

# FAQs



## Frequently Asked Questions About the Surge of Chi® Exerciser

### 1. How does it work?

**The Surge of Chi Exerciser** is placed on the floor, or an elevated surface - which must be firm. The user simply lies down and places their ankles on the cushioned footrest, which swings from side to side after turning on the motor. The footrest has a slightly elliptical trajectory, rising a little at each end of its travel.

This movement of the footrest, driven by the motor, is designed to swing the feet and legs sideways in a rhythmic back-and-forth motion at varying speeds of between 80 and 160 oscillations per minute. The user can decide which speeds according to their own feeling and condition.

The Exerciser has a hand controller enabling the user to adjust the speed gradually and precisely.

### 2. Is it good for back problems?

One of the great potential benefits is the release of tension in the back, shoulders and neck. This is especially helpful if you use the Exerciser regularly, as it will help to relieve the build-up of tension that often accompanies continuous bad posture or other possible causes for back problems.

However, it should not be used as a substitute for the many excellent therapies which professional practitioners make available. In particular, you should not use the Surge of Chi Exerciser immediately after you have suffered a back injury. There are many practitioners able to assess your back problem comprehensively. They are best qualified to work on injuries and persistent conditions that need special attention.

### 3. What is 'Passive Exercise'?

Exercise comes in many forms. These days we know it is important for health. Doctors and health professionals are always encouraging us to get a varied range of exercise on a regular basis, as modern lifestyles have reduced the amount of exercise that many of us get.

The Surge of Chi Exerciser provides a direct form of exercise that we call 'passive' because the user is lying down in a completely relaxed state, not expending any energy. The exercise happens in a very balanced way, as the body responds naturally to the movement of the feet from side to side. Most adults in today's society rarely enjoy this type of exercise in their everyday lifestyles, even if they manage a workout in the gym, go jogging or play sports.

### 4. Why is 'passive exercise' valuable?

Within the animal kingdom, only humans stand and walk erect. This means that gravity constantly works against us. As adults many of us tend to use our bodies unnaturally and adopt postural habits that lack dynamism and exert pressure on our spine, hips and neck.

It takes energy and consciousness to use the body well. Many of us unconsciously surrender to gravity - and to a state of physical lethargy - as almost all of our energy is directed to the mental tasks we pursue. In this state our backs, shoulders and necks can lose their flexibility, and tension accumulates here.

The Surge of Chi Exerciser provides a simple and direct form of exercise. Most importantly, this exercise is all gain, as it is free from stress. This relaxing type of exercise actually increases the respiration rate, giving you a consistently deeper breathing pattern as your body responds to the exerciser's movement.



## 5. What is Chi?

'Chi' (also spelt 'Qi') is the Chinese word for 'life force energy', known as 'Ki' in Japanese. It is a subtle form of energy that is considered to be fundamental to the countless living processes going on within the body. Traditional Chinese medicine is based on the key understanding that in a healthy body this all-important energy is being channelled to all the organs of the body on a regular cycle – and that any blockage of this flow will inevitably result in ill health and other disabilities.

The body has a marvellous inbuilt capability for self-correcting action, but this can become blocked through habitual abuse – poor posture, poor diet, inadequate sleep and rest, and excessive stress can all lead to failure of the body's natural self-regulatory mechanisms.

By stimulating the flow of *chi*, regular use of the Surge of Chi Exerciser can help to bring balance back to bodies suffering from stress and loss of optimum health.

## 6. Is this a therapy? Will the Surge of Chi Exerciser cure any particular health problems?

Regular use of the Surge of Chi Exerciser can help bodies suffering from stress and loss of health. After some time – which could be days, weeks or months – you may recognise a significant shift in your general state of health and energy levels. If you continue to use the Exerciser regularly, this support for the body's natural capacity to maintain and renew itself will help to keep you healthy.

At the same time it is important to understand that the Exerciser should not be used as a substitute for the many excellent therapies which professional practitioners make available. There are Doctors and many other well-trained practitioners who are able to assess your health condition comprehensively. They are best qualified to work on conditions and parts of the body that need special attention.

