SUN ANCON (SUN HARMONY)

The Original Chi Machine

So valuable

So simple

So genuinely effective

If you have problems with:

- Lack of exercise and bad circulation
- Tired and sore muscles
- Poor digestion, constipation
- Arthritis, back pain, bone spurs
- Nervousness, general pain and insomnia
- Poor functioning of internal organs
- Asthma and tracheal inflammation
- Period pains, anemia
- Many chronic Conditions
- Being overweight

The Sun Ancon (Harmony) Oxygenating Massager is for you.

Lie Down, Relax and let it happen!

As your whole body relaxes and you enjoy the rhythmic side to side movement of your spine and the other joints of your body some amazing things start to happen.

- Improved physical, mental and emotional health for all ages
- Extremely valuable to those who through 'age' or physical limitations can't exercise

Whole Body Massage:

A full body massage, including internal organs and all body systems, occurs with the massager's use. 15 minutes massage is estimated to be the equivalent of walking ten thousand paces (About 90 minutes), in terms of body oxygenation. If used with proven relaxation techniques, there's no limit to the potential scope of healing and fitness enhancement for the body and mind.

Why everyone of all ages and fitness levels needs the 'Sun Ancon' benefits:

MODERN DAY HEALTH HAZARDS. Daily, people consume a chemical cocktail from chemical residues in farm products, processed foods, water supplies and air breathed. Such health detriment is compounded by poor or improper diet and breathing habit, work or study stress and sedentary life styles.

The massager will help eliminate body toxins and provide the essential benefits of sporting and fitness programs without putting stress on the body such as vertebrae joints, heart and lungs and without depleting body energy levels or causing injury.

HSIN TEN ENTERPRISE CANADA INC.
"Product & Opportunities that Bring Harmony & Balance to Your Life"

Oxygenating the Body

75 trillion cells provide the body with energy to carry out every brain function, body movement and needs of all body systems and organ function. Each cell has only two needs to produce this energy, nutriment from food intake and OXYGEN.

OXYGEN 'STARVATION' of cells can result in, immune dysfunction, cardiac symptoms, sleep and respiratory disorders, blood chemistry disturbance, intestinal problems, anxiety, depression, headaches, fatigue, stiff neck, shortness of breath, dizziness, to name but a few health problems.

The Sun Ancon Massager will aid in healing and prevention of such disorders by maximizing oxygenation of body cells

THE BODY'S RESPONSE TO EXERCISE AND TO MASSAGE: "Whenever I get the urge to exercise, I lie down until it passes off" - G.K. Chesterton. (Famous English writer) In this statement , is considerable wisdom, because of the spinal benefit that ensues when resting prone.

Vigourous exercise, while offering health benefits, can place extreme strain on body energy production. Associated rapid breathing or gasping for breath, arises from excessive build up of carbon dioxide and demand for oxygen to replenish depleted energy to serve the vital needs of the body. Such exercise can also add to the compacting of intervertebral discs. UNLESS PURSUING SOME ENDURANCE GOAL, VIGOUROUS EXERCISE IS NOT A VITAL HEALTH RECOURSE.

The Sun Ancon Massager provides the answer to being healthy without energy loss, body stress or effort

THE SUN ANCON WAY: Because the 'exercise' massage is done in the lying down, relaxed position, with all loads and stress reduced on the spine and other body areas during maximum oxygenation and subsequent energy production, the sense of well-being arising from the massage, is immediate and noticeable.

Most people experience a deep sense of relaxation during the massage and a pleasurable to exhilarating feeling following the massage.

Some may feel tired or sore in some areas. This may suggest a healthy circulation is being restored. Soreness might also relate to an old injury or "Chi" energy flow blockage. If soreness occurs, reduce session time to 2-3 minutes and gradually return to 15 minutes massage if soreness ceases.

Dizziness might accompany initial massage sessions, reducing the session by half and raising the head with a small and thin pillow should resolve the problem but remove the pillow later for better results. Dizziness could point to an inner ear or anaemic problem (women especially). Some may suffer from dizziness and headache suggesting high blood pressure. Nausea may indicate low blood pressure or Miniere disease. SEEK MEDICAL ADVICE IF DIZZINESS PERSISTS BEFORE CONTINUING THE MASSAGE SESSIONS.

Lymph fluid in the body exceeds the quantity of blood and one of its functions is to cleanse the body's waste. Lymph fluid has no 'pump' action to move it around the body but its cleansing of wastetoxic matter may be aided by the Sun Ancon massage. Such cleansing may cause bad breath and also thirst. Water cleanses and aids in 'lymph' cleansing, so drink plenty of water to hasten the cleansing and remove any bad breath problem.

