

# *INFRATONIC 8™*

## USER'S MANUAL



*Unleash the Power*



## Getting Started

Begin by first plugging the end of the transducer cord into the round output jack on the front of the control module and then plug the AC power cord into a wall socket.

Select the treatment modality, **Body**, **Mind** or **Spirit** frequency, which best reflects the condition being treated. (Please read the paragraph on this page titled “*Selecting The Proper Vitalizing Frequency*” and our “*Guidelines for Signal Selection*” trifold.)

Choose the treatment length, 10 minutes, 20 minutes, or continuous use by pressing the appropriate button next to the red On/Off button on the front of the machine.

A gentle alarm can be used to notify you when the treatment is complete. Simply press the alarm button in after you have selected the length of treatment time.

You are now ready to experience the healing energy of the **Infratonic 8**. Press the red On/Off button on the front of the machine.

After the treatment is completed, depress the red On/Off button once more to turn the machine off.

### 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.

## Methods of Treatment

There are several methods for using Infratonic Therapy. The **Infratonic 8™** transducer can be placed directly on the location of the pain or discomfort without fear of burning or further injury.

Pain is often referred. For example, sciatic nerve irritation may occur in the low back but the resulting pain may be experienced not just in the low back and hips, but along the outside and across the front of the thigh, into the knee, and even into the calf of the leg. Infratonic Therapy promotes healing and comfort to the source of the discomfort and the origin of the injury or illness. It is therefore quite appropriate to apply the healing energy of the **Infratonic 8** unit all along the leg, in the hips and in the lower back.

The Infratonic’s low frequency sound waves penetrate deeply into cellular tissue, dissolving trauma, relieving pain and increasing circulation. Through neurofacilitation, the cells return to a state of cooperative healing action, thus restoring the body’s natural healing ability (See **page 4**: the expanded resources in GENERAL APPLICATIONS).

Sweeping is another dynamic tool, helping to facilitate the movement of stagnate or blocked energy out of the body. (See **page 5**: SWEEPING)

## Selecting The Proper Vitalizing Frequency

Choose the frequency range (signal) that best suits the condition that you are treating. All three signals include the highly effective Chaotic Alpha™ range.

**Body** is most effective for traumatic injury, acute conditions, and degenerative processes where activation of subcellular organisms is needed to catalyze healing. It has proven to be quite effective in the treatment of orthopedic injuries. The **Body** signal includes frequencies in the Delta range.

**Mind** is most effective when applied locally for dissolving dysfunctional somatic memory in the body, for inflammation, edema, stress, and the chronic

# The Infratonic 8



results of intracellular trauma. It is the most frequently used signal in Infratonic Therapy. To calm trauma and worry and to elevate mood, apply **Mind** over the heart, on the bottom of the feet, or with sweeping as described on **page 5** of this manual.

**Spirit** includes high Beta frequencies and, when applied locally, opens the intracellular matrix to integrate the healing wisdom of the whole body. Applied by sweeping, or over the crown of the head, heart, or feet, **Spirit** inspires intuition in personal problem solving.

## Increased Pain

Because the **Infratonic 8** facilitates nerve response, bringing heightened awareness to the local area, occasionally increased pain is 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, if treating the traumatized area directly creates too much discomfort. If increased pain occurs, sweeping (as described on **page 5**) often helps.



## GENERAL 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 8** on the **Body** signal provides fast, effective relief from muscular tension and pain and is usually applied after treating the painful, swollen areas first with the **Mind** signal.

**Joint Pain** such as arthritis is often relieved with the use of the **Body** signal on the **Infratonic 8**. Hold the transducer for 10 to 20 minutes on each area that hurts, repeating as required, first with the **Mind** signal, then with the **Body** signal.

**Deep Relaxation** - The low frequency sound waves produced by the **Infratonic 8** stimulate the brainstem and synchronize Alpha functioning throughout the brain when applied to the chest or upper back. With the **Mind** signal selected, the machine is a great help to patients who have trouble relaxing. Start with the person lying down and place the transducer on the upper back or chest for 10 to 20 minutes. Use **Mind** on local points of discomfort, followed with the **Body**. Use **Mind** over heart and thymus and on bottoms of feet. Finish by sweeping with the **Spirit** signal.

