A Tutorial on How to use the TDR System for Chi

1. **Purpose of the TDR system**

   The on-line TDR system helps us evaluate our own health condition at any time in any place, according to the Chi concept.

2. **The concept of Chi (Qi)**

   Chi (Qi) is a very important component in Chinese philosophy as well as personal healthcare. According to many researchers, Chi can best be characterized by five factors: Tongue, Fatigue, WeakBreath, Pulse and Sweaty. We should learn what each Chi factor is about. The link below explains the five Chi factors in detail.

   http://ksiresearchorg.ipage.com/tdr/chiconcept.html

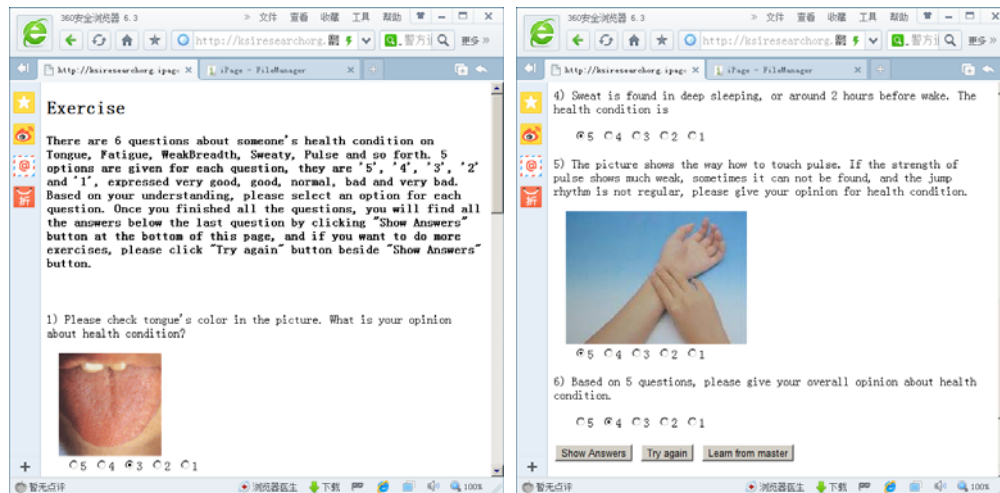   After clicking on the link, explanations are shown below.
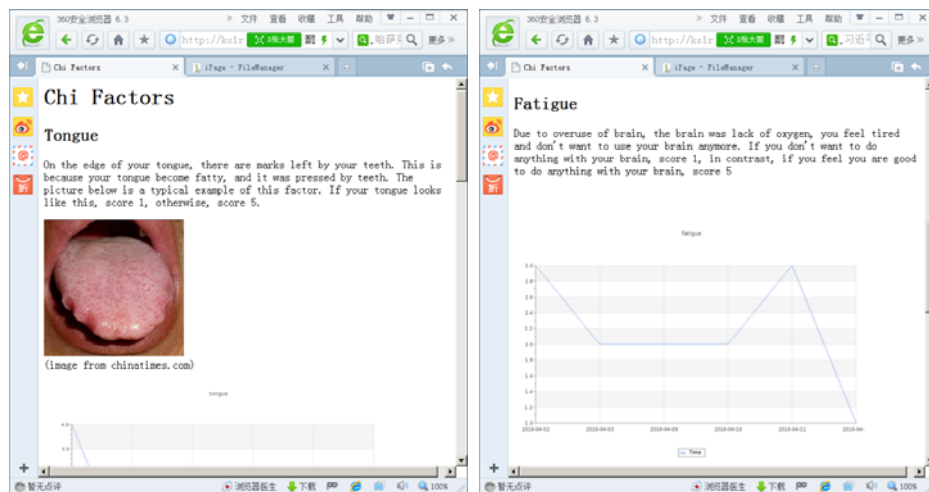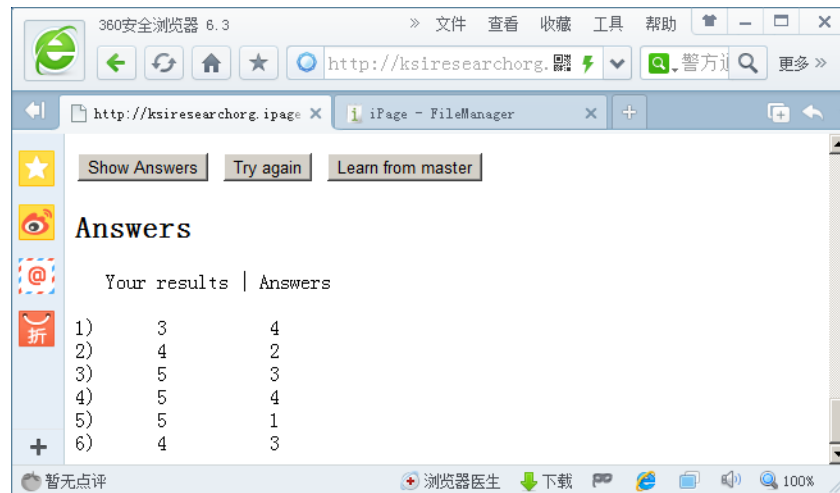

