

IN THE



LOOP

INTERVIEW

What everyone
wants to
know about
biofeedback



How can
biofeedback
help you **quit
smoking?**

What do **beauty
and biofeedback**
have in common?

QUEx | s

HOW SCIO HAS MATURED! MEET THE QUEx S®

Walking the pathway to health becomes easier now that QUEx S® is here. Succeeding the popular SCIO device, the advanced technology of QUEx S® takes biofeedback sessions to a whole new level. Learn all about this new and optimized energetic device now.



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Dear reader,

The search for a healthy life unites us all. Unfortunately, busy schedules are another thing that connects us. It is hard to put self-care first in a world where you are constantly on the go.

Meanwhile, western medicine continues its siloed approach to health. If you are feeling stressed, there is a pill for that. Can't seem to quit smoking? Here's a nicotine patch. Are the endless amounts of pollutants in the air, water and care products you use every day, causing your body to develop allergies? There's a pill for that, too.

Drugs solve problems the moment they appear at the surface, but never focus on the root. While it can't be denied that the healthcare industry offers numerous life-saving treatments, it does not see the body for the whole system it really is. And how healthy can one truly be if dependent on chemicals, too?

At QX World, we feel it is time for a holistic approach to health to become the new standard. We want to support both the mental and physical health of all people living on this planet, by seeing the body for the incredible system it is.

I hope this second edition of In the QX Loop will empower you to experience wellness on a deeper level, evening the pathway to a lifestyle that is healthy in all ways possible.

