

MIGUN ORIENTATION

The Migun HY7000 is an FDA 510K class II medical device that can be used without a prescription. That falls into the same category as an x-ray or CAT scan machine but because we have no side effects they issued the additional without a prescription classification.

In order to get FDA approval we had to actually prove the bed does something to improve your health. Some of the things we know the beds do are:

- We know they increase circulation; they are very good for people with circulatory disorders and diabetes.
- We also know the beds help with muscle relaxation, people with sports injuries and car accidents find relief using the beds. They also provide relief of chronic muscle pain, so people with fibromyalgia and MS find relief using the beds.
- The beds also help with chronic joint pain so people with arthritis find relief using the beds.
- The beds also help to lower blood pressure and regulate blood glucose levels for type 2 diabetes, they help with digestive disorders, thyroid disorders, bulging disks, chronic back pain and also help to improve hair skin and nails.

As you use the beds you will hear many other stories on how the beds have helped people that are not on the approved list. Over time as we complete more studies we will add to the list.

The bed itself is designed and based on the ideas of 5 different health modalities - Chiropractic, massage, acupressure, acupuncture and moxibustion.

- The chiropractic and massage idea is if you can keep your spine in alignment and keep good circulation flowing to your spine your body will function better.
- The acupressure and acupuncture ideas are based on the energy meridians which flow through your body. If you can keep those free of blockages your body will function better.
- The moxibustion idea is based on circulation. If you can keep good circulation flowing through out your body, your body will function better.

What we are attempting to do is bring your body into homeostasis or a state of well being. The Chinese believe that in that state the body can not only heal it self but also prevents disease from happening as well.

When you lie down on the bed, we will turn it on; the lights will begin to move they will lift flex and create space between the vertebrae. You may experience some minor adjustments while you are on the beds. But if you have a vertebra that is twisted out of place you need to see your chiropractor or Dr. the bed will not fix that for you.

While it is stretching the spine it is also massaging the muscles that run along the sides of the spine. Those muscles happen to keep your spine in place. Most of us have muscles somewhere in our back that are tighter on one side than the other. When this happens those muscles pull your vertebrae out of alignment.

You have all these nerve endings and blood vessels coming out the sides of these vertebrae and those get compressed when the vertebrae are out of alignment. When they get compressed they can't function to their full ability, therefore the organs to which they are connected, can't function to their full ability either. This is when you start to see symptoms.

The next idea for the bed is based on acupressure. We have approximately 365 major acupressure points on the body. Over 200 of those are found on the back and a large number of those run along the sides of the spine on what we call our bladder meridian. The lights on this bed are placed in a Chinese measurement called a cun (Pronounced coon). They are made to fall where the bladder meridian runs along the sides of the spine so we can hit the majority of those acupressure points.

The way that it works, as you lay on the bed the weight of your body presses down on the jade massage heads as they stop and press up into your back. You will feel it stop and hold for approximately 40 seconds. During that time, what's happening is it is slowing the flow of blood in that area and also the flow of energy. The best way for you to visualize it is to think of a garden hose. When you kink the hose it stops the flow of water. When you release the hose the water blasts back out. Basically the same thing happens in your body. When the pressure is released blood blasts back though. We have done studies, we know that it helps to clean out your blood vessels and veins, also the energy blasts back through and it helps to clear blockages in energy or chi.

While the bed is performing the acupressure it's also performing an acupuncture simulation with something called far infra-red rays. Far infra red is a light ray which is produced by the sun. We reproduce it here with a helium gas light bulb. Far infra red has a unique quality to it. It produces radiant heat. Most things we use to heat our bodies up only heat up the outer layers of skin, the far infra red will actually penetrate your body 5.5cm – 7 cm deep with its light and heat. So as it performs the acupressure 5.5cm-7cm down, the light and heat from the far infra red will help to stimulate your acupuncture point similar to the way an acupuncture needle does and it helps to clear blockages in energy or chi at a deeper level.

The last idea for the bed is based on moxibustion. In Chinese medicine that is when you take an herb called mugwort and burn it on top of an acupuncture needle. The idea is to heat up the needle to bring heat deep into the body. Heat helps to increase circulation which helps with healing. We are doing this on a much larger scale with the far infra red. These lights are at 50 degrees when you get on the bed. The bed warms up to 70 and goes down to 30 degrees but we always keep the temperature at 50, in the center, although you may regulate it.

