying to fight depression and trying to fight the disease. Now I can’t keep up with her. She walks three to five miles a day. She shares the machine with anybody. She’ll let them use her machine and tell them about it. She got my mother over her skepticism and Mom finally bought one. My sister is a new person, she is a bundle of energy!” ..D.

FIR Dome Promotes Increased Circulation

In a July 1999 meeting, D. spoke on the benefits of the *FIR Dome*. “How hot does the *FIR Dome* get? The heat of your body. It doesn’t get hotter than that. Can your body handle the heat of your body? Yes, it can. Why does it make your skin go red? Have you got an area in your body that doesn’t have **circulation**? When it ever gets circulated, does it ever go red? When you go upstairs does your face go red..does that hurt it? No..what it does is get the **circulation** going. So, no the *FIR Dome* won’t hurt it, but it will get the **circulation** going. Why does it relieve pain? Because the Infra Red increases the **circulation**. Things can be healthy when there is **circulation**.”

One of her friends commented..“This is the first time I have been able to leave my house. I have been on oxygen—and I actually got to go camping last weekend with my family because of the *FIR Dome*! I had to call and tell you!” ..D.

DIGESTIVE SYSTEM

The **digestive** organs break down food into small nutrient molecules that are used to supply the body's energy needs and the raw materials that are required for growth and repair. Chewing breaks down food by physical action; chemical digestion uses digesting agents called enzymes to break down food particles even further. Food is swallowed, then squeezed down the esophagus into the stomach by muscular action. The **digestive process** is completed here, assisted by enzymes from the pancreas as well as bile produced in the liver. Digested food is then absorbed through the small intestine wall into the bloodstream. The large intestine absorbs most of the remaining water from undigested food, which is eliminated through the anus as feces. Proper **digestion** is a requirement for optimum health. Disorders of the gastrointestinal tract are quite common and can lead to improper digestion, malabsorption, and nutritional deficiencies, all of which may contribute to the development of many other diseases. Alternative medicine treats these disorders with diet, nutritional supplements, herbal remedies, and stress reduction to restore proper digestion and enhance overall health.

The gastrointestinal tract is a tube 25 to 30 feet long that begins at the mouth and ends at the anus. It comprises the mouth, pharynx, esophagus, stomach, small intestine (duodenum, jejunum, and ileum), large intestine (cecum, ascending colon, transverse colon, and descending colon), rectum, and anus. The Western diet of high-fat, high-carbohydrate, highly processed foods with many additives and preservatives is the root cause of many **digestive disorders**.

Poor Health Restored with *FIR Dome*

S. told of her personal story in using the *FIR Dome*. Since childhood she had been in very poor health and suffered from serious anemia and related problems. Twenty years after her marriage, her health deteriorated further with various kinds of diseases one right after the other..piles, **gastropotosis**, **diarrhea**, **Hepatitis B**, protrusion of the intervertebral disks, weak bladder, hip and backache, etc. She did not sleep well , was suffering from **melagia** and **stomachache**. All of these maladies tortured her and turned her into a sorry female creature with a hunched back, protruding belly, gray and pale face, gloomy and dark complexion..having lost all of the charming features of the fair lady she once was.

During her illness she visited countless doctors, including physicians, surgeons, gynecologists, spinal treatment centers, etc. She also practiced yoga and external chi gong. She tried whatever she could to rid herself of the illnesses, but had lost all hope as all treatments turned out to be simple attempts to alleviate pain, not treating the cause.

At that crucial time she was introduced to the *FIR Dome* and at first she flatly refused to try it. Finally, after a period of time she agreed to give it a try. It was just that 'try' that marked a great turning point for the better in her health. The *FIR Dome* had a profound effect on her and after persistent use all her pains and discomforts had gone.

S. also purchased a *Aerobic Exerciser* and has been using it every day, along with the *FIR Dome*, once in the morning and once in the evening. Now she is enjoying real life and looks as healthy as everybody else. She works as a nurse in a geriatric home and looks like a 30 year-old! ..s.

Persistent Ulcer Improved

L. suffered from a **duodenal ulcer** and the only food she could digest was thin noodles. Very often it would take as long as four hours before the food in her stomach was fully digested. She decided to test the efficacy of the *FIR Dome* for her stomach and intestines and was bold enough to stop taking medication. Instead, she used the *FIR Dome* to irradiate directly into her stomach. In no more than five minutes her stomach began rumbling, then belching. Now her stomach can accept more varieties of food, but she eats smaller meals and more meals each day. She is hoping that the *FIR Dome* will help her gain full recovery of her **gastrointestinal functions** and cure the persistent ulcer. ..L.

FEET AND LEGS

Many of the troubles involved with **foot pain** are due solely to improper care, neglect, or abuse. The feet cause a big percentage of avoidable man and woman hours of suffering in the world. Seven out of ten people have some **foot trouble**. Walking around a little helps to relieve the strain of standing, and getting the feet up on a couch or footstool for even a few minutes' rest at a time often does wonders. **Foot pain** can be due to flat feet or fallen arches, corns, calluses, bunions, ingrown toenails, athlete's foot, or any other related complaint.

Leg pain can be attributed to a number of different causes. Injury or inflammation of the sciatic nerve causes pain which travels down the leg from the thigh or back into the feet and toes. Certain muscles of the **leg may be partly or completely paralyzed**, making it difficult to move the thigh and leg.

FIR Dome Cured Intractable Pain in Feet

C. told his personal story of gratitude for the *FIR Dome*. It cured the **intractable pain in his feet**. One day he **sprained both of his feet** while playing basketball and was in intense pain. He visited quite a few orthopedists, yet the pain persisted. He purchased the *FIR Dome* and began to use it twice a day for thermal treatments. In as little as two months the pain was gone.

He was aware that the Far Infrared rays can go deep into all the inner organs of the human body and encourage smooth blood circulation and better metabolism. ..C.

Pain and Numbness in Leg Relieved with FIR Dome

L. gave her experiences with the *FIR Dome* which she was able to use after a sudden **pain and numbness attacked her from her calf down**. It became increasingly serious. Acupuncture would alleviate the pain just a little bit, but there was no cure. She began to use the *FIR Dome* for one hour each day and there was a steady improvement in her health. She did not need to wear the shin-guards anymore. The discomfort and pain disappeared and there was no numbness at night in less than three treatments. ..L.

Swollen Legs Aided with FIR Dome

I came back from China and my **legs were really swollen**, so I decided, "I'm taking the *FIR Dome* to bed with me." I put it on my bed and turned it on for an hour on one spot, turned it on for another hour and slid it up to the next spot, and by the morning I had gone all the way up my body in six hours. The swelling was gone! When edema moves out that fast, that is wonderful! ..D.

Feet and Leg Pain Respond to *FIR Dome*

Seventy-four year old D. from Pennsylvania has had **multiple sclerosis** for 39 years and has been in a wheelchair for at least 25 years. Her husband takes care of all her personal needs. She has the use of only one hand to maneuver the wheelchair. For twelve years she has had a lot of **pain in her knees, legs and ankles.** In December of 1999 she started using the *FIR Dome* on her thigh, knees and ankles for three hours every day. This greatly **relieves the pain** so she can sleep much better. She is now sleeping better than she has for years. She just would not be without it. Her husband, P., uses the *Aerobic Exerciser* and the *FIR Dome* together and hasn't been to the chiropractor since he started using them.
..D.

FEMALE COMPLAINTS

Female complaints can cover a wide spectrum. Irregular bleeding, spotting, bleeding too much, clots, or a total absence of blood are all signs that a woman's reproductive system needs attention. Women may also experience symptoms such as cramping, headaches, and mood changes. Conditions addressed include those related to the menstrual cycle and menopause, as well as diseases of the uterus, vagina, bladder and breasts.

Pain Relieved without Medicine

S. spoke of her sister who was suffering from **metritis** and seemed always to be in poor health. She hated going to see a gynecologist. S. suggested that she try the *FIR Dome*. Despite many doubts she began using it night and morning, 30 minutes each time. After only two days all her pains were gone..without any medicine. She was overjoyed and sang praises to everybody that the *FIR Dome* had brought her good health.

S. also spoke of an **ovarian attack** that was extremely painful. Again, it was the *FIR Dome* that did the trick. After she used it twice (30 minutes each time) she really came to realize why her sister had been so happy to praise the *FIR Dome* over and over again. She has no doubt that it could be a **salvation to all women whenever they have an ailment.** Certainly, greater effect will be enjoyed if also combined with the *Aerobic Exerciser*. .S.

Relief from Mastitis and Hormone Decline

L. reported that when her **menopause** began it was accompanied by a **decline in hormones** and she could hardly recognize herself nor control her health. She suffered from **mastitis** also. She began to use the *FIR Dome* to kill the infection. After less than three months the pain was greatly reduced and she seldom caught colds. Her skin looks very smooth and beautiful. ..L.

NECK AND SHOULDER PROBLEMS

Neck problems constitute a variety of maladies for individuals. Swollen glands are a common problem due to an enlargement of the lymph nodes. If these glands are painful, it means there is an infection somewhere in the head. A stiff neck commonly is the result of a muscle cramp precipitated by a chill, sleeping in a cramped position, tonsillitis, unaccustomed exercise, or sudden twisting of the neck.

Shoulder maladies can result from many different problems, such as Bursitis which is an inflammation of the lubricating parts around joints, usually affecting the shoulder. Infection in the shoulder bone can cause an acute infection called acute osteomyelitis which is very serious because the germs can invade the whole body. Shoulder fractures can occur which usually cause only temporary disability. Frozen shoulder is a very disabling limitation of motion of the important shoulder joint can develop after bursitis. The condition, which results from bands of adhesions around the joint can also be due to other causes.