Sincerely,

Zsolt 'Geri' Gerstenbrein

Co Founder, QX World Ltd



INDEX

6 WHAT EVERYONE WANTS TO KNOW ABOUT BIOFEEDBACK

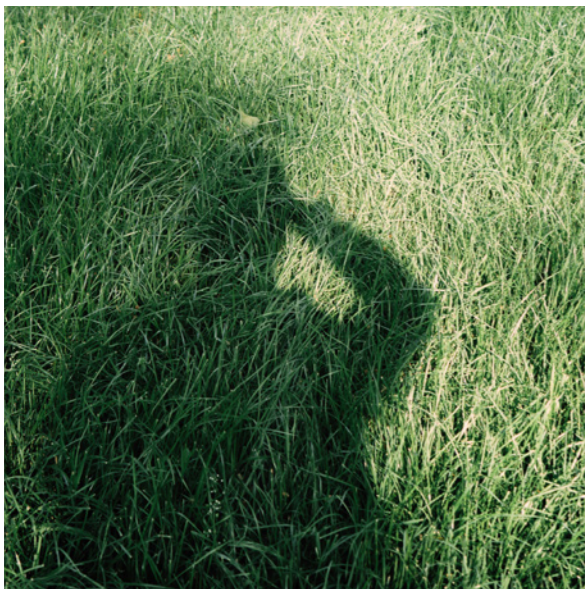
10 9 FOODS THAT BOOST YOUR IMMUNE SYSTEM

12 NEUROPLASTICITY 101 - HOW DOES YOUR MIND HEAL ITSELF?



16 STRESS AND ANXIETY - HOW DO THEY AFFECT YOUR BRAIN CHEMISTRY?

18 HOW PÉTER GOT RID OF HAY FEVER WITHOUT DRUGS

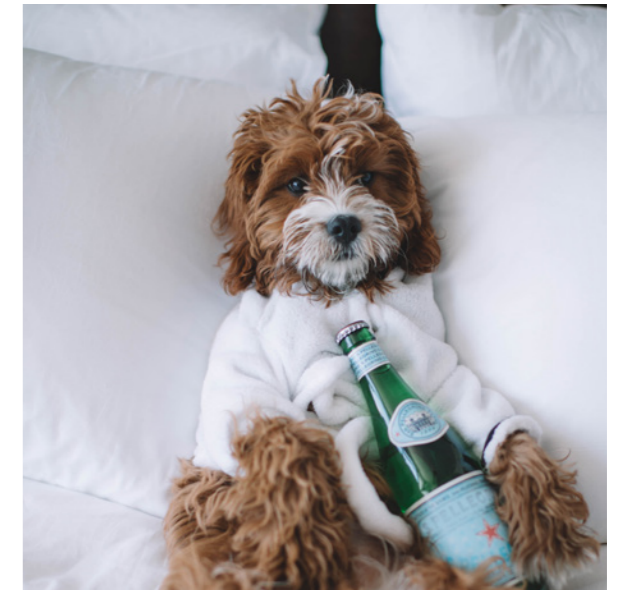


20 TAP INTO YOUR INNER POWER... WITH THESE PLAYLISTS!

22 LEARN TO LOOK BEYOND THE SYMPTOMS THROUGH CBNS

24 IS BIOFEEDBACK THERAPY SAFE AND EFFECTIVE FOR ALL ANIMALS?

26 HOW CAN BIOFEEDBACK HELP YOU QUIT SMOKING?



28 EXPERT TALK- WHAT DO BEAUTY AND BIOFEEDBACK HAVE IN COMMON?



WHAT EVERYONE WANTS TO KNOW ABOUT BIOFEEDBACK

Quantum biofeedback therapy teaches you to get in touch with your body and brain. The limits to what it can achieve are yet to be discovered. But even though there is still much left to explore, experts agree that it can work wonders in numerous ways. In the QX Loop asked expert Wim Verschelden what everyone wants to know about biofeedback, so that you, too, can reap the benefits.

HOW CAN BIOFEEDBACK RELIEVE STRESS AND ANXIETY?

In my practice, I use a specialist quantum biofeedback device that makes my clients increasingly aware of how their body operates when under pressure. Because they are better able to sense when their stress and anxiety levels are about to surge, they also become more efficient at nipping the unpleasant feelings in the bud. Teach themes various relaxation methods to do so.

CAN BIOFEEDBACK HELP CHILDREN WITH ADHD?

Yes, quantum biofeedback is very effective in helping children with ADHD and even autism. In these children, the frontal and parietal lobes (the part of the brain that enables us to concentrate) work differently. While hooked to the biofeedback device, the child tries to complete a task that requires special focus, for example trying to make a video pause by using brainpower alone. Depending on how the child performs, the video responds differently. Through repeated practice, the child's brain figures out how to concentrate for longer periods of time.

CAN BIOFEEDBACK HELP YOU QUIT SMOKING?

It sure can. Studies have shown that smoking and anxiety go hand in hand. Some doctors even compare nicotine to popular tranquilizers such as Valium. Because biofeedback teaches you to mimic the relaxing effect of nicotine on your own, it becomes much easier to make your desire to smoke decrease.

CAN BIOFEEDBACK HELP WITH ALLERGIES?

It is important to know that allergies occur when the immune system overreacts. To tackle a 'harmful' substance, the body produces more antibodies than needed. The immune system overreacts in this way because it is out of balance: your immune barriers don't function right or the micro-organisms living at those barriers are out of sync. A biofeedback system detects which cells have lost their balance, and sends electrical pulses to the brain to re-educate the immune system. Because the immune system remembers how it is supposed to function, allergy medications and other treatments will work more efficiently.

IS BIOFEEDBACK SUITABLE FOR EVERYONE?

Quantum biofeedback therapy is suitable for almost anyone regardless of gender, age or medical condition. Still, I advise to always consult with your healthcare provider first, as the biofeedback device sends a gentle electrical current through the body. It is painless and most people don't even feel it, but it will, however, interfere with electronic devices such as pacemaker.



“ Quantum biofeedback therapy is suitable for almost anyone regardless of gender, age or medical condition. ”

WIM VERSCHULDEN

Following a successful career in the pharmaceutical sector, Wim Verschelden started his own natural healthcare practice ten years ago. Today, he combines his fulltime practice with teaching master classes in Biofeedback in Belgium, and Quantum Tech master classes in the Netherlands.

DOES IT WORK FOR ANIMALS, TOO?

Animals are unable to tell us what is troubling them, let alone understand what changes they need to make to become healthy. However, the answer is yes! Quantum biofeedback is even perfectly suited for animals, specifically because the device sends gentle electrical pulses to the unconscious parts of the brain.

The waves detect which cells have lost their balance, and attempt to cancel out the abnormal frequencies of these unhealthy cells, helping them return to their intended state. It requires no special efforts on the animal's side at all.

9 FOODS THAT BOOST YOUR IMMUNE SYSTEM

Your immune system is your first line of defense in leading a healthy life. Experts agree that eating a diet that is high in fruits and vegetables strengthens the immune system's response. But what foods will work the best to give your immune system a boost? We recommend adding the following items to your grocery list.



1 BLUEBERRIES

Blueberries are crammed with a flavonoid called anthocyanin, which not only gives them their lovely color but also has antioxidant properties.

2 ELDERBERRIES

The antioxidants found in elderberries are known to fight inflammation. Some scientists believe that a certain extract taken from elderberries can help block flu viruses.

