

Letters from Exerciser Users

Thank you for your efforts in providing reasonably priced commercial grade health related products, specifically the Exerciser and the Kneading Fingers 2000.

I have found both machines to be extremely beneficial in helping people to maintain a higher level of function.

The Exerciser 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 stretched and increased flexibility is gained. This motion benefits all the tissues of the body including the myofascial tissues of the abdomen and chest. As these tissues are moved blood circulation is increased, and lymphatic circulation is increased dramatically as these tissues require motion to function since they are not under pressure like the arterial and venous system.

The Exerciser is a neuromuscular reeducation and thus can be billed in the office under neuromuscular reeducation or myofascial release.

In conclusion, I would like to say that the Exerciser 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 freeing up a spine that has become stiff and arthritic.

Garry D. Gorsuch, D.C.



My husband was operated on 22 years ago. He had seven vertebrae fused and has arthritis throughout his body. He has muscle spasms in his back and shoulders and has been unable to exercise. I purchased the Exerciser December 21, 1999. I had trouble getting my husband to use it at first. Then, after a while, I couldn't keep him away from it. After using the Exerciser for a little over two weeks, his body is much more flexible and it has helped him tremendously with his pain. My husband now calls the Exerciser his "well being machine". Thank God we found the Exerciser!!

Barbara Ann Blagg

I've been using the Exerciser for 2 months and I love it! I primarily purchased it to improve my circulation. I am a senior, 74 years of age. I had two hip replacements in 1989 and consequently have had to sleep on my back all night long. Needless to say, my lower back is quite stiff when I awaken in the morning. But after using my Exerciser, the stiffness is completely gone!

One thing I have experienced is that the Exerciser causes me to breathe deeply while I am using it. I find the gentle movement to be very relaxing, yet at the same time it stimulates creative ideas for pieces I am writing! I've also enjoyed greater energy, improved circulation and elimination.

On those days when I can't take my walks for one reason or another, the Exerciser gives me the benefit of a long walk due to the rhythmic rocking motion and deep breathing, which helps to oxygenate my blood. I know it is helping to keep my immune and lymphatic systems strong and that is comforting, especially with the winter months coming and in light of our country's recent traumatic events.

I'm telling all my friends and family about it because I think everyone can benefit so much from using it on a regular basis. I like to call it my little "Wellness Machine" because it really is just that! Thank you so much for introducing me to the Exerciser!

Beverly J. Thomas



You have the best of the best, believe me. I'm sleeping better than ever and lowering my medication to do so, my digestion has improved, and my mood has improved. I think at least some of this improvement is due to the machine. Oh, and I'm not getting sick although people around me are and I'm usually one of the first to drop.

Ellen Davidson

I have had chronic neck and back pain and sciatica for 20+ years, which was finally diagnosed as Fibromyalgia and Chronic Myofascial Pain Syndrome resulting from long ago injuries. Although I was once a triathlete, in recent years I have been unable to exercise because of these debilitating conditions, which caused my muscles to go into painful spasms with any type of repetitive voluntary contraction. I was in a 'Catch-22' situation: I knew I needed to get movement, circulation and oxygenation into my muscles to get better, but it was so painful to move that I couldn't even perform the very gentlest of my prescribed physical therapy exercises without aggravating my condition.

Since the Exerciser produces passive rather than voluntary movement, I am now able to get the benefits of exercise WITHOUT the painful muscle spasms flaring up! I've been using the Exerciser for just over three months now and I am experiencing LASTING pain relief! Only 4 months ago I could hardly walk around the block without pain down my leg. Now I'm able to walk and even hike again without pain! The Exerciser has truly provided a miraculous healing for me and given me my life back! After experiencing relief in such a short time, I am convinced it is an extraordinary therapeutic device that can help many people, and I decided to become an Independent Affiliate for Clark Enterprises.

Using the Exerciser is very similar to physical therapy or massage therapy. I believe the key to my quick recovery was the ability to provide therapy for myself at home on a regular basis between chiropractic and/or massage therapy treatments. The Exerciser is an excellent modality to use in between appointments because it helps my body hold adjustments longer since it relaxes muscle spasms and strengthens the paraspinal muscles. I use the Exerciser 3-4 times a day, and since it feels so good I look forward to each and every session. The ability to get movement and circulation into my stiff muscles at such a frequent rate was the missing link I needed to get better. Although I was using it in conjunction with other therapies, I believe it was the Exerciser that finally provided lasting pain relief for me because I wasn't experiencing permanent alleviation of my chronic pain and fatigue until I added its frequent use into the equation. Although at first it seemed like a lot of money up front, comparing the cost of the Exerciser to the cost of massage several times daily made me realize the incredible economy of the Exerciser, and it has already paid for itself many times over!

