

NEW HORIZON



New Horizon is a collection of stories and feedback from many of our satisfied customers who found positive life-changing forces in their health, wellbeing and quality of life. HTE Australia believes that the principles of *Chi* and *FIR* (*Far Infrared Ray*) energy in our therapeutic products gives everyone a whole new lease on life and the quality of life each person deserves.

*We wish you a happy, wealthy
and healthy journey in life!*

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Chapter One: Angina, hiatus hernia, hypothyroid, low blood pressure, osteoporosis and osteoarthritis, pain and bowel movement



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“After a couple of days she was having restful sleep and regular bowel movements, and by the time I left she had reverted back to her walking stick, and a short time after that she was driving again.”

My 79 year old mother has had several heart attacks over the years, and now has a much enlarged heart, angina, a leaking valve in her heart, a hiatus hernia, low blood pressure, osteoporosis and osteoarthritis. Despite all of the above, and with a little help, she has been able to remain at home and care for herself.

Recently however, she had a bad fall at 3am one morning and damaged her coccyx. The fall rendered her unconscious, and lying on the bathroom floor until daybreak, she developed pneumonia and ended up in hospital yet again.

Over the years of persuading my mother to try alternatives I had never been able to convince my mother to try anything other than prescription drugs, and there was no way I could entice her to use the Chi Machine, which I religiously transported with me on all of my trips down South. So I decided to order a Hot House and had it delivered to her in Melbourne, and I flew down from Queensland to look after her for three weeks.

When I arrived, my mother was very ill and in extreme pain. She could barely manage to walk on her walker. After a lot of gentle persuasion, I was able to coax her under the Hot House for 15 to 30 minutes once or twice a day....on most days. After a couple of days she was having restful sleep and regular bowel movements, and by the time I left she had reverted back to her walking stick, and a short time after that she was driving again.

For someone who has been fiercely independent all her life and whose worst nightmare is spending her remaining days in a Nursing Home, the Hot House was a Godsend.

On a personal note, I developed a fungus on one of my big toes whilst helping my sister on her farm about 6 years ago. The nail was totally yellow and extremely ugly, and nothing I did made even the slightest difference. I began putting my toe under the Hot House in September, and slowly, slowly the fungus is growing out. At this point in time it is about 50% clear. Needless to say I am ecstatic about this.

Also, I have been on Thyroxine for approximately 15 years for a hypothyroid condition. After my latest blood tests a few weeks ago, my doctor recommended that I decrease my medication by 25mcg....*the first time ever I have been able to do this!* I am hoping that in time and with the help of the Hot House, I will be able to live a medication-free existence.

In conclusion, the common denominator with friends who have used the Sun Ancon[®] Chi Machine[®] seems to be a feeling of calm.

How blessed we are to have these wonderful machines to enhance our health and our lives.

Chapter Two: Asthma



Betty Dawkins

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66 years old

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“Twelve months on using my wonderful Sun Ancon Chi Machine, it was so noticeable on how clear my breathing became. Sometimes, I cannot even remember how long it has been since my last intake of drugs... this defies what I have ever been told about chronic conditions”

I have a story to tell, which up until recent months could not have been imagined and I can only credit the success to my *Sun Ancon Chi Machine*.

I took delivery of my machine at the beginning of December 2000, and because of the Christmas and New Year holidays and celebrations, I did not use it very often, as I was too busy! It was the beginning of January 2001 that I started to use my Chi machine daily. They say that hindsight is twenty-twenty vision and that the really wise develop hindsight in the moment that they are in. I wasted the whole of the first month by not using it daily, but now I am wise in this matter!! Using the machine 15 minutes daily and with ‘top ups’ if required.

Since I was five years old, or thereabouts, I have suffered asthma. Over many years I have had to take various medical and drug aids to keep the asthma in a calm state. Sometimes I had to take more drugs depending on my health status.

I have been seriously interested in health and well being for over twenty-five years. I have practiced and taught yoga for that length of time. This certainly kept my breathing calm and benefited my health and well being, as a general rule. I work with people from all walks of life and all ages. I have enjoyed sharing what I know and especially to see the positive results in their lives. During the past five years or so, I began to study the food supplement scene and now I have my own supplement regime and safe personal care products routine. Again there was some improvement in my breathing and general health. You can see that I really take care of myself and love sharing my knowledge and experience with other people.

