**CHI HAPPINESS**

*Restore emotional well-being...naturally*

**CHI HAPPINESS**

- ↑ Serotonin
  - Regulates mood, compulsions
- ↑ Dopamine
  - Regulates alertness, energy
- ↑ Norepinephrine
  - Regulates attention, motivation, pleasure

**LD<sub>50</sub> = 15 g/kg**

**Main Ingredients:** Lilium, Anemarrhena

**Dose:** 2-3 capsules, 2 times daily after meals.

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**Mechanisms of Action**

- Blocks monoamine oxidase action, increasing serotonin concentration
- Blocks serotonin, norepinephrine and dopamine from being cleared from the synapse → greater concentration and effect on the synapses
- Regulates an overactive Hypothalamus-Pituitary-Adrenal (HPA) axis, thus reducing elevated adrenocorticotropic hormone and cortisol concentration

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, prevent, treat or cure any diseases.
Chi Happiness increases dopamine levels in the cerebral cortex and hypothalamus almost as much as Prozac. Dopamine levels are low in depression. Blocking reuptake of dopamine means greater concentration in the synapse, leading to more alertness and energy.

Chi Happiness vs Prozac on Dopamine Levels in Mice Cerebral Cortex and Hypothalamus

Chi Happiness vs Prozac on Serum ACTH in Mice

Chi Happiness vs Prozac on Serum Cortisol in Mice

Depression is characterized by an overactive Hypothalamus-Pituitary-Adrenal (HPA) axis causing an increase in the secretion of corticotrophin-releasing factor. This leads to the increase of adrenocorticotropic hormone (ACTH) and cortisol concentration. *Neuropsychobiology. 2001;44(2):74-7*

**Chi Happiness regulates an overactive HPA axis, as evidenced by the decrease in serum ACTH and cortisol levels in mice**

Case Reports

J.S., a 24-year-old male from FL, was diagnosed as a bipolar/schizophrenic since the age of 13 and was very nervous and shy. After taking Chi-Happiness and using the Mineral Infrared Therapy machine for 3 months, he improved dramatically and didn’t need Prozac anymore.

M. M., a 50-year-old female from NV, had severe pain for 2 years, causing depression. After taking Chi Happiness, "I started taking it immediately and within a couple of days I was already feeling a difference in the depression. I continued to take it and within two weeks I was back to myself. I wanted to see what would happen if I went off it, so I did just for a weekend and I started to go back into the depression. You can bet that I faithfully take the Chi-Happiness everyday now. It has made a difference in my life."

T.S., a 40-year-old female from NY, was taking Zoloft (200 mg) and Zyprexa (7.5 mg) for depression. Then she tried Chi Happiness. For 6 months now, she hasn’t been on the drugs.

S.K., a 37-year-old female from CA, had been taking Effexor for 3 years for her depression. Then she switched to Chi Happiness in Dec. 2004. She hasn’t used Effexor since.