

# ***INFRATONIC QGM™***

## **User's Manual**



*Healing with Chaotic Sound*

## Getting Started

To get started, plug the power module into a wall outlet and plug the transducer into the power module. Select a time of treatment. A typical treatment lasts 10 minutes, and the timer can be set for 20 minutes or continuous operation as well. Treatments can extend for longer periods or continuously if desired.

To start a treatment, push the red button all the way in. It will remain half way in. Push the red button again to turn the unit off. When the timer has stopped the treatment, push the red button twice, first to turn the unit off, and second to start another treatment. To activate the 10 or 20 minute alarm, push the **alarm button** so it stays in the "in" position.

### Contraindications:

1. Not to be used directly against extremely inflamed or infected skin.
2. Not to be used directly on the calf of the leg if blood clots are suspected.

### Precautions:

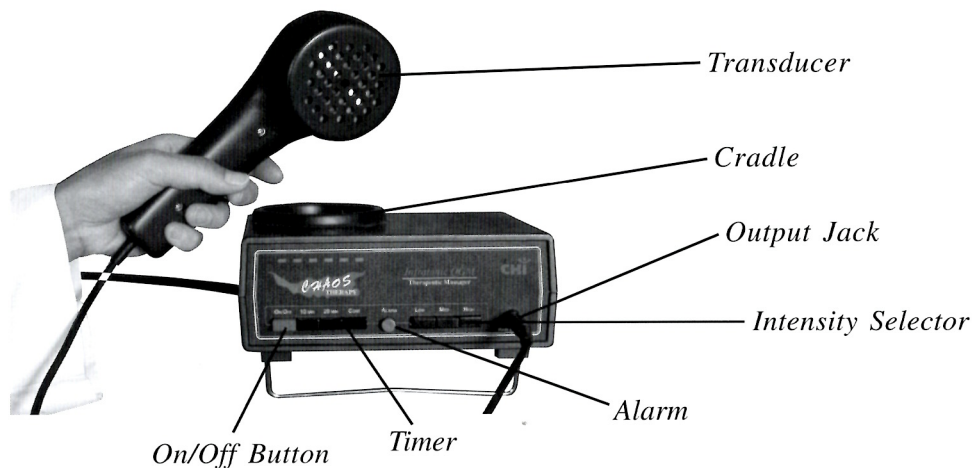
The effect of this device over pacemakers and developing fetuses is unknown. Consult your doctor regarding these and any serious health conditions.

Apply the **INFRATONIC** directly where you feel pain or discomfort, or to the local area of injury. If there is discomfort place the transducer on an acupuncture point (see pg.5, figure 2). The infrasonic waves penetrate deeply into cellular tissue, dissolving trauma, relieving pain and increasing circulation. Through the neurofacilitation, the cells return to a state of cooperative healing action, thus restoring the body's natural healing ability.

Choose the desired vibratory intensity by selecting the **Low, Medium, or High button**. While this mechanical massage action may seem mild, the infrasonic (inaudible) sound it produces is quite powerful and will easily travel through the entire body even on low setting.

Treating through clothing or other cloth may be preferable where bacterial control is desired or where gels or oils are applied to the skin. Low frequency sound will travel through thick clothing or even plaster casts. The device is still effective even if held several inches away from the body. Another benefit of treating through cloth is that it protects the unit from sticky oils and gels.

When the unit is run for long periods heat may build up in the transducer and prematurely deteriorate the diaphragm. To extend transducer life and to avoid heat buildup, we suggest running the unit on **Low or Medium setting** whenever treatment time is longer than 20 minutes.



### Selecting Intensity

The high intensity setting is most effective where increased circulation in the local area is desired as in inflammation, congestion, or edema. For chronic pain and extended use, conditions where weakness is present, or where enhancement of deep relaxation through Alpha rhythm induction is desired, **Low or Medium** setting is suggested. For **extended** use, the **low setting** is recommended. Patients who are very sensitive to stimuli will probably also find the **Low setting** preferable. Some will prefer the unit to be a few inches away.

### Open Wounds

Where the **INFRATONIC** is applied to fresh surgical scars, serious burns, or open wounds, a covering must be placed between the transducer and the wound because the vibration may agitate and disrupt the delicate healing skin. Treating within a few inches of the site or holding the transducer a few inches above the area is also effective.

### Increased Pain

Because the **INFRATONIC** facilitates nerves bringing heightened awareness to the local area, increased pain may occasionally be experienced. This is a positive sign that the brain is taking a more active role in the recovery process. The traumatized area may also be treated effectively by treating a corresponding point (**pg.5**). If this creates too much discomfort. If increased pain occurs, sweeping, as described on (**pg.4**) often helps.