After using the Chi machine for only six weeks my drug dependence went down to every third day or so. Twelve months on using my wonderful *Sun Ancon Chi Machine*, it was so noticeable on how clear my breathing became. Sometimes, I cannot even remember how long it has been since my last intake of drugs!! Here I am, my body getting older (like every one else on the planet) and my drug dependency is vanishing. This defies what I have ever been told about chronic conditions!

I know about Chi energy and I know how to boost it through my yoga, but since the *Sun Ancon Chi Machine*, I have more energy!! My complexion has always been good but it is even better, my health in general is much better, no colds or 'flu. At the time of writing this, there were lots and lots of people with the 'flu, (as usual at this time of the year), here in England. I am 'bright eyed and bushy tailed' and I've never been a slouch! Thanks to my *Sun Ancon Chi Machine* my husband and I are both enjoying better health and energy levels.

In my professional life I have only promoted what I know has integrity, and very importantly, a product that is effective. I happily promote and sell the *Sun Ancon Chi Machines* through my 'Healthy Routes' business. My business is growing and more people are enjoying better health and well being, through using their *Sun Ancon Chi Machines* daily. Some are so impressed with their own results, that they now have their own part-time business. So it's good news all the way!!
THANK YOU

PS: (April 2nd 2002) I have now gone five weeks having taken no drugs whatsoever for my asthma and I am completely free of asthma at this time of writing. I went walking last week, to quite a high point near to where I live and still no asthma, despite the strong exertion.

Chapter Three: Chronic neck and shoulder pain, lack of energy



Frances Dwyer

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“I have not had one appointment with a chiropractor or osteopath because I no longer have any shoulder or neck pain, my Sun Ancon had healed this age-old problem.”

Dear Hsin Ten,

I cannot praise the *Sun Ancon Chi Machine* enough, which I have one year now. As a child at the age of seven, I had a near fatal fall of 30 feet, after which I was unconscious for some time, and spent some time in hospital. Unbelievably, all I had suffered was damage to a small bone in my neck. But this led to chronic neck and shoulder pain, which in turn led to headaches all my life. I attended chiropractors and osteopaths for lots of treatment for this problem, but this only ever gave very temporary relief from pain.

That is until I bought my *Sun Ancon Chi Machine* last year. Since then I have not had one appointment with a chiropractor or osteopath because I no longer have any shoulder or neck pain, my *Sun Ancon* had healed this age-old problem.

Not only has it cured this old problem, but also it has improved my entire health, energy and well-being! I use it every morning, which give me lots of energy for the day, and a few minutes at night send me into a very deep restful sound sleep. My sleep was quite poor before this. So I am just delighted with the *Sun Ancon*. I think I will be using it for life!

Also the great thing about the machine is that family and friends can use it and also gain great health from it. Thank you Hsin Ten and Dr Inoue for such a wonderful product.

Kind regards,
Frances Dwyer

Chapter Four: Bad sleep and low levels of wellbeing



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“This machine certainly generates results... now I sleep better and it is simply the best sleep I have had in years.”

When you read about the health benefits of using the machine, *what else can arise, but skepticism?*

The long-term claims such as relief from pain, better sleep-patterns, raised oxygen levels, increased energy and alertness can all sound feasible in the long-term but after one short session that also sounded a bit too far-fetched.

Guess what? The skepticism went away and was replaced by enthusiasm in less than 24 hours. After four minutes on the *Sun Ancon* machine, I could not believe the reaction felt right throughout my body. This machine certainly generates results. However, there was more to come. Now I sleep better and it is simply the best sleep I have had in years. These days I wake up earlier, and I get up within ten minutes feeling energetic. A much different pattern to the previous years of being a ‘night owl’, where I was often slow to go to sleep and sluggish in the mornings. What a joy to change that pattern! Moreover, the *Sun Ancon* raised my energy levels, I got back to driving long distances again and I could also reduce some of the vitamins I had been supplementing myself.

I can confidently recommend the *Sun Ancon* to others, and hopefully, help them find a better quality of life too. Meanwhile I know there will be more bonuses to me also as I continue to use my machine and regain qualities in my own life that have been missing.

Chapter Five: Sciatica



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“Since I started using the Sun Ancon Chi Machine my physical health and flexibility felt 25 years younger. Furthermore, I felt my creativity and energy increased.”