*As a company we are not able to advise on specific medical conditions. We strongly recommend that you seek advice from your Doctor or therapist if you are suffering from a recurring or chronic physical condition.*

## 7. What is the autonomic nervous system? Why does the nervous system need stimulation?

The autonomic nervous system constantly works in the background to regulate all the major functions of the body. It is so powerful and truly autonomous (working independently of our conscious thought) that we can literally live our whole lives without knowing of all its intricate and subtle workings.

However in modern society many of us have placed great burdens on this nervous system. The pressures of demanding work schedules, poor posture, stressful situations, and even excessive body weight can all lead to an overstretched and out-of-balance nervous system. This in turn can lead to many of the modern ailments that medicine has no specific cure for – chronic fatigue, insomnia, headaches, stomach aches, constipation, depression, allergies and so forth.

The autonomic nervous system has two parts: the sympathetic and the parasympathetic, which govern different aspects of the whole being. Some individuals tend to be more dominated by the sympathetic, and others by the parasympathetic nervous system.

**Regular use of the Surge of Chi Exerciser can help stress-related health problems generally.**

## 8. Why is oxygenation important?

As we all know, oxygen is the most essential element for the body's survival. But the manner in which oxygen is absorbed, transported and utilised by the body remains a mystery to many of us. Some medical professionals have devoted long periods of study to oxygen and the human body.

Dr. Stephen Levine is a renowned molecular biologist. In his book "Oxygen Deficiency: A Concomitant to All Degenerative Illness", he stated that: "In all serious disease states we find a concomitant low oxygen state... Low oxygen in the body tissues is a sure indicator for disease... Hypoxia, or lack of oxygen in the tissues, is the fundamental cause for all degenerative disease."

Dr. Otto Warburg was Director of the Max Planck Institute for Cell Physiology in Germany and a Two-time Winner of the Nobel Prize For Cancer Research. In his book "The Prime Cause and Prevention of Cancer" he wrote: "Cancer ..... has only one prime cause, the replacement of normal oxygen respiration of the body's cells by an anaerobic (i.e. oxygen-deficient) cell respiration."

Oxygen is needed to maintain a healthy environment for all cellular activity. Lack of exercise, stress and sedentary lifestyles contribute to chronically low levels of oxygen in our cells. Even lack of sufficient fresh food and water have been linked to reduced oxygen intake by the human body. Bacteria, viruses, parasites and malignant tumors all thrive in an oxygen-depleted environment. Low oxygen levels leave us feeling tired and depleted.

A common factor in asthma, emphysema, bronchitis and other respiratory system disorders is an inadequate supply of oxygen to the blood. Our lungs will deteriorate between 9% and 25% every 10 years (Framingham study) unless we do something to maintain them. Exercise is the body's mainstay for achieving this self-maintenance requirement. However, excessive stress during exercise can actually cause breathing blocks, which can lead to inadequate levels of oxygen.

The Surge of Chi Exerciser allows us to enjoy a balanced and stress-free form of exercise.

#### **9. Is it safe for all age groups?**

The Surge of Chi Exerciser can be used safely by all age groups, so long as the User Guidelines are followed. Care should be taken to start with short sessions, and everyone can then gradually increase session time and find the speed at which they are most comfortable, using the adjustable speed control. Users can also stop the machine with the hand control at any time - while still lying down. The safety of the Exerciser is backed up by Energy for Health's Product Liability cover of £5 million.

#### **10. What about immune system disorders like Chronic Fatigue Syndrome, 'ME' and Fibromyalgia?** For people suffering from Chronic Fatigue Syndrome, Fibromyalgia and similar debilitating conditions, it is important to experience exercise in spite of the general sense of fatigue. Many people with these conditions report feeling better after undertaking a moderate exercise plan. However, most people with CFS are sensitive to overexertion, and excessive exercise may lead to consistently worsening fatigue and mental functioning. Exercise should therefore be gentle and in short sessions.

The Surge of Chi Exerciser can be used selectively and moderately by those with CFS and other debilitating conditions, starting with very short sessions at a slow speed. As they get used to the gentle and rhythmic motion of the exerciser, they will normally start to feel confident to gradually increase session time and to find the speed at which they are most comfortable. We strongly advise that they should consult with their regular healthcare practitioner and even though they may get significant benefits from using it, they should not rely upon the Exerciser as a 'cure-all'.

