

Electro Reflex Energizer



- Heating area (foot pads) keeps feet warm and soothed by heat stimulation.
- Helps to relax tight muscles before running, walking or any other exercise routine.
- Quickly soothe and refresh your aching feet with the penetrating massage action.
- Choose from circulation-increasing oscillation actions including pointing, relaxing and massaging.
- Computerized programs vary the speed and intensity of the oscillation massage automatically.
- A control dial is available to let you set just the right amount of massage intensity.
- Easy-to-use timer, which can be set 5-30 minutes in five-minute intervals.
- Replaceable electro pads used to pin point and stimulate additional areas such as neck, shoulders and back.
- Portable and lightweight for travel use!

What is Reflexology?

It is believed in ancient China, that the bottoms of the feet can be divided into 25 parts, each representing different parts of the body. The modern day theories of Reflexology deal with the principle that there are reflex areas in the feet and hands that correspond to all the glands, organs and parts of the body and by using thumb and fingers on these reflex areas one can relieve stress and tension on these reflex areas one can relieve stress and tension and help naturally achieve homeostasis. The Electro Reflex Energizer has many features and benefits based on these concepts.

Using The Electro Reflex Energizer

Not just another foot massager, the Electro Reflex Energizer utilizes low frequency stimulation to provide the ultimate feeling of relaxation. No other machines can compare!

Use your Electro Reflex Energizer to promote your well-being. Just 5-30 minutes a day with the Electro Reflex Energizer will help your feet feel better, further relax and revitalize your entire body. Foot massage promotes your blood circulation while loosening tense muscle tissues. Unwind with the Electro Reflex Energizer and feel the low frequency acupressure “fingers” gently massaging the bottoms of your feet as you drift into complete relaxation.



You can also attach the electro pads anywhere on your body and use the controller to adjust the intensity, time and massage mode. Then, sit back and let the electro pads do the work.

More Background on Reflexology

The human body is a delicately balanced machine that is synergetic - everything working together for the benefit of all. You can compare it to a racing machine, which works best when it's in tune, each part functioning at its peak and all parts working in harmony to make the machine work at optimum capability.

It is believed in ancient China that the bottoms of the feet can be divided into 25 parts, each representing different parts of the body. Reflexology is a science that deals with the principle that there are reflex areas on the feet and hands that correspond to all the glands, organs and parts of the body. Reflexology is a unique method of using the thumb and fingers on these reflex areas. Reflexology includes, but is not limited to, relieving stress and tension, improving blood supply and promoting the unblocking of nerve pulses, and helping nature achieve homeostasis.

Reflexology Relaxes Tension

Since approximately 75% of today's diseases are attributable to stress and tension, various body systems are affected in different ways and to varying degrees. One person may exhibit cardiovascular problems, another gastrointestinal upset, palpitations, sweating, headaches...to mention but a few of the myriad of bodily reactions to stress.

Reflexology Improves Nerve and Blood Supply

In order to keep the body as a normal balance, it is imperative that the blood and nerve supply to every organ and gland be at a maximum. Of course, the organs and glands contribute to the

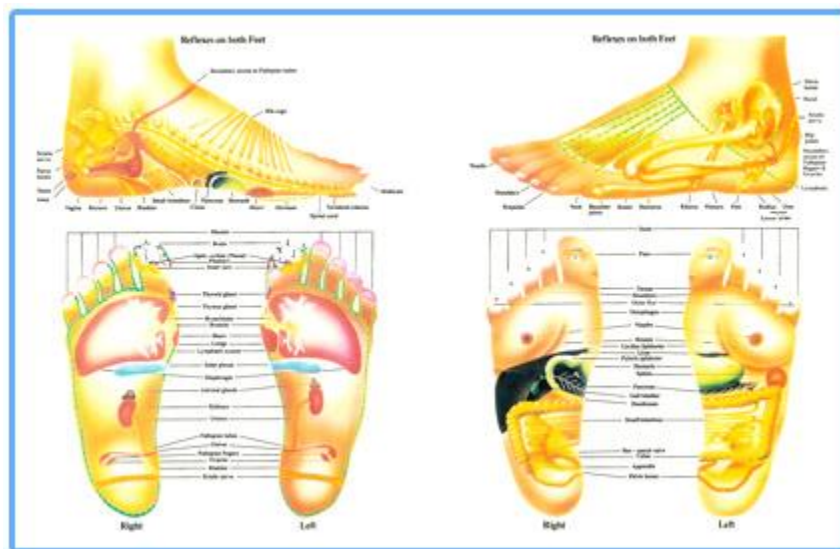
overall well-being of the body, each making contributions to maintaining an efficient, fully operating mechanism, but receiving their instructions from the most intricate of all networks- the nerves.