In March 1981, whilst having sports training in the school yard, a child ran into me and I twisted my body trying to prevent his fall and pinched the sciatic nerve in my back. Because I was six weeks pregnant at the time the doctor could only give me Panadol to relieve the pain so that it would not harm my baby.

I spent several months in hospital lying flat on my back including five weeks in traction and in constant pain. In December 1981, a month after the birth of my healthy daughter, I had a laminectomy. Although this operation was successful (I later heard of many other people who were worse off) my surgeon encouraged me to enjoy life now because he said that there would be more pain and less flexibility when I grew older. I was only 39 years old.

The doctor's prognosis was correct. In March 1995 I got a part-time job after being out of the work force for 15 years. I was working in an after school care programme for three hours a day, five days a week. Often I would spend 12 hours a day in bed and then get up feeling exhausted. Many times I needed much rest before I went to work. In March 1998 I reduced that time to one day per week because I was physically not coping with the work.

In April 1998 I was introduced to the *Sun Ancon Chi Machine* at an expo. Although I only "wobbled" for three minutes the effect was incredible. However, it was only three weeks before I got to have another wobble. During the next few weeks I had several more wobbles and realised that my pain had disappeared and that my back was warm. For the previous 17 years I had showered with only hot water to warm my back in the morning and now I had to use the cold water as well.

In August 2001, just over three years later (I was now using my *Sun Ancon* for 10 minutes twice a day) I spent 18 out of 22 hours in a plane en route to the HTE International Conference in Las Vegas. (This was my second round the world trip

in less than two years.) Since I started using the *Sun Ancon Chi Machine* my physical health and flexibility felt 25 years younger. Furthermore, I felt my creativity and energy increased.

Wherever I traveled I always carried the *Sun Ancon Chi Machine* in my car, or if I am flying, my *Sun Ancon* goes in my hand luggage. I have wobbled at airports all around the world.

Thank you Dr Inoue for your amazing *Sun Ancon Chi Machine* and thank you HTE Australia for bringing the machine to Australia.

Chapter 6: MS, pain in cervical and lumbar spine, sacroiliitis, constipation



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“Significant increase in my energy levels. I also noticed a distinct improvement in my cervical spine, lumbar spine and sacro-iliac joint, which troubled me frequently.”

I have been using the *Sun Ancon Chi Machine* regularly for the last twelve months and the first thing I noticed was a significant increase in my energy levels. I also noticed a distinct improvement in my cervical spine, lumbar spine and sacro-iliac joint which troubled me frequently. They have been weak areas in the last ten years. But since I have been using the *Sun Ancon Chi Machine* I seldom feel any discomfort or pain or stiffness and I feel much more confident in my physical abilities. On the rare occasion I do feel some discomfort as a result of over work or incorrect posture, I just get on my machine and it dissipates. In the past, I have also suffered from constipation from time to time, but that is now unheard of.

At first I used the machine twice a day for five minutes and gradually increased the treatment to ten minutes twice a day. However, now I am on a maintenance plan of once a day for ten to fifteen minutes. I have never felt better. I particularly enjoy the relaxation I get both during the treatment and afterwards.

As a massage therapist, I have had the opportunity to observe the benefits that the *Sun Ancon Chi Machine* has provided for others. One of my clients has MS and is only able to get around in a wheelchair. Consequently, she has problems with lymphoedema. However, after just a couple of treatments, I have witnessed the significant reduction in the size of her ankles and of course the relief of pressure caused by the lymph build up. The *Sun Ancon* gets the lymph moving, kick-starts her kidneys so her urinary system is much more fluid than usual. Consequently much of the fluid build up is eliminated and she feels much lighter after the treatment. Her bowels also works better after the *Sun Ancon* treatments.

I can only speak positively of the *Sun Ancon Chi Machine* and highly recommend it to many people in the course of my work and in my daily life.

Chapter 7: Weeping tear duct and chronic pain

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“FIR Hot House (had) somewhat reduced (the pain) after the first time. I used it for a further six times and I now have the full use of my left hand again.”