**Nerve Impingement** can contribute to vertebral pain and muscle spasm. By promoting local circulation, relaxing muscles, and facilitating nerve communication, the **Infratonic 8** can help to relieve vertebral pain. In some cases, vertebrae can impinge on a motor nerve and put a muscle into spasm. The muscle then pulls harder on the vertebrae, increasing the impingement. Use the **Mind** signal first, and then **Body** to send the gentle vibratory sound waves directly to the offending muscle or group of muscles, stimulating relaxation.

Adjustments performed in conjunction with the use of the **Infratonic 8** can help to reduce the recurrence of nerve impingement after treatment due to muscle relaxation and motor nerve facilitation. Using the **Mind** signal first will facilitate the adjustment by calming the patient, then have the patient lie on their stomach and place the transducer set on **Body** at the

point of their discomfort or tension for 10 to 20 minutes. Many chiropractors and acupuncturists will follow their treatments with additional use of the **Infratonic**, believing that it will enhance the longevity and effectiveness of the treatment.

**Nerve Pain and Numbness** - Poor circulation often contributes to a combination of numbness and nerve pain. The **Infratonic 8** is highly effective at encouraging circulation that promotes healing. Use the **Mind** signal, followed by the **Body** signal, for 10 to 20 minutes. Be aware that, as circulation and nerve functioning increase, there is often an initial increase in nerve pain that decreases as the brain gets used to the stronger signals from the nerves. It is important with nerve pain to start gently with short duration treatments and incrementally increase the time limits.

**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. It is important to note that pain is a sign of possible serious internal problems. Should pain persist, a specialist should be consulted to identify the cause.

**Immune System** - Treating the thymus and uncomfortable lymph glands with the **Spirit** signal for 10 minutes invigorates the immune system and lymph circulation.

**Adjunct** - Although the **Infratonic 8** is a stand-alone modality, it will enhance any other treatment, including hot or cold packs, manipulation, and medications.

**Pain killing drugs** often work by numbing the nerves and the brain, often at the expense of impaired awareness and slowed recovery. The **Infratonic 8** enables our bodies to heal naturally.

**Anxiety** - The **Infratonic 8**, using the **Spirit** signal, is perfect for the vague, uneasy feelings of discomfort or dread often accompanied by autonomic responses such as heart palpitations, shakiness, abdominal pain, or respiratory difficulties. However, to calm nerves and promote relaxed sleep, the **Mind** signal is most effective.

**Congestion** - Two principal types of congestion respond well to **Infratonic 8** treatment. The first is an excessive amount of blood or tissue fluid such as you might find in a deep bruise or sprain. For this condition, use the **Body** signal. The second is the buildup of lactic acid, or cellular waste in the extremities, i.e., feet and hands, or areas of rigidity induced by stress, such as the neck, or shoulders and hips. In this situation, both the **Body** and **Mind** signals are very effective.

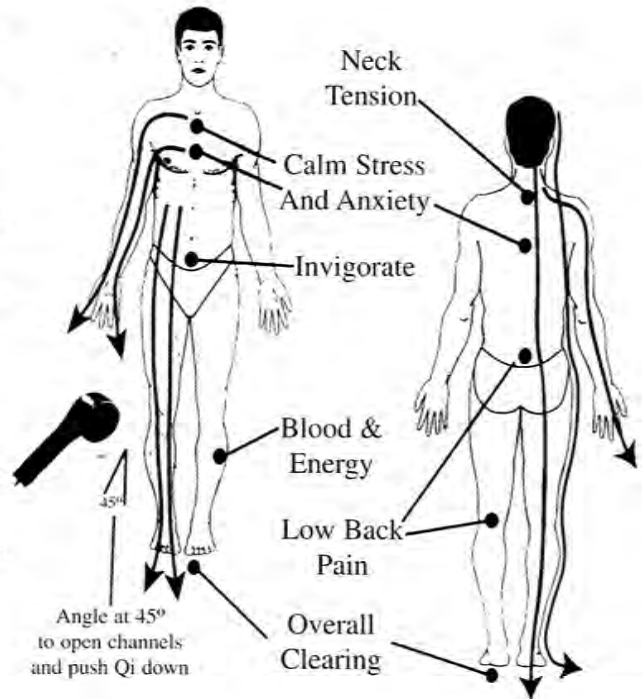
**Lymphatic System** - Carries waste away from all parts of the body to the lymph nodes, where the waste, particularly bacteria, is prevented from entering the blood stream. Infratonic Therapy, using the **Mind** signal along with deep, diaphragmatic breathing, will increase the rate of toxic elimination enormously.

