



Chi Machine International

Natural Healing as Nature Intended

USA, Canada, Australia, Europe, Asia



Clinical Trials for Venous Oedema and Secondary Lymphoedema of the legs, for the Sun Ancon Chi Machine.



Flinders Medical University, Adelaide, Australia.

[Chi Machine Medical Research](#)

Secondary Lymphoedema and Venous Oedema.

[In-depth Research Report](#)

Scientific basis for the activation properties of the Chi Machine.

[Detox, Weight Loss](#)

[Specific Physical Effects](#)

[PubMed](#)



What is Secondary Lymphoedema and Venous Oedema.

Lymphoedema (also spelt lymphedema), is the accumulation of lymphatic fluid in tissues, that thereby causes swelling due to the inability of the lymphatic system to drain the excess fluids.

Secondary Lymphoedema usually develops when lymphatic vessels are damaged as a result of radiation, infection, trauma, hip or knee surgery, blood clots, long term circulatory problems or surgical removal.

Secondary lymphedema frequently develops when the lymphatic system is damaged or disrupted through cancer surgery, radiation therapy, chemotherapy, lymph node dissection or lymph node biopsy.

Traditional western medical protocols for cancer have created the single leading cause of secondary lymphodema. Invasive procedures that involve the removal of cancer - such as prostate, colon, uterus, bladder, breast and malignant melanoma - create the most likely possibility of secondary lymphoedema development, due to the removal and damage done to lymph nodes.

Excess weight creates a high risk for the development of secondary lymphedema due to the flow of lymph being blocked by fat.

Secondary lymphedema occurs most often in the arms and legs, and sometimes in other parts of the body. It may occur immediately after invasive procedures or within a few weeks, months, sometimes years later.

Venous Oedema develops due to venous insufficiency. Venous insufficiency is caused by vascular disease, the prevalence of varicose veins, or previous deep vein thrombosis (inactive), which develops as a result of high blood pressure or if the heart is not working properly.

Insufficient blood flow in the veins of the legs, resulting from prolonged physical inactivity, trauma or blood clots will also cause venous insufficiency. When venous insufficiency takes place, excess fluids cannot be efficiently removed through the veins thereby leading to leakage into the tissues. This then creates swelling in the affected limb - known as venous edema - tingling, cramps, varicose veins and skin pigmentation. If severe and extreme, ulcers and skin wasting may begin to occur.

Secondary Lymphoedema of the legs effects 30% of people after having received invasive procedures. Venous Oedema effects 5% of the adult population. Both result in swelling, discomfort and can interfere with quality of life. Conventional treatment is expensive and ongoing, with little patient control. There is no great end result for either condition



Sun Ancon Chi Machine Clinical Trials, Flinders University Australia.

On 15th June 2000, a contract between HTE (Hsin Ten Enterprise) Australia and Flinders University, Adelaide - part of Australia's Department of Health, Faculty of Health Sciences School of Medicine - was officially signed, that began a research project into the benefits of the Sun Ancon Chi Machine, especially for those suffering from secondary lymphoedema and venous oedema.

Professor Neil Piller headed the clinical trials with the support of his professional team. Professor Piller is one of the worlds leading lymphologists, who has presented and published over 300 works and is strongly committed to education and awareness programs.

Professor Piller was assisted by a team of highly professional people during the clinical trial including: Ms Amanda Moseley (Research Officer) - Mr Adrian Esterman (Bio-statistician and Clinical Epidemiologist) Associate Professor Colin Carati (Anatomist) - Mr Brian Bridger (Bio-medical Engineer) Dr Jack Walsh (Vascular Surgeon) - Dr Stephen Birrell (Surgeon).

The goal of the study was to find and test the effectiveness of a treatment that would be convenient, affordable, effective and able to empower sufferers.

Venous Oedema Patients:

The participants were both male and female with an average age of 59 years. Over 50% of them had problems in both legs due to varicose veins, vascular disease and previous (not active) deep vein thrombosis.

Secondary Lymphoedema Patients:

The participants were both male and female, their lymphoedema being predominantly caused through cancer surgery related to bowel, cervical, prostate or melanoma. Over 45% had lymphoedema in both legs.

Both groups generally continued other treatments at the same time such as support stockings, massage therapy, laser therapy and simple elevation.

- The design of the Australian clinical trials:

a) Patients were recruited through advertising and out-patient clinics.

b) Trial included 20 normal participants.

c) Machines were taken home and used for 3 weeks using the following regime:
Days 1-2: 5 mins - am and pm.
Days 3-7: 8 mins - am and pm.
Days 8-21: 12 mins - am and pm.

Some 2,000 data bits were collected from each patient at each visit, before, during and after.

What measurements were taken and how:

a) Questionnaires: Assessed how the legs felt and impact on quality of life.

b) Tonometry: Assessed tissue hardness.

c) Perometry: Assessed leg circumference and fluid volume.

d) Bioimpedence: Assessed body composition and fluid within the legs.

e) Lymphoscintigraphy: Assessed lymphatic system function.

d) Weekly objective measurements were taken and 1 month follow up post treatment.

f) Blood pressure, pulse, blood test, blood flow.

