

# Zen Chi

## relaxerciser

I just wanted to let you know how your Zen Chi Relaxercisers have helped our members with Multiple Sclerosis. Our physiotherapist has been using a Zen Chi Relaxerciser in her therapy sessions for some months now, and several of our members have purchased one to use at home.

Our physiotherapist has noted the following experiences of using the Zen Chi for people with Multiple Sclerosis: Circulation in the lower limbs has been improved, and spastic muscles have relaxed enough to enable more leg movement, therefore walking has also been improved. Energy levels have been increased, and bladder control has been improved. There has been a reduction in constipation. Other benefits we have seen include reduced pain in the hip area, greater relaxation, improved sleep, reduced digestive problems, toxin release and reduced oedema in feet.

Some of our members have not noticed any difference at all, however, the majority notice a positive difference and now use the Zen Chi at home.

The above effects were noted during a 2 month trial with members using the machine once a week in their physiotherapist session. The improvements have been maintained.

Thank you, we are thrilled with the results.

**Zoe Seville-Edden, Centre Manager, Mercia MS Therapy Centre**

As a busy osteopath I find the Zen Chi Relaxerciser fantastic on a number of levels. It is extremely popular not just amongst the patients but also my members of staff and indeed my family.

I find it useful in situations of both chronic (often when many other forms of treatment haven't helped) and acute pain. To be healthy we all have to move but this isn't always easy for everyone – either because people don't have the time or money to join a gym or their state of health prevents it. I see a lady who has been told by her doctor that she needs to walk two miles a day. With degenerative changes in her hips and knees this weight-bearing activity would be extremely painful. The Zen Chi Relaxerciser provides her body with the movement it needs without stressing the joints, and boosts her circulation and energy levels at the same time.

The Relaxerciser is also excellent in a preventative sense – regular use allows the body to better deal with the stressors and bad postures of modern living before pain has the chance to develop. The Relaxerciser allows me to remain pain free so I can concentrate on those who need my help.

**Paul Brown, Osteopath**

I have found that my clients have experienced improved levels of circulation and detoxification, due to lymphatic stimulation. The circulation improvement has a direct impact on Cardiovascular conditions, due to the improved oxygenation created by the Chi Relaxerciser. In cases where clients are unable to exercise, great benefit has been derived from the ability of the clients to "simply lie down and exercise"! Needless to say, this has proven invaluable when it comes to difficulties like Paraplegia and Paralysis. Muscle tone has improved and a 'firming and strengthening' effect has been noted.

Other symptoms that have experienced improvements have been arthritic conditions, and healthy and sustainable weight loss (due to lymph stimulation - detox).

**Mary-Lou Harris, Therapist**

Massage for Migraine:

It's relaxing and yet invigorating; when it stops, you feel the most fantastic buzz as the circulation pulses round your body,' says our tester, Harriet. 'It reduces neck tension, which helps headaches, and the initial benefit was that I slept much better. Over the past month, I've noticed a huge reduction in my general headaches and so far, no migraine. I'm buying the machine as I didn't want to return it after the trial.' It's also said to be good for back pain and irritable bowel syndrome.

### **Mail on Sunday, You Magazine**

From Chinese tea to the strongest drug – one writer spent 13 years searching for a migraine cure, and then stumbled upon one by accident..... 'It felt weird yet wonderfully calming, unlocking my tight shoulders, as if I'd just had a total body massage. Will it really continue to contain my migraines? My theory is that I get them when I am tense and then relax. This little machine helps me to stay physically loose and relaxed on a daily basis, which is probably why it's proved more successful than anything else I've tried'.

### **Jackie Annesley, Evening Standard**

I have been using your Zen Chi Relaxerciser in my practice. I bought this machine on the advice of a fellow practitioner, it is in daily use, and the benefits are very noticeable to me and all my patients with feedback like: Higher energy levels, more relaxed, movement in spinal stiffness, neck/shoulder release, peristalsis movement, digestive benefits, the weight lifting off their mental/emotional problems.

A 15-minute session on the Zen Chi prior to their treatment on the 'The Bio Nuropulse Machine' has produced extraordinary results. The Bio Nuropulse is the creation of Dr Roberto Ciaff (Neurosurgeon). The energy Machine works the Central Nervous System, opening meridian pathways to release energy blockages in all areas, be it emotional, structural or internal. During treatment, I am constantly taking readings from the machine. As the patient progresses, so the readings become higher. By using the Zen Chi prior to the Bio Nuropulse, the readings are much higher from the outset, patients are recovering faster, this saves them treatment fees, and release more places in my practice to help other people.