**Stress - Infratonic 8** is the ideal choice for any of the physical, physiological or psychological forces that disturb equilibrium. Physical injury affecting muscle, joints or bones calls for the **Body** signal, normally applied following treatment with the **Mind** signal to reduce the pain and inflammation. Agents that upset homeostasis such as infection, disease, injury or psychic strain are physiological in nature and treated with all three frequencies, **Body, Mind** and **Spirit**, for about 10 minutes using each signal. Psychological stresses can be treated with **Mind** and **Spirit** for 10 minutes each. This is good for treating emotions, perceptions, anxieties, interpersonal, social or economic events that are considered threatening to one's physical health.

## **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.



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

## **Guidelines**

*For using the INFRATONIC*

1. Apply directly to an area for pain relief, muscle relaxation, increased circulation, etc.
2. While 10-minute sessions are helpful for many conditions, longer or more frequent treatments may provide more relief, especially for chronic conditions and severe trauma or injury.
3. Works equally well whether held against the skin, an inch or two away, or through clothing.
4. 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.
5. For an overall treatment try a few of the points shown, then sweep.



## *The NEW CHI Technology*

**Chi Institute** has been investigating the nature of human vitality for more than a decade. We have identified two subtle bodies that influence healing of the physical body, and have determined how to vitalize and harmonize these bodies to enhance health and human potential. The **Infratonic 8** works by normalizing the information or programming of these fields within the intracellular matrix of the body. Another **CHI** product, the **CHI Vitalizer**, works by vitalizing these fields.

The electrical body is the "sea of electrons" throughout the salt water in our bodies, which is awash with electrical impulses. This energy is measurable using EMG, EEG, and EKG, and interfaces closely with the brain through the nervous system. If there is low activity in this electrical field, the physical body does not have the electrical potential to manufacture enzymes and antibodies, and fuel other energy intensive processes within the body. In vitality impaired environments, like airplanes, office buildings, and polluted cities, this electrical vitality becomes depleted, therefore environmental reactions are more likely and immune response is impaired.

The magnetic body is the magnetic field produced by the heart, measurable in the laboratory several feet from the physical body. While the electrical field is the substance of our physical consciousness, the magnetic field is the substance of our emotional body. It must be vital if it is to be able to process our emotional experiences and to keep our electrical body calm. The magnetic body influences the physical body indirectly by influencing the electrical body. When these three bodies are fully vitalized and functioning harmoniously, we have a sense of well-being, and healing proceeds rapidly.

The **Infratonic 8** infuses the body with therapeutic sonic pulses that ripple through all three bodies, bringing them into coordination by inducing specific bands of frequency into the intracellular matrix. This normalizes the cells' abnormal reactions like inflammation and effusion by damping out traumatic intracellular programming that is left over from

traumatic shocks to the system. The **Infratonic 8** not only works on the physical tissues, but since the intracellular tissue acts as a liquid piezoelectric crystal, the sound waves also create electrical impulses as they propagate through the tissue. The magnetic or emotional level is reached both because the intracellular tissue also acts piezomagnetically, producing slight magnetic impulses as the sound ripples through it. The **Infratonic 8** also produces a gentle magnetic field that delivers the same signal to the intracellular matrix as the acoustical wave.

### *Linear Pulse Modulation™*

The **Infratonic 8** incorporates a radical, patent pending design providing linear sound without production of higher frequency shock waves that reduced effectiveness in earlier models. Greater displacement and lower velocity provide deeper penetration, faster alpha entrainment, and far more accurate signal reproduction.

### *Differential Peak Management™*

A patent pending method to reduce voltage peaks in a random signal, providing higher power, greater comfort, and longer transducer life.

### *Infratonic Frequency Synthesis™*

Therapeutic signals from multiple frequency bands are combined seamlessly to achieve synergistic health benefits.

