

Feel On Sand®

F. O. S.

Structure and Technology

1. A piece of Nano-PU is put between rubber outsole and PU-midsole. This Nano-PU piece is very soft and flexible. People wear and walk on these shoes would have fascinating feeling of walking on soft sand strand. The complete sole is designed with the shape of arc. Because of this, when we put on the shoes, we will face instability of our body. And our body will react against this instability with not often used muscles, which will strengthen these muscles.
2. One element made of TPU Cell structure is put in the PU-Midsole. This element works for shock absorbing during walking.
3. On this TPU Shank will be put a TPU Shank with many holes. This Shank Scatters weight of the body all over the footbed and supports anti-torsion effects when walking, in order to knead the point of the sole.

FBS01

Basic Theory

1. Correct walking posture should be: Firstly, the heel touches the ground, and then weight of the body would be relocated to the inside of the big footfinger. Most of the shoes are not designed like F.O.S. System and there exists the problems that most people become accustomed with these wrong designed shoes and walk incorrectly. And it results in lots of troublesome symptom. F.O.S. can help solve this problem—adjusting wrong walking posture.
2. The feet are closely connected with all organs of the whole body via the meridian system, which constitutes the unity of the feet and the whole body. Clinical trials have proven that human's merged feet are the miniature of three-dimensional distribution of human's organs. When walking F.O.S. system helps us to evenly distribute the whole body pressure on the soles of the feet, thus the acupuncture points on the soles of feet can be comprehensively, effectively and evenly stimulated to improve the body functions, strengthen the body and prevent diseases.

FBS03

Advantage

1. Walking posture and gait will be improved, and figure of the body will be well formed. Walking with F.O.S., the position of the torso will be 10° more upright than with conventional shoes, which means that pressure is distributed evenly on the muscles on the front and back of the body. The natural instability of F.O.S. forces the torso to keep the body balanced all the time. Small muscles close to the joints along the spine are activated and thus can be kept from impacts. Moving relaxes and loosens the back muscles more. As a therapeutic tool and exercise equipment, F.O.S. can be used for lumbago back pains, following disc prolapses, lower back pain, unspecific and scoliosis.
2. Movement on abdominal muscle and dorsal muscle will be increased, and the muscles of whole body will be coordinated to improve the problems on back, hip, legs and feet due to the lack of effective exercise, and to help the recovery of injuries on muscles, ligament and tendon. Meanwhile it will reduce pressure on knees and hip joints, effectively again to treat knee problems and prevent lumbar spine bone from injured, as well as to ease

FBS05

Applications

1. **Medical treatment**
Our feet are our second heart. The use of F.O.S. system when walking can help to promote the smoothness of the blood circulation, dredge the barriers in the energy circulation vessel, promote the function of organs and the coordination between various organ systems, improve the balance of endocrine, mitigate the intense system, excrete the toxins and maintain health, enhance metabolic function and keep youthful vitality, stimulate cells to produce vitality and prevent aging, and regain the degraded organ function and prevent illness.
2. **Health recovery**
F.O.S. can be used to promote quick recovery or to keep the muscle of lower body from decay and habitual injuries. Also it can accelerate the healing and the training of endurance and coordination. Meanwhile it effectively keeps the temperature of the lower body from being brought down and keep warm for abdomen and lower limb.

FBS07

- Reflection Mechanism:** The zang-fu organs are corresponding one to one with the acupuncture points on the soles of the feet. The stimulation on the soles of the feet can push the brain through reflection area to transfer signals, thus to improve the endocrine and blood circulation and to regulate the physical environment.
- ECIWO Theory:** Doctors of Traditional Chinese Medicine always observe the general body from the local organs. They see the feet as the embryo containing the information of the whole organism. The feet are full of the information of the five zang-and the six fu-organs. The stimulus to the acupuncture points on the soles of the feet will be the massage to the whole body.
- The Meridian Theory of Traditional Chinese Medicine, that is Three Yin and Three Yang Theory:** The stimulus on the feet can stimulate and regulate the zang-fu organs, dredge meridians and enhance metabolism, so as to achieve fitness and health.