#### **11. Why is the speed adjustable? What is the optimum speed?**

Everyone's body is different. There are many 'body types' and our health conditions vary widely. Our body's response to the movement of the Exerciser will differ, depending not only on our physical height and weight (due to the laws of physics!), but also on the general tendencies and condition of our nervous system, metabolism and internal organs.

The hand controlled speed dial allows you to monitor your physical feeling as your body responds to the oscillation of the ankle rests. This will allow you to discover a speed which is in harmony with your breathing and body needs. Most people will find that the optimum speed for achieving a comfortable rhythmic movement and deep but undisturbed breathing is considerably less than full speed.

Some people find they need to use a very slow speed, yet have experienced very significant benefits from using the Exerciser. Some who are more athletic and very fit may wish to use higher speeds, though should only do so after gradually building up from their first session.

#### **12. Why is it called a 'Second Generation Chi Exerciser' ?**

The original Chi Exercisers were designed for the Japanese and other Far Eastern peoples. They generally had lightweight AC motors and fixed speeds.

The Surge of Chi Exerciser was developed for Western physiques, adopting a more robust engineering model than the early products – which were designed for the Asian market. It has a DC motor and a low friction engineering design, which has several benefits including a longer life (tested under continuous use for 3000+ hours under 20kg load), smoother ride, less noise, temperature resistance (works well even in cold temperatures), and the capacity for electronic programming with precise speed adjustment controls.

Other refinements over the original models include padded ankle rests, the slightly elliptical travel of the footrest, an adjustable hand-operated speed controller with LCD screen, 3-mode timer with display, and pre-programmed speed variations (Auto-modes) for those wishing to enjoy fully automated sessions.

For more details, see our **Technical Details** sheet.

### **13. What time of day should I use it?**

This is really an individual choice, but there are 3 typical times that many users like:

- First thing in the morning - a nice energising way to start the day
- When you are feeling tired after work or during a break from work - a great way to relax and unwind
- Before going to bed - especially for people with sleep problems - many find it helps them to relax. A slower speed may help at this time, and the Auto 3 Sleep Mode gives a wonderfully relaxing session where you can let the Exerciser do absolutely all the work.

### **14. How long should it be used for?**

The maximum recommended session time is 15 minutes. The Exerciser has an automatic cut-off at 15 minutes. We recommend starting with just a few minutes and building up gradually. It is not necessary to do 15 minutes every session, though many people enjoy doing so. For most people 5 - 10 minutes is a good average session time. Please refer to the detailed guidelines for use.

NOTE: You can get more benefit with several short sessions than one long one.

### **15. Does it have to be used on the floor?**

In order to work properly in creating the regular rhythmic motion through the legs and hips, the Exerciser needs to be placed on a firm surface. This is because the swing action would be affected if the surface is unstable. A carpeted floor is therefore an ideal surface for the Exerciser to be placed on, and the user must use a yoga mat or comfortable rug or blanket to lie on to avoid friction and abrasion.

It is also ideal to have a comfortable resting place for the head. A mouse mat is a popular choice, as it has a smooth surface which allows the head to wobble around naturally, without causing the user's hair to tangle, or a thin pillow can be used beneath the neck.

The main point is to be completely comfortable, and to make sure there is no friction or abrasion of the skin through rubbing against a hard surface. It is worth experimenting to find out how to suit your own body's needs.

The Exerciser must not be placed on a bed, though for infirm or elderly users it could be set on a firm surface beyond the end of their bed, or a therapist's couch which remains firm and solid.

### **16. Is the Exerciser suitable for use with any voltage?**

The Surge of Chi Exerciser can be used anywhere in Europe. It has a 3-pin adapter for use in UK, and this adapter can be easily removed (one screw) for use with its fitted 2-pin plug in other European countries with a 220 – 240 volt power supply.

The Energy for Health model is not suitable for use with a 110-volt power supply, though we can supply customers in North America with a 110-volt version.

### **17. What is the size and weight of the Exerciser?**

Dimensions: 47 cm x 35 cm x 26 cm overall; Dimensions of box: 55 cm x 43 cm x 27 cm; Weight: 7.1 kg

### **18. Is it easy to carry and transport?**

The Exerciser has a handle at the rear, allowing anyone to pick it up easily with one hand, and to carry around the home. It comes packed in a sturdy box, handy for transporting by car or sending by parcel services.

***For more information, visit our website, or contact us by Telephone, Email or Fax:***



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