Spinal Influence on Health

Within the brain and extending through the core of the spinal column, is the central nervous system. Branching out from it is the nerve network that reaches every part of the body, which provides all body functioning that is not under conscious control (breathing, digestion, heart rate etc.). This extended 'nerve' network is termed the Autonomic Nervous System and it further divides into the Sympathetic and Parasympathetic Nervous Systems which provide 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 spinal column bone marrow is also a source of blood production and immune system globulin upon which middle aged adults are more dependent, following depletion of globulin production form the 'aged' and shrinking thymus gland.

Utilization of Full Spinal Movement

The spine's design permits sideways snake-like movement that serves to relieve vertebrae joint pressure and thereby promote greater 'well being'. Modern man fails to exercise this design feature, part of the reason being that stress of mind creates body tension and rigidity. Spinal movement has been reduced to a forward and upright bending action and even in walking, the natural twisting - sideways movement of the spine from arm, leg and upper torso momentum is restrained by body tensions.

When we awaken or feel tired, we raise our arms, stretch and yawn, and in the process, flex the spinal column in a twisting snake-like movement. Instantly we feel a pleasurable sensation of energy movement and alertness of mind. The reason being that in yawning, the lungs fill with air and greater oxygenation of cells occurs, pressure on the intervertebral discs momentarily releases and the Autonomic Nervous System is stimulated. (Do a 'yawning' stretch now to verify the value of such oxygenation and spinal twisting.)

A glance at the animal kingdom and at sea-creatures shows how they use 'snake-like' movement in their walk, run or swimming action, providing benefits that keep them free of almost every human ailment.

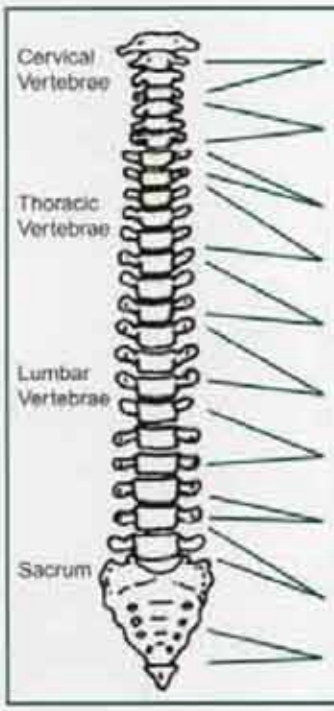
The Sun Ancon Massager will deliver the best possible lateral 'snake-like' movement to the spine with the body in the ideal therapeutic position.

When the massage concludes you may experience the therapeutic benefit of a sensation similar to that of yawning and stretching (an indication of the massager's genuine value).

80% of Chronic Disease Problems are Linked to the Spine

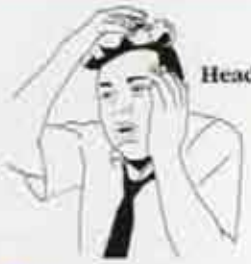
Problems Associated with the Spinal and the Autonomic Nervous Systems:

- Headache
- Lack of Appetite
- Upset Bowels
- Insomnia
- Sore Back
- Difficulty in Standing for Long Periods
- Numb Arm
- Dizziness
- Tight Shoulders
- Poor Attention