By using the Zen Chi before treating patients with Reflexology or Massage also shows me (hands on), a huge difference in their body. I can actually feel far more release during their treatment.

So...many thanks from all of us here. A resounding 'Huge Success' from Surrey!

### **Jacqueline Newman, Naturopathic Healthcare Practitioner**

Having used the machine for a few weeks myself, I am amazed at what it has done for me. I suffer from Fibromyalgia and have been in chronic pain for 11 years. My right neck and shoulder have been the permanent centre for this condition, which permeates out to my entire body. My neck has been very stiff and has been the cause of intense headaches for many years now. After just two weeks my neck had loosened considerably and after 4 weeks, the pain in my right shoulder has also eased.

I still suffer throughout my body, but I'm hoping that as this seems to have gone straight for the original cause of my condition, it will lead to other improvements. Bearing in mind that I have had manipulation under anaesthetic, two - six week long acupuncture courses, about two years of weekly physiotherapy and many massages without any noticeable improvement. I'm sure you won't be surprised when I say that I am very pleased and impressed.

### **Colin C Quinn, Fibromyalgia sufferer**

I just wanted to let you know how fantastic the Zen Chi has been - both for me and my husband, Mike - and to thank you for introducing us to it!

I have had lower back and neck problems all my life. This was as a result of a spinal problem as a child, which was then exacerbated by numerous accidents and sporting injuries over the years. I can honestly say that since I have been using the Zen Chi (which is about two years now), I have been able to "manage" my back for the first time and lead a normal life. I walk regularly, practice yoga and play golf, and haven't had a chronic problem since I started using it. It has also helped with headaches, muscle tension and general stiffness.

Mike leads a very stressful life and suffers from migraines and muscle spasm/tension. He, too, has found relief with the Zen Chi although he doesn't use it as regularly as I do. He finds it particularly helpful after long-haul flights and when he hasn't had a chance to exercise much.

It really is the most amazing little machine, and I am so grateful to have finally found something that works - I have actually recently bought a second one to keep in our holiday cottage.

**Pippa Hankinson, who suffers with back and spinal problems**

The Zen Chi relaxation exercise is proving of considerable benefit both before and after chiropractic treatment. I am confident in its ability to relax even the most tense cases making manipulation more effective

The gentle progressive oscillating action throughout the spinal system to enhance relaxation after treatment and as a long term method of patient maintenance care will no doubt prove essential for the future.

**I T Garrod, Chiropractor, Colchester Chiropractic Centre**

It is always wonderful to do business with professional and caring people like yourselves. It is my pleasure to provide you with this well deserved testimonial for the Zen Chi Relaxerciser....

'At Camp Eden Health Retreat, our emphasis is on total body rejuvenation and motivation towards better health. During our ever popular lymphatic drainage massage, the Zen Chi Relaxerciser plays an integral role in helping our guests achieve both increased vitality and relaxation through its soothing side to side motion. They simply love it.'

**Nicky Wood ND, Naturopath, Camp Eden Health Retreat**

I use the Zen Chi every day and really benefit hugely. I feel my circulation is tip top and that using it helps keep my weight just where I want it, my skin is glowing and the hollows and circles I was starting to notice under my eyes have disappeared.

I have several friends and clients who now use the Zen Chi and they are all delighted with the results.

**Dorothy Smith, Alternative Practitioner**

Dear Zen Lifestyles, Several months ago I bought the Zen Chi Relaxerciser from you. I have M.E, and have found that it really has helped with my energy levels. It is also very relaxing and de-stressing, and I love the tingly buzz I get when it stops. It is also very small and neat, so it doesn't take up too much room.

**Mrs C Watson, M.E sufferer**

As a Fitness Trainer, the Zen Chi Relaxerciser has been a tremendous asset to my lifestyle. I can use it for warming up before starting the day and for cooling down after the day is done.

**Stuart Peters, Fitness Trainer, North London.**

Before I went on the Zen Chi Relaxerciser for the first time, my IBS was playing up. When I came off it, I was amazed at how much better I felt. I bought one immediately.

**Lynn Jones, East London, IBS sufferer**

Getting on the Zen Chi Relaxerciser for a few minutes first thing in the morning really energises me, making me feel more positive and stronger throughout the day. I sometimes need a few minutes in the evening if I have had a very hard day. It releases the tension and helps me to sleep better.

**Kate Jakobsson, London.**

I was very pleased when I noticed that using the Zen Chi Relaxerciser had helped to get rid of cellulite that had been bothering me for years.

**Sandy Smith, West London**