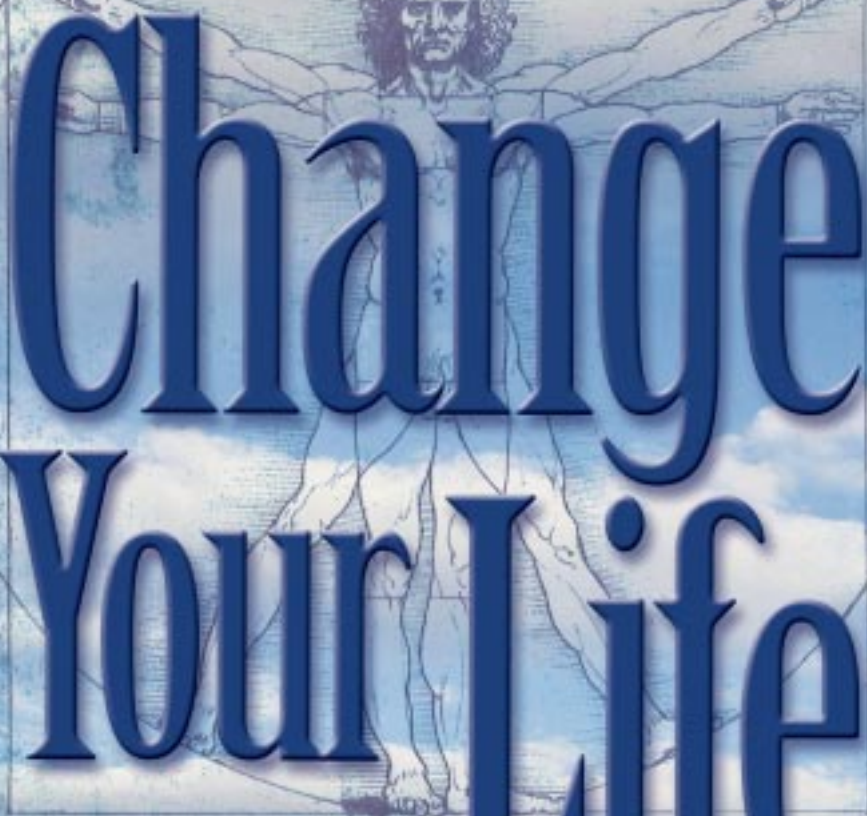


Exerciser 2000 *glite*™

A Passive Exerciser That Can



Change Your Life

Disclaimer: The health information in this book reflects personal experiences and is for educational purposes only. If you have any questions as to the appropriateness regarding the information and your own health, consult your qualified health professional.

Seventh Edition

Copyright ©2008

All rights reserved. No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the author.

Acknowledgements

We wish to acknowledge the thousands of users, whose ages range from 40-102 years old, from which hundreds have shared their experiences with us. These wonderful stories have spanned from those in good physical health with little or no health issues who experienced a greater sense of well being, to those with major health issues who experienced life-changing benefits.

Introduction

The human body is complex in nature, but can be easily affected by simple concepts such as exercise, nutrition, clean water and having a positive mental attitude. One such simple concept is using the Exerciser 2000 Elite™.

The Exerciser 2000 Elite™ is easy to use...just lie down and place your ankles on the ankle rest. Rest and turn the machine on. The machine creates a 1 ¾ inch lateral, an approximate 2" right to left movement. This gentle, swinging movement cycles up through the body, which, in turn, can help promote loosening of the joints flexibility in the ankles, knees, hips and spine, relaxation of the muscles in the back, and increase circulation in the lower extremities. Increasing the circulation, in the lower extremities, can help relieve swelling in the ankles and legs. The Exerciser 2000 Elite™ can offer some of the benefits of aerobic exercise without stress or impact on the joints.

This type of movement has been practiced in the Orient for over 200 years, only it was done by hand. The practitioner would take a person by the feet and swing them back and forth to stimulate the circulation throughout the body. In 1992, a gentleman in Japan introduced a machine that would simulate the same movement. However, this type of machine was not introduced in the United States until 1997. Clark Enterprises introduced their first Exerciser 2000™ machine in 1999. With the latest technology and manufacturing we now offer the Exerciser 2000 Elite™.

Research done by Dr. Marvin Sackner M.D. has indicated passive exercise can be beneficial to the human body. The hundreds of positive results we have seen first hand, have more than convinced us that the simple concept of the Exerciser 2000 Elite™ is capable of providing positive results to the complex human body.

The Exerciser 2000 Elite™ is ETL approved, which insures you of a safe and quality product. This internationally recognized seal of Quality and Safety is granted only after rigorous testing with regard to North American set regulations and specifications for electrical products. The Exerciser 2000 Elite is manufactured to ISO-9001 certification, one of the highest standards in manufacturing. The Exerciser 2000 Elite™ is also registered with the FDA.

We guarantee you will enjoy using the Exerciser 2000 Elite™ or your money back.

Feel Better with Passive Exercise

Passive exercise is becoming more and more popular in the United States. Several studies indicate this type of exercise can be extremely beneficial especially to those who are unable to do aerobic type exercise. However, passive exercise is also beneficial for those who do aerobic type exercise as it helps loosen muscles before an intense workout. It also helps to use as a cool down after a workout. Although passive exercise does not increase the heart rate or burn as many calories as true aerobic exercise, you can still enjoy many other remarkable benefits. Both passive and aerobic exercise can increase circulation, oxygenate the blood, help with the production and release of nitric oxide and endorphins, and help move the lymph fluid, which can be beneficial to the immune system.

EXERCISE & YOU...

For many years, exercising on a regular basis has been known to help with various ailments. Exercise is essential to our overall well-being. It helps increase energy levels, helps maintain a healthy heart, helps with weight control, and helps to decrease depression and fatigue. Exercise can also help prevent heart disease, high blood pressure, diabetes and many other ailments. Exercise can help increase circulation throughout the body and helps deliver oxygen and nutrients to your tissues. This, in turn, helps the cardiovascular system work more efficiently. Millions of people suffer from various ailments that could be improved through regular exercise.

EDEMA

Edema is a condition of fluid buildup in the circulatory system or tissues that normally affects the lower extremities. With edema, either too much fluid moves from the blood vessels into the tissues, or not enough fluid moves from the tissues back into the blood vessels. This fluid imbalance can cause mild to severe swelling in one or more parts of the

body. Exercise has been known to help with the affects of edema as it helps to lessen fluid build-up by increasing the circulation throughout the body. Exercise also helps to move the lymph fluid, which, in turn, helps the body reduce excess fluid buildup.

