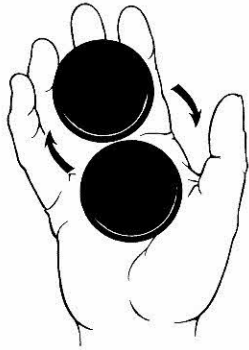
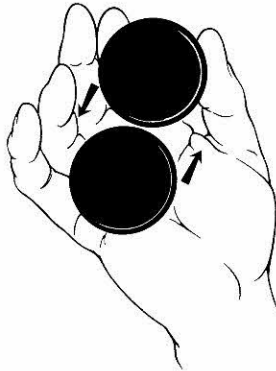


# Discover the Secrets of Chinese Health Balls

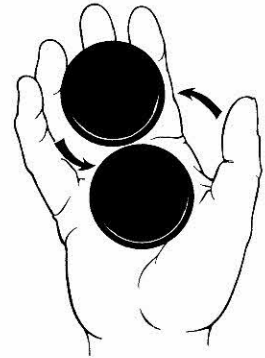
Clockwise touching



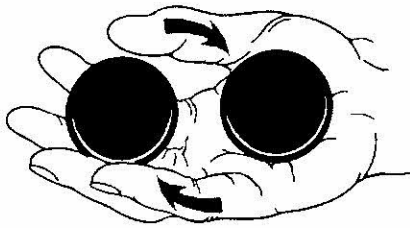
Rhythmic tapping



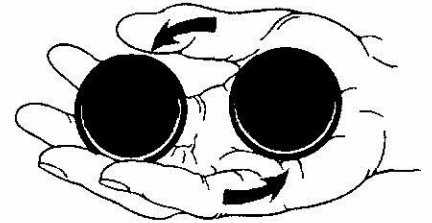
Anti-clockwise touching



Clockwise not touching



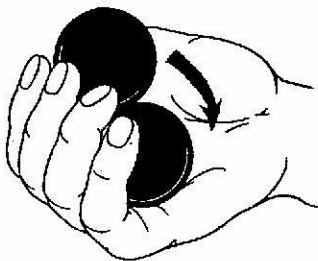
Anti-clockwise not touching



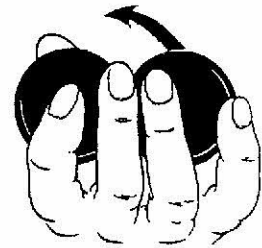
What the instructions say

'If you keep on taking exercise every day for months and years, you can get the fine results of keeping your brain in good health with high intelligence and good memory, relieving your fatigue, drowning your worries, and moreover, prolonging your life.'

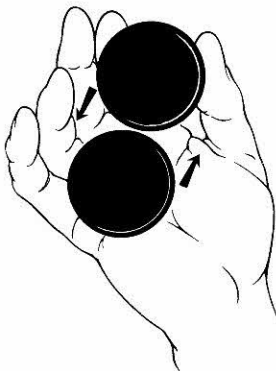
Right to left



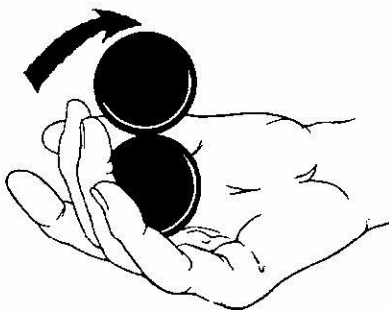
Left to right



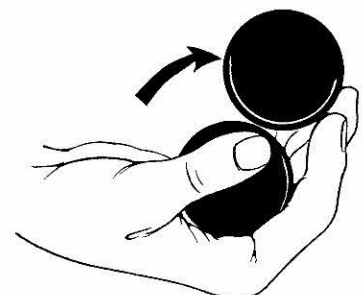
Constant tapping



Outside to inside



Inside to outside



# Discover the Secrets of Chinese Health Balls

The Benefits of Using  
Chinese Health Balls

## 鐵球說明書

A Background to  
Chinese Health Balls

The use of Chinese Health Balls can:

- Increase the flow of Qi
- Strengthen & heal the internal organs
- Stimulate the mind
- Relieve fatigue
- Relax & calm the nervous system
- Relax & calm the mind
- Aid relaxation and meditation
- Improve concentration
- Used to balance or strengthen yin or yang
- Increase strength in the fingers, hands, wrists and arms
- Increase flexibility in the fingers, hands and wrists
- Increase dexterity in the fingers, hands and wrists
- Relieve joint stiffness and soreness
- Relax muscles and joints
- Reduce the risk of carpal tunnel syndrome, repetitive stress injury, tendonitis, rheumatism & arthritis
- Increase blood flow to the extremities
- Reduce the risk of hypertension
- Reduce the risk of cognitive decline, dementia and Alzheimer's
- Prolong life

Remember, they are  
not a quick fix!

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### Exercising with Chinese Health Balls

When practicing, hold the Health Balls out with the forearm unsupported and horizontal.

As a beginner it is wise to practice over a soft surface such as a sofa, cushions or a towel or blanket on a table, so they are not damaged when dropped. (and you will drop them!)

Practice whenever, wherever; keep a set handy to exercise the hands and to relax and stimulate the mind when you need it.

Practice at any time for as long as desired or comfortable. Do not continue practice if it becomes uncomfortable, rest for a while and come back to practice later.

Regular practice is recommended to become accustomed to handling the Health Balls, to become proficient in their use, and to reap the maximum benefits they can provide.

### What the students say

"John; I just wanted to leave a quick note. The Therapy Balls have made a huge difference in my life.

I can actually cut the grass without pain in my hands. I thank you for making a difference in my life. My hand pain is 75% better. Sincerely  
KK USN/Vet"

As early as the Han Dynasty (206BC – 230AD) walnuts were being used to exercise and train the hands.

By the Sung Dynasty (960 – 1280AD) purpose made iron balls were being used.

During the Ming Dynasty (1368 – 1644AD) use of the balls became wide-spread for their positive therapy benefits, and mass production began in factories in Baoding.

Around this time a blacksmith in Baoding fashioned a set of hollow balls with soundboards inside, creating sounds like the 'roaring dragon and singing phoenix', symbolizing the yin and yang principles.

In China these balls are known as 'Health Balls' or *Bao Djian Tshou*, 'Valuable Balls' or *Baici*.

In the west they are most commonly known as Chinese Health Balls, Qi Balls, Tai Chi Balls, Therapy Balls, Stress Balls or Baoding Balls.

Their use should be an integral part of any healthcare regimen, for both exercising the hands and stimulating and relaxing the mind.

Their use is limited only  
by your imagination.

### Chiming Health Balls

Available in all sizes;  
1" to 2¼" Only \$12!



### Solid Steel Health Balls



Available in all sizes;  
1" to 1¾" Only \$20  
2" to 2¼" Only \$25