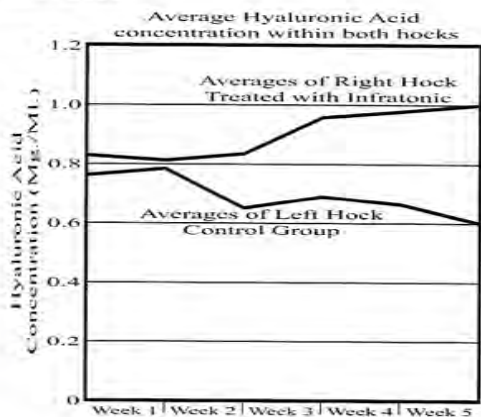
The new **Infratonic 8** three frequency machine uses the **CHI Q4.3** signal as the foundation for all three vitalizing signals.

### *Research on the CHI Q4.3<sup>®</sup> Signal*

The patented **Q4.3** signal is the latest generation of our primary therapeutic signal (Chaotic Alpha) whose predecessors have been used in millions of treatments across the United States and around the world. It has proven effective in reducing pain and inflammation, promoting circulation and reducing edema, reducing stress, promoting relaxation and sound sleep.

As is common in Biomedical Research, the most controlled and persuasive research with the **Infratonic** signal was conducted using carefully controlled groups of animals.

Solid scientific testing has been conducted utilizing genetically similar groups of standardbred racehorses, each eating the same food and undergoing the same daily training regimen. Almost all of the horses undergoing this training regimen showed hock inflammation, elevated CPK and AST diagnostic enzymes which indicate muscle cell damage, and abnormally low Hyaluronic Acid (HA) concentration (reduced lubrication) in the hock. The hock is equivalent to the human ankle.



Horses treated with the **Infratonic** showed immediate and long-term relief from pain and inflammation, improved attitude, and faster performance times. For months after completion of the experiments, these horses were winning a higher percentage of their races as well.

In **Experiment #1**, the right hock of 10 horses was treated with the **Infratonic** signal, and the right and left hock were compared using infrared thermography. The researcher discovered that the temperature of the right hock decreased after the treatment and remained lowered for up to 100<sup>o</sup> for hours, while the left hock remained unchanged. This indicates that the inflammation in the right hock decreased because of the **Infratonic** treatment.

In **Experiment #2**, two groups of 10 horses were tested. The first group was used as a control, while the second group was tested with the **Infratonic**. After 6 weeks of daily workouts, the control group showed an increase in CPK and AST diagnostic enzymes, and four of the horses had to be withdrawn from the training. This indicates that muscle damage was increasing. The group that was treated with the **Infratonic** showed a steady decrease in CPK and AST, until readings averaged in the normal range, indicating muscle repair. The observation that the **Infratonic** tested group was running six lengths faster than the control group confirms that muscles were getting stronger.

In **Experiment #3**, two groups of 10 horses were again tested, but this time, the hypothesis was that by relieving inflammation in the synovial tissue, Hyaluronic Acid (HA) production would increase with **Infratonic** treatment. It was known that the joints of these horses were "dry" (low on synovial fluid, particularly HA), and generally believed that inflammation of the synovial lining was responsible. As hypothesized, the Hyaluronic Acid concentration continued to decrease in the control group, and increased substantially in the group treated with the **Infratonic**. The indication is that the **Infratonic** treatments decreased the inflammation allowing the synovial tissue to increase its production of synovial fluid.

The indication from these studies is that the signal of the **Infratonic** accelerates repair of muscle cells, and decreases inflammation of synovial tissue, allowing the body's biochemical processes to normalize.



# WARRANTY:

The **Infratonic 8** 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 8**, call **CHI INSTITUTE** at the number below for instructions.

Your **Infratonic 8** will be repaired (or replaced at the option of CHI) and returned to you promptly.

Patents Issued and Pending

### ***Model Specifications:***

117 volts, 15 Watts  
70 dB Chaotic Sound  
Very Low Frequency In  
The Range Of 1.8-25 Hz.  
8" x 7" x 5" High  
4.3 Lbs./1.9 kg



100 Avenida Pico  
San Clemente, CA, 92672  
**Phone / Repairs: (949) 361-3976**  
U.S.A. Only: 1-800-743-5608  
**[www.chi.us](http://www.chi.us)**