Treatment for Neck Spurs

For people with neck spurs (who have no evidence of heart disease) the *Aerobic Exerciser* and the *FIR Dome* are very effective used together as a daily maintenance. The person should lie on the stomach on a large pillow and radiate the back of the neck with the *FIR Dome*.

For people with neck spurs (who have evidence of heart disease), the *Aerobic Exerciser* and the *FIR Dome* can be used simultaneously on a daily basis. Put the *FIR Dome* over the stomach. Do not use more than one *FIR Dome*, as three machines could contribute to overloading of the heart. For people with heart disease it is not recommended that they lie on their stomach, thus relieving the strain on the heart.

For back neck spurs place the *FIR Dome* on a low table and sit so that it directly radiates the back of the neck.

Client's Pain and Numbness Relieved with *FIR Dome*.

L. purchased her *Aerobic Exerciser* 20 months ago and has had her *FIR Dome* for six months and never wants to be without either one of them. She does reflexology and recently put a client under the *FIR Dome* for 30 minutes. She had severe shoulder and arm pain and numbness. She followed the session with some massage, Reiki and Healing Touch. The client left with almost no residual pain or symptoms.

..L.

PHYSICAL FITNESS

Traditionally, a **physical fitness** should be balanced, just as a diet should be. You need one of more **activities** to exercise the heart and lungs to build endurance. Brisk walking, jogging, and swimming relatively long distances are good for this. Other parts of the program should be aimed at improving strength, agility, flexibility, and muscle tone.

Passive, oxygenated aerobic exercise is a new way to accomplish **physical fitness**. This exercise provides more energy and stamina, strengthens the back bone and joints, increases oxygen intake, activates internal organs, and helps provide a more sound a more restful sleep. The few minutes you spend each day with the Aerobic Exerciser will help you relax and breathe easily while oxygenation takes place throughout your entire body.

Weight Loss for Teen with Use of *FIR Dome*

C. was **overweight since the age of nine** and was always the target of much teasing. Years later when his mother bought a *FIR Dome* he began to try it himself. He felt as if his entire body was being heated, as if fat was melting. He was sweating all over within 20 minutes, but this sweat was different. It was oily instead of salty. Even his urine was different. His mother explained that harmful heavy metals were being discharged, as the *FIR Dome* helps facilitate the elimination of toxic substances. It was not long before C. lost 15 pounds and to date he has lost 37 ½ pounds and his waist went down from 38 to 30 inches! His aunts and uncles wondered how he was getting thinner. His answer—it was this product that brought about this thrilling change. That is where the benefit lies!

Essentially, nutrition is more important than tonic cures. Exercise is more important than supplements. But, above all, healthful products are better than exercise. Persistent use of them can certainly lead to robust health. That's the key! ..C.

RESPIRATORY PROBLEMS

The **respiratory system** supplies the body with oxygen and removes waste carbon dioxide. Air is moved into and out of the **respiratory system** by breathing. During inhalation, air is drawn in through the nose, pharynx, trachea, and bronchi, and into the lungs. Oxygen from the air that reaches the alveoli diffuses through the alveolar walls and into the surrounding blood capillaries. This oxygen-rich blood is carried first to the heart and is then pumped to cells throughout the body. There are many diseases associated with the **respiratory system**. The major single cause of disability of lung origin in the U.S. is **emphysema**. It causes a significant number of deaths each year. Other disabilities include **bronchitis** and **lung infection**. Air pollution and exposure to industrial fumes of some types increase the severity of respiratory symptoms. The air passages or bronchi and bronchioles, have cells that destroy invading organisms. They have other cells that produce mucus to trap foreign material. The mucus is washed up to the throat where it is swallowed or eliminated through the mouth and nose. Retained mucus acts to narrow the air passages, making coughing less efficient and leading to further retention of mucus and narrowing of the bronchioles.

Sinusitis is a common **respiratory problem**. It occurs due to an inflammation of the nasal **sinuses** which are composed of four sets of open spaces within the bones of the skull. If the **sinuses** are too small or poorly positioned to handle the volume of mucus produced, they can become clogged. Pressure in the sinuses increases, causing pain. **Sinuses** that are clogged for a long time invite infection.

FIR Dome Therapy for Sinus Problems

You can put the *FIR Dome* over your head for **sinus problems** and it is wonderful. It cleans the **sinuses** right out. Be sure to keep your eyes closed. In China, they just put wet cotton balls over their eyes, but I have never needed to do that. Some individuals, after drinking a cup of herb tea, put the used tea bags over their eyes. This could also be very therapeutic.

I had a sick grandchild and we just set the *FIR Dome* up on the floor, put a pillow there and put his head underneath it so his feet were out. Within 15 minutes his whole **sinus** was cleared out and he was anxious to have his bottle. The heat just pulls it out. There were no histamines used. We just put him under the *FIR Dome*. ..D.

Concentrated FIR Waves Inhibit Lingering Cough

I was amazed at the difference one man noticed in a **cough** that he had experienced for two years after only 15 minutes use of the *FIR Dome*. This amazed me because he had already been using a FIR sauna on a daily basis for more than a year. Perhaps this was because the physical design of the *FIR Dome* concentrates the rays more than the sauna. ..C.

Flu Gone in One Hour!

My wife came down with the flu. After using the *FIR Dome* for one hour she was feeling 100% better! ..R.

Pain in Lungs and Chest Relieved with *FIR Dome*

D. reported that a friend who has a *FIR Dome* called her and said, “I just had to tell you. You told me the *FIR Dome* would help, so I got under it and within an hour all of the **pain around my chest and lungs** left, and now I can go into the day. If it starts up again, I can get under it and it relieves me!” She continued..”This is the first time I have been able to leave my house. I have been on oxygen—and I actually got to go camping last weekend with my family because of the *FIR Dome*! I had to call and tell you!” ..D.

Earache Responds to *FIR Dome*

The *FIR Dome* is wonderful if you have an **earache**. It even works for a baby. I put a little two month-old baby on a pillow right underneath it and put the ear so that the *FIR Dome* contacted it, and it just cleared it right up. In 15 minutes the baby quit crying. ..D.

Great for Sinus Relief

The *FIR Dome* also does wonders for **sinuses** and anyone with acne problems, it is miraculous. You really don’t need to put anything over your eyes—just keep them closed. ..D.

Respiratory Problems Respond to *FIR Dome*

L. from Pennsylvania is almost 73 years old. Two years ago he was rear-ended in a car accident and it messed up all the **breathing muscles in his lungs**. Over the past 1½ years he has done many therapies and has been to the lung specialist many times for his breathing problems. To this point, the *Aerobic Exerciser* in conjunction with the *FIR Dome* has helped him more than anything. For the first year he could not take in a complete lung full of air due to pain. When he couldn’t breathe properly, mucus built up in his lungs and created additional problems. He has only been using the *FIR Dome* for two weeks and the *Aerobic Exerciser* for three months, but when he uses them both together, he notices his lung capacity increasing. ..L.

SKIN IRRITATIONS

The skin consists of three layers—the epidermis (outer layer), the dermis (middle layer), and the subcutaneous layer (inner layer). It is the largest organ of the body and acts as a shield between the body and the millions of foreign substances that exist in the environment. It also functions as a means of releasing toxins and other substances from the body, as the kidneys and bowels do. As a result, the skin is subject to the development of various bumps and blisters, as well as to changes in color, cracking, dryness, flaking, itching, redness, roughness, scaling, thickening, and a host of other problems.

Some of the most common skin reactions include allergies to molds, foods, chemicals, cosmetics, and other substances; insect bites; reactions to plants such as poison ivy; diaper rash; reactions to the sun and wind; reactions to drugs or alcohol; reactions to detergents; reactions to alcohol; and friction, either from two parts of the body rubbing against each other or from contact with an external agent, such as an ill-fitting shoe.

FIR Dome Relieved Itching

One woman reported having a reaction or perhaps a food allergy which caused her skin to itch at night and the appearance of a rash that looked like hives would come out on her body. She couldn't sleep at night because of the rash. She took oatmeal baths which helped some.

She discovered if she stayed under the *FIR Dome* for 15 minutes her rash would disappear and the itching was gone. It was a great blessing!

Wonderful Relief for Skin Allergy

One user reported the *FIR Dome* to be wonderful for itching. She seems to have an allergy to something unknown and at night it tends to bother her a great deal. When she tries to go to sleep, she is itching all of a sudden. She found that if she gets underneath the *FIR Dome* for 15-30 minutes the itching dis-appears. She said, "It is just wonderful! Nothing else has helped—cortisone, nothing whatsoever—so this is wonderful for skin things."

Heals Blemishes

"There is no ultraviolet ray associated with the *FIR Dome*. I love to have it over my head. It clears the sinuses right out. If you have any blemishes, it heals them. They tell you when you are reading about it what it does for acne. It opens all your pores. It works wonderfully! ..D.

TOXICITY

Toxicity is a rising concern in today's world—the result of exposure to thousands of toxic chemicals and pollutants in the earth's atmosphere, water, food, and soil. These pollutants manifest themselves in a variety of symptoms, including decreased immune function, neurotoxicity, hormonal dysfunction, psychological disturbances, and even cancer. People now carry within their bodies a modern-day chemical cocktail derived from industrial chemicals, pesticides, food additives, heavy metals, anesthetics, and the residues of pharmaceutical, legal, and illegal drugs. **Detoxification** therapy helps to rid the body of chemicals and pollutants and can facilitate a return to health.

Far Infrared (FIR) Waves Remove Toxins

One of the reasons FIR has beneficial results in a variety of illnesses is the ability of FIR waves to remove **toxins, which are often at the core of many health problems**. Toxins that cannot be removed immediately after they enter the body are encapsulated by clusters of water. Blood circulation becomes blocked and cellular energy impaired where these toxins accumulate. However, when a 10-micron FIR wave is applied to water molecules containing toxins, the water begins to vibrate. This vibration reduces the ion bonds of the atoms which are holding together the molecules of water. As the breakdown of the water molecules occurs, encapsulated gases and other toxic materials are released.

