

CHI PALM QUICK START GUIDE



CHIINSTITUTE®



THANK YOU FOR CHOOSING THE **CHI PALM**[®] (INFRATONIC 11)

You've joined a community of people
dedicated to natural, non-invasive healing.

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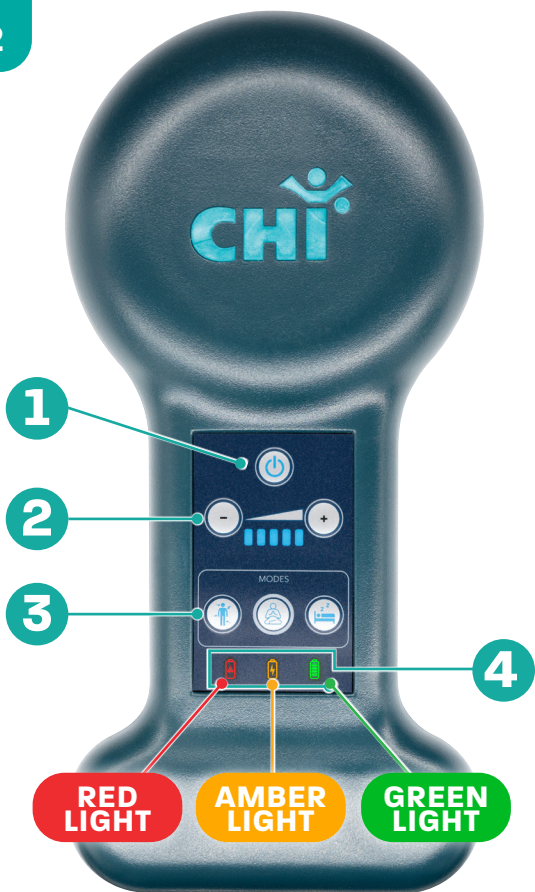
ABOUT CHI INSTITUTE

For over 30 years, CHI Institute has united ancient Eastern principles with advanced sound-wave technology to reduce pain, restore balance, and support natural healing.

ABOUT THE CHI PALM

The CHI Palm is the latest evolution of our Infratonic technology — a compact, powerful device for daily use at home or in professional settings. Built on decades of research, it features upgraded engineering including a new precision magnet, larger stainless steel diaphragm, adjustable intensity, and a longer-lasting lithium battery.

The CHI Palm delivers ultra-low frequency sound waves that penetrate deep into tissue to reduce inflammation, dissolve cellular trauma, calm the nervous system, and support the body's natural healing response, naturally and non-invasively.



FRONT: OPERATIONS,
BUTTONS & INDICATORS

1

POWER ON / OFF

Press the button to switch the CHI Palm on or off.

2

INTENSITY SETTING

Use the +/- buttons to adjust intensity to your comfort.

3

MODES

Allows you to choose the desired frequency mode (*Acute, Balance, or Deep Calm*) by pressing the desired signal button.

4

BATTERY INDICATOR

Lights display battery status.



RED LIGHT: Low (about 4 hours left, recharge the device soon)



AMBER LIGHT: This light **blinks** while the device is charging.



AMBER LIGHT & GREEN LIGHT

Battery fully charged (~70 hrs use) when **amber + green are solid (not flashing)**. Charging may take 7+ hrs.

4

5

PUT IT WHERE IT HURTS

Place the CHI Palm where you need relief. Use directly on the body or point it from a short distance.



6

BATTERY COVER

Depress and then pull the lever towards you to release the back cover for easy access.

7

CHARGING PORT

Located on the side of the handle. Use the included cord and wall plug. A full charge takes about 7+ hours.

8

BATTERY COMPARTMENT

Houses the lithium battery (battery included). There's no need to remove it unless you're performing a reboot or charging it externally (see "Reboot" on pg. 21). The lithium battery is designed to last 7–8 years.