### Transducer Life and Cleanliness

Avoid exposure to ozone as it can damage the rubber diaphragm. **Ozone will void your warranty.** To avoid transducer contamination, therapy should be applied through a cloth. This will both prevent the transfer of bacteria and stop the entry of oils or gels, which might otherwise damage the rubber diaphragm of the transducer.



## APPLICATIONS

**Muscle Tension** is a common source of pain which is compounded as tight muscles compress joints and impinge nerves. By promoting local circulation to eliminate waste products and facilitating nerves for improved communication with the brain, the *INFRATONIC* provides fast, effective relief from muscular tension and pain.

**Muscle Pain** - Placing the transducer directly on the affected muscle group for 5 to 20 minutes can provide significant relief. Doctors have reported excellent pain relief in cases of painful sprains and broken or dislocated bones.

**Joint Pain** such as arthritis is often relieved with the use of the *INFRATONIC*. Hold the transducer for 5 to 10 minutes to each area that hurts, repeating as required.

**Deep Relaxation** - The low frequency sound waves produced by the *INFRATONIC* facilitate the brainstem and synchronize Alpha functioning throughout the brain when applied to the chest or upper back. This has proven to be a benefit to patients who have trouble relaxing. With the person lying down, place the transducer on the upper back or chest for 10 to 15 minutes.

**Nerve Impingement** can contribute to vertebral pain and muscle spasm. By promoting local circulation, relaxing muscles, and facilitating nerve communication, the *INFRATONIC* can help to relieve vertebral pain. In some cases vertebrae impinge on a motor nerve puts a muscle into spasm. The muscle then pulls harder on the vertebrae, increasing the impingement.

Adjustments performed in conjunction with the use of the *INFRATONIC* can help reduce the recurrence of nerve impingement after treatment because of the muscle relaxation and motor nerve facilitation. Have the patient lie on his/her stomach and place the transducer on his/her back at the point of pain or tension for 5 to 20 minutes.

**Nerve Pain and Numbness** - Poor circulation often contributes to a combination of numbness and nerve pain. The *INFRATONIC* is highly effective at promoting circulation which promotes healing. However, as circulation and nerve functioning increase there is often an initial increase in nerve pain which decreases once the brain gets used to the stronger signals from the nerves. In cases of nerve pain and numbness, start gently with short treatments.

**Internal Pain** - The penetrating action of the low frequency massage waves travels deep into the body, helping to relieve a wide variety of minor aches and pains. However, pain is a sign of possible serious internal problems and a specialist should be consulted to identify the cause.

**Immune System** - Treating the thymus and uncomfortable lymph glands for 5 minutes invigorates the immune system and lymph circulation.

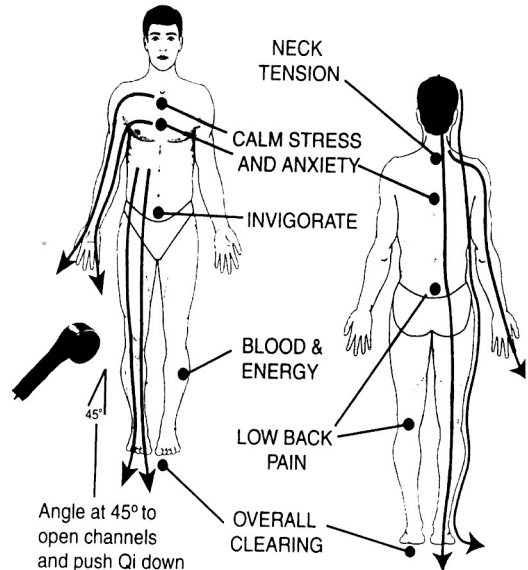
**Adjunct** - Although the *INFRATONIC* is a stand-alone modality it will enhance any other treatments including hot or cold packs, manipulation, and medications.

**Pain killing drugs** work by numbing the nerves and the brain, often at the expense of impaired awareness and slowed recovery. The *INFRATONIC* enables our body to heal naturally.

## Guidelines

*For using the INFRATONIC*

1. Apply directly to an area for pain relief, muscle relaxation, increased circulation, etc.
2. Use the highest setting that is comfortable. Low, Medium, and High intensity settings all have the same frequency pattern.
3. While 10 minute sessions are helpful for many conditions, longer or more frequent treatments may provide more relief.
4. Works equally well whether held against skin, an inch or two away, or through clothing.
5. Because the massage waves travel so freely through the body, placing the transducer on a point along the midline of the body is often as effective as moving it from point to point.
6. For an overall treatment try a few of the points shown, then sweep.
7. For acute problems use high setting in order to disperse fluids and avoid bruising. For chronic conditions use on low setting.