One study done by American researchers showed that the sweat released by users of a FIR sauna (80-85% water) was different than the sweat of people using a conventional sauna (95-75% water) or doing normal exercise. The non-water portion of sweat released in a FIR sauna was cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid.

..The Science of Far Infrared Therapies

FIR Dome Causes Release of Toxic Substances

Using the *FIR Dome* can stimulate blood circulation, and you will perspire slightly while using it. **Harmful substances will be discharged** from your body by the enhanced circulation and by elimination. The intake of water is extremely important with the as well as the *Aerobic Exerciser*. Adequate water can bring added beneficial effects. Overuse of the unit or insufficient water intake will cause dry mouth.

If a person takes large amounts of medication it accumulates in the system and brings about pathological changes. The FIR can help eliminate heavy metals. Harmful substances from our systems as FIR penetrates our bodies. This is why the body will sometimes smell of medication. When radiated with FIR the body will smell of chemicals for a time.

Toxicity Reduced and Oxygen Levels in Blood Greatly Improved!

Master herbalist, D. has ten years experience with herbal and electronic healing and is trained in the Darkfield Microscope and other machines. One of his clients was very ill and when he checked her blood it was so bad he could not get a true reading. He put her on the *Aerobic Exerciser* and the *FIR Dome* for 15 minutes, making sure she had consumed plenty of water before and after. After 15 minutes, all the client's discomfort was gone. He resettled the blood and was amazed at how much it had improved in that period of time. He then put the client back on the machines for another 15 minutes to see if the improvement would continue. The *FIR Dome* was put over her cheek this time. After 15 minutes he tested the blood again. He said, "I have never seen **oxygen levels** in the blood shoot up like that. If you could put a marker on blood oxygen and overall improvement, it would have been **up from 400% to 1200%**. The client felt great and he was totally impressed. ..D., Master Herbalist.

Toxicity Reduced with *FIR Dome* and the *Aerobic Exerciser*

D. from North Carolina suffered from various problems resulting from a severe whiplash four years earlier and **mercury and chemical toxicity**. Within one week her neck felt much better and her neck and spine continue to improve. She has also been using the *FIR Dome* for the last three months and this has helped to heal the tissues of her neck and shoulders even more. It has also **detoxed more mercury/chemicals** and has help to clear her brain even more. She is now active the entire day and night and is so happy to be alive again and be able to help many other people. ..D..

URINARY SYSTEM

***The Urinary Tract** is that part of the body involved in formation, concentration, and excretion (clearing) of urine. The **urinary tract system** includes **kidneys**, which make urine out of the blood and are associated with their own blood and nerve supplies, the **ureters**, which are tubes taking urine from the kidneys to bladder, and the **urethras**, which are tubes taking urine from the bladder out of the body (excretion.) **Urinary problems** may vary widely. They usually involve a problem anywhere along the entire urinary tract, including the kidneys.*

Bladder Problems Respond to FIR Waves

C. reported that his wife had an **improperly functioning bladder with frequent urination** every night that affected her sleep and mood. She tried the and within four to eight days the helped her urinary frequency. It even helped improve the symptoms of neuroparalysis. Now she is completely better. Their whole family has benefitted from the *FIR Dome*. They regained their health and now help others obtain their health goals. ..C.

TEN TALKS
ON
HEALTH
BY
WEI-PENG
ZHAO

SECTION F: CONTENTS

TEN TALKS ON HEALTH BY DR. WEI-PENG ZHAO

- 1. A New Calisthenics Aerobic Exercise**
- 2. The Auto-rehabilitation of Bones and Joints**
- 3. Swimming on Land Auto-rehabilitation and Health Care**
- 4. Good Tidings for Cardiac-Pulmonary Disease Patients**
- 5. Auto-therapy of Insomnia**
- 6. Oxygen and Humor Tumor**
- 7. The Effect of Aerobic Exercise on the Respiratory System**
- 8. Aerobic Exercise and Digestive Disorders**
- 9. The Auto-adjustments of Mental Health Patients**
- 10. The Know-how about Aerobic Exercise**

A NEW CALISTHENICS AEROBIC EXERCISE

Based on human physiological function, human being might have a life span of 150 years. However, the average life span of man nowadays is less than half of it. The reason is that, in addition to death resulted from disease, there is lack of sufficient oxygen in your living environment. Oxygen as a basic requirement of element for man is known to all. Nevertheless, many of us do not clearly understand what is its role to our health and longevity. Whatever exercise you do, you do require aerobic metabolism. Those sports such as jogging, swimming, playing balls, etc. then require much more oxygen. In such case, human organs such as heart, lung, liver, and blood circulation accelerate their functioning, require more oxygen, increase metabolism and the activities of various types of cells. Therefore, they are known as oxygen-consuming physical exercises. In other words, there is certain pressure to the human body, or the so called physical discipline. The Chinese has some unique views about strengthening our body and health care. Long before several thousand years ago, there was the so-called "*Sitting quietly*" to strengthen one's body. This style of health care actually, through "*Sitting quietly*", readjusts human respiratory rhythm and function. It concentrates all the daily chores of all kinds of thoughts into one point, and lets blood circulatory system adjust and relax, and at the same time lets the vegetative nerves (regulating the function of visceral organs. composed of mutually cooperative sympathetic and parasympathetic nerves) mutually coordinate and produce a unified action. Thus human body can have a good health and life. *YuJia*, *TaiJiQuan*, *BaDuanJin* and the like are derived from "*Sitting quietly*" and with it as the basic starting point, with some additional motion mimicked from animal movements. All these play some role to strengthen our body, prevent disease and make a long life. Nowadays people discover that many biological functions of animals are absent inhuman being. The bionics is the science to study how to mimic the animals' functions and structures. The most simple example is how people manufacture the airplane from the flying of birds. Thus people hope there are some clues to be learned from them to be useful for antisenily, to improve our health and longevity as well.

The life span of human body is much longer than last century. It does not mean that human constitution is stronger than before. The credit is due to the following facts. People know much more about themselves, there are many early diagnosis for diseases, more improved methods of treatments. As the mortality of disease is declined, the life span is extended. In addition, the death rates resulted from the natural and man-made calamities such as famines and wars are also greatly reduced. This of course also is one aspect to prolong human's life. On the other hand, the living standard of man of the modern times is much raised, and greatly improved, so that they take more meat. high fat, high protein for a better meal, and eventually increase their burden. Furthermore, human activities are confined in closed high-rises and skyscrapers, the contact with nature becomes less and less. In such case. the intake of oxygen, both quantitatively and qualitatively, is greatly reduced. The current environment of human being is maintained by air conditioning and central heating; as a result, the function of human lung and skin to regulate aerial metabolism is degenerated. The intake of oxygen is also greatly reduced. The pollution of air, water, and food by various industrial contaminants on the earth is daily increasing. The increase of food additives also are the threatening toxin to human health. Based on all the phenomena and the comparison between the theories of ancient age and modern era, health care scientists come to the conclusion that we have to get rid of the above four harms, and increase the oxygen content in our body. One may ask which route is employed to increase more oxygen intake. It's not through vigorous exercises, which in fact consume more oxygen in the end. From mimics, people discover that fishes in the water are always in the swinging motion. They neither feel tired, nor consume more oxygen. It is the so called aerobic movement. Through long-term practical trial, especially from the patients with organic lesions in heart, liver and kidney, those with hypertension, hypotension, diabetes, hyperthyroidism, or obesity with heavy deposit of fat in abdomen, osteoporosis, or arthritis, all these patients are not allowed to take these oxygen-consuming exercise. However, aerobic exercise is beneficial but not harmful to them.

THE AUTO-REHABILITATION OF BONES AND JOINTS

DR. Wei-Peng Zhao

In last issue, we had discussed a new type of exercise: aerobic exercise. The so called aerobic exercise is one kind of physical exercise without adding any burden to the body, yet promoting the joints, muscles, viscera and circulation of the whole body. This comes from bionics, mimicking the moving style of fish in water. The fishes in water always maintain a left and right swinging movement, and never feel tired. The reason is that the basic moving style of fishes in general does not consume too much energy. However, any physical exercise of human as a rule adds the burden to various organs, bones and joints, as well as consumes oxygen and energy. The fish movement gives people a clue to invent an in-all-direction swinging movement in a lying posture.

What are the benefits of such exercise to bones, joints and muscles? To begin with, let's talk about the etiology of diseases of bone, joints, and muscles. First of all, an improper labor or living posture may bring about injury or deformation of some bones, joints and muscles, injury of ligaments and muscles, resulting a series of symptoms. This might be the origin of lambago, back aching, joint pain of a majority of people. Some people constantly sit or stand inclining to one side for a long time, they may develop lateral protrusion of spinal cord. In that case, the tension of muscle on the other side will induce the lambago which is difficult to recover. Secondly, an abrupt torsion may damage ligament, and eventually stimulate the nerves of the damaged part. The muscles then produce self-protective spasm. If not adequately treated, such pain will become chronic. Thirdly, when people get old, the lack of calcium and bony substance gradually result osteoporosis. Spinal column could not sustain the heavy burden and becomes flattened. In that case the nerves coming from spinal column are under pressure and give pain signal. Such situation if in the cervical region will bring about cervical vertebrae disease. In addition to pain in neck and limitation of movement, there appear paralysis and muscular dystrophy in that part controlled by the nerves of the upper limb. The main nerve of lower limb - sciatic nerve under pressure will develop sciatica.