The Exerciser has been the best investment in my health that I have ever made. Unlike other exercise equipment I've purchased in the past, it is not collecting dust in a closet somewhere! Not only is it relieving my back pain and sciatica, it's so relaxing that it helps me fall asleep at night and helps me to cope with day to day stress.

It's really a wonderful stress management tool as well as a therapeutic exerciser. Some of the other benefits I've enjoyed include improved sleep, circulation, digestion and elimination, muscle toning, tremendously increased energy and a much more positive state of mind!

Without a doubt, I believe the Exerciser belongs in every home. Even those who don't have back pain and are still able to exercise can benefit. For example, my husband is an avid bicyclist and finds that using the Exerciser after a long bike ride greatly reduces his muscle recovery time by speeding up the removal of lactic acid from his system. He is thrilled to have found something to give him that extra edge as a competitive athlete!

I would like to thank you from the bottom of my heart for the Exerciser. It is my genuine hope that more and more people will discover the Exerciser and reap its benefits as I have!

J. Christensen



I am an avid bicyclist and I love having the Exerciser available to use after my training workouts as well as after races. Using it helps to flush the lactic acid from my muscles so my muscles recover more quickly and I'm not sore the next day.

The Exerciser also helped me to recover from a back sprain after I was in an automobile accident recently. I used it regularly in between a few chiropractic and massage therapy appointments and I truly believe it helped to break up the muscle spasms and speed my recovery. I was back on my bike within just a couple of weeks!

I would highly recommend the Exerciser for athletes of any kind. I think any athlete would agree that it's great to have something that gives you a competitive edge!

Andrew W. Christensen



I have had constipation problems for over 25 years, due to an operation where I had part of my lower bowels removed. Since I have been using the Machine I have been regular every day and have begun to lose weight and my body is toning up. This is truly a blessing and it is so easy to use.

Jeannie F.

Having a leg injury at 10 years old on a teeter-totter, I have first hand experience with this exercise machine. I used it 5 minutes the first day, 10 minutes the 2nd & 3rd day. After the third use, the numb spot on the inside of my left calf woke up. It had been numb for 33 years! Having had leg pain for the first 5 years of standing around my massage table & going to Doctors for help, I am so VERY THANKFUL for finding this wonderful machine. I now use it every night before I go to bed & it opens all the blocks I made that day, standing on a cement floor 10-12 hours each day. I AM NOW PAIN FREE!!!

My elderly patients who are physically unable to do aerobic exercise, get the positive benefits of increased circulation, lymphatic pumped & increased oxygen into the tissues. Even those capable of aerobic exercise, can receive the benefits without the negative effects of stress on the spine and joints, tight muscles from over exercising and buildup of lactic acid.

My athletic patients use it to relax & help them sleep soundly. The Exerciser is especially beneficial to people who have breathing problems. It oxygenates the cells when the lungs cannot.

For people with arthritis, it helps pump the garbage out of the tissues, thus relieving much pain. It is a form of passive exercise, much like massage; leaving the muscles relaxed. This machine is wonderful for injuries, as injured muscles get tired faster, tighten & cause pain.

The EXERCISER MACHINE is something people can do for themselves, without having to rely as much on painkillers, muscle relaxers & other medication.

Becky Auldrige
Licensed Massage Therapist



My Client is very excited about the Exerciser. She is a lady who weighs more than 300 lbs. and is desperate to exercise, but has not had the stamina to do so. I have tried putting her on 2 similar machines in the last 2 years, but because of her weight, both machines bogged down to barely moving. To both of our surprise, when we put her on the Exerciser, it took off and stayed at the exact speed as for everyone else. After 5 minutes, and 10 minutes rest, she noticed her legs were tingling. They tingled all the rest of the day. She came back the next day, and her legs tingled all day long. Her legs are turning pink; she is losing water build-up around her ankles, and both of us are thrilled. She is feeling better by the day.

Linda S.
Licensed Massage Therapist

I had suffered with a condition called sleep apnea for many years and actually took over the counter drugs to help me sleep. The end result was waking everyday with a total feeling of lethargy.

In April 2000 my family physician had recommended that I go into hospital and have a sleep study done, which would probably have resulted in my having to sleep with a breathing apparatus. The study had been scheduled for late July. In the meantime I was introduced to a passive aerobic exerciser and decided to purchase one.

When I was introduced to the SWING TYPE - PASSIVE AEROBIC EXERCISER I used it for just four minutes three times a day. 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 had stopped taking drugs.

