

# Neck Pain? Back Pain? Spinal Exerciser Will Help You!

## SPINAL EXERCISER

(Easy Slimmer and Stress Relief Machine)

Are you worried about your health and figure?...Are stress and chronic back pain seriously affecting your life and career? Are you tired of dieting? Too busy and don't have time to exercise? **Relax...just push the button and worry no more!!!**

Introducing ----- The **SPINAL EXERCISER** ---The revolutionary technology in promoting :

**TOTAL FITNESS** - Fitness of mind and body

**TOTAL WELLNESS** - Optimized brain health that provides a healthy body

**TOTAL RELAXATION** - Relaxed state of mind,- -Gentle body exercise

Spinal Exerciser uses the principle of gentle infinity or perfect eight motion to enhance the core life energy of the body (CHI) and promote total wellness (only 15 minutes./day)



The Spinal Exerciser is a quality- assured product:

- GMP Certificate  
(Good Manufacturing Practices in Taiwan R.O.C.)
- ISO-9002+CE-0434
- The Spinal Exerciser is protected by the following patents:  
3078805 in Japan, Nr.20021882.4 in Germany, #09/750078 in USA,  
#89222476A01 in Taiwan, and #00265728.7 in China...and etc.

# BENEFITS AND FEATURES OF THE SPINAL EXERCISER

**M**ore and more people today are becoming conscious about their health and fitness of mind and body. This major concern is propelled by the need to survive and be competitive in present mega-wired age. Given this present condition, stress and stress-related pain and disease is posing a big threat to our career and our very own life. Researches in the field of medicine and alternative medicine practice suggest that the three factors to achieve optimal health are: *hygiene, diet and exercise.*

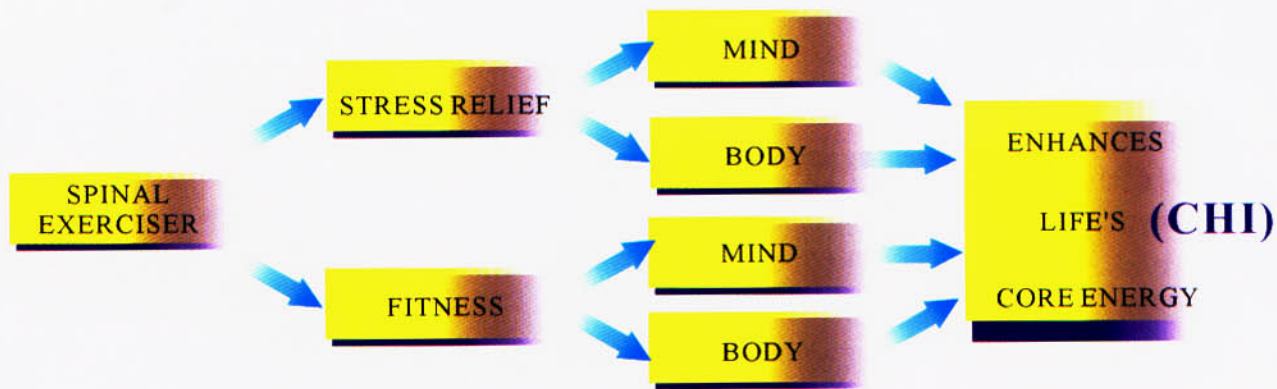
Proper exercise is one of the vital factors to achieving total health, fitness and wellness. Exercise, if done correctly, promotes good blood circulation and oxygenation of body cells. This major benefit makes proper exercise a must in our daily lives.

However, the main concern that confronts most busy people today is that there is no enough time for them to do this and that which among the myriad of fitness program and method is most effective in maintaining optimal health.

The good news!!! --- The **SPINAL EXERCISER** (Easy Slimmer/Stress Relief machine)

The Spinal Exerciser is the latest revolutionary technology in proper exercising without the hassle and discomfort of heavy stretching and the limitation in time, space, climate, and location. It uses the method of aligning the spinal column following the gentle movement of the infinity motion track.

## MAJOR HEALTH BENEFITS



### Stress relief machine

- MIND** - puts the mind in a relaxed state  
 - conditions the mind  
 - optimize brain health  
 - balances nerve system
- BODY** - helps relieve stress-related symptoms  
 - makes you feel younger  
 - helps strengthen immune system  
 aids in assuring a good night sleep  
 (15 min. is equivalent to 2 hours of good sleep)

### Total fitness/Slimming machine

- MIND** - helps improve mind alertness-  
 studies show that memory loss may result from hardening of nerve fibers

that decrease their ability to transmit signals

- BODY** - firms up and tones lower body  
 - helps burn fats and promotes weight loss  
 - helps flush out body toxins  
 - helps improve blood circulation  
 - helps speed up metabolism  
 - helps maintain proper oxygen content in the body cells  
 - helps promote fairer, glowing skin  
 - no limbs and joint discomfort caused by rapid stretching  
 - helps maintain lower heart rate  
 - enhances life energy of the body (CHI)

# SPINAL EXERCISER

# TRADITIONAL SWING MACHINE

**NEW**



**VS.**



Perfect eight/infinity motion

Lateral sharp return motion

Complete mental relaxation

Jarring side to side motion requires active concentration

Rejuvenates nervous system by reducing fatigue thru continuous fluid movement

Increases fatigue due to the tension of the nervous system caused by jarring lateral movement

Instinctual movement leads to deep relaxation

Sudden movement can cause nausea, stress and increased heart rate

Ergonomic design allows muscle at the back, neck, and shoulder to relax

Design conflicts with body mechanics causing upper body to be tense

Proven 100% safe

Can cause damage to joints

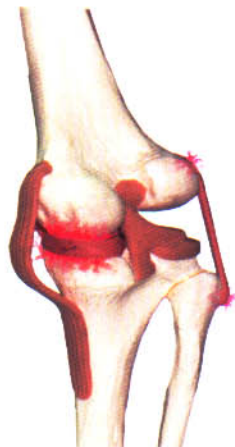
Puts the body in deep relaxed state

Relaxes the body partially but mind concentrates on movement

Three settings allow body to Warm up, exercise and cool Down safely

Only one setting available

**The reaction shrinkage due to the rapid stretching**



Spinal Exerciser has no limbs and joints discomfort caused by rapid stretching in traditional physical exercise

**Resulting in the breakage of meniscus**

Spinal Exerciser refreshes and de-stresses your mind and body, makes you feel younger, stronger and beautiful.

"Stress plays a role in the basis of aging"

-Edward Masora  
distinguished researcher on aging  
Internatinal Journal of Anti-aging Medicine

**Softens physique**

**Recuperates viscera**

The gentle movement conditions the spinal discs, ligament, blood vessels and enhances the nervous system's function. This movement leads to peristalsis which also conditions the internal organs.

**Beauties skin**

**Slim for fitness**

Regular use helps balance autonomic nerve system, regulates secretion, makes skin healthy, fairer & shiny. Works faster on cellulite by decomposing fat cells. Hence, maintains beautiful skin & skin & slim body.

**Smooths away tiredness**

**Relax pressure**

Use the Spinal Exerciser in just 15 minutes a day and receive the benefits of over 2 hours of sleep.