All these pains make doctors and patients feel very annoyed, because all medications and physical therapy give only limited effect. Acupuncture and massage of acupuncture points have certain therapeutic effect, but one cannot take such treatment daily. Moreover, they may not necessarily remove the basic cause of the disease. However, since the application of aerobic exercise, a movement mimicking golden fish, if one practices such exercise daily, you may lie on your bed or floor, put your lower limb on the machine and start to make left and right, mild and rhythmic swing. After about 5 to 15 minutes, the bones, joints, muscles and ligaments of the whole body totally relax without any burden, spasm is relieved. The blood circulation in the injured part is greatly improved, then the injury is healed. The neuralgia is eventually subsidized. The bony joints once shifted in location recover to the original position, the pain is naturally resolved. Such position through the mild and gentle exercise, its local circulation is greatly improved. The injured tissue can obtain sufficient supply of oxygen and nutrients, and at the same time the metabolic wastes such as carbon dioxide and lactic acid can be removed promptly. This promoted the recovery of damaged tissues.

In conclusion, it is beneficial to either acute or chronic injury or functional recovery of bone fracture in convalescent period. The price of the exerciser is reasonable, the time to make the exercise is limited, it is a very ideal item as a physical training instrument in family.

SWIMMING ON LAND - AUTOREHABILITATION AND HEALTH CARE

DR Wei-Peng Zhao

In the last two issues, we had described the general idea of aerobic exercise and its auto-rehabilitative effect to muscles and joints. In this issue, we are going to discuss its effect on human viscera and the principle of auto-health care.

Long, long ago, some people propose in every evening the best way to rehabilitate you after tired work is standing upside down. Theoretically, it is rational. After a whole day fully occupied work, all the internal organs are drooping to certain extent. One will feel back aching and lumbago. On the other hand, the blood and lymph fluid will more or less be detained in lower limbs and lower lumbar and region and back.

After standing upside down, the internal organs reverse to the original position. The returning circulation of blood and lymph will accelerate, while the stagnation in the lower part is reduced. People feel much relaxed and freely. Furthermore, after standing upside down, the blood supply in the brain is increased, so one feels much sober-minded, and the fatigue disappears forthwith. The problem is how many people can make a rest with standing upside down. There are too few such cases. Movement mimicking golden fish in reality is a kind of swimming on land. The floor or mattress in stead of water will support the whole body so that it does not like swimming in water to consume a portion of work for keeping the body from sinking down. In such case, the oxygen consumption and activity are reduced. If your two legs are lying in a machine rhythmically swinging left and right, then your legs will bring about relaxation and relocation of joints and muscles of your whole body, as we mentioned in last issue. All those after effects (drooping of kidney, stomach, urinary bladder, diaphragm, intestine, liver, spleen and female breast) due to over fatigue and long term chronic weakness will recover the relevant organs to the original anatomical position, if you practice the rhythmical shaking of swimming on land once or twice daily. Human ligaments may be considered just as rubber band, after stretching for a long time, they will never regain their original elasticity and tenacity. Swimming on land can recover the original nature of ligaments, so that they can raise and support internal organs as before. Thus it can replace the standing upside down. As a result, one will feel comfortable, and no more lumbago and back aching. On the other hand, blood and lymph fluid carry out the action of transport corps for metabolism, nutrients and oxygen are carried to every corner of the body, from where wastes are removed and brought to kidney and intestines, and eventually excreted through urination and defecation. Now, their transportation is pushed through the rhythm of cardiac movement, and is further promoted by rhythmical muscular contraction and returning back of venous blood and lymph fluid. Human body of course feels relaxed and at ease. No wonder some one after doing this exercise sleeps soundly. The free fatty acids do not deposit in the abdomen in these people, these free fatty acids are carried away through consumption - a process to reduce weight irreplaceable by any other measures. With regard to female breast, as a result of the relaxation of the ligament supporting breast tendon and recovery of elasticity once again, young ladies will have a full bust one more. It is a really unimaginable beauty effect. The undesired deposit in abdomen and buttocks will gradually disappear, with the original fitness recovered. This has been proved by tens of thousands of female users. It might be said that this is the ideal approach of reducing weight and making you beautiful. Neither medication nor injection is used in this exercise. This is most appropriate for those with obesity, arthritis, cardiac-pulmonary patients who are unable to do physical training. It is the most fittest rehabilitation and health care measure today.

GOOD TIDINGS FOR CARDIAC-PULMONARY DISEASE PATIENTS

DR Wei-Peng Zhao

Starting from the last two issues, we have described the rehabilitative effect of aerobic exercise for human bones and joints, and also pointed out that it can be employed as an auto-health care and rehabilitation for human body. For cardiac-pulmonary disease patients, senile and weak patients, or obesity, how to use it and what is its effect on reducing weight. Many people ask about questions on these aspects. The following is a general reply for our readers.

Doing physical training will increase the burden of heart and lung as well as consume oxygen for patients with cardiac-pulmonary diseases. Evidently, this is harmful without any advantages. On the other hand, if such patients sit all day long without any movements, the blood circulation will stagnate, the fats, cholesterol, etc. will be consumed less than normal person and more easily deposit to the blood vessel wall, eventually worsening the cardiovascular diseases. If the disease at first belongs to cardiac rhythm, then with the development of the disease, the diameter of the blood vessels supplying blood to the heart or coronary artery will be increasingly narrowed. This situation not only reduce the blood supply to heart muscle, but also increase the lesion of cardiac transmission bundle. Therefore this disease can't be cured by rest. Utilizing the aerobic exercise, a passive, low intensity, rhythmic movement, it does not consume too much oxygen; in addition, those substances such as fats, cholesterol and others will all be consumed. As a result, they cannot induce the narrowing of coronary artery. On the contrary, the rhythmic shaking movement of the human body can relax muscles, and widen the blood bed, resulting more abundant, as well as circulating more blood supply to the coronary artery. This is very advantageous to recover and improve the function of heart. The constriction and dilatation of blood vessels are regulated by the vegetative nervous system. It is not under the control of human consciousness, therefore it is also known as voluntary (automatic) nerves. It is consisted of mutually controlled and mutually coordinated sympathetic and parasympathetic nerves. As one grows older or is over exhausted, or under tension, the coordination of these nerves will be out of control, resulting hypertension, hypotension and many other vascular diseases. At that moment, adjustment by medication only might recover to certain extent. However, artificial adjustment, if going too far is as bad as not going enough. In other words, it is after all not as good as auto-regulation. Our ancestors created "*sitting quietly or sitting in meditation*", "*TaJiQuan*", or "*WuQinXi* (Five Fowls' Sport), and others to adjust our nervous system to relax cardiovascular and make it recovered to normal. However, in modern times, people neither have enough time to do "*Sitting in Meditation*", nor have sufficient patience to learn all these complicated step-by-step movements in this way or that way. Mimicking the movement of golden fish to do rhythmic shaking from upside down will help vegetative nerves mutually cooperate, regain balance, relax the constricted blood vessel and also recover the lesions of the dilated blood vessels. The bronchial disease resulted from out of control of nerves coordination in lung, insufficient intake of oxygen due to difficulties in breathing, will all recover with the recovery of coordination of nerves. This is because of the relaxation of spastic bronchi, sufficient intake of oxygen replaces the original insufficient oxygen status. One will of course be clearminded, breathe with ease, feel healthy and relaxed. In conclusion, if one insists to do the regular swimming on land - an aerobic exercise, supplemented with sufficient intake of vegetables, vitamins, it will be very helpful to patients with cardiac-pulmonary diseases.

AUTOTHERAPY OF INSOMNIA

DR. Wei-Peng Zhao

Anyone who suffers insomnia knows clearly the pain. When the bedtime is forthcoming, the patient is already worrying and feeling the terror to come. Many insomnia sufferers are very lively, always cheerful, and of a sanguine disposition. The only problem is that he cannot sleep well, so that it affects next day's work and life. In the present American communities, insomnia is an important issue among health care. Among the population over 25 years old, about one half need consultation with doctors about their sleep. Many Americans use various kinds of sleeping pills. Statistics indicate that the expense consumed on sleeping pills is higher than that for all other medications. As the sleep induced by hypnotic is not a really physiological sleep, it cannot produce the effect as that resulted from physiological sleep. As to those sleep from large amount of alcohol, it is in reality a kind of intoxication leading to muddleheaded state not a real sleep. Drinking small amount of brandy or other wines may promote sleep, but it cannot be used for treating insomnia.

In previous issues, we had mentioned that aerobic exercise (swimming on land) has unexpected advantage to human sleep. The fast rhythm of modern society and the strained state of mind disturb the various centers of one's brain, so that they cannot coordinate harmoniously to induce a serene sleep. Since Japanese scientist Dr. Inoue Shizuo reported that aerobic dancing is helpful to sleep, I also made some study. I found if one at about 2 to 3 hours after dinner made rhythmic swimming on land similar to the swinging of golden fish, then lying down calmly, one could be sunk in sleep without any auxiliary therapy for sleep. The reason is that when at a time of 2 to 3 hours after dinner, the food has already past through stomach to small intestine for absorption. The rhythmic swinging transmitted from lower limbs up to head makes the whole body including bones, joints and muscles being relaxed. The respiration through trachea and lungs turns into smooth and deep breathing, so that the amount of efficient oxygen exchange increases, the various centers of the brain turn into easeful and still status. In that case the strained thinking and anxiety do not exist, and of course the insomnia could not occur. The aerobic exercise increases the intake of oxygen, the metabolism of the brain cells tends to shift to tranquillity, and naturally turn into a sound sleep.