ARTHRITIS

Arthritis is becoming more and more common and not just among the elderly. Regular exercise can offer many benefits to those with arthritis. Exercise helps reduce joint pain and stiffness and increases flexibility and endurance. Moving the joints daily helps to improve mobility. Also, joint movement transports nutrients and waste products to and from the cartilage, the material which protects the ends of the bones. Not only does a well-rounded exercise program help reduce the risk of many ailments, it also helps to reduce the emotional pain that often accompanies the development of many ailments.

FIBROMYALGIA

Fibromyalgia is a chronic condition characterized by widespread aches, pains, fatigue and stiffness. Many people with fibromyalgia suffer from tight muscles and poor range of motion, which place additional strain on the body. Little is known about what causes fibromyalgia; however, it is known that exercise can help improve energy levels, help improve range of motion and increase the circulation throughout the body. Also, exercise can help the body release endorphins, which is a natural pain reliever. Regular exercise has been known to help those suffering from fibromyalgia improve physical function, mobility and the feeling of well-being.

PARKINSON'S DISEASE

Parkinson's affects many aspects of a person's daily life. The condition can make it difficult to initiate movements or maintain balance. Exercise can help improve flexibility and mobility, which can help the individual maintain a higher quality of life. Exercise will not stop Parkinson's from progressing; but, it will improve balance and can help lessen joint stiffness. Exercise can also help improve circulation to the heart and lungs.

How Exercise Can Help With the Lymphatic & Cardiovascular System

The human body has two circulatory systems, which are your body's delivery systems. These are the cardiovascular system and the lymphatic system. The cardiovascular system is made up of the heart, blood and blood vessels. Blood moving from the heart delivers oxygen and nutrients to every part of the body. On the return trip, the blood picks up waste products so that your body can get rid of them. Increased blood circulation helps your body eliminate waste products and deliver oxygen-rich blood to oxygen-depleted muscles, helping them recover faster. The lymphatic system is also connected to every part of the body, but its function is completely different from that of the cardiovascular system. The lymphatic system is made up of the spleen, thymus, tonsils, adenoids, lymph nodes and lymph fluid. Lymph vessels branch through all parts of the body like blood vessels, except the lymphatic system carries a colorless liquid called lymph instead of blood. Lymph circulates through the lymph system, around body tissues to the lymph vessels. As blood circulates, fluid leaks out into the body tissues. The leaked fluid drains into the lymph vessels where it is filtered; the old worn out red blood cells are replaced with new ones and returned to the bloodstream. Increased lymph flow helps the body eliminate waste products and helps kill pathogens and some cancer cells more effectively. Being aware of the differences between these two systems makes it easier to understand the special difficulties encountered when any part of these systems is not functioning properly.

Comparison of the Cardiovascular and Lymphatic System

<i>Cardiovascular System (Blood)</i>	<i>Lymphatic System (Lymph)</i>
Blood is responsible for collecting and distributing oxygen, nutrients and hormones to the tissues of the entire body.	Lymph is responsible for collecting and removing waste products left behind in the tissues.
Blood flows in a closed continuous loop throughout the body via the arteries, capillaries, and veins.	Lymph flows in an open circuit from the tissues into lymphatic vessels. Once within these vessels, lymph flows in only one direction.
Blood is pumped. The heart pumps blood into the arteries that carry it to all of the body. Veins return blood from all parts of the body to the heart.	Lymph is not pumped. It passively flows from the tissues into the lymph capillaries. Flow within the lymphatic vessels is aided by other body movements such as deep breathing and the action of nearby muscles and blood vessels.
Blood consists of the liquid plasma that transports the red and white blood cells and platelets.	Lymph that has been filtered and is ready to return to the cardiovascular system is a clear or milky white fluid.
Blood is visible and damage to blood vessels causes obvious signs such as bleeding or bruising.	Lymph is invisible and damage to the lymphatic system is difficult to detect until swelling occurs.
Blood is filtered by the kidneys. All blood flows through the kidneys where waste products and excess fluids are removed. Necessary fluids are returned to the cardiovascular circulation.	Lymph is filtered by lymph nodes located throughout the body. These nodes remove some fluid and debris. They also kill pathogens and some cancer cells.

Normally the body maintains a balance of fluid in tissues by ensuring that the same amount of water entering the body also leaves it. The circulatory system transports fluid within the body via its network of blood vessels. The fluid, which contains oxygen and nutrients needed by

the cells, moves from the walls of the blood vessels into the body's tissues. After its nutrients are used up, fluid moves back into the blood vessels and returns to the heart. The lymphatic system also absorbs and transports this fluid. In edema, either too much fluid moves from the blood vessels into the tissues, or not enough fluid moves from the tissues back into the blood vessels. This fluid imbalance can cause mild to severe swelling in one or more parts of the body.

Many ordinary factors can upset the balance of fluid in the body to cause edema, including:

Immobility. The leg muscles normally contract and compress blood vessels to promote blood flow with walking or running. When these muscles are not used, blood can collect in the veins, making it difficult for fluid to move from tissues back into the vessels.

Medications. Certain drugs, such as steroids, hormone replacements, nonsteroidal anti-inflammatory drugs (NSAIDs), and some blood pressure medications may affect how fast fluid leaves blood vessels.

Using the Exerciser 2000 Elite™ provides the proper elevation of the feet and the movement needed to help reduce inflammation and decrease pain associated with the effects of edema. Using the Exerciser 2000 Elite™ is one of the quickest ways we know to help the lymphatic system get rid of the excess liquid build up.

Edema Alleviated

After having a stroke, I could no longer exercise the way I used to. As a result, I developed edema. A friend of mine introduced me to the Exerciser 2000 Elite™. I loved it and I purchased one for myself. After using the machine daily for a few weeks, my symptoms of edema were completely gone. I now use the machine twice a day for 16 minutes each time on speed 3. What a wonderful way to exercise. –Robert M.