3. **Exercises**

   In order to acquire a better understanding about Chi (Qi) and the five Chi factors, you can do some exercises by yourself. Please visit the website below.

   http://ksiresearchorg.ipage.com/tdr/learningandanswer.php

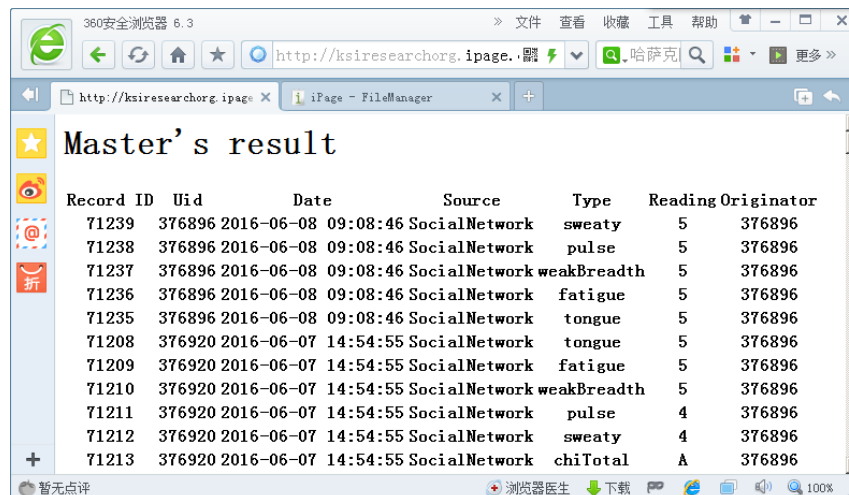   (1) you will find a list of questions, only one answer per question, as shown below,

(2) After you have answered all the questions, click on "Show Answers" button under the last question, and the answers will show at the bottom of this page. By comparing your answer with the right answer, you will do better next time.

(3) If you want to do more exercise, click on "Try again" button.　Another set of questions will be shown. The picture below shows a new set of questions.

(4) After finishing the introduction about Chi (Qi) and doing more exercises, now you can evaluate your own present condition using the TDR system. That is to say, you can input the five Chi factors score for yourself in TDR system. At the same time, if you are interested in other people's condition, you can also input data for another person. In order to estimate how accurate is your evaluation, click on "learn from master" button, and the results are shown below.
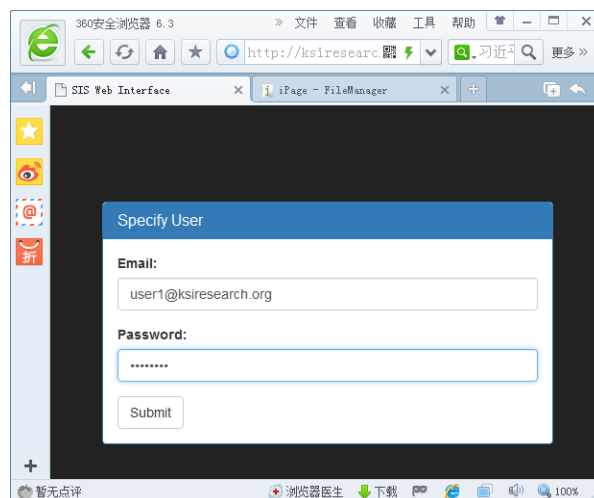