Therefore I suggest that those who suffer insomnia can make such self-management. First, never eat too much for the dinner, keep a quiet living environment, don't adjust the room temperature to too high, maintain good indoor ventilation, don't make any excessive physical or mental activity starting in evening, make 10-15 minutes aerobic exerciser (swimming on land), and then go to bed. Throwaway your sleeping pills. After 10-14 days with such training, I'm sure you can get rid of insomnia. Nowadays there are many efficient aerobic sports, from the simplest slow and deep breathing, singing loudly, sitting with meditation, *Sakya* breathing, moderate walking and others. But a real exercise is what we described in previous issues, i.e. using a rhythmic swinging instrument, with your two legs lying upon it. When it turns on, the whole body from feet transmitting to head starts to swing, just as the golden fish. Some one also can make their knees closer and bend their knees, swing left and right. A third alternate is lying down your body with the two legs hanging up into two rings to make swinging movement left and right. There are also various kinds of some larger scale healthy beds which can vacillate now to the left and now to the right. Of course, the aerobic exerciser through which swinging both legs and bringing the whole body to swing is a method of choice to treat or to prevent disease.

OXYGEN AND HUMOR TUMOR

DR. Wei-Peng Zhao

Oxygen and water are the two important factors for maintaining a good health and longevity. No one can live without either of these two factors. The importance of oxygen lies in its role on cardio-pulmonary system. It takes in and sends oxygen into the blood circulation through pulmonary circulation. The blood is pumped out from the heart and circulates along blood vessels to the whole body for the use of cellular metabolism and growth. It is also used for the functional operation of various organs. For example, liver is a big "chemical plant" in human body, kidney may be called a "sewage processing station", and brain acts as the central headquarters. All these can be done on condition of oxygen nourishment. If one lives in a polluted atmospheric environment, he will feel dizzy and confused, behave sluggishly, and lack of clear thinking. On the other hand, if one always stays in a fresh air environment, then his brain is clear, with smart thinking and active response. Hence, it is not exaggerated to consider that oxygen is the basis of life.

Knowing the importance of life, it can confirm from the appropriate aspect that many lesions are related with anoxemia. The continuation and quality of life have an inevitable relationship with oxygen. How to maintain sufficient oxygen supply is the goal for medical specialists to pursue for the past several thousands of years. Nowadays people know that insufficiency of oxygen is related to the occurrence of various tumors in man. As early as 1931 the Nobel laureate Warburg came to the conclusion that the major cause of cancer was insufficiency of oxygen. The same conclusion was reached by another Nobel laureate Woodward. Tumor cells tend to exist in low oxygen status. The occurrence and development of many tumor cells are associated with low oxygen tension. Just because of this, in the therapy of tumors some apply high pressure oxygen to intensify the effect of radiotherapy with deep X-ray or gamma ray with the purpose to increase the susceptibility of such treatment. The increase of susceptibility of antitumor therapy resulted from increase of differential oxygen pressure is known as "oxygen effect" in medicine. This evolves the invention of high pressure oxygen cabinet to increase the oxygen environment for treatment of diseases, especially for those due to vascular constriction, spastic disease, gangrenous lesions and some sequel of trauma. For all of these it is effective. Now it also be used as adjunct method for the tumor therapy to increase the therapeutic effect of antitumor treatment. Use of ozone cabinet treatment is also reported. The application of trivalent oxygen in the treatment is not yet universal. However, analysis of the available data indicates that it is effective. Of course, people cannot buy an oxygen cabinet to do exercise, and it is also impractical to buy an ozone generator for health care. However, from the financial condition of modern families, it is absolutely possible to possess an aerobic exerciser. It is feasible that the family members take 10 to 15 minutes aerobic exercise in turn. With such aerobic exercise, one can make stable and deep breathing, thus inhale more oxygen. The blood vessels throughout the whole body are benefitted by the increase of differential oxygen pressure in arterioles, more oxygen is available for cellular metabolism. The normal development of cells naturally reduce the chance of mutation and malformation of cell population. This measure is a preventive step for normal individuals. As for those patients with tumors or under antitumor treatment, it, fundamentally speaking, helps the antitumor therapy. For those members of a family with the carcinogenic genes, the long-term aerobic exercise might improve the cancerism. Although right now there is no direct evidence to confirm such speculation, it is wholly reasonable from the analysis of the etiology of tumor and therapeutics. In conclusion, it is advisable to do aerobic exercise for patients with tumors, and those under treatment as well as those in convalescent stage. Of course, how much time to make such exercise and what method should be used vary with individuality. People should make consultation with specialists and experts in this field.

THE EFFECT OF AEROBIC EXERCISE ON THE RESPIRATORY SYSTEM

DR Wei-Peng Zhao

The respiratory system is made up of nose, pharynx, trachea, bronchioles and alveoli. Actually the route from nose to bronchioles is an air passage. The gas exchange per se in reality occurs in alveoli. The alveoli act as a thin membrane through which oxygen is inspired and carbon dioxide is expired.

For this reason how the respiratory system works depend upon the functional status of the long air passage and the pulmonary alveoli. Inflammations is the most common cause of respiratory diseases. It causes the thickening (swollen) of mucous membrane of trachea and bronchi, increase of secretion and contraction smooth muscle layer of trachea. The final result is that the airway narrowed, vital volume of respiration reduced, inspiration of oxygen and expiration of carbon dioxide obstructed. Moreover, the sputum which is the mixture of mucus and inflammatory exudate stimulates the nerve ending of the wall of air way and results coughing.

Congenital bronchial anomaly may cause bronchiectasis which in turn hinders normal ventilation as it should do normally, and the bronchitis can worsen ventilation. Such people are prone to have inflammation which further worsen the originally narrow passage of air exchange and edema. The efficient air exchange function is further reduced. On the other hand, the thickening of alveoli due to inflammation reduce the air exchange function, so the patient has anoxia, cyanosis, short of breath, palpitations, etc. The cascade develops from respiratory system to cardiovascular system and even to brain and nervous system, in a word, it is anoxia.

In addition, there is a ciliated layer in the tracheal passage to propel mucus and foreign particles. However, in case there is bronchitis, bronchiectasis, etc., the cilia function is much reduced. The impaired .unction make the control of inflammation more difficult.

There are a certain proportion of people suffer from allergic asthma, either congenital or acquired, resulting spastic narrow bronchi. The formation of this process is similar to what described above. The tradition Chinese medicine is use expectorant and anti-inflammatory drug to keep the passage of respiratory tract free, so that sputum is easily expectorated and the inflammation is resolved. However, due to the existence of etiological factors, it is very difficult to reach this goal.

For those who have these disorders in the respiratory system, if they insist to do aerobic exercise, then the whole musculature, skeleton and joints will have rhythmic movement; in addition, the visceral organs have the same movement too. The spastic bronchial wall muscle will be relaxed, and the cilia on the bronchiole tube recover its ciliate movement, and eventually the sputum is easily expectorated out, and the respiratory tract is gradually recovered. The process is, on the one hand, resulted from mechanic movement, somewhat similarly to the massage of viscera to induce the relaxation of spastic smooth muscle. On the other hand, after the aerobic exercise, the relaxation of visceral vegetative nerves can be attained, and the balance can be readjust~ so that sputum is more easy to be expelled out and the inflammation is easy under control. The final result is a free and healthy respiratory tract can be maintained or recovered.

Therefore, for all those who frequently suffer cold, bronchitis, asthma and bronchiectasis, if they can insist to make aerobic exercise, it will be very helpful to their recovery of the function of respiratory system. Needless to say, the patients have to make exercise to recover his respiratory function, to improve his vital capacity, in conjunction with appropriate treatment such as taking expectorant and anti-inflammatory drug. If so, it can be expected that the respiratory system may gradually become healthy.

AEROBIC EXERCISE AND DIGESTIVE DISORDERS

DR Wei-Peng Zhao

There is a Chinese saying: "Spleen and stomach are the basis of anyone after birth", in other words, digestive system is the most basic system of human life. In fact, it is known to all. How can a factory operate without raw materials. The main task of digestive tract is the processing of various food stuffs and transforming into different useful products, and conveys them for the energy consumption of organs, skeleton and muscles. For those people with digestive tract ailments, medication only usually cannot bring about ideal result, this is because that digestive tract is a moving viscera.

If one does not have enough exercise, its lack of proper relaxing and contracting function may bring about symptoms of pharyngemphraxis, and further proceed into pharyngeal cancer. In addition to transport food from up downward, there are different functions in various parts. Bile is conveyed through bile duct in liver, pancreatic enzymes from pancreas and digestive enzymes mix with foodstuff to help digestion and absorption. If there is lack of movement in the digestive tract and slow peristalsis, then the whole digestive process could not be completed.

The insufficient movement as well as the lack of bile and pancreatic secretion make the whole digestion process incomplete. Too much gastric acid will induce belch, eructation, or even possibly gastric ulcer or duodenal ulcer. These may be further worsened and transformed into gastric cancer. Stomach and intestine are controlled by vegetative nerves. The excess excitation of vagus nerve will secrete too much gastric acid, which, in addition to taking part in the digestion of food study, would even dissolve the gastric wall itself and result "digestive ulcer". Therefore in the treatment of gastric ulcer, some surgeons sever the vagus nerve for the purpose to reduce the gastric acid secretion, and at the same time to remove the part that controls its recurrence.

The severing of vagus nerve reduces the stimulus to secrete gastric acid and prevent the relapse of gastric ulcer. On the other hand, the excitation of vagus nerve will reduce the peristaltic movement of gastrointestinal tract. The indigestion resulted will in turn induce peptic ulcer and cancer. Therefore, how to maintain and recover the normal movement of gastric-digestive tract and the secretion of its accessory glands is the basis related to the prevention and treatment of digestive tract disorders.

Another problem commonly seen in the digestive tract is constipation. Fecal material is accumulating when the peristalsis is impaired. As a result of chemical change, toxin is produced. If the peristalsis is normal, the fecal material is defecated long before toxin is produced. The toxin produced by people suffering chronic constipation is absorbed into circulation and cause severe damage to the body. Hence, one with a good bowel movement is an important link to keep good health.

For the modern life style, people stay indoor for a long time, the oxygen content is comparatively low, and the respiratory function of skin is weakening. People depend a lot on driving car instead of walking. Basically there is no exercise or movement indoor. With regard to food, the high protein and fat constituents in food produce a lot of acidic products, thus make the digestive tract vulnerable to have disorders.

