

# CHI<sup>®</sup>

# P A L M



## USER GUIDE

# Thank You!

**For your purchase of the  
CHI Palm® (Infratonic 11)**

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# About Us

CHI Institute integrates ancient Eastern methods and pioneering technologies to reduce struggle and enhance the human experience.

Our non-invasive devices work in harmony with the body to promote accelerated healing & relieve struggle.

## About the Palm

The CHI Palm is the latest in our line of Infratonic devices. The sleek new design incorporates all of the dynamic functions and signals of our previous devices with upgraded technology and materials to produce our most powerful Infratonic yet. The Palm is safe for the whole family, pets included!

The Palm works by delivering safe, ultra-low sound wave frequencies that penetrate the deepest layers of the body's tissue to dissolve cellular trauma & speed up the natural healing process.



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MODES



4



# Basic Operation

**1. ON / OFF** Push the on/off button to switch the CHI Palm ON or OFF.

**2. INTENSITY SETTING** Press the minus button to lower intensity, and the plus button to increase intensity to find your perfect customized setting.

**3. MODES** Allows you to change to desired frequency. To switch modes, press the desired signal button.

## **4. BATTERY INDICATOR**

Lights indicate amount of charge in Palm.

**Red Light:** Battery is low with a reserve charge of about 8 hours. Plug in soon!

**Amber Light:** Charging.

**Amber and Green Light:** Charged.

**Green Light:** Charged. You'll get about 70 hours of use with a fully charged battery.



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CHI  
Palm  
PUT IT WHERE  
IT HURTS™

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SERIAL # P000-002  
DATE (MM) (YY) 10/11 CHI US  
CONTAINED LITHIUM & CO-5029

Just for you

# Basic Operation

## **5. PUT IT WHERE IT HURTS**

Place this side of the Palm where needed for relief. Can be placed directly on the body or held/pointed from a distance towards the area to be treated.

**6. BATTERY COVER** Back battery cover. Simply push the lever down to release the cover.

**7. CHARGING PORT** Located on the side of the handle of Palm. Charging cord and wall plug included. The CHI Palm takes about 8 hours to fully charge.

## **8. BATTERY COMPARTMENT**

This is where the battery is housed within the unit. Lithium battery is included.

# Modes



**ACUTE** The acute mode is best used when starting to treat traumatic and recent injuries. It is also best used when we are faced with stress. It encourages finding new approaches, whether at the cellular level or personal level.



**BALANCE** Balance is the mainstay of the modes. It brings mental clarity, integration, and centering while accelerating physical recovery. It encourages cells to work together to find new ways of healing. This is best for long term use, encouraging pain relief and healing.



**DEEP CALM** This is the most deeply relaxing mode; helping to relieve stress, tensions, and anxious feelings. This setting includes frequencies in the Delta range, like our Nessor!



# Basic Treatment

Apply the CHI Palm to the area of discomfort for as long as you like. As discomfort diminishes, move the CHI Palm to another location.

The CHI Palm can be used directly over metal pins and staples without risk of heating. The deep penetrating waves will also work through blankets, pillows, and plaster casts.

Please keep your CHI Palm at least 6 inches away from implanted electronic devices. Also avoid applying over blood clots if they are suspected in the calves of your legs.

For bruises and sore muscles, make the intensity higher. For reduced pain & inflammation and accelerated recovery, use a medium intensity. For deep relaxation and peaceful sleep, use lower intensity.

For detailed techniques, check out our **User Reports and Protocols at: [CHI.US](http://CHI.US)**

# Starting Protocol

One standard recommended protocol would be to do the following:

- 1.** Select the Balance signal (the middle button) and apply to the affected area for 10 to 20 minutes.
- 2.** If you feel discomfort, try turning down the intensity or position the Palm a few inches (or feet) away from affected area.
- 3.** For traumatic or deep injuries, change the signal to Acute (the first button) and hold over the affected area for 3 to 10 minutes. Finish with the Balance setting for 10 minutes.

There is no wrong way to use the Palm! It is safe for the whole family — pets included!

