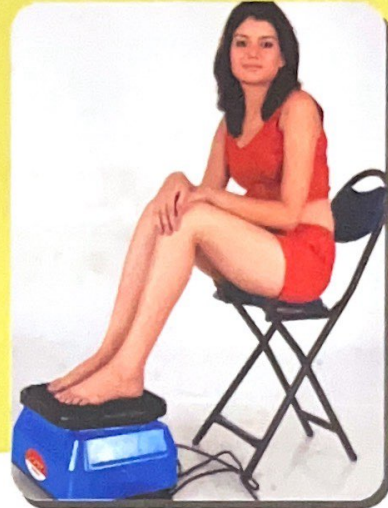


HOW TO USE THE MACHINE & EXERCISES

1. Drink 2 glass of luke warm water before & after using the machine to help facilitate the removal of circulatory & metabolic waste materials from the body by way of urine & sweat.
2. Turn the timer to the time you need (start with 1 minute & increase the time gradually to a max of 15 minutes) then press the switch besides the timer to let it work.

Sit on a raised object & gently place your feet on the contact plate. Apply pressure on the knees so as to press all the reflex points. Relax on the chair with all your body parts in a relaxed posture for few minutes.



Temporarily switch off the power. Wait for the user to stand firm or with support first bending the knees slightly & after some time when the user is comfortable he can stand straight or try putting only one feet at a time. Standing on the machine for few minutes will make you feel that your blood is circulating in a good speed throughout your body. This standing position is helpful in treatment of patients of Insomnia & Hypothyroid. It reduces over weight, control Skin problems & regulates blood sugar, Diabetes & heart problems

Joints pain : It can improve the supply of blood to knee joint, strengthen recovery and lighten aches & also can cure numbness & stiffness in joints by regulating the circulation of blood. It stimulates the reflective zones in the feet. Thus helping in overall good health. Helpful in curing chronic gastric problems, backache sciatica pain & weak abdominal muscle.

By using this instrument constipation can be cured quickly for recovery. Sit on the center of the panel with knees bent or legs stretched.

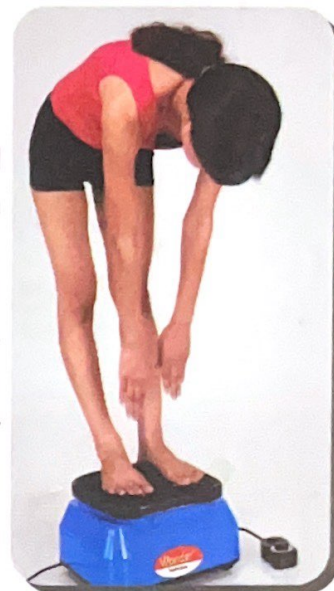
Note: Those people who suffering from constipation, it better to try it at 5 to 7a.m. in the morning and drink 2-3 glasses of luke warm water before using.





SOME OTHER POSTURES FOR A HEALTHY BODY

It helps reinforces the blood and oxygen supply to brain through improving functions of systemic viscera, and recover body's excitement and control. Regular used of the machine improves the problem of fatigue & frozen shoulder. Helpful people who suffer from stiff neck, bone & shoulder pain.



HELPS IMPROVES BEAUTY OF FACE BY TONING THE FACIAL MUSCLES.

When lying, put one side of your face join the massaging board covered by a soft mat for 5 minutes, then turn to the other side for 5 minutes. Put your chest, abdomen and hip on the messaging board directly to massage your chest abdomen and hip . It can help slimming chest, lightening gravid wrinkles on abdomen and amending pudendum flab. Helpful in curing upper limb disorder like a Arthritis, Tennis elbow, Paralysis. Exercise on the same will tone the thigh muscles.



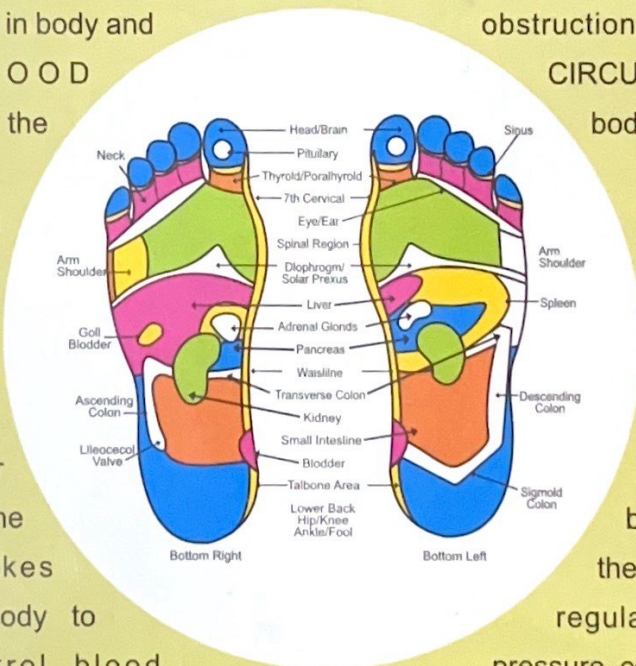
Oxygen & Blood Circulation Machine Utilizes Up To 100% of The Muscle Fibers, Compared to a 30% - 40% Conventional Workout.