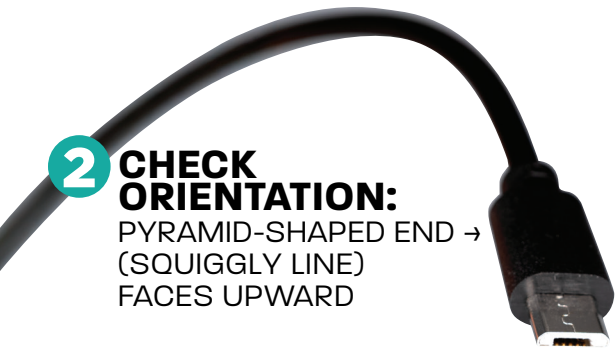
BACK: BATTERY & CHARGING





FIND THE MICRO-USB PORT:

LOCATED TO THE RIGHT OF THE
BUTTON / MODE DISPLAY ON THE
SIDE OF THE CHI PALM



CHECK ORIENTATION:

PYRAMID-SHAPED END →
(SQUIGGLY LINE)
FACES UPWARD

CHARGING THE CHI PALM



3 CONNECTING THE MICRO-USB CHARGER

- SQUIGGLY LINE ON TOP → FACES TOWARD BUTTON / MODE
- METAL CLIPS ON BOTTOM OF USB → FACE DOWNWARD.

4 INSERT GENTLY: GENTLY PUSH THE CORD END STRAIGHT IN UNTIL SECURE.

DO NOT USE WHILE CHARGING. THE CORD HAS ONLY ONE CORRECT ORIENTATION; FORCING IT CAN DAMAGE THE PORT.

NEED HELP? (800) 682-7061

ACUTE The Acute mode is best when treating traumatic or recent injuries. It is also helpful during times of stress, encouraging new approaches at both the cellular and personal level.



BALANCE When in doubt, start with balance which brings clarity, integration, and centering while accelerating physical recovery. It helps cells work together to find new ways of healing and is ideal for long-term use, supporting ongoing or longterm pain relief and recovery.

DEEP CALM This is the most deeply relaxing mode, relieving stress, tension, and anxious feelings. It includes Delta-range frequencies featured in our past product, the Nessor.



BASIC TREATMENT

Apply the CHI Palm directly to the area of discomfort for as long as needed. As relief comes, move it to another location.

The CHI Palm is safe to use over metal pins, staples, blankets, pillows, and even plaster (or fiberglass) casts.

INTENSITY SETTING TIPS

HIGHER INTENSITY

bruises, sore muscles

MEDIUM INTENSITY

pain relief, inflammation, recovery

LOWER INTENSITY

deep relaxation, restful sleep

SAFETY NOTE: *Keep at least 6 inches away from implanted electronic devices such as pacemakers, etc. Avoid use over suspected blood clots in the calves.*

For more techniques and detailed protocols, visit **[HTTPS://CHI.US](https://chi.us)** or **scan the QR code** on the back of this guide.

1 BALANCE FIRST

Select the Balance signal (middle button) and apply to the affected area for 10-20 minutes twice a day.

2 ADJUST IF NEEDED

If you feel discomfort, lower the intensity or move the CHI Palm a few inches, or even a few feet away.

3 FOR RECENT INJURIES

Switch to Acute (first button) and apply for 3-10 minutes, then finish with Balance for another 10 minutes.

SAFE & SIMPLE

There's no wrong way to use the CHI Palm! Everyone is different, this is just a starting point. Scan the QR code on the back of this booklet for more protocols.

EVERY BODY IS DIFFERENT

General protocols are provided, but results vary by individual. Experiment to find what works best, and explore additional user protocols at **chi.us > Resources > CHI Palm Protocol Center.**

DID YOU KNOW?

The CHI Palm is safe for the whole family, pets and kids included.

PRO TIP:

You can leave the CHI Palm in one place, or gently move it in a circular motion around the area for added effect.



1 START WIDE Hold the CHI Palm 1-2 feet away and sweep from head to toe (or head to fingers) across the injury site for about a minute.