3 WATERMELON

A watermelon contains plenty of antioxidants called glutathione, provided it is ripe.

4 ORANGES

Oranges are one of the best natural sources to get your vitamin C levels up.

5 BROCCOLI

Another great source of vitamin C, broccoli also contains powerful antioxidants such as sulforaphane.



6 SWEET POTATOES

Like carrots, sweet potatoes are incredibly rich in beta carotene. They bring up your vitamin A levels, help keep skin damage from the sun at bay and may even delay the aging process.

7 SPINACH

Spinach boosts the immune system, too, containing a good serving of antioxidants including flavonoids, carotenoids, and vitamin C and E. Spinach also boasts fiber and folate, a nutrient that helps the body repair itself.

8 GARLIC

Garlic may help your immune system overcome skin infections and is rumored to prevent colds and lower cholesterol levels as well.

9 RED BELL PEPPER

Red bell peppers are an ideal alternative for people trying to avoid the sugar in fruit while still taking in plenty of vitamin C.



NEUROPLASTICITY 101

HOW DOES YOUR MIND HEAL ITSELF?

Neuroplasticity is the brain's ability to change and adapt. Following an experience, the brain forms new connections, reorganizing and developing pathways. It is this fictile nature of our brain that allows us to enhance and strengthen our cognitive capabilities, to learn new things and to recover from brain injuries. So, how does it work exactly?

FUNCTIONAL AND STRUCTURAL PLASTICITY

Neuroplasticity is an ongoing process that starts from birth, conditioning us to various circumstances. There are two main kinds: functional plasticity – the brain's capacity to move certain functions from damaged to undamaged areas – and structural plasticity, which is the brain's ability to change its structure in response to learning.

LIFELONG LEARNING

The key players of brain plasticity are called neurons: little cells which are responsible for transmitting information throughout the body, starting from the brain and ending at the muscles and organs. As we grow and gain experiences, the neurons in our brain form connections with the help of neurotransmitters, through which information is transferred from one cell to the other. The channels where these flows of information take place are called synaptic pathways.

At birth, we have an estimated 7,500 synaptic pathways. In early childhood, the neurons in our brain start rapidly forming more synaptic pathways, resulting in some 15,000 synapses per neuron by the time we reach the age of three. In this phase of our lives, brain plasticity is at its peak. In the adult brain, however, different processes take place. Based on habits, routines, and experiences, certain neural connections are strengthened while others become eliminated. This process is called synaptic pruning.

RESTORED CONNECTIONS

As we grow older, our neuroplasticity weakens yet remains present and able to accomplish great changes. For example, it can restore connections that haven't been used in a while, or override established connections based on new experiences.

When parts of the brain suffer damage, the functions of the damaged area are taken over by other, healthy parts of the brain, fully restoring the compromised abilities. Yet neuroplasticity has its limitations as well. As certain key parts of the brain have very specific functions, damage in those can be hard to restore. Nonetheless, our brains' plasticity – with its healing, adapting, and rearranging capabilities – is indeed quite astonishing. Hence, it should be well cared for and paid attention to.

HOW TO IMPROVE YOUR BRAIN PLASTICITY

There are numerous ways of improving brain plasticity. Learning new languages, playing instruments, reading, gaining experiences and discovering new environments are chief among them. Getting both plenty of exercise and rest also plays an essential role. Indeed, taking good care of your mental as well as physical health will always provide a boost.

IT'S A QX WORLD

Since neuroplasticity is such a fantastic and stunning characteristic of our brain, it is worth all our time and energy to preserve it as well as we can. We at QX World implemented the OMNIS and QX WORLD biofeedback devices based on the firm belief that addressing related stressors and balancing and enhancing cognitive processes, are substantial quality of life aspects. Moreover, thanks to the Timed Therapies and Superlearning panels, exploring these processes has never been easier.



QX WORLD
HEALTH
ACADEMY

JOIN THE QX WORLD HEALTH ACADEMY FOR HOLISTIC HEALTHCARE

More than 3,750 holistic healthcare professionals have already joined the online QX Academy. Each of them has access to online courses, conferences, webinars and free demos that help them use their multifunctional QX World devices to the fullest.

qxworld.eu/academy-home

START YOUR ONLINE LEARNING JOURNEY NOW!