For those who had already had digestive dysfunction gastric-intestinal disorder, they usually have less exercise. On the other hand, those who have less exercises are usually susceptible to digestive dysfunction and impairment. The only way to interrupt this vicious cycle is to do aerobic exercise. As the group of people could not tolerate exercise and vigorous oxygen consumption exercise, periodically to make aerobic exercise is very helpful. First of all, it adjusts the balance of vegetative nerves, it can transform the excited constitution of vagus nerve through stimulating the sympathetic nerve to balance the vagus nerve, eventually attain a mutual balance between them. Passive aerobic exercise does not consume oxygen a lot, and very few acid products are produced, thus eliminating or reducing the presence of ulcer-inducing or carcinogenic substances. Once you have a healthy digestive activity and strong functions, constipation is naturally resolved. Based on our experience of treatment, to make aerobic exercise is a very good method to recover normal digestive function, to treat and prevent digestive ulcers and tumor, as well as is the most physiological and fastest route to treat constipation.

Those who expect themselves to have a healthy digestive function should learn and insist to make aerobic exercise. It is especially appropriate for those who cannot do regular gymnastic exercise.

THE AUTOADJUSTMENT OF MENTAL HEALTH PATIENTS

DR. Wei-Peng Zhao

Today in the twentieth century, people is living in an era with highly developed technology and at the same time full of competition and opportunities. A young man is facing books piling up higher and higher and computer data changing day and night; a middle-aged employee is facing endless work which cannot be done even without sleep, and the pressure brought by bills, car, home, etc. makes you suffocated. When you become old, all the problems such as medical insurance, loneliness, longing for and thinking of the past good old days, the feeling of your birthplace and country land ... make up a tremendous mental burden. It makes you surrounded by an isolated cabinet. As a result, a series of mental disorders follow one by one. The followings are only some of such problems.

1. Depression : It can occur in any age group. Some show mental agitation. People of this category work in a disturbed and complicated environment. Or they live in a very compact living condition with poor ventilation. They frequently yawn, doze off and catnap, react sluggishly, oftentimes are so agitated and angry, and even want to open the windows and shout loudly, or take a comfortable sleep to get rid of all these troubles facing them. Another category is the typical depression. The pressure of work and life is so serious that really makes them suffocated. They have palpation, tachysystole, bradycardia; in the digestive system, they have loss of appetite, being sick of eating, nausea, or vomiting, sometimes constipation or diarrhea. For thinking and reasoning, they usually get into a dead end; in case there is some mild ailment, they have the cancerphobia, or imagine they have some serious heart disease, etc. All day long, they are in a trance, sit isolated in a room with the door closed or talk endlessly. These symptoms are miscellaneous and vary with persons.
2. Nervous Life Style : There is a new syndrome called adaptation syndrome. The main cause of it is due to internal or external overtension. The overactivity of pituitary-adrenal axis due to outside and inside tension makes the person secrete large amount of adrenocortical hormone to adapt the responses required by the various parts of his body. If it prolongs for a certain period of time, it will result hypertension, peptic ulcer, arrhythmia, insomnia, irregular menstruation, or neurasthenia. Hysteria breaks out in some who cannot control his emotion or feeling, especially in some females. Some may even feel cold of his limbs, simulating the symptoms of peripheral neuritis. In a word, all these diversified unhealthy syndromes are related to modern life style. At present either Western medicine or traditional Chinese medicine can only suit the remedy to the case, its effect of course is not satisfactory, because we do not resolve the cause of disease. We now propose an auto-aerobic exercise, pointing to the problem and let the brain calm down. It can make the secretion curve of the pituitary-adrenal axis activity reverse to normal. The sympathetic and parasympathetic nerves of vegetative sympathetic nerve, i.e., the nervous system regulating our viscera, must coordinate and balance. With the rhythmic aerobic swimming on land, the over secretion of sympathetic nerve may decline to normal, and the hypertension resulted from overconstricted blood vessels become normal once again.

As to digestive system, the peptic ulcer resulted from too much release of gastric acid as a consequence of overexcited vagus nerve, it will be cured as a result of stabilization of the overactive pituitary-adrenal axis. decrease of gastric acid, and the disappearance of the human mental psychological factors. If in an environment without consuming oxygen, one inhale more oxygen and exhale more carbon dioxide and toxin, his brain will be clearminded. The agitated psychic status will disappear, and less break out of hysteria.

Once your emotions are normal, your reasoning and thinking are of course logic and rational. Such kind of exercise may reverse all these disease accompanied with the new era, getting rid of your agitation and fidget., your depression and melancholia. With the recovery of normal function of vegetative nervous system, and turning to normal constriction and dilatation of blood vessels, your mental and psychological obstruction can be readily solved. A combination of taking Chinese medicine will have a much more better effect.

THE KNOW-HOW ABOUT AEROBIC EXERCISE

DR. Wei-Peng Zhao

In a series of articles, we have described the relationship between aerobic exercise and various systems of the body. In the present article, some important points about aerobic exercise are described in the following for the reference to do such exercise.

First, if you use Sun Harmony Aerobic Exerciser, it would be more simple. If you make such exercise with the purpose as training and building up your physical health, or improving your digestive system, autorehabilitation of your lumbago or back aching, sciatica, knee pain, etc., you lie on your back, keep your body in a straight line, put both ankles in the groove of the machine, relax the tip of your feet, then turn on the machine to shake, and make deep breath at the same time. If the purpose is for healing shoulder pain or improving chronic dysfunction or treating diseases of respiratory system and cardiovascular system, then embrace your head with both hands, or cross your hands behind the neck at the 4th and 5th cervical vertebrae, and extend the elbow. In that case, you can swing as the fish swimming. Furthermore, for those with drooping breast or deposit of fats in abdomen, you can take the same posture, so that you can throw out your chest and reduce your large belly. If you feel uncomfortable with this posture to do the exercise, especially when you extend your knees, or even you have obvious dizziness, you may change the posture accordingly. You can reach the same effect if you close and bend your two knees, then incline to the floor with shaking.

There is another style for those with kidney diseases. You lie on facing down, with two hands crossing in front of your brow, then shake as the frequency, the same result may be obtained. The above mentioned is the exercise by yourself or through the help of instrument. For some weak person or aged and even young kids, they are not used to the shaking frequency of the instrument. In that case, a helper is needed. The patient may lie on his back, the helper takes a kneeling posture. The patient's ankles lie on helper's knees. The helper supports the soles with one hand, and presses the ankles with the other hand. With this posture, start the shaking all around. In that case, the patient produces a swing of the whole body starting from foot upward. A convenient method for the helper is hanging a rope with a loop from the ceiling. The patient's feet are wrapped with thick towel and put into the loop. When the helper pushes the loop, it will automatically produce fish like whole body swinging.

For the beginner, take only three minutes for such exercise, and then increase gradually to 5, 7, and 10 minutes. With the adaptation period, it would not produce dizziness and other uncomfortable symptoms. During exercise, one should not keep any distracting thoughts, keep regular deep breathing, this is especially important for patients of respiratory and circulatory (cardiovascular) systems. After exercise, keep on lying for 2 to 3 minutes, otherwise, standing upright after exercise produces severe dizziness, or even nausea feeling resulting from the blood volume in a large proportion in the relaxed blood vessels, whereas the blood supply to the brain is comparatively insufficient, so to speak. After exercise, one may take a cup of drink, it can be rapidly absorbed to compensate blood volume, and also your stomach feel comfortable.

For those with vascular or respiratory disease as well as those with hypertension or hypotension, the increase of amount of exercise should be gradual. The rest for stabilization after exercise also should be prolonged. As the recovery function of elasticity, dilatation and constriction of blood vessels are not the same as normal person, so they have to wait a few minutes more. The best time to make such exercise is 1.5-5 hours after meal. It should never make such exercise right after a substantial meal. The shaking of the stomach with heavy burden will produce nausea and vomiting in the near future, and indigestion and ptosis of the stomach in the long run.

In case the purpose of exercise is to reduce weight, to build up bust breast and cut down the fat deposit of the belly, you should consciously to throw out one's chest and tighten your belly so that to tighten the ligament for abdomen and breast. At the same time, you can do other accessory exercises such as calisthenics, swimming, etc.

The room where you do the aerobic exercise should have good ventilation, with moderate temperature, so that you would not wear too much clothes, and it is much better if the room is carpeted.

SALES

TOOLS

SECTION G: CONTENTS

SALES TOOLS

- 1. How to Build Your Business**
- 2. Possible Places to Post Aerobic Exerciser Fliers**
- 3. How to Introduce the Aerobic Exerciser Successfully**
- 4. Follow-up Sheets**
- 5. Medical Insurance Forms**

HOW TO BUILD YOUR BUSINESS

The Key is Passion!

To develop your business, you must have **“passion” for your products**. It’s an important element for you to achieve your goals. “I love what I’m doing and doing what I love.” This is a wonderful motto and when you feel this way it gives momentum in building your business. Energy follows thoughts, so your thoughts become your reality. Make certain your thoughts are all positive and productive.

The key to increasing one’s income is **duplication**. It’s easier to duplicate someone who is happy, positive, and smiling! Remember..”**A smile is the most important thing you wear!**”

How Can These Machines Benefit Someone Else?

Repeat this sentence several times a day: **“I’m looking for those who are looking for what I have to share.”** Then when someone calls, drops in, or comes into your life ask this question in your mind..”How will one of these products help or benefit this person?” Develop your own testimonials of the benefits of using the *Aerobic Exerciser* and/or the *FIR Dome*. You can intuitively know how to approach what they need. Give them the opportunity of using these wonderful machines, then share the business opportunity.