FBS09

Therefore, the function changes of the zang-fu organs can reflect on the feet.
In modern society, with increasing work pressure, people's physical health is faced with severe challenge. People's desire for health is much stronger than in any previous period of time. At the same time, people desire to keep healthy on the premise that their work and life won't be affected. However, the general medical treatment and health care methods either cost a lot of money or consume lots of time and bring a certain degree of pain, which is unacceptable by modern people. On the basis of inheriting the theory of Traditional Chinese Medicine, according to human body Meridian Theory, ECIWO Theory, and modern reflection area system, and by combining people's physiological and psychological characteristics, our R & D team finally and successfully designed and developed healthcare shoes after long-term and systemic exploration and practice. The healthcare

FBS11

F.O.S.®- CHINESE NATIVE MEDICINE INSOLE

Structure and Basic Theory

This insole between the outsole and the footbed, it is made of the non-woven material after 9 kinds of natural Chinese native medicine immersions. The people when put on shoes, the sole thermal conduct to this insole, the synthesis Chinese native medicine meets the hot and evaporates, stimulates the sole directly each acupuncture point on the sole and to strength the body.

Mechanism of Traditional Chinese Medicine

9 kinds of natural Chinese native medicine display different effect to help alleviate each kind of illness. This prescription take orally as well to treat the below diseases, aromatic odor and it is commonly used by doctors.

FBS13

4. Between the TPU Shank and the footbed, there is an insole with aromatic odor. It is made of non-woven material after 9 kinds of natural Chinese native medicine immersions. The synthesis Chinese native medicine will evaporate from the insole, and stimulate all acupuncture points on the sole directly. Consequently, the insole will have below functions: antibiosis; dispel the wind and eliminate dampness; relieve inflammation and alleviate pain; inhibit allergic reactions; treat barriers, clear heat; dissipate and remove blood stasis; promote the circulation of blood; restore normal menstruation; relax muscles and joints.

FBS02

3. The special structure of F.O.S. system allows people to generate a kind of natural instability when walking. The body can react to such natural instability under the help of its instinctive compensatory movement. In this way, the muscles of the whole body obtain effective exercise. And the coordination of the body structure as well as the balance of movement is achieved.

FBS04

soothes arthritis, rheumatism and more with non-acute inflammations. It will increase consumption of calories and remove fat effectively.
3. "Feet are human being's second heart"; they play an important role in health care of the body. Effective and comprehensive stimulation to the acupuncture points on the soles of the feet can well decompose the hazardous substances that deposit on the soles of the feet and eliminate them through sweat and urine; the stimulation on the soles can push the brain through reflection area to transfer signals, thus to improve the endocrine and blood circulation and to regulate the physiological environment; the massage on the feet can stimulate and regulate the viscera, dredge meridians and enhance metabolism, so as to achieve fitness and health. At the same time, movement in the ankle stimulates the circulation of blood, activates the calf muscle pump and encourages the flow of blood in the veins from the legs back to the heart. Consequently, pressure in the veins and swelling of the legs will be reduced, and initial complaints can be alleviated.

FBS06

3. Daily health
Your daily works like shopping, working, and doing housework could be an exercise if you wear F.O.S.-System. F.O.S. can train the muscle, burn calories, and protect joints, and so on during your daily works.

Mechanism of Traditional Chinese Medicine

People have feet, as if the tree has root. The root is withered before the tree dies. The feet are feeble before people get old. Feet play an important role in health care of human body. Experts believe that stimulating the acupuncture points on the soles of the feet has the following four main mechanisms:

- The Theory of Blood Circulation:** The feet are at the very bottom of the body, so the harmful substances in the blood such as uric acid crystal deposit on the soles of the feet, which is not good for health. Stimulus to the acupuncture points on the soles of the feet can decompose these hazardous substances and eliminate them from body through

FBS08

It can better explain the close relationship between the feet and the whole body from the point view of the Meridian Theory of Traditional Chinese Medicine which has more than 2000 years of history. The Meridian Theory believes: the two feet closely connect with all organs of the whole body via the meridian system, which constitutes the unity of the feet and the whole body. Among the twelve regular meridians, there are six meridians running through the feet, they are Three Yin Meridians and Three Yang Meridians of the foot. The foot is the beginning of Three Yin Meridians of the foot and the end of Three Yang Meridians of the foot. These six meridians also connect with Three Yin Meridians and Three Yang Meridians of the hand. They all run through the whole body. The Eight Extra Meridians all begin at the feet and the Chong Meridian also has branches distributing to the feet, which strengthens the connection between the feet and the organs and tissues of the whole body.