A 10-minute exercise session on the Oxygen & Blood Circulation Machine is as effective as a 45-60 minute workout routine.

NEEDS & FUNCTIONS

Infrared and Magnetic OXYGEN & BLOOD CIRCULATION is scientifically developed by doctors specializing in Acupuncture, Orthopaedics and Qigong theory Chinese theory. The OXYGEN & BLOOD CIRCULATION MACHINE produces vibrations from the feet up distributing vibrational energy to the entire body. These vibrations results in rapid and intense muscle fiber contractions 30-50 times per second. While this may not seem like it would have any desired effect, in fact, the manner in which the body responds to these vibrations is truly amazing: Scientific research has shown that the human body is unparalleled in its ability to adapt to various external stressors and stimuli, and the resulting benefits derived from Vibration Exercise are from that adaptation process. The traditional Qigong Chinese theory is that pain comes from in body and obstruction means no pain " and OXYGEN & BLOOD CIRCULATION MACHINE removes all the obstruction in the body.

In the form of high machine produces vertex force field that continuous up earth gravitations is introduced into our of breath and blood in the synthony and makes helps the human body to metabolism, control blood and rebuild healthy body. Therefore this instrument is also called the complete health care machine.



frequency vibrations this helix circulations. A is vertical to the ground, revolving and stronger than produced this force field is body, that brings circulation body and generates breath the blood circulation free this regulating the pulse, improve pressure, control diabetes, fat & inch loss

EXPERIENCE OXYGEN & BLOOD CIRCULATION MACHINE FOR WHOLE BODY IN YOUR HOME

The beneficial effects of Whole Body Vibration (OBCM) in fitness, Health, wellness and beauty have been very well documented over the last 40 years. Until recently, this technology has primarily been only accessible to professionals , athletes, and the super rich. Our mission is to bring a high-quality, yet affordable Whole Body Vibration (OBCM) equipment into your home.



We are proud to introduce the Oxygen & Blood Circulation Machine, a commercial grade Whole Body Vibration unit for personal use. Unlike some low-cost alternatives currently on the market, it produces 100% vertical vibrations, which are scientifically proven most effective. Our units are made to the best standards with over 20 thousand hours of quality control.

The **OXYGEN & BLOOD CIRCULATION MACHINE** is today's most exciting and unique fitness and weight loss machine in the market. Oxygen & Blood Circulation Machines are used by many of the world's top medical centers, sports teams, Universities, elite training facilities and health clubs, Vibration Exercise technology has been proclaimed by Muscle & Fitness Magazine as "One of the fastest growing fitness trends since spinning". It is safe, easy and effective for anyone to use. In as little as 10 minutes a day, three times a week, OBCM Machines, will let you to achieve a new level of health, fitness and well-being.

BEAUTY ADVANTAGES OF OXYGEN & BLOOD CIRCULATION MACHINE FOR WHOLE BODY.

- ◆ Facilitates and Accelerate Weight Loss
- ◆ Increases Collagen (Smoother Skin)
- ◆ Helps Reduces Cellulite
- ◆ Tightens All body Muscles
- ◆ Localized Fat Burning
- ◆ Control Hair Fall & Dandruff.

WELLNESS ADVANTAGES OF OXYGEN & BLOOD CIRCULATION MACHINE FOR WHOLE BODY

- ◆ Increases and Oxygenates Blood Flow in All Skeletal Tissues
- ◆ Increases Blood Flow in Dermal Tissues
- ◆ Controls Blood Pressure and cholesterol levels
- ◆ Increases Flexibility
- ◆ Controls Diabetes & Heart Problems
- ◆ Reduces Stress and effects of Stress
- ◆ Relieves Menopausal Symptoms
- ◆ Increases Energy

FITNESS ADVANTAGES OF OXYGEN & BLOOD CIRCULATION MACHINE FOR WHOLE BODY.

- ◆ Increase Muscle White Fiber (Explosiveness)
- ◆ Increase Muscle strength and Performance
- ◆ Decrease Recovery Time
- ◆ Remove Lactic Acid from Muscles
- ◆ Accelerates Weight Loss
- ◆ Builds Bone density and fights osteoporosis.

HEALTH ADVANTAGES OF OXYGEN & BLOOD CIRCULATION MACHINE FOR BODY

- ◆ Increases "FEEL GOOD" Hormones (Endorphin, Serotonin, Neurotrophin)
- ◆ Increases Human Growth Hormone (HGH)
- ◆ Reduces Lower Back Pain
- ◆ Reduces Strain on Joints, Ligaments & Tendons
- ◆ Increase Range of Motion
- ◆ Helps Prevent Osteoporosis
- ◆ Rehabilitate Injuries and Ailments
- ◆ Improve Detoxification
- ◆ Reduces Arthritic Pain