- ✓ **ONLINE COURSES**
Learn online (beginner, intermediate or advanced level)
- ✓ **CONFERENCES, WEBINARS & FREE DEMOS**
Find out how others help clients achieve spiritual & emotional balance.
- ✓ **BECOME AN EXPERT**
Gain access to the highest level of expertise in the industry.

TAKE A CBNS COURSE TO LOOK BEYOND SYMPTOMS

Ever wondered about the science behind QUEX S, QUEX ED, SCIO and EDUCTOR systems? Our cBNS course teaches you all about it.

SIGN UP NOW:

BECOME A CBNS EXPERT TO...

- ✓ DIVE DEEP INTO THE PATHOPHYSIOLOGY OF DISEASES
- ✓ LOOK FOR CAUSES, PATTERNS, MEANINGS AND INTERRELATIONSHIPS
- ✓ CREATE A MEANINGFUL TIMELINE OF CLIENTS' STRESSORS
- ✓ PREVENT NEW STRESS FACTORS FROM TAKING OVER
- ✓ KNOW HOW OMNIS WORKS TO DO ALL OF THE ABOVE



SCAN ME

STRESS AND ANXIETY

HOW DO THEY AFFECT YOUR BRAIN CHEMISTRY?

All human beings experience stress or anxiousness from time to time. To a certain extent, it is a normal part of life. But what happens when those feelings spiral out of control and start to overshadow your everyday activities? To efficiently overcome such difficult times, understanding how stress and anxiety affect your brain is crucial.

STRESS AND ANXIETY ARE NOT THE SAME

It is important to note that stress and anxiety are not interchangeable terms. They have completely different meanings, although people often mistake one for the other as both phenomena have very similar effects on the body.

PHYSICAL SYMPTOMS

Stress is caused by an identifiable source whereas anxiety can occur without any apparent reason or as a result of excessive stress. In those moments, feeling that tight knot in your stomach, or a weight on your shoulders or chest, or a crowded sensation in your head makes it hard to think clearly.

BRAIN CHEMISTRY

Physical symptoms aside, how do stress and anxiety affect your brain chemistry? The parts of the brain that take centre stage when stress or anxiety emerges, are the amygdala – which functions as an intermediary between parts of the brain that process our sensory experiences, making sure to signal (perceived) threats to the rest of the brain – and the hippocampus – responsible for making memories out of events and encoding the corresponding emotions.

Upon detecting a threat, an anxiety response is triggered in the brain, releasing stress hormones such as adrenaline and norepinephrine – both serve our immediate reactions to danger – and the primary stress hormone called cortisol, which takes a little more time to kick in but has a lifesaving effect nonetheless. Responsible for keeping us alert in situations where it is crucial, this chain of reactions is a very healthy, essential part of life, and once the threat is over your hormone levels return to their normal state.

But the problem starts when a prolonged state of stress and anxiety takes over. When that happens, the body continuously produces cortisol which can negatively affect the immune system, increasing blood sugar levels and potentially leading to acne and other possible implications.

HOW TO MANAGE STRESS AND ANXIETY

Fortunately, a variety of effective ways to manage stress and anxiety exist. Getting plenty of exercise in a form that is most suitable for you, from long walks to more intense activities, is highly recommended by experts. Exercise not only lowers stress hormone levels but improves sleep quality as well. Various self-care habits such as practicing deep breathing, spending quality time with loved ones, and opting for a nutritious, healthy diet can work wonders, too.

Another proven method for decreasing stress and anxiety is biofeedback therapy,

which essentially teaches you to control your mental and physical responses based on real-time audio-visual feedback that is specific to your body. The QX WORLD Biofeedback Systems feature a range of stress reduction protocols that offer quick relief in only five sessions or less (on average).

LISTEN TO YOUR BODY

Living with constant stress and anxiety is not something to be overlooked. It can feel tiring, difficult, overwhelming, and never-ending – which makes sense given the fact that it takes your body a lot of energy to maintain a continuous state of survival. However, you can indeed overcome it. Listen to your body's wake-up calls and take a few steps in the right direction to start improving your overall health. Our goal at QX World is to help you become the best possible version of yourself.

If you liked this article and want to immerse yourself even more in the topics of biofeedback, stress reduction, and physical and mental health, be sure to check out our blog at www.qxworld.eu.



HOW PÉTER GOT RID OF HAY FEVER WITHOUT DRUGS

Worldwide, millions of people suffer from hay fever. While traditional drugs remain a popular remedy, new and alternative methods like biofeedback are increasingly helping sufferers like Péter Praszák to take control of their symptoms in a natural way. Péter is now completely free of hay fever, with the help of Dr. Sara Balla, MD.