I am a lucky recent owner of a FIR Hot House. Recently, a weeping tear duct bothered me in my left eye during winter. After using the FIR Hot House for a number of times I no longer suffered from the discomfort. A few days ago I wrenched my left hand whilst opening a door and the pain was bad, the thumb and the index finger became swollen and discoloured. So I decided at once to use the FIR Hot House and the pain was somewhat reduced after the first time. I used it for a further six times and I now have the full use of my left hand again.

Chapter 8: Poor sleep, sciatica and chronic shoulder pain

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“Every home should have one, the benefits are enormous and I can forget the physiotherapist bills”

Life before *chi*, as I thought complete. I played tennis, exercised each day and took walks with my dog three times a day. I enjoyed outside activities, and could not understand people joining a gym to exercise on machines in stuffy sweaty atmosphere. I always had a healthy lifestyle where I played on school teams and won tennis tournaments.

I injured my back in my twenties but had learned to protect it by not lifting heavy objects and not sitting too long. However, sleeping was a problem and gradually over the years getting up without pain in the morning was not possible. Then as my forties came upon me, sports injuries started to occur. Torn calf muscle, painful shoulder, an under active thyroid and more constant back pains than I had previously had, all of which slowed me down somewhat.

Then there was *sciatica*! For a person who had not a day off work sick in twenty years, to be laid low for three weeks and the possibility of having to give up tennis, was devastating.

I had acupuncture, went to physiotherapists and chiropractors, which cost a small fortune. I had pain-killers and stronger pain killers. Forced myself to walk the dog, though he did not understand why they were so short! Gradually, the pain eased and I was able to return to work and continue a life that was tentative and restrictive, with no tennis, only gentle exercise.

Fortunately my sister was visiting from Australia and she had discovered yoga over there, which had done wonders for her back, damaged in a car accident some ten years earlier. I saw the change in her and decided it was for me. I joined a class and through the excellent teaching, I steadily improved. A year after joining I was introduced to the *Sun Ancon Chi machine*. "*Me? on a Chi Machine? What next?*" But it did not take long to decide and having tasted what the energy could do for me through yoga I now am the proud owner of one.

My new life has started with more energy and confidence I play a better game of tennis, I am pain free whilst sitting and I have a more relaxed sleeping pattern. Hey, I have even gone back to college to upgrade my skills in computer technology. I cannot wait until I am fifty years old to see what else I can find the energy to do!

My husband is also a tennis player, who does not practice yoga, has used the machine and was heard to state that a troublesome knee is no longer painful after exercise. Even my dog sometimes joins me on the floor for a 'wiggle'. Every home should have one, the benefits are enormous and I can forget the physiotherapist bills.

Chapter 9 (i): Lymphoedema

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“He can go fishing in the morning and play nine holes of golf in the afternoon. He hasn’t stopped smiling. We enjoy traveling and now feel confident that we can plan some more trips away, with the Wobbler of course”

Last December my husband had all the lymph nodes removed from his right groin following a diagnosis of secondary melanoma. After a long and complicated recovery, he was left to cope with the ongoing effects of lymphoedema. He was no longer able to work at his part time job, or enjoy his previous leisure activities, and his days were spent resting with his leg elevated every couple of hours.

In February my sister told us about a new machine that she had bought, which might help John manage his condition. She sent information, and we checked out the website. The studies specific to lymphoedema looked promising and we purchased one soon after. At first John was using the Chi Machine morning and night without noticing any real benefits. Then he began using it at soon as he felt any tightness or discomfort, and the results were amazing! He started to get his life back together. Then we found a physiotherapist who specializes in lymphatic problems, and between specific massage therapy and the Chi Machine (affectionately know as The Wobbler) he is back to his old activities. He can go fishing in the morning and play nine holes of golf in the afternoon. He hasn’t stopped smiling. We enjoy traveling and now feel confident that we can plan some more trips away, with the Wobbler of course, tucked securely on the back seat.

I am using it for only four minutes a couple of times a day as I have a problem with vertigo. A long suffering insomniac, I am enjoying some deliciously long sleeps and have stopped taking anti-inflammatory drugs for an old shoulder problem.

We love our Chi Machine. Happy Wobbling!

Chapter 9 (ii): primary lymphoedema

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“The leg has become softer and the fluid drains much quicker when in bed or with the leg up.”

Did anyone come through the summer without wishing they could throw away their offending limb? It is the first time I have wished I were more of a water baby and by the time the annual Lymphoedema Information Day came round, was convinced the build up of fluid would never go away!!