*(Always remember to sweep down and out.)*

### SWEEPING

To sweep, hold the transducer at a 45 degree angle to the body about 2 inches away, facing down and use the sound waves to push any stagnant energy down and out the body. Repeat 4 or 5 times.

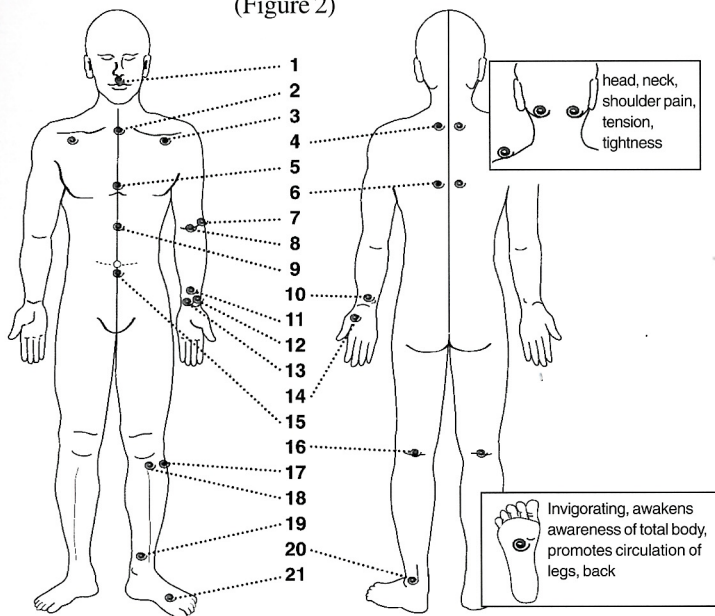
- 1) Sweep from the chest out the hands.
- 2) From below diaphragm out the feet.
- 3) From the top of the head down the back and out the feet.
- 4) From both sides of head down the sides of the body and out the hands or feet.

The Chinese teach that “bad Qi” (stagnant or blocked energy) must first be broken up. Then it must be guided downward and out of the body through hands or feet. The transducer applied to a point, breaks up stagnant Qi (muscle spasm, pain, congestion, and swelling) in the local area.

Sweeping is particularly useful where symptoms are generalized such as overall body pain, stiffness, numbness, edema, or fatigue. It is also useful where the *INFRATONIC* has created a localized sensation of increased pain.

## Body Point Chart

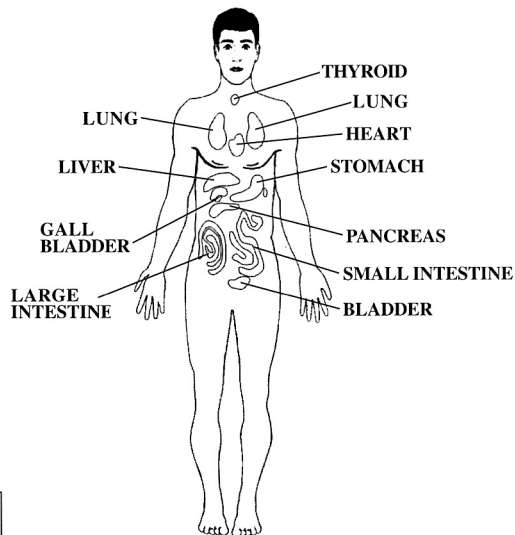
(Figure 2)



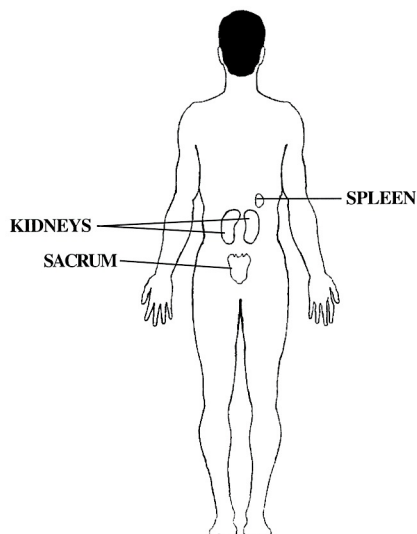
1. Lower back, emergency pressure point - fainting, unconsciousness
2. Cough, hoarseness, sore throat, immune system
3. Respiratory, chest cold, asthma, letting go/grief release
4. Neck, shoulder, back, bones
5. Pulmonary weakness, cough, chest pain, fluid buildup
6. Mid-thoracic tension, blood, skin, 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
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