WHEN DID YOU FIRST DISCOVER YOU HAD HAY FEVER?

Péter: I was about six years old when I first started to get teary eyes and a runny nose during the spring and summer. I managed to push through it for years, but things got worse when I came of age. Loud snoring at night included <laughs>. I consulted my GP and he diagnosed me with hay fever.

WHAT TREATMENT DID YOU RECEIVE?

Péter: My GP prescribed Claritine and a nasal steroid spray. It did relieve my symptoms for a great deal, but the side effects bothered me a lot. The Claritine made me feel sleepy and the nasal spray left an awful taste in my mouth. I felt I was too young to be taking steroids and popping pills almost constantly, but there was no alternative at the time.

HOW DID YOU DISCOVER BIOFEEDBACK?

Péter: I was a student and having one of those terrible days. There was so much pollen in the air, my classmates thought I was crying my eyes out because something bad had happened. And then this girl in my class introduced me to Dr. Sara Balla. I was sceptic at first but decided to give the therapy a try and have not regretted it since.

HOW IS IT DIFFERENT FROM DRUGS?

Dr. Balla: The major difference is that biofeedback has no side effects. It is what doctors call a non-invasive type of therapy. Instead of medication, biofeedback relies on electrical pulses that 're-educate' the immune system, so to speak.

'RE-EDUCATING' THE IMMUNE SYSTEM, HOW DOES THAT WORK?

Dr. Balla: Péter's immune system overreacted to pollen because certain cells in his body and brain were out of balance, meaning that they were moving at the wrong frequency. The biofeedback device I use in my practice spotted which cells were affected and got them to move at their normal frequency again.

WHEN DID YOU START SEEING RESULTS?

Péter: It happened very gradually, but I am very happy to say that my hay fever symptoms had completely vanished after about twenty weekly sessions. They each lasted about an hour. To my surprise, and much to my wife's joy, even the snoring has stopped.



ABOUT DR. SARA BALLA

Dr. Sara Balla, MD, is a general practitioner who discovered biofeedback five years ago. She runs a successful practice in Budapest, Hungary, where she combines her medical training with biofeedback technology and holistic medicine. Dr. Balla's practice is focused on both health and beauty, providing her clients with all the benefits biofeedback can offer.

DO YOU STILL RELY ON DRUGS TO DEAL WITH HAY FEVER?

Péter: Amazingly, not at all! This is why I think everyone suffering from allergies should give biofeedback a shot. It is completely harmless and can take away the need for drugs entirely. Mind you, I can only speak for myself.

Dr. Balla: Indeed, some people do need to continue taking drugs nonetheless, but many of them find that they can get by on smaller doses. It's because their immune system, too, remembers how it is supposed to function.

HOW ARE YOU FEELING TODAY?

Péter: I never thought I would be able to go outside on a lovely summer day and not have to blow my nose all the time without resorting to pharmaceuticals. But here I am, completely free of hay fever symptoms and without drugs in my body. What's more, my sleep has also improved a lot and I recently picked up tennis again because I feel stronger than ever. I feel great, to say the least. therapy a try and have not regretted it since.



ABOUT PÉTER PRASZÁK

Péter Praszák is an engineer living in Budapest. Next to raising his seven-year-old daughter, he loves sailing, running and hiking.



TAP INTO YOUR INNER POWER... WITH THESE PLAYLISTS!

Being able to concentrate is not a given. On some days, we cannot help but feel sluggish, seemingly taking forever to complete even the simplest of tasks. Fortunately, listening to the right music is proven to kickstart your brain and help it focus.

CHECK OUT OUR PLAYLISTS ON SPOTIFY BY SCANNING THE QR CODE!

FOCUS
It's a QX World

QX WORLD

FIND YOUR FOCUS WITHIN

Listening to music stimulates your brain to adapt its waves to the frequency of the tunes coming through your ears. The music included in this playlist will alter your mood and increase your focus.



SCAN ME

ENERGIZE
It's a QX World

QX WORLD

LET MUSIC BE YOUR MOTIVATOR

Music is known to stimulate dopamine levels in the brain. The best music to motivate yourself is fast-paced and upbeat, building in tempo and volume as the song progresses. Get energized by downloading our Spotify playlist now!