Hence it was really reassuring to listen to Prof. Piller describe in detail how the lymph system works and later answer the many questions posed by fellow lymphos.

The Sun Ancon Chi Machine came into our home about three years ago as an adjunct to my husband’s ongoing health programme (he had a coronary infarct in 1982). Three years ago I was a fit 62 year old and only used the machine spasmodically. Thereafter, lymhoedema crept up, slowly at first, gathering speed as the limb became waterlogged and the lymph system very sore.

With little trepidation I started to use the Sun Ancon Chi Machine, gradually building up the time to five minutes, three times a day, always following the rules of use e.g. a glass of water before and after, and resting for five minutes after the motion stopped.

Although I have not been taking measurements, the improvements have been noticeable. The leg has become softer and the fluid drains much quicker when in bed or with the leg up. Other parts of my body have become softer also.

Hopefully, with time, the valves will work more effectively and maybe one day I will be able to experiment without my faithful stocking for short periods.

Chapter 10: Stress, low levels of energy and insomnia



Ona Wendi Henderson
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“This daily ritual of 12 to 15 minutes is my sanity and salvation; and I am revitalized and energized during the day”

I really love my “wobbler”! I have two *Sun Ancon Chi Machines*, one at work and one at home. So I can find peace and de-stress wherever and whenever I need. My space at home is set up with mats, lavender eye pillows, rugs and water. Meditation is also a practice I do whilst “wobbling” which is part of my daily exercise from work. This daily ritual of 12 to 15 minutes is my sanity and salvation; and I am revitalized and energized during the day. In the evenings I am relaxed into a space ready for sleep. I use my machines twice per day - to kick start my day and to unravel my day. I do not know what I would do without my “wobbler”!

Chapter 11: Fracture of spine and shoulder, loss of mobility in arm and stress



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“Having used the Sun Ancon Chi Machine twice daily for several weeks, the last twenty degrees of motion (abduction) in my left shoulder was restored”.

As a result of my being blown from the roof in May 1996 I fractured my spine and left shoulder. The fractures healed well but the shoulder would only return to 80% of normal function after fourteen months.

Having used the *Sun Ancon Chi Machine* twice daily for several weeks, the last twenty degrees of motion (abduction) in my left shoulder was restored. Although I had extensive chiropractic care, acupuncture and massage, the final return to normal function of my left shoulder has only been accomplished using this fantastic little machine, despite swimming and other rehabilitation work.

Over the years we have looked at so many physiological therapeutics aids to assist and compliment the chiropractic adjustment but I have not found anything that has been truly effective, until now.

I have personally found an added benefit in the relaxation and meditation state one can enter while using the *Sun Ancon Chi Machine* which has been a major plus in the healing process. The feeling of calmness I attain is valuable in a busy world.

Chapter 12: Asthma, bronchitis, depression and weight problems

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We have been distributing Hsin Ten products, and in particular the *Sun Ancon Chi Machine*, for a year now. So much in demand have they been that we decided to set up ChiVitality Limited in April 2000. Since then the company has traded well and significantly assisted us with a project dear to our hearts. This, we hasten to add, could not have been done without the great assistance of those who not only decided to take the plunge and buy a Chi Machine for yourselves but also had the vision to go on to seek out the many people who themselves realized the need for better health in their lives. We thank you all for being part of the team.

So far as we are concerned there have been great changes for the better in our health. A year ago Mary was stone heavier than she is today and Simeon had persistent attack of asthma, which could only be controlled with significant quantities of chemical. Mary was often listless, depressed and unable to face work as a self-employed colon hydro-therapist and Simeon was frequently subjected to bouts of bronchitis following chest infections, which left him struggling to continue working as a self-employed barrister.

Neither of us had the luxury of sickness benefit or an employer to support us. However, daily sessions since December 2000 with the *Sun Ancon Chi Machine* combined with the *FIR Hot House* since March 2001 have definitely done the trick for us. Now Mary has permanently lost that unwanted stone and is aiming towards losing the second one; and, Simeon was able to write to his doctor, who wanted to prescribe him steroid medication and inform him that he no longer required any medication as his asthma was and is under control.

So, good luck to you all! We hope that you have in your own ways been able to benefit from your ownership and use of whatever you decided to purchase. If you need any help with distribution, or decide that you might like to give it a try, please ask us. In the mean time we wish you all the best of the season's greetings and great success with your use and/or sale of Hsin Ten products in the New Year.