Exercise & Oxygen...Your health depends on it

Increasing the oxygen level in the blood is extremely important. All functions of the body are regulated by oxygen and must be replenished because 90% of our life energy depends on it. Oxygen energizes cells so they can regenerate. The body uses oxygen to metabolize food and to eliminate toxins and waste through oxidation. The brain needs oxygen each second to process information. In fact, all of the organs, in the human body, need a great deal of oxygen to function efficiently. The ability to

think, feel, move, eat, sleep and even talk all depends on generated energy from oxygen.

Exercise and Building Oxygen Surplus

Most exercises are anaerobic in nature. Strenuous exercises can create a state of oxygen debt, or a depletion of oxygen in the body, which means it is an anaerobic activity, not aerobic activity. People who engage in heavy competitive sports usually create an anaerobic condition. This is also true for a person who has a heavy workout in the gym. A body can go into a state of oxygen debt from which it takes time for the body to recover. Using the Exerciser 2000 Elite™ after your exercise routine will help increase the oxygen in the body, which allows your body to recover from oxygen debt more rapidly.

Walking, jogging, riding a bike or swimming, in moderation, can provide aerobic activity and will most likely record an increase in oxygen when measured by an oximeter. There is no substitute for exercise, however; the Exerciser 2000 Elite™ can definitely enhance one's exercise program. In addition to helping increase the oxygen in the body, it helps to limber up the spine and joints making it easier for you to exercise.

Eastern Medicine Brings Us Many Alternative Healing Practices

One premise of Eastern medicine is that a person can help heal thyself by sitting quietly and focusing on wellness instead of disease. Whether you call it meditation, prayer, or quiet solitude these practices seem to work for some individuals.

When combining the use of the Exerciser 2000 Elite™ and the quiet solitude of focusing on healing one's self, the results can be most rewarding.

To get the most out of each session, make your environment calm and peaceful. Many enjoy listening to calming music with low lighting in the room. If your room is cool, especially at floor level, cover up with a lightweight blanket that doesn't hinder your movement while using the machine. Many people use the machine three times a day - once in the morning to help get the kinks out, once in the afternoon to energize, and once in the evening to relax for a great night's sleep. It is a wellness tool that offers some of the best passive exercise in the comfort of your own home.

Nitric Oxide and Endorphins

Regular exercise can help the body produce and release nitric oxide and endorphins.

Scientists have long been familiar with nitric oxide as a component of car exhaust, cigarette smoke, and air pollution. In the late 1980's researchers discovered that human cells produce nitric oxide and use it to communicate with other cells. Abnormalities in the body's production of nitric oxide have been linked with high blood pressure, atherosclerosis, diabetes, impotence and stroke.

In the body, nitric oxide is generated through the action of enzyme systems called nitric oxide synthase. The enzyme uses a common amino acid, L-arginine, and converts it to nitric oxide. This process takes place in many cells and tissues. The nitric oxide then regulates many body functions including: blood pressure, respiration, blood clotting, bacterial killing, brain and sexual function. Blood vessels continuously generate small amounts of nitric oxide that cause the vessels to widen and greatly increase blood flow. By opening blood vessels and increasing blood flow, nitric oxide can also relieve impotence. At the same time, some of the nitric oxide interacts with blood platelets, the elements in the blood stream responsible for clotting. This causes the platelets to become less reactive and prevent their clotting of important blood vessels such as those feeding the brain or heart.

In the lung blood vessels, nitric oxide improves the amount of oxygen that the lungs deliver to the blood. An important part of the body's defenses against microbial invasion relies upon the production of nitric oxide. Nitric oxide is a major component of the body's policing against infections. The process of memory formation within the brain may also be nitric oxide dependent. Specific cells within the brain produce nitric oxide that can reinforce memory storage.

Regular exercise helps increase or enhance nitric oxide production in the body; and the more nitric oxide that is produced, the more protection you have against cardiovascular disease and many other diseases. Studies indicate the release of nitric oxide can also work as a natural anti-inflammatory, which can be beneficial for individuals who have problems with inflammation.

Regular exercise can also help the body to produce and release endorphins. Endorphins are a group of substances formed within the body and are normally released during exercise. They naturally relieve pain and work as a natural anti-depressant. Endorphins have a similar action as morphine and codeine without the side effects.

The Health Benefits of Drinking Water

Water is the second most important ingredient for the body after oxygen. Drinking a glass of water after your session is recommended to help flush toxins out of the system.

The health benefits of drinking water are many, including: a clear, healthy and vibrant complexion, regular bowel and urinary functions, healthier teeth and bones, and as an aid in weight loss. Drinking water is essential for life. We can live without many things including certain foods. However, without consuming adequate amounts of drinking water we will die in only a few days. Water makes up about two thirds of the human body. It is the main component of blood, urine, lymph, sweat, and digestive juices. We need water simply to function every day. Water produces energy, regulates body temperature, builds new cells, lubricates joints, and eliminates waste.

We lose water naturally every day from breathing, sweating, and eliminating waste. We also lose water every day as a result of exercise and/or environmental conditions such as humidity and heat. During the summer months, water loss is greater because perspiration, which is used to cool our bodies, evaporates faster in a hot environment. As it evaporates, our bodies produce more perspiration, using up more and more of the water in our bodies. When the water has been depleted, our bodies are not able to cool and we become over heated. Without water, blood pressure rises and the heart begins to malfunction causing the kidneys to shut down. This is very dangerous and can lead to death if not treated properly in time.

Because using the Exerciser 2000 Elite™ helps to move the lymph fluid, a person will most likely experience different forms of detoxification. Detox and cleansing is one of the most important functions that the human body performs. When most people decide to detox their body it is usually because they are sick and are having a problem recovering from a long term chronic illness. They are trying to clean out toxins that have accumulated over several years. There are many parts of the body that handle detoxification. The most common areas are the Liver, Lungs, Kidneys, Colon and Skin. Drinking water helps carry the toxins out of the body quicker and more efficiently.

Works on the Autonomic/ Unconscious Nervous System

The human body has two nervous systems called the somatic or *conscious* and the autonomic or *unconscious*.

The ***somatic or conscious*** nervous system is what we control. It is what lets us direct activities in our daily lives. We walk, brush our teeth, and exercise, etc, as per our command.

The ***autonomic or unconscious*** nervous system controls all of our body functions that we do not have any control over, such as, digestion, pumping of blood, oxygen utilization, etc. This system consists of two parts, sympathetic and parasympathetic.