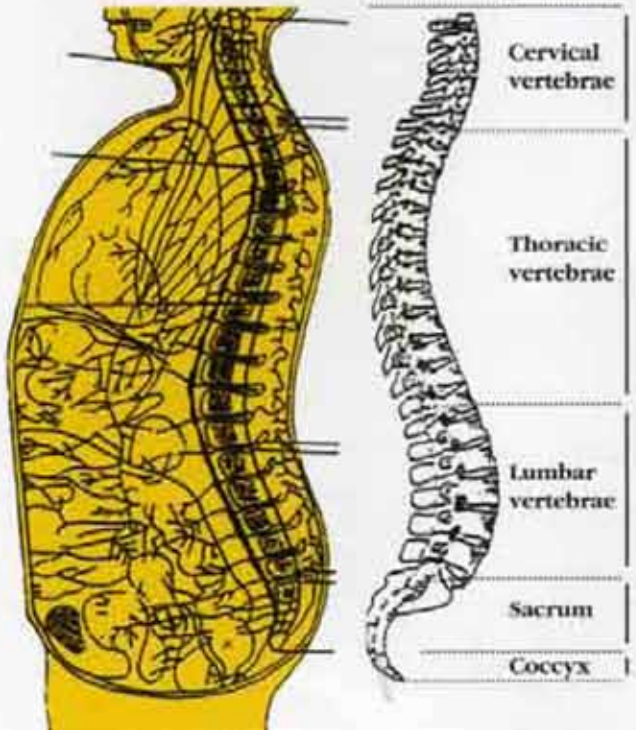
Related Organs and Problem Areas	Improvable Problems
Eyes, Ears, nose, chest, viscera	Headaches, pseudomyopia
Heart, throat, hands, eyes	Sore shoulders
Trachea, lungs, heart, stomach, liver, eyes, ears	Asthma, sore shoulders, low blood pressure, stomach ulcers, heart problems
Lungs, heart, stomach, liver, eyes, ears	Asthma, diabetes, haemorrhoids, poor stomach function, poor liver function
Stomach, liver, adrenal gland, diaphragm	Diabetes, poor stomach functions, poor liver function
Kidneys, bladder, womb	Sore back, poor stomach function, diabetes, poor liver function
Large intestine, bladder, caecum, stomach, liver	Sore back, poor stomach
Reproductive organs, knees	Loss of energy, pseudomyopia
Feet, large intestine, bladder, prostate	Loss of energy, swollen prostate
Bladder, reproductive organs, anus	Loss of energy, haemorrhoids, swollen prostate

Back Pain


Headache

Insomnia

Shoulder Pain



Migraine, insomnia, dizziness, amnesia, numbness in facial nerves, ear inflammation, ringing in the ears, high blood pressure, pustulence, tonsillitis, cataracts, myopia, sore throat

Swelling thyroid, hardened neck muscles, stiff neck, pain in upper body nerves, numbness, lack of strength, tracheal inflammation, asthma, heart disease, liver disease, decreased stomach function, diabetes, allergies, inflamed kidneys, arthritis, rheumatism, hardening of the arteries, stone formation, apoplexy, decrease in immune system function

Constipation, dysentery, hernia, varicose veins, period pains, sciatica, painful knees, difficulty in urinating, too-frequent urination, weak legs, painful soles of feet, uremia

Different leg lengths, bladder inflammation, tilted womb, inflammation of the caecum, haemorrhoids, difficulties in getting pregnant

Painful tailbone

SUN ANCON
(SUN HARMONY)

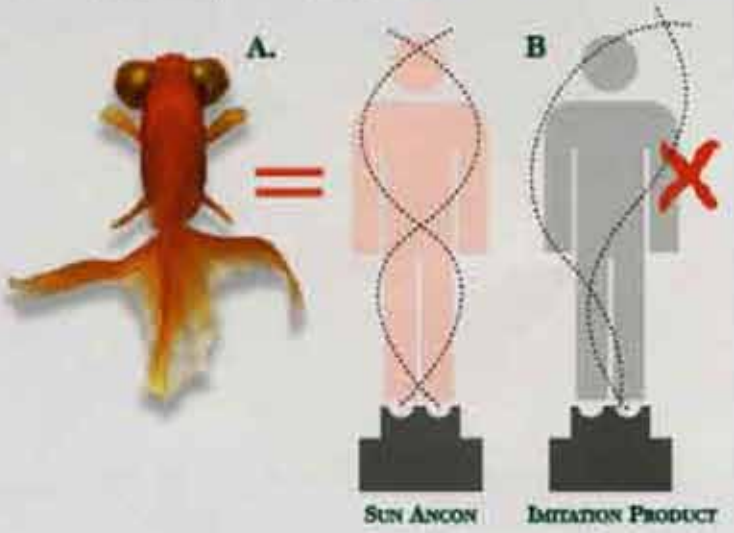
The Original Chi Machine

Integration of Traditional Medical Wisdom and Modern Science

This unique health generating product is based on German exercise physiology to research and develop this Chi Machine. It is based on the patented five characteristics including height, swing frequency, swing travel, swing angle and circular movement. It is a simple technological item incorporating the precise oscillatory action to ensure extensive health benefits without risk or harm that could arise from any similar product not employing the stringent precise detail of the patented 'Sun Ancon' massager.

Comparison of swinging method between a Sun Ancon massager and an Imitation Product:

The Sun Ancon adjusts the spine by swaying it gently like a crawling centipede. See diagram (A.)



