

SOUNDS for

RIGOROUS SITTING

Statistics show that starting at about age 40, we begin to lose approximately 8% of our muscle mass every decade. This rate accelerates to 15%, after age 70.

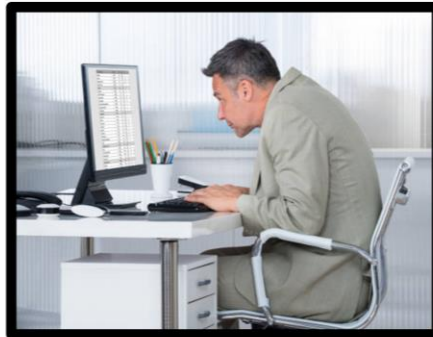
Is this our destiny?

We know that adding nutrition as we age can be beneficial, as well as getting enough exercise, when possible...

SIDE EFFECTS OF

RIGOROUS SITTING

Neck and Back Pain *Anxiety* **Osteoporosis**
Nerve Impingement **Muscle aches**
Digestive Issues **Venous Clotting** *Weight Gain*



But what about the many problems that can arise from **rigorous sitting**?

They can include loss of muscle mass, diminished blood flow to our extremities, unhealthy musculo-skeletal patterns and nerve impingements, as well as digestive system distress. It would seem that this “extreme sitting” is a necessary way of life, but we need **effective tools** to offset this predicament.

What part can **therapeutic sound** play in reducing these challenges?

By stimulating muscle cells with specific frequencies, we can encourage the restoration of muscle mass. With **Channel Two** on the **AMI 850** we can increase vital energy within the **musculo/skeletal system**.

With the use of **Channel Eight** for the **cardiovascular system**, we can support the heart itself and increase circulation, to avoid problems such as abnormal clotting and venous insufficiency that can come from chronic sitting.

Since hardly anyone can sit in perfect alignment for hours on end, we may experience pain in different areas of our spines. This can be reduced with **Channel Ten** for the **nervous system**. Without proper alignment, we must “remember” that there will be reduced blood flow to the brain, which can result in memory loss and a reduction in our information processing speed.

With extensive sitting, we also risk having unhealthy bones and osteoporosis when the body is not inspired to carry on the “remodeling” process of bone re-growth. We can look to **Channel Thirteen** for **Bone Fitness** in the Keys to Health channels, to help us build and maintain strength.

Allowing for some calm time for the enjoyment of food and an ease in the body during the digestive process is desirable. However, support of the **digestive system** with **Channel Nine** is always helpful to the body, especially if habitual sitting patterns of being crunched up over your computer prevent food from traveling easily through the digestive tract.

We also know that without healthy digestion and food assimilation, we are prone to unhealthy weight gain. Therapeutic sound can increase **Healthy Metabolism** with **Channel Twenty**--but everyone must be responsible for participating in the overall health of their bodies, making healthy food choices and some form of exercise, especially where weight issues are concerned.

When we **super-oxygenate the cells** with **Channel Six** to build energy we improve the health of our red and white blood cells, while creating a natural, vital energy to help us get up from our chairs and explore the beauty of the world outside.

You may be asking yourself, **“Don’t we have to do our AMI sessions sitting in a chair?”**

Not at all!

In fact, many owners and practitioners enjoy the deep relaxation of lying down while receiving all the health-enhancing benefits of the channels. Using the device in this manner, will give **rest to your heart**, and a chance to **re-align your body, mind and spirit**.

When you finish your session, you may find yourself refreshed with a new sense of energy flow throughout your physical, emotional, mental, etheric and spiritual bodies.



The **AMI 850** is a system for helping you to return to your natural state of being. This is not accomplished with just one thirty-minute session. Our device has specific, highly researched protocols that guide the body back into a state of resonance within a six-week period.

For more information on **highly focused “personal protocols” for achieving and sustaining optimum health**, contact us at info@cymatechnoiges.com.