The sympathetic is what allows us to do many things in life. It is the fight or flight adrenaline trigger. It moves the blood around the body to the degree that we need it in an emergency situation. The parasympathetic is a calming mechanism, which helps to balance the effects from the sympathetic. These sympathetic and parasympathetic components in the unconscious nervous system need to be balanced in order for a person to have good health.

Exercise Brings Balance

Many people lack balance in their life. Stress is the number one cause for imbalance of the autonomic nervous system. The pressures of daily living can create a situation where the parasympathetic does not function properly. Most people have a hard time managing their stress levels. Many people cannot unwind and relax before they go to sleep. Insomnia is a major health concern for more and more people. Exercise is important in helping to bring balance in the autonomic nervous system. The Exerciser 2000 Elite™ has helped many long time insomniacs to start sleeping peacefully after only a few days of use.

Relaxing and Unwinding Before Bed

When using the machine before going to bed, do everything you have to do first, and then make sure the room where you use your machine is an ideal environment for relaxing and letting go. Set the timer to your desired setting, breathe in deep, exhale slowly and let the cares of the day flow away. When the session is finished, go directly to bed, if you haven't already fallen asleep. This experience is very relaxing.

Energizing in the Morning

The opposite unbalance can also be present in the morning. There are people who just can't seem to get going in the morning. They feel sluggish and waking up is hard for them. . . .the sympathetic nervous system doesn't seem to function properly. Many people have reported, when using the machine first thing in the morning, it helps to give them the energy they need to go through the day.

Using the Exerciser 2000 Elite™

Place the machine on a carpeted area with the back of the machine facing toward the direction you will be lying. Lie down on your back and place your ankles on the ankle rest.

Press the power button to turn unit on. The digital timer should show number 2. The speed indicator will be on number 1. Press the speed button to select the desired speed 1 through 5. Press timer button to select desired amount of time from 2 minutes up to 16 minutes.

NOTE: When the machine first comes on, it will gradually increase speed until the selected speed is reached, regardless of which speed is selected. When you select a different speed during your session, the machine will gradually increase or decrease until the newly selected speed is reached.

When the machine shuts off, place your legs on the floor and remain lying down for approximately 2 minutes. After the 2 minute rest period, roll to one side and get up slowly. Drinking a glass of water after your session is recommended.

When you feel comfortable with a 16 minute session, you may want to start working on your second 16 minute session. At your discretion, you may work up to two or more sessions per day. Some individuals work up to 3 or more 16 minute sessions per day.

Placing pillows under the knees may help alleviate discomfort in the knees when first using the machine. Discomfort is normally caused from the legs being over extended and normally goes away after a few sessions.

Alternate Uses

The machine can be used on a bed; however, it is recommended that a 3' wide by 2' long (approximately 3/8" thick) piece of plywood be placed under the machine, at the foot of the bed. Without using a board, the

softness of the mattress will cause the machine to rock back and forth; thus, minimizing the benefits. Individuals who have a soft mattress may want to place a 4' wide x 6' long (approx. 3/8" thick) piece of plywood on top of the mattress so the mattress will not absorb the body movement. A blanket or quilt may be placed over the board for comfort.

Individuals confined to a wheelchair may also benefit from the machine. Instead of lying down and placing the ankles on the ankle rest, simply place the machine on the floor in front of the chair. Place the soles of the feet on the machine and select the desired speed and time. By using the machine in this manner you will not experience upper body movement; however, you will still benefit from the leg movement.

As an alternative, there is a specially built table to accommodate the Exerciser 2000 Elite™ for those who find it difficult to get up and down from the floor. These tables are available for purchase through Clark Enterprises by calling 1-800-748-7172.

Pre-Programmed Settings

Please note, the pre-programmed settings should only be used after you have comfortably worked up to a 16 minute session on speed 3.

To activate the pre-programmed settings, select the “Prog” button. By pressing the “Prog” button once the red LED will indicate “P1” meaning Program 1 is activated. Program 1 is for relaxation. On Program 1, the machine starts on speed 1 and automatically advances to the next speed approximately every 1 minute and 45 seconds until it reaches speed 5. After running on speed 5 approximately 1 minute and 45 seconds, it will automatically step down through the speeds approximately every 1 minute and 45 seconds and then shuts off after running approximately 1 minute and 45 seconds on speed 1.

By pressing the “Prog” button twice the red LED will indicate “P2” meaning Program 2 is activated. Program 2 is for energizing. On Program 2, the machine starts on speed 1 and automatically advances to the next speed approximately every 3 minutes and 10 seconds until it reaches speed 5. After running on speed 5 approximately 3 minutes and 10 seconds, the machine will shut off.

Experiment With Different Positions

Arm Positions

While using the machine, extend arms up over the head placing them on the floor if possible. This helps to stretch the low back, upper back, and shoulder muscles and will increase shoulder mobility. We find this really is a comfortable position for reducing stress.

Put your hands under the base of your head. Your arms will be in a butterfly position. This position can be beneficial in helping to relieve headaches.

Put your right hand on your left shoulder and your left hand on your right shoulder. Turn neck to the left for a few minutes and then to the right. This seems to work the neck, upper back and shoulders.

Put arms down along the sides of your body. This position works the entire body.

Leg Positions

Start with ankles in the cradle. If one foot is moving more than the other, bring big toes close together and then relax. Both feet should be moving simultaneously.

To slow down movement of your knees, move further down with lower calves in the cradle.

To stimulate hips, there are two movements.

1. Place your big toes together and hold them in that position for a short while, then relax your feet.
2. Place the right foot on top of the left foot while the machine is running. After approximately one minute place the left foot on top of the right foot. This procedure may be repeated several times during your session.

Stomach Position

Lie on your stomach, instead of your back, and place the tops of the feet in the ankle cradle. Using the machine in this position helps to gently massage the internal organs and intestinal tract. Several people have told us this procedure helps relieve constipation.

Exercises For the Physically Fit

Using the #5 speed, place ankles in the cradle, place your hands behind your head and lift your head and shoulders as if you were going to do a sit up. Hold this position for a few seconds; breathe deeply, lie back down and repeat this as many times as desired. Feel your stomach muscles tighten.

Temporary Pillow Support

The ideal way to use the Exerciser 2000 Elite™ is on the floor or on the Exerciser 2000 Elite™ table with no pillows. A pillow can be used under the neck if it is difficult for a person to place his/her head directly on the floor. The knees can also be supported with a pillow if they are uncomfortable. Please keep in mind, the use of pillows may restrict the body's movement.