Results for people with NO medical problems:

1. A reduction in fluids to the limbs.

The group with normal healthy legs experienced a reduction of 45mls in fluids over the 3 week period.

2. A reduction in weight.

The group with normal healthy legs lost an average of 0.6kg over three weeks. This is a significant amount over such a small period.

3. A reduction in percentage body fat.



Professor Neil Piller with Amanda Moseley at Flinders University, Australia, showing a clinical trial participant with Secondary Lymphoedema, how to use the Sun Ancon Chi Machine.



Results for people with Secondary Lymphoedema due to lymph damage and those with Venous Oedema through venous insufficiency:

1. A significant reduction in limb volume and circumference. Extra-cellular fluid for the group with secondary lymphoedema fell over the three week period. At the one month follow up the fluids had risen but were not back to their original levels.

2. A significant loss of edema fluid from the limbs. The group with venous oedema experienced a reduction of 440mls in leg fluid over the three week period. Although fluid levels had increased at the one month follow up, they were not back to their original levels.

3. A significant loss of weight. Average weight loss for the group with venous oedema was 1.45 kgs over the three week period. This remained stable at the one month follow up. Of those with secondary lymphoedema, average weight loss was 0.5kgs and this remained stable at the one month follow up.

4. A reduction in percentage body fat.

5. An improvement in lymphatic drainage. Lymphoscintigraphy showed a marked improvement in lymphatic function.

6. A significant improvement in subjective symptoms. Most participants reported a reduction in pain, tightness, heaviness, skin dryness, limb size difference, cramps, pins and needles, burning feeling and temperature difference.

7. A satisfaction with the treatment and an improvement in the quality of life. 88% of participants were satisfied with the treatment regime. There were definite improvements with the feeling of control participants had over their condition, their range of movement, the positive impact they experienced with daily life, and an increase in their ability to exercise.

RESEARCH SIGNIFICANCE:

After analyzing the complete data it is the conclusion of Professor Piller and Flinders Medical University that used on a frequent basis, the Sun Ancon Chi Machine has great potential in health maintenance and management for those who suffer from Secondary Lymphoedema and Venous Oedema of the legs.

Considering the high cost of traditional treatments for secondary lymphoedema and venous edema, the Chi Machine is a cheap, effective and convenient alternative. For people without any such physical conditions, the Sun Ancon Chi Machine offers a way to aid in weight loss without the need to pay for gym memberships or to undertake impractical or strenuous exercise regimes which may cause stress or injury.

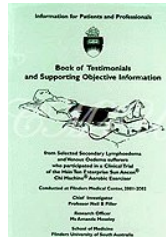
Many other parameters were also measured included blood flow, lymphatic transport capacity and immune system function.

CONCLUSION:

The extensive research undertaken by Flinders University Australia illustrates the commitment Hsin Ten has to the customer. This groundbreaking research has separated Hsin Ten and the Sun Ancon Chi Machine from companies producing [imitation machines](#).

1. The Sun Ancon Chi Machine is the **ONLY** Chi Machine to be supported by high quality scientific and medical research.
2. Never before (or since), has any university actually endorsed a product like this.
3. Benefits were experienced by everyone, not just secondary lymphoedema and venous oedema patients.

3a [Feedback and Results](#) from participants and other users.



[Clinical Trial Booklets](#) Available in English, Chinese or German.

4. Flinders University Australia has independently produced 3 booklets detailing the research findings and outlining the conditions of **a) Secondary Lymphoedema b) Venous Edema c) Patient follow-up feedback**.
5. The Sun Ancon Chi Machine is now recognized as a medical device by the Australian Therapeutic Goods Administration based on the strength of the research results, as well as in Japan and [Canada](#).
6. No Imitation Chi Machine can claim the same benefits as the original, the Sun Ancon Chi Machine as outlined in the research findings.



Original Sun Ancon Chi Machine.
Available 110v or 220v.

Flinders University References:

New deal sees Flinders team conduct clinical trials for Taiwanese company.
<http://www.flinders.edu.au/news/articles/?oc12v09s01>

Equipment trials come up trumps.
<http://www.flinders.edu.au/news/articles/?oc04v11s04>

[In-depth Medical Research Study](#)

Scientific Basis for the Activation Properties of the Chi Machine - PDF

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[Lymphology](#), 2004 Jun;37(2):53-61.

The Sun Ancon Chi Machine Aerobic Exerciser: a new patient focused, home based therapy for people with chronic secondary leg lymphedema.

Moseley AL, Piller N, Esterman A, Carati C.

Department of Surgery and Lymphoedema Assessment Clinic, School of Medicine, Bedford Park, South Australia, Australia.