FBS10

shoes can act on most acupuncture point on the soles of the feet, such as Yongquan Point, Dadu Point, Gongsun Point, Taibai Point, and so on. The shoes can help to get through the blood, dredge the meridians, regulate body balance and improve the functions of the kidney, liver and lung. It has unique effect on numbness of toes, stomach coldness, gastritis, arthritis, leg cold, high blood pressure, high blood cholesterol, high blood glucose, post-partum sequela, obesity, etc. What's more, it can correct the wrong walking posture, coordinate muscles, improve the humpback status, mitigate the strain on the back buttocks, legs and feet due to the lack of effective exercise, and practice the calf muscles to prevent myasthenia and osteoporosis.

FBS12

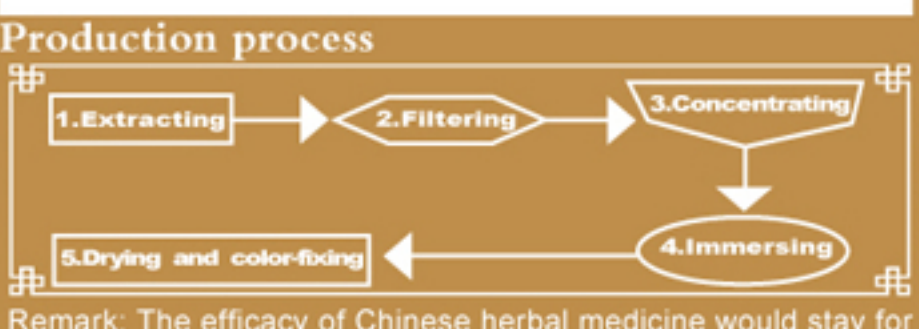
Chinese native medicine prescription	percent	function	picture
Chinese native medicine 1: Speranskia Tuberculata	19%	bacteriostatic; dispel the wind and eliminate dampness; remove toxic substances and relieve pain. Heat cold & heat beriberi, pain caused by the wind, sore and toxic swelling	
Chinese native medicine 2: Frankincense	6%	anti-inflammatory; invigorate the circulation of blood and control pain; relax the muscles. Applicable for arthralgia due to wind-dampness, swelling and pain due to carbuncle, inhibit allergic reactions.	
Chinese native medicine 3: Myrrh	6%	relieve inflammation and alleviate pain; ventilate main and collateral channels; promote the circulation of blood, dissipate and remove blood stasis, eliminate the swelling and promote tissue regeneration.	
Chinese native medicine 4: Ledebouriella Root	13%	relieve exterior syndrome and dispel the wind; remove dampness; relieve convulsion and spasm; anti-inflammatory; anti-allergic; bacteriostatic; applicable for arthralgia due to wind-dampness, itching.	

FBS14

Chinese native medicine prescription	percent	function	picture
Chinese native medicine 5: Buck Grass	13%	prevent inflammation and ease pain; dispel the wind and remove dampness; stimulate blood circulation and relax muscles and joints.	
Chinese native medicine 6: (Fresh) Tangerine Peel	9%	antibacterial; anti-allergic; eliminate dampness.	
Chinese native medicine 7: Angelica	8%	prevent inflammation and ease pain; enrich the blood, promote the circulation of blood, restore normal menstruation. Applicable for arthralgia due to wind-dampness.	
Chinese native medicine 8: Broom Cypress Fruit	13%	bacteriostasis; anti-allergic; reduce fever and excrete damp; dispel the wind and relieve itching.	
Chinese native medicine 9: Flavescent Sophora Root	13%	reduce fever and eliminate dampness; kill germs; antibacterial; anti-allergic.	

FBS15

Practicality Picture Of Chinese Native Medicine Insole



Remark: The efficacy of Chinese native medicine would stay for one and a half years.

FBS16



FBS17

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Remark: Fujian Institute of Traditional Chinese Medicine is the basic of the Traditional Chinese Medicine, Fujian Province, China. Clinical research and drug research and development centers, this is the only provincial-level scientific research institutions of Chinese medicine in the Fujian Province as well as National Drugs and Drug Administration clinical research base.

FBS18



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