Who Should Not Use The Exerciser 2000 Elite™?

Many pregnant women have used the Exerciser 2000 Elite™ to help relieve back pain and to help eliminate swelling in the legs. However, it is not recommended to use the machine during the first trimester. If your doctor has indicated you should not exercise due to complications, you should not use the Exerciser 2000 Elite™.

The machine should not be used when body trauma or open wounds are present, or by somebody who recently has had some form of surgery or recent fracture. Individuals who have had recent surgery can use the Exerciser 2000 Elite™ once the doctor has released them to do normal exercise and activity. If you have any reason to question the use of the machine in regards to a specific health challenge you may have, take the literature to your doctor and ask if there is any reason why you should not use the machine.

Features

The Exerciser 2000 Elite™ is equipped with a digital handheld controller which includes the following features:

- **Speed**—Push to select speeds 1 through 5 (120–160 swings per minute)

- Digital Timer Readout

- **Power**—Push to turn the machine on or off.

- **Program**—Push to select 2 pre-programmed settings*:

- Program 1 (P1) is for relaxation
- Program 2 (P2) is for energizing

- Speed Indicator Lights

- **Timer**—Push to select the desired time in 2 minute increments up to 16 minutes

- Hand crafted, cushioned ankle rest for added comfort

***It is not recommended to use Program 1 or Program 2 until after you have comfortably worked up to a 16 minute session on speed 3.**

- 3-prong power cord

- Sleek, attractive cabinet design

- Large handle for easier transporting

What People Are Saying About the Exerciser 2000 Elite™ ...

Almost 84 and feeling better.

The Exerciser 2000 Elite is just SUPER! I cannot tell you how much I enjoy my relaxing sessions, 3 times a day. I am almost 84 years old and so many parts of my poor, old hardworking body are crying out for relief – your Exerciser 2000 Elite has answered my prayers. The minute the machine turns off, I lie very still and a wonderful sensation sweeps up my entire body – like I am about to levitate. When I get up, I feel like I am back in the fast lane. I am so glad I decided to splurge and buy your magical, magnificent machine.

—Irene R.

World War II Veteran with health problems

I am a World War II Veteran with a basket of health problems. I saw your ad in the VFW magazine, came to your showroom and, after a brief demonstration, I bought one on the spot. After using the machine for 30 days I had worked up to 16 minutes, 3 times a day on Program 2. I had headaches, high blood pressure, arthritis, joint pain, back pain, stiff muscles, cold feet and breathing problems. I have improved all of these problems and I am so happy that I can go to bed at night with warm feet. My mail box is 150 feet from my house and I used to have to stop and rest two times on a trip to get the mail. Yesterday, I made the round trip non-stop. I am so happy that I found some relief for some of my health problems. At 86 years old, I know that I am a very lucky man. Our son, was over the other day and tried the Exerciser 2000 Elite and says he just has to get him one! We thank you great people at Clark Enterprises. I am very happy for the help of my new Exerciser 2000 Elite. It's Great!

—Hugh L.

I was skeptical at first

I purchased the Exerciser 2000 Elite approximately a month ago. I have Spinal Stenosis of the Lumbar and Cervical spine. I was going in the hospital approximately two or three times a year and getting Epidurals under total anesthesia. I have been on a pain management program for approximately 6 months taking different pain medications. I also have severe Osteoarthritis and take Aleve™ for the inflammation. Since using the Exerciser 2000 Elite I have completely stopped the pain medications. My pain has diminished considerably. I also had ice cold feet and could not get them warm in anyway while in bed. Since using this machine my feet are toasty warm. Also, I have been doing the Program 1 before retiring and I sleep like a baby. My attitude and just over all feeling has changed and I know it is because I feel better. I was very skeptical at first and felt we could not afford to put that kind of money out. Well, if things continue the way they have been going, this machine will pay for itself just in what I pay for medication. I feel the machine will continue to help in more ways than one and would highly recommend it to anyone who wants to feel better. Thank you Clark Enterprises for making this product available to the public. I only hope that more people will give it a try.

—Carol M.

New energetic feeling

I can't tell you how pleased I am with the Exerciser 2000 Elite. I have had my machine for a little over a month and a half and seem to be getting stronger every day. To start with, I could not even get up off the floor without dragging myself up by a chair, now I can get up all by myself. I can also go up and down the basement steps much easier, which before I had to lead with my left leg and go slow. I am now using Program 1 before bed and Program 2 in the morning for energy. This new energetic feeling will be perfect next Spring when I want to get outside in my flower beds. Thank you very much.

—Carol P.

Lower blood pressure after 4 months

I received my Exerciser 2000 Elite in May 2006. The first 4 months I didn't notice much difference. After using the machine for 5 or 6 months, I started monitoring improvements. I believe the reason it took so long to notice anything is because I was only using it once a day instead of twice a day. Now for the benefits I have received...my toes are not numb anymore. My lower back has improved about 70%. My blood pressure has dropped

from 140/70 to 122/60 and I am not quite as tired as I used to be. My breathing is also a lot deeper. I will use this machine until I drop.
—Tony S.

Referred by a friend

My friend phoned me and said I should look in the American Legion magazine for an advertisement that he was extremely interested in. It was your Exerciser 2000 Elite. In just a few days, my friend ordered one and was extremely impressed with the results. A few days later I also ordered one and my wife and I have been very, very impressed with the almost immediate results. Everything you say in your advertisement is certainly true. At the age of 86, I suffer from diabetes and very achy knees with almost bone on bone. The Exerciser 2000 Elite has already helped the constant numbness in my feet and I actually screamed out in pain whenever I would take a step with my walker.

My wife suffers from Fibromyalgia and perhaps post-polio syndrome along with a circulation problem and she has already seen improved results. Several years ago my wife had operations on both knees at the same time. Consequently, to get up and down off the floor is difficult. We took your suggestion and put a piece of plywood on a bed and that is the answer for anyone who cannot maneuver up and down from the floor.

Your product is the greatest thing since the riding lawnmower. When a person is 21, you never give any thought to purchasing a riding lawnmower. You wait until you are 55 or older. All those years you could have had the luxury of mowing with ease. The same is true about your Exerciser 2000 Elite. A person should purchase one at an early age and enjoy all the health improvements you notice immediately.