4. **How to use the TDR system**

(1) User login

Please visit the website, http://ksiresearchorg.ipage.com/chronobot/ , after input Email and Password, press "Submit"button.

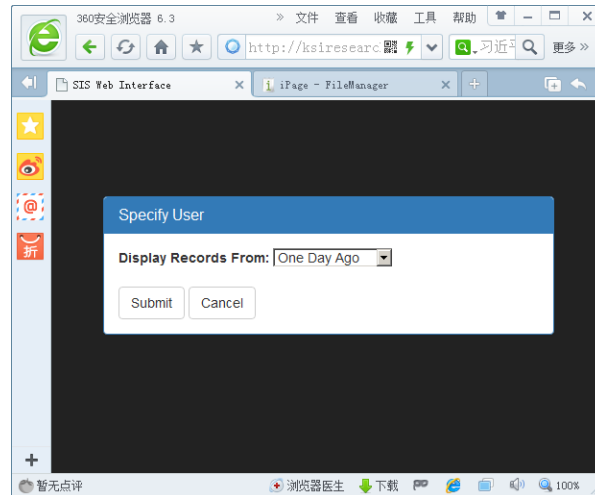For example: Email is user1@ksiresearch.org. The results are as follows,


(2) Select user and time range

You can select the time range for retrieval, then click on "Submit" button. The system provides four time ranges for retrieval: one day ago to now, one week ago to now, one month ago to now and all days.

(3) View data: The picture below shows the carousel, which is the main interface. In this page, you can view details for Chi, Tian, Di, and so on, through clicking "View Details" links.
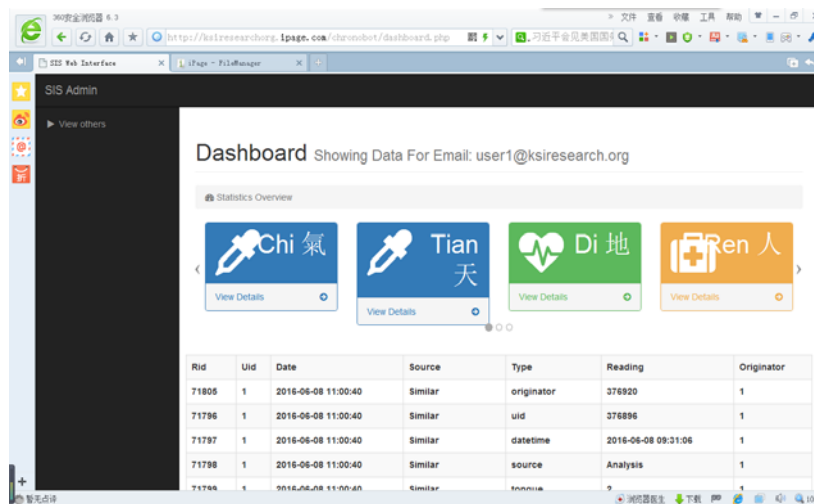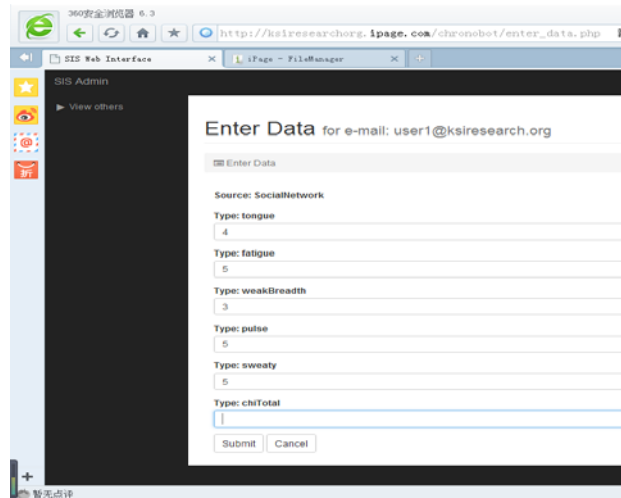