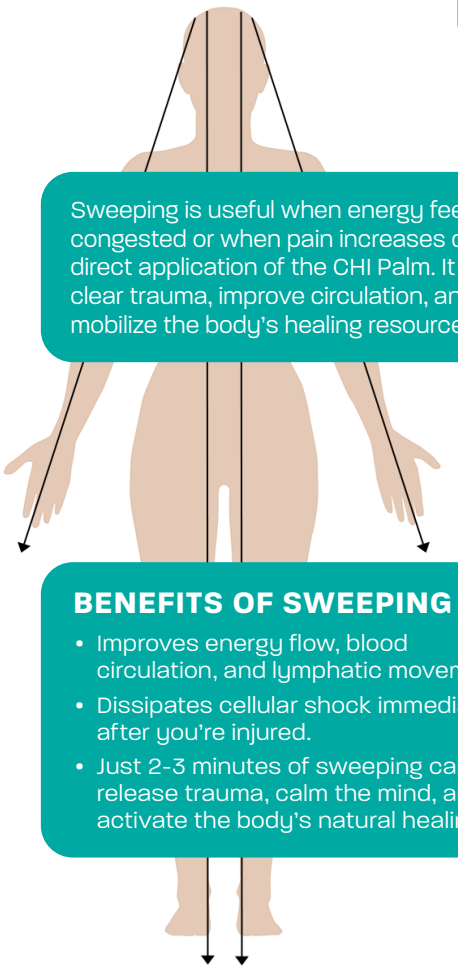
2 MOVE CLOSER Gradually sweep nearer to the injury. End by sweeping from about a foot above to a foot below the site, adding occasional whole-body sweeps.

3 MAINTAIN COMFORT Stay as close as possible while avoiding discomfort.

TECHNIQUES & TIPS

- Sweep slowly — about 1 foot per second (5-6 seconds per full-body pass).
- Angle the CHI Palm toward the body and in the direction of the sweep.
- Imagine “sweeping out” stagnant energy or illness, moving down and out through the hands or feet.

SWEEPING PROTOCOL

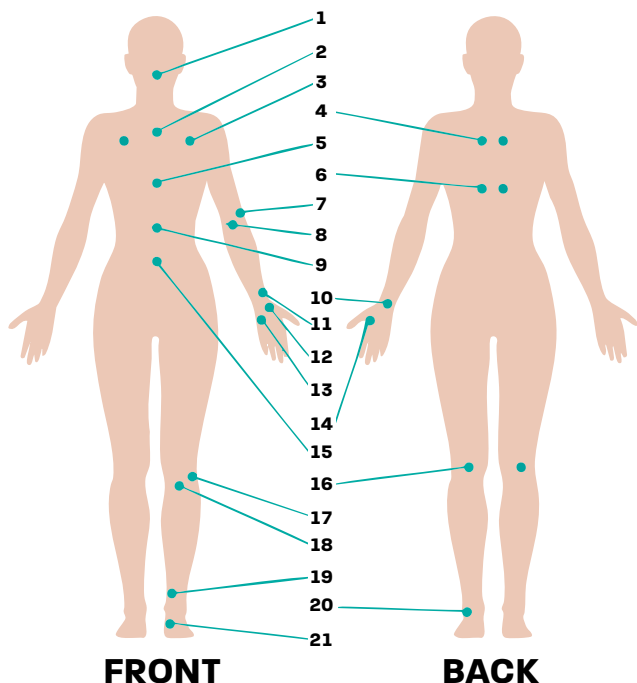


Sweeping is useful when energy feels congested or when pain increases during direct application of the CHI Palm. It helps clear trauma, improve circulation, and mobilize the body's healing resources.

BENEFITS OF SWEEPING

- Improves energy flow, blood circulation, and lymphatic movement
- Dissipates cellular shock immediately after you're injured.
- Just 2-3 minutes of sweeping can release trauma, calm the mind, and activate the body's natural healing.

Apply the CHI Palm to the acupressure points shown to help relieve pain in the corresponding areas noted in the details.



ACUPRESSURE DETAILS

1. Lower back, emergency pressure point, fainting, unconsciousness
2. Coughing, hoarseness, immune system, sore throat
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

FOR CHILDREN

Safe for kids of all ages, the CHI Palm can calm tantrums, ease anxieties, and support restful sleep. Let children experiment and grow comfortable with it. When you see a positive response, simply repeat that protocol.

FOR PETS

The CHI Palm supports animals of every size — from cats and dogs, to horses. Many owners use it for calming, recovery, and general well-being. A full guide for horses is available on request or at **[HTTPS://CHI.US](https://chi.us)**

RELAX & RESTORE

Incorporate the CHI Palm into your everyday routine. Use Deep Calm to deepen meditation, fall asleep faster, and enjoy longer, more restful sleep.



FOR A HOLISTIC LIFESTYLE

The CHI Palm helps you heal, stay healthy, and live consciously, restoring your Chi, your energy, and your best life.

