



Chi Vitaliser 2  
能量活絡儀



Acupoint Manual

Chi Vitaliser 2 is recommended for use at the below areas:

## 1. Cervical Lymphatic Region

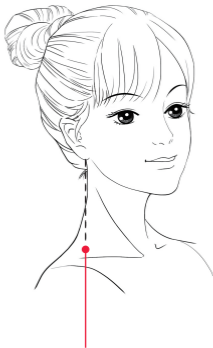
boosts the lymphatic system, reduces facial puffiness and achieves a healthy rosy complexion.



**Cervical Lymphatic Region (both sides)**  
one finger-width above the collarbone

## 2. Cervical Aortic Region

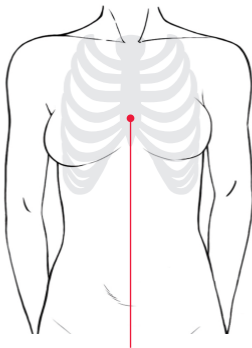
promotes blood circulation to the brain, refreshes your mind, gradually improves eyesight and vision.



**Cervical Aortic Region (both sides)**  
from the earlobes straight down to  
the neck and shoulder

### 3. Danzhong (Zhong Dantian)

strengthens the respiratory system, relaxes breathing, alleviates cough and asthma symptoms.



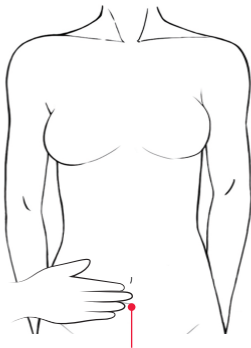
#### **Danzhong**

locates along the centre line of the front body, in the middle of the line connecting the nipples



## 4. Dantian

enhances gastrointestinal motility, maintains the health of digestive system, strengthens the immune system.

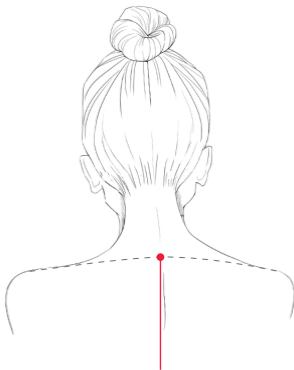


**Dantian**

three finger-widths below the navel

## 5. Dazhui

treats and prevents cold, alleviates cough and asthma symptoms, relaxes shoulder and neck muscles, improves sleep quality.

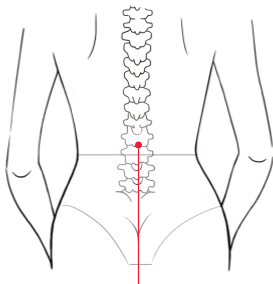


### **Dazhui**

when lower your head, it locates at the lower edge of the highest point of the neck bone, which is at the level of the shoulder

## 6. Mingmen

relieves muscle tension caused by prolonged sedentary position, alleviates lumbar muscle strain, restores lower limb strength, boosts immune system.



### Mingmen

exactly opposite the navel on the lower back

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### Integrating the energies in our body and the environment

The longer you use the Chi Vitaliser 2 daily, the better your body's restorative power will be. A step-by-step conditioning process helps you to sustain good health.