Share Educational Materials

To build your business, **make a list** of people you really care about with phone numbers and addresses. Contact your “warm” market (close associates). Take the low-key, light-hearted approach so they feel at ease and comfortable. Help them feel your sincere interest in the value of the oxygenation level in their body. One by one **share the benefits they may receive** so they can recognize what will fulfill their needs. Share with them the educational materials such as audio tapes, video tapes, literature, and other helpful aids. Each person always asks in his or her mind..”What’s in this for me?” and if they have enough educational information they can make a positive decision. Educational tools are your power of persuasion.

Experiencing the Effects

The key is not so much in understanding the mechanics of the machine as it is experiencing the effects of the machine. When you experience the effects, you need say no more. Everyone feels it. My first experience was that I felt levitated. I couldn’t feel the ground until I put out my hand and it was still there!

Before using the machine you drink 8 ounces of water. Each *Aerobic Exerciser* comes with some anklets—or you can place a folded towel over the footrest—to keep the ankles from rubbing. You lie down and set the machine for the desired amount of time and when it clicks off, you remain lying quietly.

In the next three to five minutes you will experience an incredible feeling. Some people say they feels light and airy. That feeling is an oxygen rush and as it rushes through your system it carries oxygen to every cell in the DNA of your system.

Caring is Sharing..

You, too, can be a success in this business! This is one of the rare companies wherein you can make an initial purchase and never have to buy another thing! All that is required is sharing your passion and enthusiasm for the benefits you have personally received. Remember..CARING IS SHARING. You have something wonderful to share!

We Didn't Intend to Build a Business, but..

J. says they didn't intend to build a business—they just purchased a distributorship to hopefully make a little to offset the cost of their machines. They questioned how anyone could possibly sell 392 machines, but their business exploded and they are busy, busy, busy!

They credit their success to the fantastic people they have sponsored and the down-line they established. “The rewards are numerous; the results people get from the machine is the primary reason why they buy. The simplicity of the business is why people make money.” ..J.

How We Did It!

L. and J. began to share the *Aerobic Exerciser* by inviting people to come and try it at their small business operation. What happened was incredible! People started bringing friends in to try the machine. “We could unlock the door in the morning and have people standing in line to use the machine. We had never seen anything like it!” they said. Chiropractors, medical doctors, nurses, therapists, and people from all walks of life came to try the machine and most of them bought. The machine sells itself.

Now this couple has three *Aerobic Exercises* and a *FIR Dome* for people to use. However, they are running out of floor space! They are running to wait on customers, answer phones, etc. while trying not step on people on the floor. **Once they feel the results, people want a machine of their own.**

The most important aspects about these machines are the results people experience. When they lose their aches and pains, sleep better, and have more energy, it's no wonder the most common phrase they hear is.. **“I just love my machine!”**

Qualifying Customers..

They now travel and lecture on the benefits of oxygen for reverse aging and detoxing. As they do so, they have many occasions to offer tapes and information to fellow passengers. They always say, “if you know someone this might help, please care enough to share with them.” This way they listen with an ear to who might benefit from this information. They go for anyone with high stress, health challenges, or who are over 50. These people connect and are good prospects for sales aids.

Successful Strategies..

Sending out packets to prospects and then using 3-way calling has been a most successful method for the L. and J. They then suggest that their downline call their own prospects back and get one of the upline distributors on the phone. All they have to say is “Hello, did you receive your packet yet? I have a friend on the line with me who has more information and can answer any additional questions you might have.”

It is first important to become someone's friend, then tell him or her about the *Aerobic Exerciser* and the incredible results people have received. ..L.&J.

Price of Success is Perseverance and Persistence

“Do not give in or give up,” says C. of Australia. Follow the old proverb:

- **Tell me and I will forget!**
- **Show me and I may remember!**
- **Involve me and I will understand!**

Here are some basic ideas to help others achieve the success he has used in building his business:

1. **Excellence.** Success comes only when you commit to excellence in whatever you do. This is all that is required as a slight edge over your competitors.
2. **Service.** By giving more than is asked, you get much more than you expect in return.
3. **Purpose.** Focus on meaningful goals. See yourself as a people trainer and relationship builder as well as selling health and wealth.
4. **Courage.** Conquer your fears and develop your courage, make unshakeable commitments to your career, goals, relationships, and you success.

..J.

Fulfill the Need and You Have a Sale

One leading distributor gives this simple advice: “In my opinion, when selling the *Aerobic Exerciser*, if you give people a reason that answers their needs they will always say “yes,” but when they don’t feel their needs are answered they will say “no.”

When you get something so important back, cost does not matter, whether it is \$1,000 or \$2,000. Price is not important when you get your health back. It is only an issue when you haven’t answered the need as to why somebody would use it. Their need must be answered.

Learn to be quiet and listen long enough and ask questions to find out what their need is. When you can fulfill their need, the sale will come. Too many people try to sell others on how their *own* needs were fulfilled, instead of what the needs of others are. If you answer the need and you give them the reason, they will be interested. And if you don’t have it, that is what we are here for. We can help.

..D.

This Information Packet has been prepared and put together for the sole purpose of helping you become more educated on what these wonderful health aids can do for you and your family and of giving you the ability to share the *Aerobic Exerciser* and the *FIR Dome* with family and friends. Tailor the needs of others to the information you have and select those parts to copy that would be of most value to each person individually.

POSSIBLE PLACES

TO POST YOUR *AEROBIC EXERCISER* FLIER

You may find it effective to post your fliers on bulletin boards or on street-facing windows of the following types of relatively upscale establishments:

- ! **Post Offices**
- ! **Grocery Stores**
- ! **Banks**
- ! **Health Food Stores**
- ! **Sporting Goods Stores**
- ! **Restaurants**
- ! **Tanning Salons**
- ! **Boutiques**
- ! **Exercise Facilities or Spas**
- ! **Corporate Office Buildings**
- ! **Churches, Synagogues**
- ! **Sports Facilities, Stadiums**
- ! **Office Supply or Photocopy Places**
- ! **Executive Lounges at Airports**
- ! **Libraries**
- ! **Tourist Information Centers**
- ! **Travel Agent Offices**
- ! **Dry Cleaners**
- ! **Book Stores**
- ! **Record/CD Stores**

In general, it is a good idea to ask permission from the management. If possible, give that person a brochure and a demonstration.

HOW TO INTRODUCE THE *AEROBIC EXERCISER* SUCCESSFULLY

by
P. Armstrong, Presidential Status

The *Aerobic Exerciser* is a piece of exercise equipment.

What does exercise do?

- Properly breaks down plaque in the blood
- Increases good cholesterol
- Gets rid of bad cholesterol
- Strengthens the body
- Limbers the body
- Activates the organs
- Burns calories
- Helps you lose weight

This equipment is an effortless exerciser. It does for you in 5 to 15 minutes what exercise does in 30 to 90 minutes. The *Aerobic Exerciser* **moves, massages, stimulates, and actively exercises every organ and muscle in your body. It moves every joint in your body. It moves every fluid in your body.** It moves the blood, the fluid in your spinal cord, your lymphatic system..every fluid in your body.

How Do We Know It Works?

We have had men with prostate problems who were urinating 15 times in a night where the *Aerobic Exerciser* is helping to clear it out. We have those who have been using the machine say they have had better elimination. Where our claim to fame, however, is that in 38 years of research with 100,000 people using the *Aerobic Exerciser*, the doctor found that it generates the perfect speed to harmonize with the body. It relaxes the autonomic nervous system and produces amazing results.

How Does This Happen?

What happens is the body lets go of stress and tension and the body's orifices open up. In the process, negative energy is released. When the body gets plugged up and there are energy blocks from stress or whatever, the energy goes down.

What you want is to have the energy do a full travel flow through the body in a **figure eight pattern.** When you relax, the autonomic nervous system releases and the body lets go of the blockage and goes into an alpha state. Body healing takes place while you are in the alpha state. That is why you get the tremendous turn-around in your body healing and functioning. Everything opens up and the body makes connection with energy while in the figure eight. It actually **gets right brain/left brain functioning.** This is another good reason for drinking the water. Remember that the *Aerobic Exerciser* offers passive aerobic exercise. It is not a replacement for regular exercise such as aerobics, jogging, or walking. Passive aerobic exercise, however, has proved to be more beneficial in many cases than the trauma of regular aerobic exercise, and it is the perfect tool for those who cannot perform traditional aerobic exercises.

Success with ADD and Learning Disabilities

The right brain/left brain function is why we have so much success with ADD and learning disabilities. It is putting meditation and exercise together. **Plus, it increases the oxygen and the energy**, takes 30% of the stress, and allows the body to realign itself. It burns calories, tightens and tones the muscles, and helps with weight loss.

The *Aerobic Exerciser* “Delivers”..

This is the most phenomenal piece of equipment. It delivers! By this, we mean it gives **instantaneous gratification**. That is wonderful because we have grown and been educated from children to get instantaneous gratification. When people do something to lose weight or improve their health, they want instant gratification, so we have a vehicle that will do just that! One statement we have heard is, **“I love this machine and I use it every day because I don’t have to do nothin’—and it feels so good!”**

Attitude is Up-front!

The number one concept to grasp is ATTITUDE. Motivation is great, but it comes and goes. **Having the right attitude always keeps you motivated**. Right now, you are on the verge of being able to help so many people by staying focused on this piece of equipment and keeping your attitude up.

Try this: When someone comes up and asks you how you are feeling today. say, **“Life just couldn’t get any better!”** Watch the reaction and shock on their face because they are waiting for you to say something totally different! You put a smile on their face!

Do They Qualify?

The second very important concept is QUALIFICATION. **What is qualification?** It is finding out which direction you are taking up front, rather than wasting six months wondering if someone is going to play or not play. One of our presidents tells the story of how he was introduced to the company:

A fellow gave him a flier that was poorly copied. He looked at it and threw it in a pile, not thinking much about it. Later, a gentleman he had met previously in another business brought his attention to the *Aerobic Exerciser*. He had tried it in Australia for his wife who had been in a wheelchair for some 21 years and found that it helped her a great deal. Their enthusiasm and knowledge of what the *Aerobic Exerciser* could do got him interested and he purchased a machine.