(A) The Sun Ancon massager obtains an amazing body response.
(B) There is no body response if not using patented precision unit.

Massage Session Periods

1. If over 55 years of age, limit sessions to 2 to 5 minute periods daily. If no discomfort is experienced, sessions can be extended from 5 to 10 minutes the second week and to the normal session time of 15 minutes in the third week. Those under 55 years of age should initially do 5-minute sessions twice daily but can increase to 15 minutes at their own discretion if no discomfort is experienced.

2. There is no limit to the number of daily sessions, apart from that mentioned above, or to using the full range of the 'timer' setting, but it is recommended that a reasonable break be given between sessions.

3 Arm Positions:

For migraine headaches, bone spurs and misaligned spine, sore back, gout, arthritis

The Mid Position

Lie down, put both hands under your head in a position that results in your upper body and legs being both lifted off the ground

Release of tension, mood balancing, insomnia, internal organ discomfort, constipation

The Goldfish Exercise

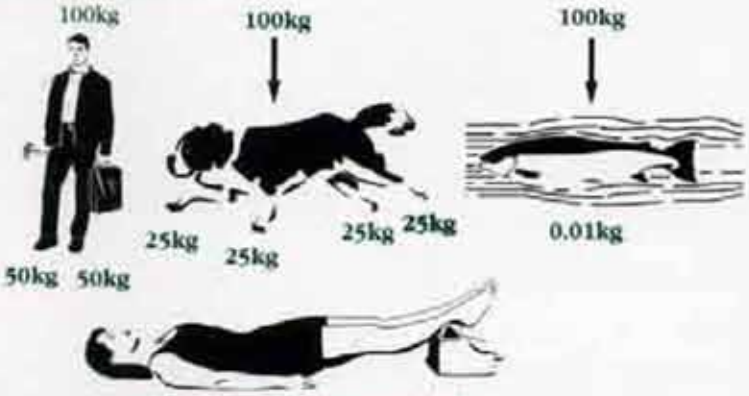
Place both arms at your sides

Weight loss, shoulder tendonitis, release muscle tension, release nervous pressure, full and round breast

The Stretched Back

Lift both arms above your head and keep them as straight as possible

ANIMALS IN MOTION PLACE LESS PRESSURE ON THEIR BODIES, AS DEMONSTRATED BELOW:



No pressure. Fully supported.

Swaying while lying down is the best form of exercise!

Mechanics of the Massager

The patented precision design of the massager allows it to operate in harmony with the natural body rhythms and optimum body positioning to include a massage of blood vessels.

Precautions

The massager should not be used under the following conditions:

- Immediately following an operation or if suffering from bone fracture (within three months after operation).
- If suffering from a serious infection or bleeding injury or serious heart disease.
- During pregnancy
- Within 30 minutes after eating a meal
- If extreme pain occurs during the massage. Such pain should be investigated and rectified before further use of the unit.

6 Major Benefits Derived from Sun Ancon

1. 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 the lungs is increased, enhancing oxygen exchange from the lungs is increased, enhancing oxygen exchange from the lungs the blood and therefore to the body cells, to excite cellular metabolism.

2. Spinal Balancing

With the body relaxed in the lying position with no weight on the spine, the massage unit will influence a correction to certain conditions of misalignment. Such corrective action can in turn cure or alleviate complications arising in vertebrae joints from certain spinal misalignment.

3. Improving the Immune System

The Sun Ancon massager stimulates globulin production which increases the immune system's defense capacity thereby providing greater freedom from disorders and disease.

4. Blood Production

Blood is produced in the spleen and spinal bone marrow. Reduction of spleen's blood production can arise from the spleen's susceptibility to damage. The massager's action on the spine stimulates the Sympathetic Nervous System which increases spinal 'marrow' blood production. Any form of anemia can be benefited by this massage action.

5. Restoration of Balance to the Autonomic Nervous System

If the Parasympathetic and Sympathetic Nervous Systems fail to ensure balance of function, insomnia, excessive dreaming, digestive problems, stomach pain, palpitation, anxiety, constipation, neurasthenia and extensive forms of aches and pains as well as mental street may surface. The influence of the massager on the Sympathetic Nervous System can restore the vital balance to the nervous system, resulting in restoration of health from such conditions.

6. Exercising Internal Organs

Western medical science is beginning to consider ancient eastern traditions that focus healing and good health on a life force energy which flows in channels through all living forms. Acupuncture and associate therapies are being increasingly used by eastern practitioners to 'invigorate' the life-force energy flow to restore health to unhealthy organs. The Chinese refer to this energy as 'Chi'.