**NOTE:** Points indicated on arm, hand, leg or foot are located on either arm, hand, leg or foot.

## Frontal view of organs



## Back view of organs





## Research and Development

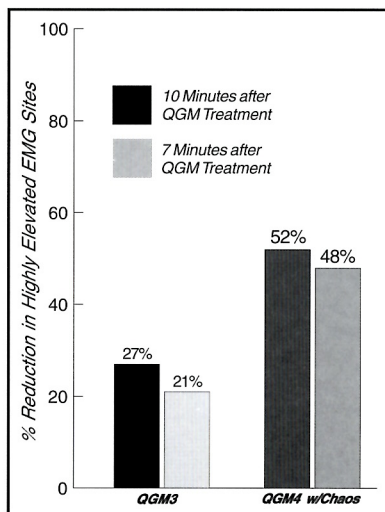
### Secondary Acoustic Biological Response

Sound is what an ear can hear, the frequency between 60 and 20,000 Hz. Infrasonic sound is that sound which is below the range of the human ear. It can travel for long distances with little attenuation, and is used by whales for communication.

In the 1930's this infrasonic sound was discovered, but not studied until the 1960's. Since then, the study of infrasonic sound has been extensive. Laboratory studies showed that strong infrasonic sounds beyond 150 dB are harmful to biological bodies. The American Environmental Protection Agency sets standards for infrasonic sound, concluding that infrasonic sounds below 130 dB are not harmful. The new **INFRATONIC QGM** is well below this threshold of safety.

Through more than 100 repeated experiments measuring the infrasonic sound emitted from the hands of healers, we had almost identical frequency distribution measurements.

### EMG Research



Dr. Lisa M. Petty, D.C., conducted a test by applying the new QGM4 on several patients, and then administered a spinal EMG (electromyogram) examination. She found substantial reduction in spinal EMG readings, even 7 days after treatment.

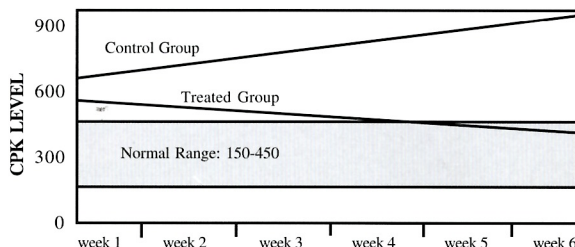
According to these results, in 1983, the first prototypes of the **INFRATONIC QGM** were constructed to feed this simulation of the human healer's life emission back to the human body.

Ongoing research and development have, as in the computer revolution, resulted in rapid improvements in the effectiveness of infrasonic therapy:

- 1983 - Research prototypes
- 1988 - 1.0 First production model with compromises in quality and effectiveness
- 1994 - 2.0 Reworking of 1.0 units in CHI's San Clemente facility.
- 1995 - 3.0 National Acoustics Institute takes over production and quality improves.

• 1998 - 4.0 Microprocessor based unit delivers signal with precise control of bandwidth and frequency variability providing substantial increase in efficacy. Since then the waveform has been improved through software upgrades.

### Muscle Cell Enzyme Research



Dr. Ronald J. Riegel's study of cell damage utilizing standardbred horses, was highly controlled, with all horses eating the same food, utilizing the same workouts day after day, and cared for by the same trainers. Except for CPK and AST, all horses had normal bloodwork throughout the study. 9 of 10 control horses showed worsening race times and blood work and 4 of the 10 became lame and dropped out part way through the study. Average CPK levels for the control group went up from 665 to 933 (normal is 150-450). Meanwhile 10 of 10 treated horses showed decrease in CPK from 557 down to 385 average. AST changes were similar. The treated horses also showed improvements in rate of recovery after races, attitude, and performance, shaving 1.65 seconds off their time over six weeks, enough to make the difference between last and first place in many close races.

## WARRANTY:

This **INFRATONIC QGM** is warranted against defects in materials and workmanship for a period of **2 years from date of purchase**. Should you encounter any difficulties with your

**INFRATONIC QGM**, call **CHI INSTITUTE**  
at the number below for instructions.

Your **INFRATONIC QGM** will be repaired (or replaced at the option of CHI) and returned to you promptly.

### **Model Specifications:**

117 volts, 15 Watts  
70 dB Chaotic Sound  
7.8 - 13.5 Hz.  
8" x 7" x 5" High  
4.2 Lbs./1.9 kg



100 Avenida Pico  
San Clemente, CA, 92672  
**Phone / Repairs (949) 361-3976**  
**U.S.A. (800) 743- 5608**