The picture below shows the part of detail of Qi (Chi). You can also see five buttons in the bottom of this page. They are (from left to right) View Details, Draw Graphs, Analyze Data, Find Similar and Enter data.
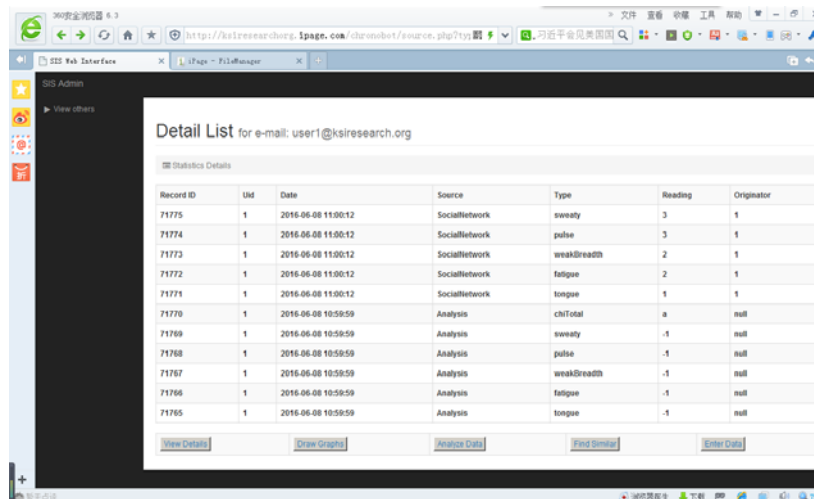
(4)Enter data for yourself

To enter data for yourself press "Enter Data" button, then you can input data as shown below,
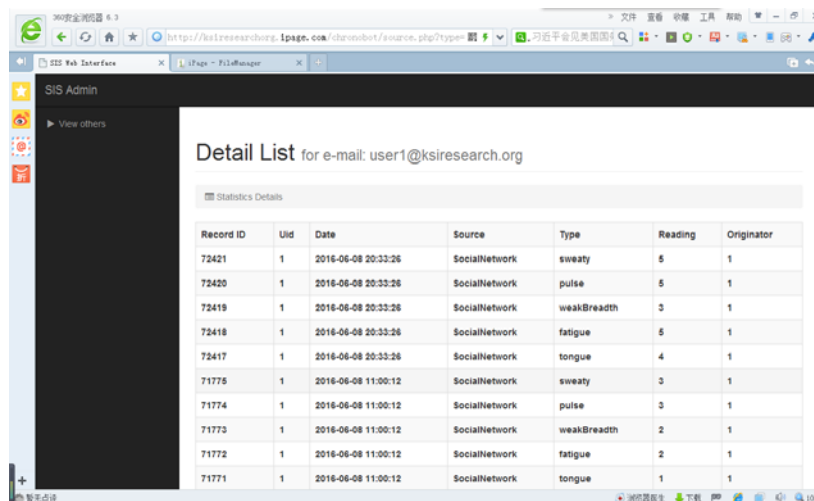
As an example, we have some values for every Chi factors, 4 for tongue, 5 for fatigue, 3 for weakBreadth, 5 for pulse, and 5 for sweaty.   After data input, the data is shown in the following.
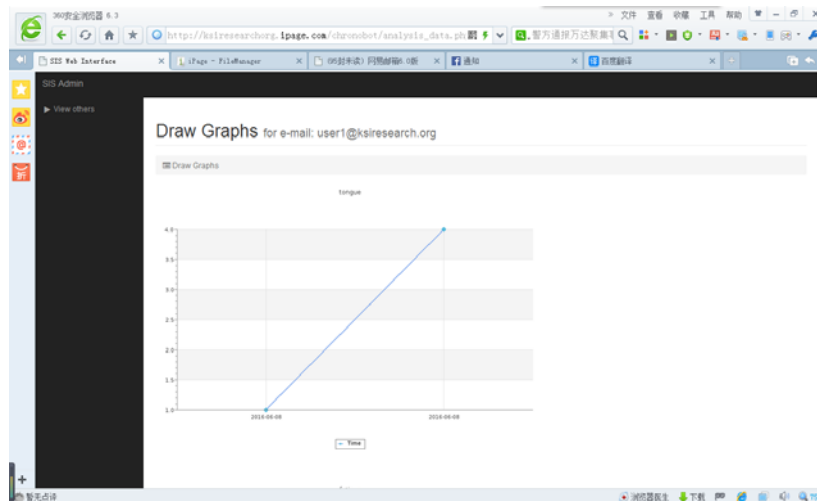