**PRO TIP** You may leave the device in one place, but you also may move it in a circular motion around the affected area.

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# Sweeping Protocol

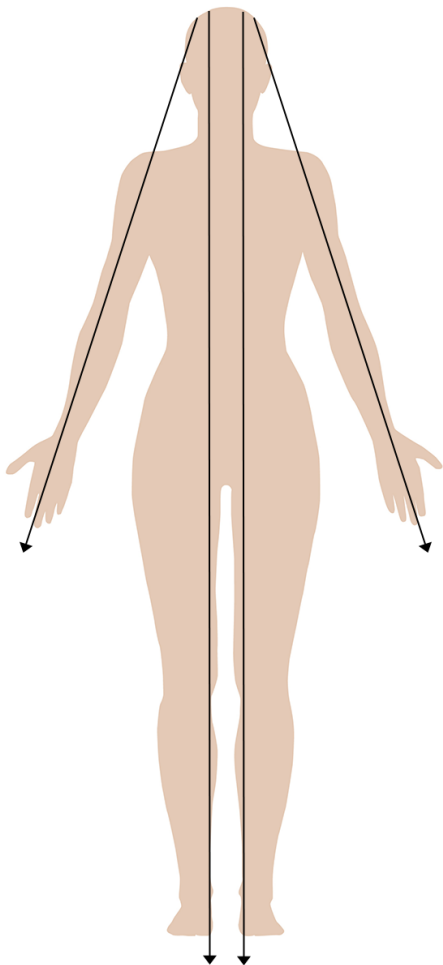
A sweeping protocol is either where energy is congested or where there is substantial increased pain on application of the CHI Palm. Sweep from head to toe (or fingers) across the injury site for a minute from a foot or two away, then sweep closer to the injury site.

Finish by sweeping again from a foot above to a foot below the injury with occasional whole-body sweeps. See how close you can get with little or no discomfort.

The speed of sweeping is slow, about 1 foot per second, or 5 to 6 seconds per whole body sweep. Sweeping is most effective when the CHI Palm is aimed toward the body and tilted toward the direction of sweeping.

Move it as if you were sweeping out any illness or stagnant energy, starting at the top of the head, and sweeping down and out the hands or feet. This will improve energy levels as well as increase blood and lymph flow. Immediately after injury, sweeping tends to dissipate cellular shock.

Two or three minutes of sweeping soon after the occurrence of injury will dissipate a great deal of cellular trauma throughout the body, improving the user's state of mind and mobilizing the body's healing resources.