Abstract

A significant proportion of those who survive lower torso cancer treatments will go on to develop clinically discernible bilateral or unilateral leg lymphedema. Although beneficial treatments exist for this condition, many are expensive and involve visits to outpatient clinics or allied health professionals—making the patient dependent upon others for treatment and maintenance. This clinical trial tested the efficacy of the Sun Ancon Chi Machine Aerobic Exerciser, a home based therapy that delivered both elevation and passive exercise to the legs. This machine was used in the participant's home according to a set regime with measurements being taken immediately before trial commencement, at weekly intervals and then 1 month after treatment cessation. After a three week treatment period there were statistically significant reductions in total leg volume and fluids, whole body extracellular fluid, weight and subjective leg symptoms. Lymphoscintigraphy in a sub-group of patients suggested an increase in lymphatic transport in some individuals. Although some of the fluid and symptoms had returned at the 1 month follow up, none of the parameters had returned to pre-treatment levels. This finding indicates that this equipment may have ongoing beneficial effects. This clinical trial demonstrates that the Sun Ancon Chi Machine Aerobic Exerciser is an effective adjunct therapy that can be used in the patient's own home.

Comment in

Alternative/complementary treatment in lymphology: trying the untried and testing the untested. [Lymphology. 2004]

PMID: 15328757 [PubMed - indexed for MEDLINE]



Swim On Land

Long ago, it was proposed that the best way to rehabilitate you after a long workday was standing upside down. Theoretically, it is rational. After a whole day of fully occupied work, all the internal organs are drooping to a certain extent. One will feel a backache, in addition to the blood and lymph being detained in lower limbs and the lower lumbar and back region.

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. Furthermore after standing upside down, the blood supply in the brain is increased, so one feels a clearer mind and the fatigue disappears. The problem is, people do not feel encouraged about standing upside down!

Movement mimicking fish in reality is a kind of 'swimming on land'. The floor or mattress instead of water, will support the entire body. In such case, the oxygen consumption and activity are reduced. If your legs are lying on a machine rhythmically swinging left and right, this will bring about the relaxation and relocation of joints and muscles of your entire body. With the action of the left/right movement a couple times a day, all those after effects due to over fatigue and long term chronic weakness will recover the relevant organs to the original anatomical position.

Note: Many massage therapists often end a massage session by holding the ankles of their client, and swinging the legs back and forth, from left to right.

Human ligaments may be compared to the rubber band, after stretching for a long time; they'll never regain their original elasticity and tenacity. 'Swimming on land' can recover the original nature of the ligaments, so that they can support the internal organs as before. 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, eventually being 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 venous blood and lymph fluid. We then feel relaxed and at ease, this is why after doing this exercise one can sleep soundly.

Neither medication nor injection is used in this [passive aerobic respiration exercise](#).

This is most appropriate for those with health challenges who are unable to do physical training. This form of exercise is the fittest rehabilitation and health care measure today due to the benefits it produces, with no risk of injury and no stress to the heart, spine or lungs. -

Extracted and edited from Hsin Ten Transcript.



[Diet Guidance](#)

Note On Ordinary Weight Loss:

Countless users have attested to unexpected [ordinary weight loss](#) using the Sun Ancon Chi Machine on a consistent daily basis for around 15-20 minutes. The Chi Machine is actually NOT promoted as a method to lose weight even though this is consistent with the Australian clinical trials results.

If you chose to use the machine for this purpose, be aware that no two individuals have the exact same lifestyle, or body, or diet. Do not expect specific results but keep in mind a healthy diet coupled with daily activity creates a better outcome.

Set timer and choose arm position according to your own personal level of comfort, health and fitness. Diet should be preferably [alkaline](#), natural wholefoods, and drink plenty of [water](#) every day to flush away toxins and stay hydrated.



Effects and benefits from 'snake like' physical motion

Improving the Immune System.

Movement of the body stimulates globulin production which increases the immune system's level of response.

Cellular Activation.

Massage stimulation of 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 to the blood and therefore to the body cells, which excites cellular metabolism.

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. Movement of the spine (like a snake), stimulates the sympathetic nervous system, increasing spinal 'marrow' blood production.

[Spinal Alignment](#)

With the body relaxed in the lying position with no weight on the spine, this specific motion will influence a correction to certain conditions of misalignment. Such corrective action may promote relief in complications arising in vertebrae joints from certain spinal misalignment.

Utilization of Full Spinal Movement.

The spines 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 the 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 and rigidity.

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 (cats and dogs do exactly the same movement several times a day). 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 in-vertebral discs momentarily releases and the autonomic nervous system is stimulated.

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, anxiety, constipation, and extensive forms of aches and pains as well as mental stress may surface. The influence of this particular snake like, gentle, massaging motion on the sympathetic nervous system may restore the vital balance to the nervous system, resulting in restoration of health from such conditions. It is interesting to note that people diagnosed with life threatening illnesses are often stuck in the sympathetic mode of 'fight of flight', when they really need the parasympathetic mode of 'rest and relaxation'.

- *Extracted and edited from Hsin Ten article.*

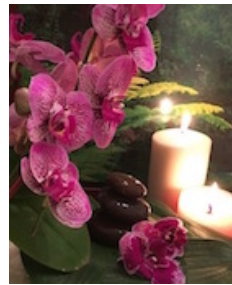


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