(5)Draw graphs

If you click on "Draw graphs" button. You will see a time graph for the selected Chi factor as shown below.

(6) Analyze data

If you click on "Analyze data" button. You will see the latest analysis result about your health condition.

If you can not find result, it means the TDR system is carrying out the analysis. You should click on this button again after a few seconds.
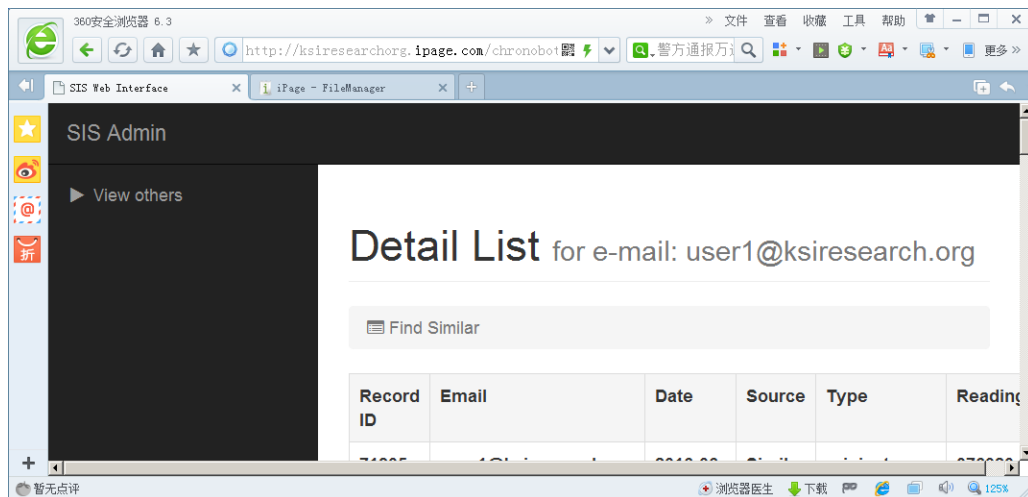