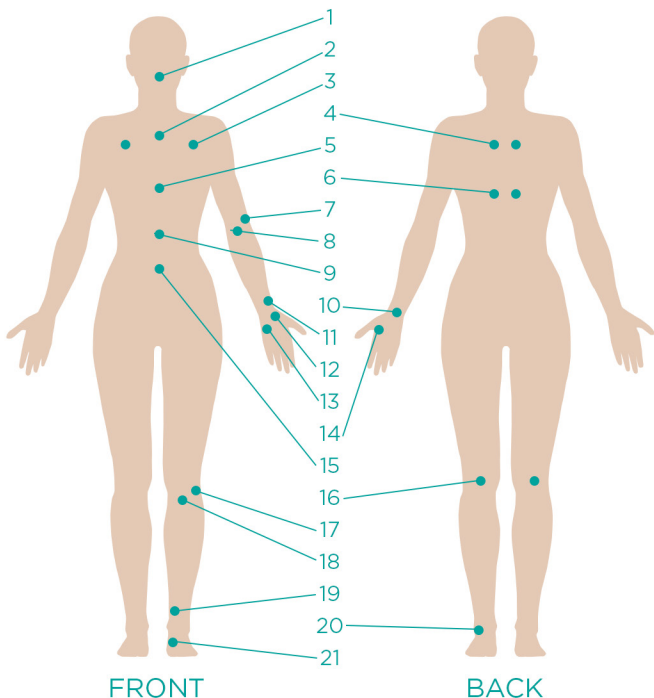


# Acupressure

1. Lower back, emergency pressure point (fainting, unconsciousness)
2. Coughing, hoarseness, sore throat, immune system
3. Respiratory, chest cold, asthma, letting go/grief release
4. Neck, shoulder, back, bones
5. Pulmonary weakness, cough, chest pain, fluid buildup
6. Mid-thoracic tension, blood, skin, heart
7. Arm, skin
8. Respiratory
9. Upper abdomen
10. Hand, ear
11. Chest, heart, lungs, ribs
12. Neck
13. Emergency pressure point (anxiety, heart palpitations)
14. Face, head, eyes, ears, mouth, teeth
15. Lower abdomen, bladder, intestines, male/female organs, energy storehouse
16. Lower back, leg
17. Leg, knee, muscles, tendons
18. Upper abdomen, energizing point
19. Lower abdomen, large intestine, bladder, male/female organs
20. Foot, leg, upper back
21. Chest, ribs, depression, nervous system

# Acupressure Point Chart

*Applying Infratonic Therapy to the points shown helps relieve pain in the corresponding areas.*



*NOTE: POINTS LOCATED ON EXTREMITIES APPLY TO EITHER LEFT OR RIGHT SIDE.*



enhance  
your  
human  
experience





# Everyday Uses

Safe & effective for use with children of all ages! This is a great tool to help calm tantrums, encourage sleep & soothe anxieties. Let them experiment and get comfortable with the Palm! When you notice a positive response, repeat that protocol with them.

The Palm harnesses the most powerful aspects of the Equitonic 9 to create a device that works for you and all your pets. From horses to birds to fish, our Infratonics have helped animals of all sizes! A guide on uses for horses is available upon request or our website.

Add the Palm to your everyday routines! Use the deep calm mode to elevate your meditation routine or help you fall into a deep sleep faster, and for longer.

Let the Palm help you heal, stay healthy and live a more conscious & holistic lifestyle. The Palm helps restore your Chi, your energy, your best life.

# FAQ's

## **Can I use the CHI Palm all day?**

You can use the unit for as long as you'd like without any adverse effects.

## **Does the CHI Palm have to be touching my body to be effective?**

It is most effective when touching the body, but can also be effective up to 20 feet away.

## **Are the CHI Palm and the Infratonic the same thing?**

Yes. The CHI Palm is our latest release, the Infratonic 11. Throughout the years, we have been working hard to improve the Infratonic technology.

## **How does Chaos Therapy alleviate pain?**

Chaos Therapy alleviates pain by reducing cellular trauma. Specifically, the therapy works by breaking up dysfunctional frequencies behind inflammation; allowing cells to devote their energy and resources to healing rather than to producing painful and often disruptive inflammation.

# FAQ's

## **What if I don't see immediate results?**

Be patient. The CHI Palm provides effective relief in most cases of inflammation and pain. Some experience instant relief within 10 to 20 minutes. Others may notice results over several weeks, especially if they have had pain for many years.

## **What if I feel increased pain?**

In some cases, especially where chronic pain has been repressed with drugs or surgery, communication to the brain has diminished. As part of the operating mechanism that accelerates recovery, the CHI Palm increases communication throughout the body. This can re-awaken nerves and result in an increased sensation of pain. In these rare cases, we suggest reducing the intensity setting, moving the CHI Palm a few feet away from the body, or suspending use of the CHI Palm until the additional pain subsides. The temporarily increased pain usually means accelerated nerve communication and with that, accelerated recovery.



# Specifications

<b>Treatment</b>	Infratonic Massager
<b>Frequency</b>	1 Hz to 600 Hz with No Discrete Frequencies.
<b>Battery Life</b>	18650 Li-Ion. 3000mA. 70 hours per charge. Quick replace battery.
<b>Charger</b>	You can charge the CHI Palm with the provided charger or remove the batteries and charge them separately.
<b>Charging</b>	8 hours for full charge. Red Light: Low Battery Amber Light: Charging Green Light: Fully Charged



# Notes



# CHI<sup>®</sup>INSTITUTE



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