That is a lot of heat going into your body. It starts to warm up inside, it is radiant heat you will not sweat. When you work out your body warms up inside. We have done studies and found that your body does not know the difference. It responds the same way. Lying on the bed for ½ hour is similar to an hours worth of jogging as far as your metabolism and calories burned, and yes, we do hear a lot of weight loss stories, this is not something that we have FDA approval for and not everyone loses weight, the bed makes some people hungry. (Please use your own experience to explain this)

Some of the other benefits you'll experience because your body thinks it's been exercising; your white blood cell count increases so it helps to boost your immune system, it also helps to increase the production of melatonin and serotonin, these are your sleep and mood regulators.

As your body heats up your blood vessels begin to expand. This makes it easier for the oxygen and nutrients in your blood to reach other parts of your body. It also makes it easier for the toxins that are hidden in your body, to come back out into your blood stream. So, it is very important that you drink plenty of water after you get off the bed. Not only do you want to replace the water you have used warming up but you also want to help flush out the toxins.

As you release toxins you might go through what we call **improvement reactions**. You might experience some of these as your body makes its journey toward better health. We are living things, if you have a knot in you back that is being worked out your going to feel it, if toxins are released into your blood stream, for your body to get rid of, you will feel it. Some of the more common improvement reactions are:

Some people, when they first get off the bed might have a slight headache, feel a little nauseous or feel a little dizzy. Most people get off the bed and go "WOW that was great"; they might experience improvement reactions two weeks or two months down the road. Some people might get diarrhea or more frequent urination some might feel tired, some might experience flu like symptoms, some might feel achy backs, this can be from mildly achy to wow that hurt my back. Please talk to us if you are experiencing any improvement reactions as we have all been through them ourselves or know someone who has and remember this is the journey your body is making to improve itself.

Some other things people experience: you may tingle all over, or just your hands and feet, this is your body's response to acupressure; not everyone tingles but if you do this is normal. Also it is very rare but occasionally some one may go home and throw up. If this happens to you please be aware it means that some thing has been put back into your blood stream that doesn't belong there and this is your body's way to protect itself by getting rid of it. You won't throw up every time you get on the bed

When you get on the bed, you need to take off your belt and shoes. When you lay down lay down gently these lights will be right between your shoulder blades. It may be a little uncomfortable at first but will move as soon as the bed is turned on. You will sit on the padding it is there to cushion your tail bone area. It is not a very flexible area and has a lot of nerve endings. If you find you are uncomfortable in any way, Please raise your hand, we do not want you to get off the bed while it is moving. The lights need to be in the proper place before you get off the bed. We will come over, make sure the lights are in the proper position, get you up and put more padding down. Please remember to be nice to yourself. Do not suffer through; the beds work just as well with extra padding. Using the beds is a cumulative effect the more you use it the better results you will see. Over time you will be on the bed without any padding at all. Until you reach that point remember to be nice to yourself and use extra padding if you need it.

The hand held units can be used anywhere from the top of you head down to your toes. We have 1 rule ... They are 50 degrees; please do not use them on bare skin. Always keep a towel or clothing between your skin and the lights.

If you want to work on increasing the circulation behind your eyes hold the light on the sides. If you want to work on the sinuses hold the light over the forehead and over the bridge of the nose for 10 minutes each, you don't want to do too much more as you can over dry the sinuses. For gum disease hold the lights over the mouth, for TMJ hold on the sides of the jaw. Thyroid hold over the neck, for chest congestion and asthma hold over the upper chest, for digestive disorders or to help improve digestion hold over the stomach, the lights also help with menstrual, prostate, erectile and reproductive disorders as well as knee pain, carpal tunnel, tennis elbow. Basically you are the boss of the lights. You can keep them in one spot the whole time you can move them around as much as you like. Many people like to put the two head light unit under the back of their neck. It is a love hate thing. If you want to try it and decide you don't like it, just take it out.

Using the bed is a cumulative effect. The more you use it the better results you are going to see. **You must use the beds a minimum of 3 days a week to see the best results.** We strongly encourage you to come everyday, we would love to see you. If used only once or twice a week you will get a nice massage.

It is very important to rotate the programs on each visit, each one works a different are of you back each one will hit different acupressure points. So to get the full benefits of the bed it is important to rotate. **ENJOY THE BED AND GET MIGUNIZED!**