—Wallace M.

65th birthday present

A few months ago I was reading my National News magazine from The American Legion and came across your ad for the Exerciser 2000 Elite. I found the ad to be very interesting but thought about it for quite a while before deciding whether or not I wanted to make this type of investment. I finally decided to go ahead and order your Exerciser 2000 Elite, as a 65th birthday present to myself. I must tell you, this is the best investment I ever made, one that absolutely benefits my health.

For years, I would have trouble with swelling in my left leg, even in my younger years of 20's and 30's and lasted into my 60's. I have been

using the machine for the past six months and noticed right away that the swelling problem has subsided starting with the first month of use.

My blood pressure has been elevated for the past 9 years and even with medication it hardly moved from 140/90 and sometimes higher if I became ill with a cold, etc.

After six short months of use my blood pressure is now 120/82 and I do not get winded going up steps anymore. I used to huff and puff like it was going to be my last breath and I could hardly speak for a few minutes plus I would have this severe pounding in my chest. All I could hear was this ba-boom, ba-boom coming up into my ears from my chest. Not anymore. I am really feeling good about myself these days and still working a full time job! Thank you for your fabulous machine.

—Judith K.

Thanks for the referral check

Well, we certainly got a pleasant surprise the other day when we opened your letter and found a check as well as such a nice note from you. Thank you so very much for the referral money that we received as a result of our friends mentioning our name when they ordered.

We found it so nice to talk with you folks on the phone, and have been SO pleased with the Exerciser 2000 Elite that we purchased from you. As a matter of fact, when my husband, Jim, cannot sleep at night, he gets on what we call “the machine” and sets the timer. When its done (if he’s not already asleep there on the floor) he gets back in bed and falls asleep right away. He usually gets on it twice a day, sometimes 3 times a day.

Thank you again for your fine products and also for the very much appreciated check.

—Joanna K.

Back Pain & Arthritis Relief

Since I bought the Exerciser 2000™ Elite it has really helped my back pain and arthritis. I was so satisfied with it I decided to order the Kneading Roller 2000 Elite reflexology machine for my feet. Now I have my own “mini-gym” to use at my discretion and don’t have to “get dressed to go out” to a local gym somewhere which saves me time as well as money – no club membership fees and no gas money to get there. Now that’s a big plus! I’m pleased with my machines and I’ve had them less than a month. What a great investment in my health!

—Genelle M.

Relief From Neuropathy

I am so happy my daughter talked me into trying the Exerciser 2000 Elite that was being demonstrated at the Cottonwood Mall here in Albuquerque, NM. I have had neuropathy in my feet and lower parts of my legs for over 7 years. My feet are numb all of the time which makes it very hard for me to walk without my walker. After using the machine at the mall for about 4 minutes, I noticed some sort of tingling in my feet. We decided to walk around for a while afterwards and 30 minutes later we stopped back to try the machine again. This time I went for 6 minutes. Again, I noticed the same tingling sensation as before only this time it was more intense. To make a long story short, my daughter decided to purchase the Exerciser 2000 Elite for me. After using the machine every day for a little over 2 months, I now have feeling in both my feet and I am able to go to the mall with my daughter and leave my walker at home. I am so thankful my daughter bought this wonderful machine for me.

—Maria G.

Sciatica Pain Relief

I saw your ad for the Exerciser 2000 Elite in the Elks magazine for several months. The information in the ad almost sounded “too good to be true”. With your no risk money back guarantee I figured I had nothing to lose so I purchased the machine...and boy, am I glad I did! I am 75 years old and suffer from sciatica, which makes my back and legs tighten up and causes numbness. I was taking 8-10 Aleve™ every day for relief. After using the machine for only 4 minutes, I noticed my lower back loosening up. Since I have been using the machine I have not taken any pain pills and have been pain free. My sciatica is not giving me problems anymore and my body stays loosened up. My wife and I went to a restaurant the other day and we had to wait in line for about an hour. I was able to stand there without any pain! I have also had a snoring problem for quite sometime, however, since using the machine my snoring has subsided. My wife is so excited!

I cannot tell you how much this machine has turned my life around. The Exerciser 2000 Elite is the greatest thing since sliced bread! I am going to tell everyone I know about it.

—C. Cummings

62 year young hairdresser

I ordered my Exerciser 2000 Elite on a Monday and received it on a Wednesday. WOW! What Service! I started using it that day...2 times a day

for 2 minutes each session for about 2 weeks. I am up to 16 minutes for 2-3 sessions each day.

I cannot describe what this machine has done for me. I can now say my back is much better and my knees are better. Before using the Exerciser 2000 I could not stand very long without holding onto something and my walking was painful. I have been a hairdresser 40+ years. I am 62 years old and I can do more work now than in the past 2 years. I can do my housework easier. Climbing up and down on step stools was risky before, but now it's not a problem. THANK YOU! THANK YOU!

—P. Smith

Back Pain Relief

My wife and I both use the Exerciser 2000 and are extremely pleased with it and the results obtained. Up until recently, we had been going to a school where they were teaching young adults to become massage therapists, however, the school had to close down for various reasons. I had been seeing your magazine ad for this machine for quite some time and finally decided to try it.

What a wonderful discovery! I suffer from a combination of Gout, Diabetes and lower back problems. My wife has problems with her neck, right shoulder and upper back. I won't say that this machine is a cure-all, but comes very close. I use it three times a day and she uses it twice a day. It would be difficult to describe the changes it has brought us. Suffice it to say that, for us, it is an answer to a prayer. If someone is contemplating a purchase, don't wait. You will never be sure how much it does help in so many ways, until you try it. You will not be disappointed.

Thank you so much for providing to us the means to relieve a lot of pain and enjoy life again.

—D. Dinkel

Leg Pain Relief

I received my Exerciser 2000 Elite today, I tried it as recommend for 8 minutes and it's unbelievable! I felt a difference in the way my legs felt. I am 71 years old and still work 8 hours a day as a safety specialist which requires me to do a lot of walking. If what I have felt in one 8 minute session is just the beginning, I am really looking forward to using this machine every day for the rest of my life.

—D. Garner

Osteoporosis

In 1994 or 1995 I was diagnosed with severe osteoporosis and in the danger zone. I broke my ankle, way too easily in 1995. I refused taking estrogen and felt it was too dangerous with side effects. For a while I used progesterone and did not continue it faithfully. No regular treatments or exercises.

