



 **CHI**<sup>®</sup> INSTITUTE  
EQUITONIC QUICK START GUIDE

# HORSES AND THE CHI PALM

The CHI Palm is a powerful update to our Equitonic 9 model. The CHI Palm has all the frequencies that the Equitonic 9 had. The Palm is upgraded in several ways including:

- The new design is easier to hold, includes a steel diaphragm, and the elimination of the holes means less dirt, debris and hair getting into units.
- Use the new intensity adjustment buttons to find the perfect setting for your horse's healing.

This quick start guide will provide you with all the information needed to get started on treating your horse with the CHI Palm. Most owners notice their horses seem to relax and heal more quickly with the CHI Palm during treatment. Take time with your treatments, and try to notice your horses reactions and what settings they prefer. Treat as often as needed.

## SIGNAL DESCRIPTIONS

**ACUTE** This signal provides a state of mental alertness, integration and centering, while also accelerating physical recovery. This can be applied for 10-15 minutes before a race to assist in ridding the horse of neurotic energy.



**BALANCE** This is the most unifying signal, which can be used for any issues. Start from a few feet away, then slowly apply to areas of pain/injury. Utilize a sweeping motion, following the nerves and meridians from head to hoof. Work slowly to ensure the horse's comfort.

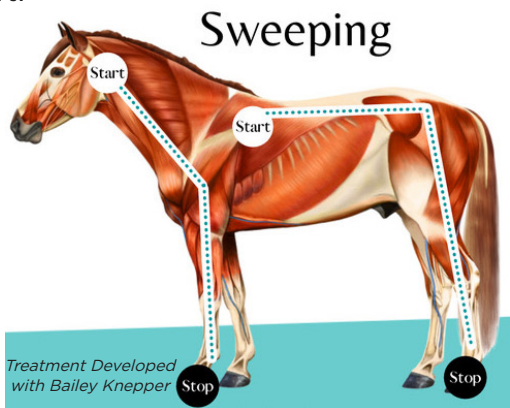


**DEEP CALM** This is highly beneficial for overworked horses. This deeply relaxing signal works to relieve stress, tension and anxiousness while also assisting in recovery of muscles, bones and joints. This setting is also best for continuous operation within the barn.



# SUGGESTED PROTOCOL

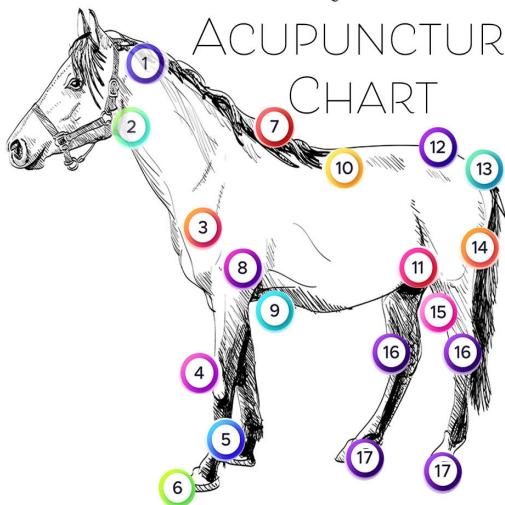
Starting on the right side, hold the CHI Palm about 1-2 feet away from the horse's body and use a sweeping motion from head to hoof. Sweep slowly, making sure to stop for 30-90 seconds at any areas of concern. Once done with the right side, repeat the process on the left.



## What is Sweeping & Why is it Important?

Sweeping is a motion with the CHI Palm which can be used in severe injuries and to start and end all treatments. Sweeping engages the body and Palm together and creates a path for the blood circulation. An important thing to remember about sweeping and treating is "down and out" of the body. We want all inflammation to flow down through the body with gravity and toxins to flow out of the body via urine or feces.

# EQUINE ACUPUNCTURE CHART



# Equine Acupuncture Guide

- 1 Poll
- 2 DSP - esophagus
- 3 Front shoulder
- 4 Both knee joints
- 5 Inside & outside ankle
- 6 Top of foot
- 7 Withers
- 8 Middle of shoulder
- 9 Cinch area (ulcers)
- 10 Mid back
- 11 Kidney / ovary area
- 12 SI Point
- 13 Top of tail
- 14 Hamstrings
- 15 Stifle
- 16 Both hock joints
- 17 Front of back ankle

# **FREQUENTLY ASKED QUESTIONS**

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

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

## **Can the CHI Palm be effective when used at a distance from the horse?**

The unit can be effective up to 20 feet away.

## **Is the CHI Palm as effective as the Equitonic 9 on horses?**

The CHI Palm is our latest release and has undergone physical and technological improvements, making this the most beneficial Infratonic technology for horses that we have offered so far.

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

The CHI Palm utilizes Chaos Therapy, which eases pain by reducing cellular trauma and bringing coherence to the brain and nervous system. It works by calming inflamed cells so they devote their energy to healing, rather than producing painful and disruptive inflammation.

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

The CHI Palm provides effective relief for most conditions. While some horses can experience instant relief, others may require more time to see results - especially for chronic pain or a cumulative injury/illness.



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