The Sun Ancon massager will aid in unblocking the 'Chi' pathways and ensure a maximum flow of healing source, through all body organs, to restore normal or improved functioning to impaired organs and body systems related to such organs.

4 Main Features of Sun Ancon

1. Full Body Stimulation with no Side Effect

The Sun Ancon therapeutic massager provides stimulation to the whole body, regardless of sex, age, time of use, place or climate conditions.

2. Just Lie Down to Use it. There is no Pressure or Stress Involved.

The Sun Ancon therapeutic massage is done while lying down, therefore no pressure or tension is applied to any part of your body.

3. No Injury

Massage in the lying position ensures no possible injury. Heartbeat and blood pressure do not increase.

4. Simple, Comfortable and Easy to Develop a Regular Health Maintenance Routine

The simplicity of use and portability of the massager, offers a convenient way for busy people to cultivate a vital health maintenance routine.

Detailed Massage Instructions

Preliminary Recommendation:

A mind focusing on stress brings tension to the body in various locations and will therefore curtail the full benefit of the massage session. It is therefore important that in selecting a time and place for such therapy, you use the most appropriate time of your choice and the most peaceful environment available to you. You should then induce a state of relaxation by mentally focusing on joyful, peaceful situations to relax your body.

You can significantly aid such a' state by playing stress-releasing music of your choice, before and during the session. Further benefit can arise by also focusing the mind on what is happening during the massage, focus on the feet, legs and move the focus to the abdomen, the spine, shoulders and so on. As you do this you may notice how such mind attention gives rise to greater stimulation of the massager on those focused parts of the body.

Gentle deep breathing will add intestinal massage by the action of the diaphragm and simultaneously enhance cellular oxygenation. Focusing the mind on breathing is a sure way to shut our 'stressful' thoughts as all who practice 'meditation' realize. It is a meditative state that the foregoing will create and from this state alone, Combining such movements with the massage session will guarantee the most valuable change you can give to your life and wellbeing. Just follow the instructions below:

Massage Procedure:

1. Position massage unit on a firm surface with the handle facing away from you, ensure no restriction occurs to the machine's air intake. A firm based bed could be used by bed-ridden people but such a platform is not an ideal base for proper positioning to the spine which a firm surface offers.

2. With an increase in body and mind relaxation, there arises a lowering of body temperature. During cold conditions, warm the room being used or lightly cover your body with a blanket during massage sessions.

3. Drink a small quantity of water before using it, 1/2 cup is usually sufficient.

4. Lay down on your back, It's extremely important to stay perfectly perpendicular to the front of the machine, and with both feet comfortably resting on each stirrup, then start the desired session time by activating the control switch. Place hands by your side and begin gentle, slow deep breaths to enhance oxygenation of the body. Focus the mind appropriately to increase relaxation and to add massage benefit to specific areas of the body. Retain positive focus on the mind and know that the body is experiencing a truly magnificent rejuvenating massage that is bringing renewed health.

5. For initial use, set timer to 5 minutes, then increase to 15 minutes if no discomfort arises, general timing can be at user's discretion (2 minutes for sick people).

6. When the unit stops, continue to stay in a resting position for 2 to 3 minutes because 40% of the exercise effect arises from the oscillatory action of the machine and 60% of the benefit comes from the internal massage influence during the 2 to 3 minute rest once the unit ceases massaging. You will feel this effect.

7. Following the rest period, remove the feet from the unit and raise both knees into 45-degree angle. Take a gentle deep breath, hold it and slowly commence a spinal twist movement by lowering the legs to one side as far as possible. Hold this position momentarily then, as you exhale slowly return both legs to the raised knee start position. Pause a moment, and repeat the movement to the opposite side and back, breathing as before. Repeat the exercise at your discretion 2 or 3 more times. During this movement of the lower body, retain the upper back firmly on the base you are resting on.

8. At the conclusion of the 'spinal twist' exercise, roll to one side and slowly raise yourself by a sideways upward movement, moving the spine laterally.

9. Conclude the session with a large drink of water that will aid in toxin cleansing that the massage has activated (about 150 ml - 300ml).

Patent No: America 510 7822, Australia 59411/94, Germany G9208487.7, Great Britain 202 3294, Japan (Medical) (02B) 1539

Health is Wealth

It's NOT A MATTER OF
"Can I afford the massager?"
But
"Can I afford to not have one?"

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