The last couple of winters, I had 2-3 hard falls on the ice hurting my joints and muscles-never broke a bone to my surprise! In fact, the last fall hurt my right knee joint and twisted the muscles above and below the knee. I limped a few days, got back on my Exerciser 2000 Elite and soon the injury healed nicely. WOW!

Last week, I took advantage of the free osteoporosis test as I was curious how my bone density was. The test result was so marginally small, it is not called osteoporosis. I was delighted to see such great results. The Exerciser 2000 Elite is truly a miracle machine. I use this machine instead of physical exercise for my osteoporosis.

—Jan H.

Relief from Edema and much more

Since we received our Exerciser 2000 Elite the edema in my legs and hands is gone. I can see my ankles and my wedding band is no longer tight.

I have had numbness in my right toes for sometime now due to my high blood sugar condition. It was gone in 3 weeks after using the machine 3 times each day.

I wake up in the morning with more energy than I have had since I was a young person. Not bad considering I work two jobs with over 70 hours a week.

I had knee surgery in January of 2001 and had to take a desk job due to slow healing, swelling and pain. Now the pain is almost gone from the knee and the swelling is greatly reduced since using the Exerciser 2000 Elite.

The most interesting pain was in my shoulder. I injured it at work mowing grass almost 5 years ago. I just waited for it to get better, but it didn't. I couldn't raise my arm above my head without a great deal of pain. Well, three 16 minute sessions per day, on the Exerciser 2000 Elite and it is gone! I can raise my arm above my head with no pain at all. I also had popping in my neck, which is gone. I'm also no longer bothered with loud snoring which helps me sleep, plus having more oxygen in the blood during sleep helps with a great nights sleep. Thank you for the Exerciser 2000 Elite.

—Claudia H.

Knee Pain Relief and much more

We recently received our Exerciser 2000 Elite and the miracles started happening.

In September of 2000, I took early retirement as a HVAC mechanic from Jefferson County Schools because my doctor told me the next time I had an injury I would have to have knee replacement surgery. A great deal of my work was either on my knees or on a ladder with a heavy tool pouch on. Both knees gave me a lot of pain, but now it is gone. The real test was when it was time to get the extension ladder and get the rain gutters on the house cleaned out again. For the first time in years, my knees didn't hurt going up and down the ladder. When I got up the next morning I had no pain at all. I've had edema in my legs and ankles for about 20 years and I noticed an improvement after one week. Now it's almost gone.

I have also quit taking my gout meds. I don't think I need them anymore and this winter was a bad one for gout (not the weather...but the holiday food).

I have had varicose veins below my right knee ever since I was a kid, checking out groceries all day for Safeway. I recently noticed the veins aren't bulging out anymore.

My asthma and sleep apnea are also both much better. I feel alive again, and don't nap much anymore. I guess this machine helps just about everything. Too bad it doesn't fix teeth! Life is good!

—David H.

Over All Well-Being

Thank you for offering this wonderful machine, I am so amazed with the results I have experienced. After only 2 months the ugly veins on my legs disappeared and years of fatigue vanished. After spending thousands of dollars on treatments with no avail, I can't believe this machine has done so much for me.

Not only do I get the luxury of youthful energy, but also the sweetest and deepest sleep. I can't remember the last time I felt this way. The feeling of well-being is so precious.

I am positively looking forward to using my Exerciser 2000 Elite 2 to 3 times a day for the rest of my life. It is unbelievable how fast I experienced the results. Thank you for your generosity and for being the bridge builders to well-being.

—Rose B.

Increased Endurance

I first became acquainted with the Exerciser 2000 Elite through the Saturday Evening Post magazine, as I am always on the lookout for anything that might improve my racquetball game plus it had a thirty day return policy (how could I go wrong). After using it for a week, I was so impressed that I ordered two more machines as gifts for my son and daughter, who are both adults. I am in excellent health and played one to one racquetball two or three times a week, in half hour sessions. At the end of each session I would be thoroughly exhausted and feel that I had gotten a great workout. After using the Exerciser 2000 Elite for two or three weeks, I found that my racquetball sessions were becoming longer and longer and without the feeling of exhaustion. Now my regular sessions are from two and a half to three hours long and I feel great.

I owe it all to the Exerciser 2000 Elite, in fact, I wouldn't sell it back for double what I paid for it. My regular opponents are 39, 49 and 54 and they wonder what is going on, as I will be 79 in April and am at the top of my game. Thanks for making such a wonderful machine.

—Dick S.

Wonderful results for a lady with MS

I have had MS for over 33 years and been in a wheelchair for the past 18 years. After a routine check up my neurologist noted that since I have been using the Exerciser 2000 Elite for the past 4 months, I am stronger; my speech is better and my mind is clearer.

I started slowly (very important) with speed #1, and then slowly worked up until now I use my favorite speed #5. I, also, started with 6 minutes and worked slowly up to what I do today, which is 32 minutes, twice a day. It really loosens me up and makes me more limber. I am doing so much better using my walker and my balance is much better.

I used to use the machine on the floor; however, I find it much more comfortable using it on the new Exerciser 2000 Elite table that I purchased a few months ago. I can do so many more things since I started using the Exerciser 2000 Elite . For instance, I would do the laundry and then my aide would fold and put away the clothes. Now, I'm doing the whole thing.

Plus, I put my dishes away and am doing most of my own housework. Now my aides are here mainly to take me places.

I recently traded my original Exerciser 2000™ for the new Exerciser 2000 Elite model. I just love this new machine... especially the pre-programmed settings.

I continue to share the Exerciser 2000 Elite with a lot of my MS support group and they now have wonderful stories to tell, as well.

—Judith R.

Sleep Apnea

I had suffered with sleep apnea for many years and had been taking drugs for it. The end result was waking everyday with a total feeling of lethargy. After a sleep study had been done, I was told I would have to use a breathing apparatus. In the meantime, I was introduced to the Exerciser 2000 Elite and decided to purchase one.

To start with, I used it for just 4 minutes, three times a day on speed #3. Within two weeks I was using it three times a day for ten minutes each session. I was sleeping more deeply and restfully than ever before and I even stopped taking the drugs.