Ask the Pertinent Questions..

Asking questions that lead you to whether or not your contact is interested in health or exercise may be a good start. Again, even in qualifying your contact, a good attitude with enthusiasm showing in your voice makes a lot of difference in their reaction. If you ask, **“Is health and exercise important to you?”** and they say, “No..” then you don’t have a qualified contact.

Inform Your Contact

When you call a qualified contact on the phone, **tell them a little about the company**..that it is a nine year-old company and is sold in eleven countries. Tell them about the doctor who spent 38 years researching this machine. He worked with over 100,000 individuals to develop this piece of equipment and in the process he found that this speed—and this speed only—obtained what he wanted and so he patented it. He also put a medical patent on it and sells it as a medical device that is highly respected in Japan.

Personal Testimonials Encourage Interest

Tell them stories about what happened to you and what happened to other people. Then, if they ask what the machine costs, tell them it retails for \$____. Now this is important because **anybody can buy this machine wholesale from the company if they will pay \$__ for the sales kit..then they can buy it for \$____**. Then you can send them a package of information. If they live really close, offer to just run over and give them a demo with the machine.

Now that you have contacted them, mail them a nice package of information including a video and/or an audio cassette. You can send out as much information as you feel comfortable with cost-wise. First of all, **you want them to read the literature**. Tell them you will **get back with them in five days** and you want them to have a list of questions for you to go over with them. Sometimes you do this two or three times, but if you are persistent they will listen to the tapes and read the information.

Be Knowledgeable!

This brings us to the third important concept in building a successful business and that is KNOWLEDGE. If you are new in the business, it is very important for you to watch the information video several times, read all of the information available, review the brochures, and listen to the audio cassettes. **You will understand the information better through repetition.**

Know How to Demonstrate..

- After you **answer any questions** they have and show them how it works, **give them a drink of water**.
- Put your customer on the machine for **two minutes**. The number one question you ask is, **“Are you comfortable?”**
- If their knees bother them, **put a pillow under the knees** to hold them about even with the top of the *Aerobic Exerciser*. It is okay to put a small pillow **under their neck if needed**. If someone has severe back problems, they can **lay on their stomach**. The important thing is comfort.
- While you have them on the machine, **watch the movement**. You will find that some people have a lot more movement in one foot than the other, or as you watch the movement traveling up the body you will be able to see where it slows down. That is where a blockage is. If one leg is moving and the other is not, you can put the slow one on first and add the other, or just leave them both on and let it work through.
- They may have **muscles that are all locked up** and the machine will work hard right there until it gets through it and then move on. You may have people who say, “Wow–this machine was really going fast and now it has slowed down again.” It’s just a feeling. **The machine does not change speeds**. It is the body moving and the muscles unlocking. When it gets evened out, the body slows down to the right speed.

- When the machine shuts off, you want to be there to look at their face to see where they are. Most people make a comment about the “Chi” buzz. **Tell them not to move.** After they have balanced, ask them how they feel. Answer any more questions and explain that in the few minutes they lay still after the machine shuts off they receive 60% of the benefit from the *Aerobic Exerciser*.
- Then you can say, **“Let me tell you how the company works.** This machine retails for \$____. If you sign up with the company for \$____, you can get it for the wholesale price of \$____. Which would you rather do?” Remember, **you must ask for the sale.** If you don’t, they won’t buy.

A Simple Company with a Simple Plan..

This is the simplest company there is. Do not get bogged down with how much money you are going to make, but plan on how you are going to build it. Just **follow the simple rules talked about here** and go out and **find five or ten people and make them successful.** If you help them be successful, they become more and more a partner because they will be making an income.

Spend the time it takes to train them. Give them the information to gain the knowledge and go out and be successful. This business is at your fingertips. It will change your life not only financially, but in your health and in the ability to help your friends.

FOLLOW-UP SHEET FOR CONTACTS

Name	Address	Tel #	Referred by	Hand outs Given	First Contact	Second Contact	Call back dates	Interested?	Notes

DISTRIBUTOR FOLLOW-UP SHEET

Name	Address	Tel #	E-Mail	Date of Purchase	Warm List	Info Pack	Call back dates	Follow-up	Notes

PHYSICAL MEDICINE

(CODES 97000 - 98766)

Physical Medicine Services - Conversion Factor \$6.15

MODALITIES

(Physical medicine treatment to one area)

CODE	DESCRIPTION	RV	FEE
97010	Hot or cold packs	3.0	\$18.45
97012	Traction, mechanical	3.0	18.45
97014	Elec. Stimulation (unattended)	3.0	18.45
97016	Vasopneumatic devices	3.0	18.45
97018	Paraffin bath	3.0	18.45
97020	Microwave	3.0	18.45
97022	Whirlpool	3.0	18.45
97024	Diathermy	3.0	18.45
97026	Infrared	3.0	18.45
97028	Ultraviolet	3.0	18.45
97039	Unlisted modality (specify)	3.0	18.45
99049	No show		
99070	Orthopedic supplies, supplements, pillows, Aerobic Exerciser		

PROCEDURES

(Physical medicine treatment to one area, initial 30 minutes)

CODE	DESCRIPTION	RV	FEE
97110	Therapeutic exercises	5.4	\$33.21
97112	Neuromuscular reeducation	5.4	33.21
97114	Functional activities	5.4	33.21
97116	Gait training	4.4	27.08
97118	Elec. Stimulation (manual)	3.8	23.37
97120	Iontophoresis	4.9	30.14
97122	Traction, manual	3.3	20.30
97124	Massage	3.6	22.14
97126	Contrast baths	3.3	20.30
97128	Ultrasound	3.4	20.91
97139	Unlisted procedure (specify)	4.9	30.14
97145	Each additional 15 minutes	2.2	13.53

ADDITIONAL PROCEDURES

CODE	DESCRIPTION	RV	FEE
97220	Hubbard tank, Initial 30 minutes each visit	6.0	\$38.90
97221	each additional 15 minutes, up to one hour	2.9	17.84
97240	Pool therapy or Hubbard tank with therapeutic exercises, Initial 30 minutes	8.2	50.43
97241	each additional 15 minutes up to one hour	3.7	22.78
97260	Manipulation (cervical, thoracic, lumbosacral) (separate procedure) (one area)	5.3	32.60
97261	each additional area	3.8	22.14
97500	Orthotics training (bracing, splinting) upper/lower extremity, Initial 30 minutes	6.5	39.98
97501	each additional 15 minutes	2.9	17.84
97520	Prosthetic training, Initial 30 minutes	7.3	44.90
97521	each additional 1 minute	3.3	20.30
97530	Kinetic activities, one each, Initial 30 minutes		5.4
			33.21
97531	each additional 15 minutes	2.4	14.78
97545	Work hardening/conditioning; Initial 2 hours (Prior authorization required)	RNE	RNE
97546	each addition hour (Prior authorization required)	RNE	RNE
97630	Group exercises up to five patients, per patients, Initial 30 minutes	2.7	16.81
97631	each additional 15 minutes	1.2	7.38
97650	Patient education (organized group instruction programs (two to five patients), each session one hour minimum with maximum of four sessions without prior authorization; per session; per patient.	3.5	21.53

No more than four physical medicine procedures and/or modalities will be reimbursed in one visit. Reimbursement for physical medicine modality or procedure codes are limited to 60 minutes per visit without prior authorization. All treatment must be justified by the condition of the patient and the goals and objectives of the treatment plan.

Billing for modalities only (97010-97039) shall be limited to two codes in any one visit; such billing will be subject to the multiple procedures calculation.

Multiple Physical Medicine procedures and modalities (97010-97039, 97110-97139, 97220, 97240, 97260, 97500, 97520, 97530, 97540, 97610, 97620, 97800, 97999) shall be reimbursed as follows:

Major (highest valued procedure or modality)	100% of listed value
Second (second-highest or equivalent valued procedure or modality)	75% of listed value
Third (third-highest or equivalent value procedure or modality)	50% of listed value
Fourth (fourth-highest or equivalent value procedure or modality)	25% of listed value

Use of the **Aerobic Exerciser** in your office

To eliminate idle waiting time for your patient, we suggest you bring them into a quiet room and put them on the machine, set the timer for five minutes and let them rest until you come into the room for adjustment, etc. After you have worked with the patient it is possible to put them on the machine for another five minutes, let them rest and then they are finished. This modality is billed under California Workman's Compensation Fee Schedule Physical Medicine.

Sessions will range approximately ten minutes total at the rate of \$18.45 pre visit. In this manner the investment in the Sun Harmony Aerobic Exerciser is almost immediately recouped, using the RVS Code 97012, for unattended service, office call (Therapeutic Exercise.)

Also, the machine can be billed for \$480.00 + tax, again for Therapeutic Exercise, application two times a day, ten minutes each.

Orthopedic RVS Code 99070 - Home Use, application two times a day, ten minutes each.

California Workman's Compensation Fee Schedule - Physical Medicine

Orthopedic 860.00 + tax RVS Code 99070 Home Use	Cost of Machine Therapeutic Exercise Application two times a day, Ten minutes each	\$4
Office Call RVS Code 97012 Unattended Service	Therapeutic Exercise Ten minutes	\$ 18.45

General Insurance Codes

Standard CPT Code 97110 Develop strength & endurance, range of motion & flexibility	15 minute code	\$ 20.00 - \$ 25.00
Standard CPT Code 97530 Therapeutic Activities, Range of motion to improve functional performance	15 minute code	\$ 20.00 - \$ 25.00
Standard CPT Code 97140 Mobilization Manual Therapy	Treatment	\$ 35.00