Chapter 13: Bad posture, sciatica, lower back pain, weight loss and a clicking hip

Jan Keogh

QLD Australia

Natural Therapist

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“Now for the first time in my life I have a flat stomach, wonderful posture, no more back pain and a successful business!”

Dear HTE Australia,

I am eternally grateful for the health benefits and the financial rewards I have received since I purchased my first Sun Ancon machine. I am a natural therapist in a small country town in Queensland and I have owned my machine for about three years. I look forward to using my machine first thing in the morning before work, and the last thing at night before I retire. More importantly, I share my machine with my clients at work where they use the machine before I do massage therapy. Some clients are so impressed with the machine they are soon buying one for themselves. My story is that I suffered from lower back pain, sciatic pain, my hips would click all the time from carrying children, and bad posture, etc. Now for the first time in my life I have a flat stomach, wonderful posture, no more back pain and a successful business! I know that I have achieved all these benefits from personally using the Sun Ancon and having the machine available to clients through my natural therapy business. Thank you Hsin Ten.

Kindest regards,
Jan Keogh

Chapter 14: Immobility in hip and low levels of well being



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“the improvement in my wife’s quality of life this means a lot to all of us and has made her extremely happy”

Due to an accident in early childhood, my wife (who is 52 years old) has had limited power of locomotion in her right hip for most of her lifetime.

Now after 5 months application of the *Sun Ancon Chi Machine* she is able to bend down on either side to put on her shoes or pick up something from the floor, without harming herself.

To normal people this kind of improvement might not be worth mentioning, but because of the improvement in my wife's quality of life this means a lot to all of us and has made her extremely happy.

Many thanks to the inventor of the *Sun Ancon Chi Machine*!

Chapter 15: Low levels of energy, stress and immobility



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"I immediately tried it for six minutes and when it stopped, an incredible sensation flowed through me."

Pierre Pellizzari on the left with a client in an aqua healing session

I work as a therapist and I take care of seriously ill people (cancer, sclerosis, coma, etc). In the last year I was taking care of Marina, a girl who was in a coma. I visited her for two hours once a week. Mostly I work in foot reflexology, so I always massage the legs of the patients. During one visit I noticed that she was very much disturbed by the position of her legs and perhaps by the catheter. My intuition said to me to position my hands on her knees and to generate an alternate motion with my arms in order to swing her whole body, like seaweed. She immediately relaxed and breathed deeply. I kept on swinging for approximately three minutes. When I stopped, she smiled deeply for a long time. Since that day, every time I visited her I did the same job. However, the massage is quite strenuous work. Anyway, Marina recovered a lot and she can nod, eat on her own, and laugh. She's on her way to recovering her health.

One week ago, Christine O'Connor, my Australian friend got in touch with me and proposed the *Sun Ancon Chi Machine*. I was rather sceptical because I do not like to use machines. They cost a lot and there is no human interaction.

Christine encouraged me to visit the web site and when I read the description of the *Sun Ancon Chi Machine*, my heart jumped for joy: That is it! Immediately, I ordered the machine and after 24 hours, the machine was in Italy. When it was delivered, I immediately tried it for six minutes and when it stopped, an incredible sensation flowed through me. It felt like my whole body was flying backwards. It also felt like my body was sparkling with new energy. A girlfriend also tried it and when the machine stopped, she felt like she was losing her body. It gives you an extraordinary healthy sensation, and you end up wanting to use it all the time.

Another amazing result is that I used to practice “Kundalini Meditation” which my master Osho taught us in meditation. During this meditation process you shake your whole body while standing for fifteen minutes and then when the music changes, you stop shaking and you feel exactly the same wave of energy rising in you body. You could also call the *Sun Ancon* machine a “Kundalini-raising machine”!

For the moment, I would like to thank the makers of the *Sun Ancon*. Everybody wants to use the *Sun Ancon*. I feel it is the start of something great in this area of Italy.

Chapter 16: Frozen shoulder, pain, troublesome sinuses, muscular aches and a cyst on the finger



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“After the first couple of sessions the pain had dissipated, and in a very short time I had full arm movement restored”

In early 1998 I was the sole proprietor/operator of a hairdressing salon. As a result of my passion for gardening and some fairly heavy-duty work in that regard, I developed a frozen shoulder. At times the pain was so intense that I almost passed out. I was unable to raise my left arm above shoulder height, hence, making it extremely difficult for me to conduct my business.