Today, over a year later, I am using the Exerciser 2000 Elite twice a day for 16 minutes each session. My wife no longer complains about my snoring, which has all but abated. I feel great and no longer have problems sleeping.

—David B.

Sexual Dysfunction

I tried this wonderful machine while attending a trade show in the Kansas City area. I had been walking through the show for quite some time and my lower back and hips were starting to bother me. I am somewhat overweight, which doesn't help my hip problem. The gentleman at the show was giving 4 minute demonstrations and I didn't figure I had anything to lose and besides I could lie down for 4 minutes and take a load off my feet. When the machine shut off after 4 minutes, I felt a tingling sensation in my legs. I was amazed how good my low back and hips felt. My husband and I decided to buy the machine and give it a try since it had a money back guarantee. After having the machine for a little over a week my husband decided to try it since I kept going on about how good it made me feel. While my husband was using the machine he told me there was "something funny going on". "I am having somewhat of a tingling sensation, but it is not in my legs", he said. My husband is 76 and I am 68. My husband's sex drive has diminished over the past 8-9 years. As of this writing, we both

have been using the machine for a month and a half. My husband is acting like he is in his 50's....I don't need to go into anymore detail!!! Thank you for this wonderful machine.

—Gladys R.

Lower Back Pain Relief

I have chronic low back pain that started when I was in the Navy. I have been told to do back exercises. My back would hurt the worst in the morning. The first time I tried Exerciser 2000 Elite, the next morning my back pain was gone and I couldn't believe it. I now use it morning and night along with my family who has seen numerous benefits, as well. We keep it in the living room so we never forget to use it. I almost forgot, I also have lots more energy.

—G. Frecht

Diabetics

I am in my late 80's and have diabetes. The first thing I noticed when I started using my Exerciser 2000 Elite was that my feet were warm when I went to bed. They were always ice cold before. Because one of my problems is poor circulation, I use the machine three times a day for 10 minutes each; in the morning, late afternoon and just before bed. I almost forgot to mention that I have not been able to lift my arms above my head. Now I can do it. You think that's no big deal until you can't do it anymore. Thanks for a wonderful machine.

—Ralph K.

Depression

A man in his thirties who did not want his name mentioned has suffered from depression for many years. Many times he would feel suicidal for no apparent reason. Since using his machine daily, he reports that his feelings of suicide don't seem to be present and that he has a much better outlook on life. Could this be due to the release of endorphins in the body while using the machine?

Gym Membership vs Cost of Exerciser 2000 Elite

I have had my machine for over 7 years. The membership at my local gym is \$446 per year and the savings of Exerciser 2000 Elite for the 7 years that I have had the machine is: 7 times \$446 = \$3122. This is equivalent to the cost of 10 machines.

I chose the Exerciser 2000 Elite over the gym membership because I could exercise at any time that I wanted and not have to travel anyplace to

do it. My back does not hurt anymore and I am as limber as I was when I was a teen. I travel a great deal and the luggage is very heavy and without this machine I could not keep on doing the traveling or lifting.

My son and I did a 28-day walk through Australia and I was able to keep up with him. He was amazed at how limber I was and we backpacked the whole time.

I feel I cannot live without my machine and I challenge people to get one and see the difference in their ability to move and breathe better. By the way, I have been on this planet for 57 years, but because of this machine I am staying young.

Thank you.

—Polly C.

A Brief Explanation from a Chiropractor

The Exerciser 2000 Elite stimulates the spinal column through a rhythmic serpentine motion. While the spine is moving, the surrounding soft tissue is also moving. This musculature and ligamentous tissue is also being stretched, in which increased flexibility is gained. There is also a benefit of motion within all the tissues of the body, including, the myofascial tissues of the abdomen and chest. As these tissues are moved, we find that the circulation has increased, and especially in the lymphatic tissues, we see circulation that is increased dramatically, as these tissues require motion to function, as they are not under pressure like the arterial and venous systems.

The use of the Exerciser 2000 Elite, in the office, can be billed to various insurance providers under various billing reimbursement codes such as: 97112 for neuromuscular reeducation, 97250 for myofascial release, 97110 for therapeutic passive exercise, 97265 for joint mobilization, 97140 mechanical therapy techniques and 97530 for therapeutic activities. E0935 can be used for selling a machine to a patient under Durable Medical Equipment (DME) as a Passive Motion Exercise Device.

In conclusion, the Exerciser 2000 Elite fits very well into the vitalistic philosophy. It enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and additionally freeing up a spine that has become stiff and arthritic.

This machine assists and helps people maintain health and function throughout their lifetime.

—Garry G., D.C.

Living with Cerebral Palsy

Thank you, thank you, thank you. I am 63 this year and have been living with a birth injury. I guess now you would call it cerebral palsy. It affected the right side of my body. It caused stiffness and has affected my balance as I have aged. Using the Exerciser 2000 Elite has changed my life in so many ways. I now have the flexibility to do tasks that used to be so difficult. It has taken me since July to realize that I owe it all to this miracle machine, also called my shimmy-shaker. It's the reason I rise in the morning and sleep peacefully at night.

You need to hear these testimonies so you know how much you have changed my life and the lives of others. I am brand new and enjoying the rest of my life with hope and happiness.

—Sharon A.



I love using the Exerciser 2000™ Elite after my morning workout.

It is an excellent way to cool down and it helps to start my day off right.

DEANNA C., KANSAS

After using the Exerciser 2000™ Elite twice a day for one week

the swelling in my ankles went away. It has also helped my breathing, as I can get out and walk without having to stop and catch my breath! Thank you.

SHIRLEY H., FLORIDA

“I have had constipation problems for over 25 years. Since I have been using the Exerciser 2000™ Elite I have been regular every day and have begun to lose weight. This is truly a blessing and is so easy to use.” JEANNIE

After suffering from IBS for over a year

I purchased the Exerciser 2000™ Elite in hopes to help my problem. After using the machine for 30 days I lost 17 pounds and am no longer bothered by IBS. I love my Exerciser 2000™ Elite—it has changed my life!

KEITH J., MISSOURI

I use the Exerciser 2000™ Elite during the day when my energy level starts to drop.

After 15 minutes on the machine I am fully rejuvenated and ready to go again!

I no longer have to rely on my afternoon espresso to get me through the day thanks to the Exerciser 2000™ Elite.

LINDA T., MASS.

\$3.95 U.S.