(7) Find people with similar condition

If you click on "Find similar" button. You will find people whose conditions are similar to yours.
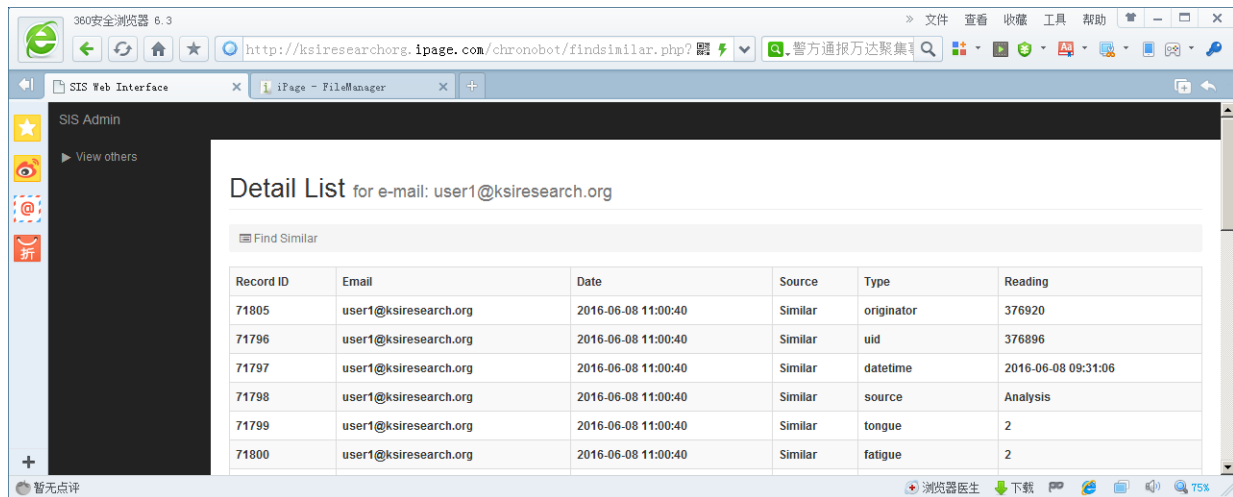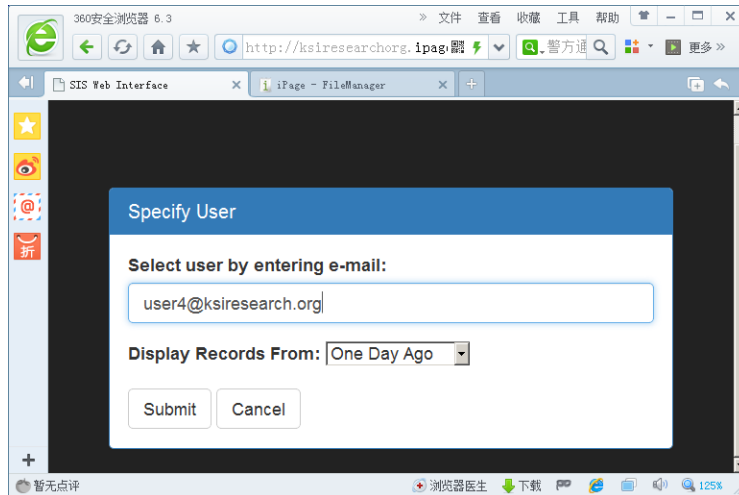
(8)View others

You can click on the link in the top and left of this page to view others.