Today, almost one year later I am using the outstanding EXERCISER and I am sleeping better than ever. Even my wife doesn't complain about my snoring, which has all but abated, and I feel great.

Thank you for your care over the past years - and for future care

David Brewster



I have chronic low back pain that started in the Navy. I have been to Chiropractor's and they tell me to do back exercises. My back aches the worst in the morning (even when I do stretches in the a.m. before I get out of bed).

I tried the machine and the next morning my back pain was gone and I couldn't believe it. I am sold completely on this machine.

I now use it at night and in the morning before I go to work. I have also noticed an increase of energy while at work since I have been using the Exerciser in the morning. My family uses it as much or more than me and we all have seen numerous benefits from this single machine. We keep the Exerciser in our living room so that we do not forget about it and use it regularly.

I highly recommend this product and feel that it should be used for helping back pain, increasing energy, for other ailments, and especially for preventative measures!

G. Frecht

About two years ago I purchased a machine. My son had cancer when he was 16, and has had gout and a bad arthritic hip since then. He is now 29, and was in a wheelchair for a couple of years, from the gout and arthritis. On one occasion, shortly after receiving my machine, I received a call from him, saying he was in horrible pain and couldn't get out of bed. So I took my machine over to his apartment. Somehow we got him onto the floor for a "treatment". After only 5 minutes on the machine he was out of pain. He rolled over, crawled over to his walker and started walking around the room WITH NO PAIN!

On another occasion about a week later.. he got an attack of the gout. So, again, I took the machine over to him. He used it again for 4 minutes. After only 5 minutes.. the pain in his hand was almost completely gone. By that evening, the pain was completely gone! By the next day the swelling was more than half gone, and by the third day.. was completely gone! Whenever he would get gout, and it was often, he would be in pain for MONTHS and confined to his wheelchair! Since he has been using the machine, he has only had a couple of "almost" attacks of gout. As soon as he feels a "twinge", he gets on his machine.. and he NEVER actually gets the gout. He has been out of his wheelchair for over 2 years.. and we gave it away! He has more energy and is walking with NO pain. This has truly been a GOD SEND!

T. McComsey



I have severe rheumatoid arthritis, and the pain prevents me from doing a lot of walking and other exercises. After three weeks of using the E2K I've noticed that it's becoming easier for me to get up from the floor, which may seem like a minor change but for me it's a drastic improvement. It also has a good psychological effect because I now feel that I'm doing something positive to help my condition besides taking medication. I took a demo machine to my doctor before purchasing. He said, very generously, that it definitely wouldn't hurt me, and in fact, may even help. He added that the best form of exercise for arthritis is swimming because it is low-impact. I pointed out that this is like "swimming out of water" because of the swaying motion. He read the letter from Dr. Gorsuch and looked over the other materials and gave his okay. I'm up to 15 minutes three times each day. This has turned out to be a real blessing for me.

J. Tamm

I have been suffering for about 12 years with a debilitating progressive neuro-muscular disease, which had progressed from using canes & leg braces to electric scooters out of doors, wheelchairs indoors and more recently to being bedridden.

To say that the changes since using the Exerciser have been miraculous would be an understatement! I am standing upright - I can walk! - I am not in pain for the first time in 12 years!

Although I don't believe I will be free of the scooter & wheelchair, I feel as if I have been let out of prison!

I cannot thank you enough for having my life back.

Donna J Sills



I purchased this product to help with stress-relief and for my fiancé's low back pain, but I found that it does more for me than just relaxation...

The muscles in my legs ache at night and I have trouble falling asleep. Every time I use the Exerciser at night, after only 10 minutes, the muscles in my legs are relaxed, I can sleep more peacefully and my mind is not restless when I try to sleep.

Every time I use the machine in the day, I feel "cleansed, re-energized" and ready to take on the day with a sense of calmness instead of the jitters that I would normally get with my morning jug of coffee.

Another bonus for me is that I found that I do not have any menstrual cramps when I use this machine.

The Exerciser is the gift that keeps on giving!

Another amazing experience that tells me this machine is very powerful is that I lost 5 lbs. after eating greasy food for 10 days straight instead of gaining 10 lbs.

Wow. So, not only does this machine help my sleep, ease my muscles, relax my mind, and relieve stress, but it also completely removes the cramping during the monthly cycle and helps me to lose weight.

S. Snyder



I have had neck pains for some time. After one session on the Exerciser they are 95% gone. After the second day on the machine all my neck pain was gone. Since I use the machine every day I have had no reoccurrence.

C. Sawyer