Prior to being introduced to the *Sun Ancon Chi Machine*, I had several visits to a chiropractor, seventeen visits to a physiotherapist, and my GP had x-rayed the shoulder and advised an operation. He said that the frozen shoulder

would never free itself without an operation. This was extremely distressing news for me, as a six weeks period of healing was required, and consequently my business would cost me dearly.

During the period of x-rays and my scheduled appointments with the specialists, I was able to use a friend's *Sun Ancon Chi Machine*, and subsequently purchased my own. Even after the first couple of sessions the pain had dissipated, and in a very short time I had full arm movement restored. At the time of my specialist appointment the shoulder was fully healed, and the specialist was requesting a further set of x-rays, as he was at a loss to understand how this could be so.

The use of the *Sun Ancon Chi Machine* also had the effect of clearing my very troublesome sinuses.

More recently I developed a cyst at the first joint of my middle finger, and a deep indent of half a centimeter width on the full length of my fingernail, possibly caused by hair-cutting scissors. As a result of spending fifteen minutes per session whilst trying a friend's *FIR Hot House*, I found relief of joint aches from gardening and tennis, and I noticed that the cyst had disappeared. The indent in the nail is growing out beautifully and the aches in my joints also vanished.

I have much to be grateful for Hsin Ten and their wonderful products.

Chapter 17: No feeling in finger and arm, problems walking and discolouration of skin of ankle

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“I also found that 80% of my left ankle has been improved. I can walk again”

In 1965 when I was living in Canberra I hurt my left little finger during a fire drill and since then, I had no feeling in the finger and became stiff. In 1980 I had to fight off two muggers in Manhattan, New York and I damaged my right shoulder. I could not lift my right arm any where above my shoulder. Three years ago my left ankle (around three inches above and below) started to discolour into a purple/blue hue. Two years ago I started to have problems with walking and getting up from my chair. I had to walk very slowly. A year ago when I woke up I had virtually no feeling in my right hand and it took me about five minutes of

massage to get the blood flowing. After having used the Sun Ancon Chi Machine for two months, my little finger got better and my right arm was mobile again. I also found that 80% of my left ankle has been improved. I can walk again like a “kiwi” and there are no more problems with my right hand. My wife and I are selling the Sun Ancon Chi Machines and the FIR Hot House around the world.

Chapter 18: Bad posture, back pain and spasms



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“The Chi Machine and Reflexology have many aspects in common such as origins in traditional oriental wisdom, the importance of “the breath” and hydration, gentle rhythmic flowing movement, mobilisation and quietness.”

I worked for years as a chiropodist/podiatrist and reflexologist. A bad posture and overstretching resulted in much back pain and spasm. When I discovered the Sun Ancon Chi Machine I was so pleased to find something that helped me at last and I was intrigued that many aspects of the Chi Machine overlapped with reflexology. Reflexology is a system of foot massage based on holistic principles springing from the same Chinese roots as acupuncture. By locating and massaging the various reflexology points on the foot relating to the body, imbalances of energy which can cause stress and ill health can be redressed.

The Chi Machine and Reflexology have many aspects in common such as origins in traditional oriental wisdom, the importance of “the breath” and hydration, gentle rhythmic flowing movement, mobilisation and quietness. Both of them give a deep sense of peace and balance while activating the biological energies of the cells, muscles, joints, and circulation and body rhythms.

When you describe The Chi Machine to some therapists, such as reflexologists or massage therapists, you can find yourself stumbling over the word ‘machine’ as you know they are going to find the idea of a machine as opposed to a hand, almost sacrilegious. They may be more ready to connect with the concept if they hear about the life-giving technique used in emergency situations described in Dr. Inoue’s book *Aerobic Respiration Exercise and Health*. Some use this hand-held swaying movement – and will appreciate how exhausting it is to do and how deliciously beneficial for the client.

I heard an interesting comment about some practitioners who get set in their ways and offer one year's experience repeated over 20 years, whereas clients and patients probably desire 20 years experience compressed into one hour's treatment! How lucky we are to have at least 38 years of experience compressed into a few minutes!