After clicking this link, you will find another page. You should input another person's Email and then select date range for displaying data.
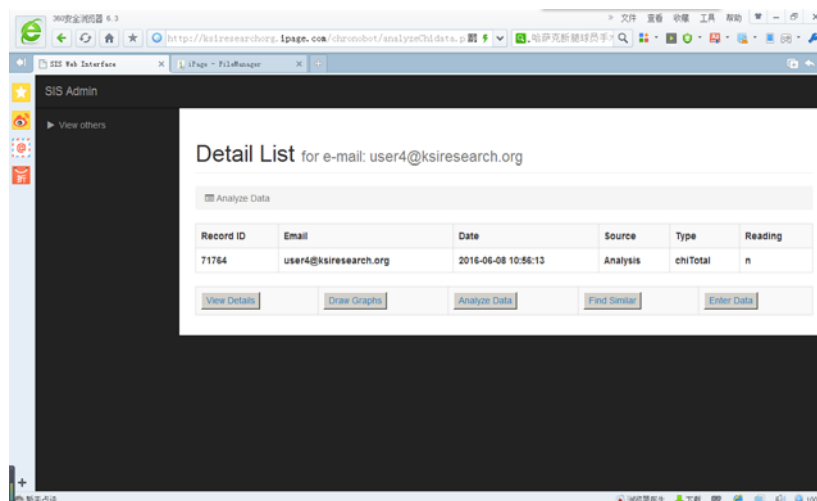
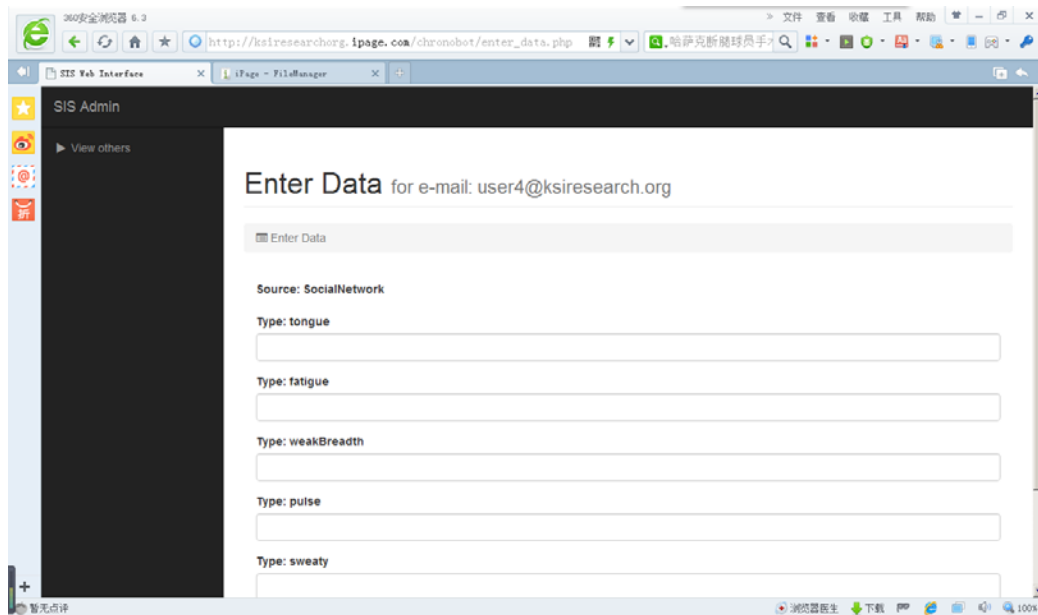For example, Email: user4@ksiresearch.org, date range is One Day Ago.

After clicking "submit" button, the resulting details for user4@ksiresearch.org   are displayed.
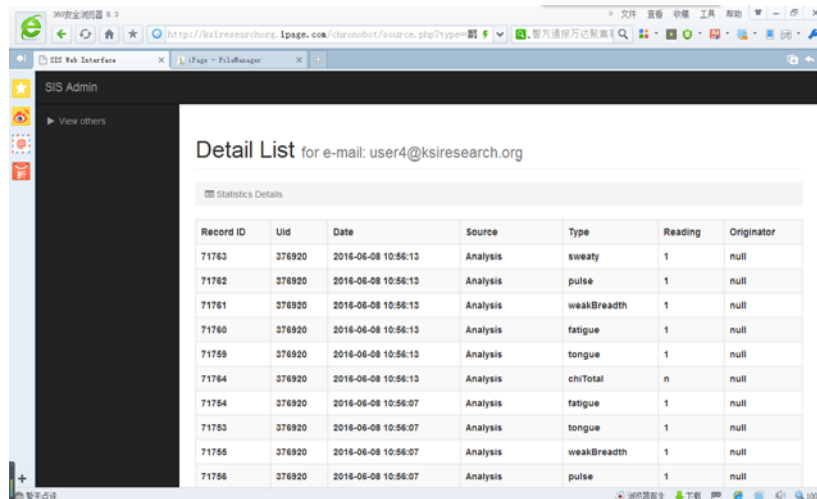
If you continue to click on "Analyze data" or "Enter data" buttons, all the actions are regarding user4@ksiresearch.org.

If you want to return to viewing data about yourself, click on the link "View Others" again and then input your Email to select yourself.