FOR STRESS RELIEF

Use the CHI Palm during moments of tension, overwhelm, or emotional strain. A few minutes in Balance or Deep Calm mode can help clear the mind, ease stress, and restore focus.

FOR RECOVERY

Support post-workout recovery or healing from minor and major injuries. Apply the CHI Palm to sore muscles or joints to reduce inflammation, improve circulation, and speed the body's natural repair process.

CAN I USE THE CHI PALM LONGER TERM (LIKE ALL DAY & NIGHT)?

Yes. The CHI Palm can be used as long as you would like with no adverse effects.

DOES THE CHI PALM NEED TO TOUCH MY BODY TO WORK?

It's most effective when placed directly on the body, but it can still be effective from up to 10 feet away.

ARE THE CHI PALM AND THE INFRATONIC THE SAME THING?

Yes. The CHI Palm is the latest generation of our Infratonic technology (Infratonic 11), built on decades of refinement and research.

WHAT IF I DON'T SEE IMMEDIATE RESULTS?

Be patient. Many users feel relief within 10-20 minutes, while others notice gradual improvement over several weeks, especially with long-term or chronic conditions.

HOW DOES CHAOS THERAPY HELP WITH PAIN?

Chaos Therapy reduces pain by breaking up dysfunctional frequencies that drive inflammation. By dissolving cellular trauma, it frees your body's energy and resources to focus on healing instead of producing pain and disruption.

WHAT IF I FEEL INCREASED PAIN

In rare cases, especially when chronic pain has been suppressed by drugs or surgery, the CHI Palm can reawaken nerve communication. This may temporarily increase discomfort, often a sign of accelerated recovery.

If this occurs, reduce the intensity, move the CHI Palm a few feet away, or pause use until the discomfort subsides.

WANT MORE TIPS & PROTOCOLS?

Visit **CHI.us** for extended FAQs, user protocols, and advanced techniques, or **scan the QR code** on the back cover.



INFRATONIC MASSAGER

FREQUENCY	1 Hz to 600 Hz with No Discrete Frequencies.
BATTERY LIFE	18650 Li-Ion. 3000mA. 70+ hours per charge. Up to 8-Year Lifespan
CHARGER	You can charge the CHI Palm with the provided 5v charger or remove the battery and charge using an external battery charger.
CHARGING Up to 8 hours for full charge.	
RED: Low Battery	
AMBER (BLINKING): Charging	
GREEN & AMBER (SOLID): Fully Charged	

CHI Palm is not compatible w/a 9-volt rapid charger.

SPECIFICATIONS

TROUBLESHOOTING

CHI PALM CHARGING, PERFORMANCE, OR NON-FUNCTIONING ISSUES = PERFORM A “RE-BOOT”

- 1** Turn your CHI Palm off, then open the battery door located on the back of the unit (see page 5).
- 2** Remove the battery, then after five seconds, put the battery back the same way you removed it.

This reboot should clear the RAM and re-initialize the circuit board back to a fresh, known starting state. If needed, repeat the reboot procedure 2–3 times.

CHARGED OVER 8 HOURS BUT LIGHTS NOT SOLID?

If the charging lights are not solid amber and green after 8+ hours, unplug the Micro-USB cable from the CHI Palm and plug it back in. This resets the unit and the lights should update to show a full charge.

If your issue continues, submit a Repair Form at **CHI.us/Repairs**, email **support@chi.us**, or call **(800) 682-7061**.

CHI PALM GLOVE

Protect your
investment.



CHI **PALM** ACCESSORIES



CHI PALM LEASH

Never lose
your grip.



CHI PALM POSITIONING STRAPS

Hands-free comfort, positioned for relief.





EXTERNAL BATTERY CHARGER + OPTIONAL EXTRA BATTERY

Charge.
Swap. Continue.
Never power down.



MINI MAGNETIC MOUNT KIT

Mount. Align. Relax.
Healing that sticks.





POSITIONING STAND

Set It. Forget It.
Hands-free support
positioned for relief.



**SCAN FOR GUIDES,
FAQS & PROTOCOLS**

OR, [HTTPS://CHI.US/
RESOURCE-CENTER/](https://chi.us/resource-center/)



**DISCOVER MORE AT CHI.US
SUPPORT@CHI.US**

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