These cord-like structures, comprised of a collection of nerve fibers, convey impulses between a part of the central nervous system and other regions of the body. They are the wiring system of the house you call your body. As with any complex wiring system, a short circuit can mean trouble.

A short circuit is often caused by tension putting pressure on a vital nerve plexus or even a single nerve structure supplying a vital organ. As tension is eased, pressure on the nerves and vessels is relaxed, thus improving the flow of blood and its oxygen-rich nutrients to all parts of the body.

Reflexology Helps Nature Achieve Homeostasis

Overactive glands or organs can be helped to return to normal. Conversely, if an organ or a gland is under-active, Reflexology can help return it to its normally functioning level. It is important to note here that the normalization action of Reflexology is never one of opposite extreme. In other words, once homeostasis or a normal condition is achieved, it cannot be unbalanced by working the area too much. Over working can cause some minor reactions such as diarrhea or perhaps some nasal mucus being secreted (runny nose). These reactions are cleansing the poisons from the body. Reflexology cannot harm a system; it simply brings it back into balance.



The Zone Therapy

Reflexology embodies the relationship of the reflexes in the feet to all of the glands and organs in the body. Let's now discuss this relationship. Just how does one small area of the foot affect something like the pituitary gland? What is the link?

This is where the ZONE THEORY becomes significantly important to every Reflexologist. The zones are like the wiring in a house, the reflexes travel through the zones similar to electricity through the wires. But please note that this analogy is not to be confused with the nervous system in the body...reflexes, as far as we know today, are not nerves.

This line from the feet to the organs and the glands in the body is a series of imaginary longitudinal lines, each encompassing a zone. In order to locate the zones accurately in the arms and hands, the thumbs need to be placed toward the body, the opposite of the anatomical position.

The word “zone” is used for several significant reasons. There are ten zones. Easy enough to remember: one for each finger, and one of each toe. Zone one starts at the thumb and great toe. These zones run the length of the body, from the top of the head to the tips of the toes.

It is extremely important that Reflexologists become zone oriented, so they must be thoroughly familiar with the basic zones and the anatomy associated within them. An organ or a gland found in a specific zone will have its reflex in the corresponding zone of the foot. Any sensitivity located in a specific area on the foot will signal to you that there could be congestion in that area. It should become evident then, that by working the entire foot, you are affecting the entire side of the body, (the left foot representing the left half of the body). It is important to remember another significant aspect of Reflexology: an abnormality in any part of the zone may affect anything in that zone.

Organs -The Inside Story

The body is packed with vital organs and glands, which are packed on top of everything else in the body.

Start with the spine, the midline of the body, as a means of orienting yourself to the relationship between the foot reflex points and the organs of the body. Now you have a reference point for each foot. Then use the waistline guideline for your horizontal or lateral marker. The most important body organs are located in four distinct quadrants.

The feet are a reflection of the body with all its glands, nerves, and organs having distinct locations on the feet. Being sure that you are thoroughly familiar with this concept of location makes the zone theory so much easier.

Electro Reflex Energizer (ERE) \$419, plus Tax and Shipping.

**To Order or Request More Information on the Chi Machine,
Contact Dr. Donna F. Smith at.....**

ADVANCED CLINICAL NUTRITION

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CLINICAL NUTRITION NOTE:

The focus of a Clinical Nutrition Program with Dr. Smith is to provide the nutrients the cells require to heal, repair AND to generate chemical energy. (See the Clinical Nutrition Note in the E-Power information for more on this.)

A key to healing and repairing is detoxification (See the Clinical Nutrition Note in the Hot House information for more on this).

Nutrient deficiencies are at the root cause of all organ/gland dysfunctions, which in time leads to disease. Your Clinical Nutrition Program is a personally-designed, therapeutic, whole food supplement and dietary program based upon your own nutritional biochemistry testing (blood, hair, saliva, urine, stool, etc.).

These tests indicate the areas of the body (organs/glands) experiencing nutrient deficiencies (vitamins, minerals, etc.). Once your Clinical Nutrition Program begins to nourish your particular areas of deficiency, those utilizing the ERE at the same time, have a greater opportunity for accelerating healing and the utilization of nutrients is enhanced.

Why? Because nutrients are utilized more efficiently when the nervous system communicates more effectively and the blood (containing the nutrients) circulates effectively. So, you can get more bang for you buck, so to speak!

The healing relationship utilizing a Clinical Nutrition Program and each HTE machine is provided at the end of each of these four documents on the Chi Machine, FIR Hot House, ERE-Electro Reflex Energizer, and E-Power.

Those who utilize all four HTE machines as a total health and exercise home system while engaging in a Clinical Nutrition Therapeutic Program will increase the power of their healing, repair and ATP generation dramatically. Then once healed, those who engage in a Clinical Nutrition Maintenance Program while utilizing these four HTE machines will maintain health more effectively.

**TO ORDER DIRECTLY FROM DR.
SMITH**

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