SCAN ME

LEARN TO LOOK BEYOND THE SYMPTOMS THROUGH CBNS

Are you interested in moving beyond scraping the surface when it comes to healthcare? Do you feel the need to gain a more detailed insight into the underlying patterns and root causes of a surfacing problem? Clinical Biochemistry and Neurofeedback Science (cBNS) puts everything into context, tracing back the pathways that lead to possible illnesses and conditions, and recognizing the symptoms as signals that come from within. Continue reading to find out how you, too, can learn to look beyond the symptoms.

WE'RE ALL DIFFERENT

Clinical Biochemistry and Neurofeedback Science as a multidisciplinary science draws on a wide range of scientifically proven methods incorporating sociology, neurology, endocrinology, psychology and immunology to target the main cause of a possible health problem. Unlike traditional healthcare, cBNS goes beyond merely treating the symptoms. It takes into account that everybody is different, and that similar symptoms in different patients may therefore stem from different causes. Consequently, a cBNS therapy plan is always very personal and tailored to the client's specific wants and needs.

HELPING PEOPLE TAKE CONTROL OF THEIR HEALTH

Healthcare practitioners specializing in clinical Biochemistry and Neurofeedback Science enable people to take charge in improving their health, by offering them efficient and adequate tools such as recommended lifestyle changes, biorhythm modifications, and so on. Indeed, the ultimate goal is to allow clients to take control over their overall well-being.

LISTENING TO THE BODY'S CRY FOR HELP

So, how does this all work? Essentially, a symptom is the body's cry for help. To eliminate the symptom, the root cause needs to be eliminated first. Sometimes, making small changes suffices to do so. Other times, bigger interventions are necessary.

When building up the profile of a patient in order to devise a personalized therapy plan, a wide variety of factors comes into play as health is a complicated and delicate matter. Clinical Biochemistry and Neurofeedback Science takes everything into account, down to the smallest details:

- How micronutrients help keep the body at its healthiest.
- The powerful potential of plants in treating a wide range of conditions.
- The essential role of the digestive system in maintaining health and immunity,
- The importance of a healthy, balanced diet.
- The pivotal role of biotransformation (the conversion of nutrient intake into chemical energy, and of waste products into less harmful materials which the body can easily exert).
- How cells are composed, function and communicate.
- The process of energy metabolism on a cellular level.
- The proper balance of microbiomes, such as bacteria, that are incredibly beneficial for our health.
- The chemical background of stress and anxiety.
- How the hypothalamus helps regulate body temperature, hormones and day to night rhythms.

The list goes on. By keeping track of all these details, cBNS can provide a meticulously detailed overview of the state of a patient's health.

More information about cBNS is available at www.qxworld.eu/cbns/.

If you have any questions, please don't hesitate to contact info@qxworld.eu or to post your question on the QX World Facebook page.

HOW TO BECOME A CBNS EXPERT?

The QX World cBNS course covers all of the aforementioned topics through up-to-date and engaging course materials to help you become a cBNS expert. Its sixteen modules include (but are not limited to) cell biology, microbiome and infectious pathology, and endocrinology, alongside practical case studies. Students also gain an in-depth understanding of biofeedback, and how the OMNIS software works to come to well-founded conclusions.



IS BIOFEEDBACK THERAPY SAFE AND EFFECTIVE FOR ALL ANIMALS?



ABOUT MARGRET MARGRETARDOTTIR

Margret Margretardottir's interest in working with animals began in the year 2001, when one of her dogs was diagnosed with epilepsy. She started working for The Quantum Alliance (TQA) in 2007. Since 2008, Margret teaches at the TQA academy in Budapest. Spending most of her time living with her family in the Azores, she is very much involved in her family's charity that helps animals who are homeless or sick. While devoted to the wellbeing of all types of animals, she has been specialising in horses' health since 2011.

At QX World, we have a heart for animals. Next to managing a pet-friendly office, we are always pleased to hear from clients who successfully use biofeedback to keep their beloved animals healthy and happy. In our next interview, we ask Margret Margretardottir about the various ways in which biofeedback therapy can enhance animal health.

IS BIOFEEDBACK THERAPY SUITABLE FOR ALL ANIMALS?

As I see it, there is no restriction to the types of animals that can benefit from a biofeedback session. Because it is harmless and painless, there is no need to hesitate using a biofeedback device on them. I even gave some balancing to a dying butterfly once, just to give it a peaceful send-off.

Some animals respond better when they can move freely, others feel more relaxed and secure in a cage or container. But no matter their preference, I find it is very important to take the time to show the animal the harness before putting it on, letting them sniff it and talking to them in a calm voice. If they start to panic during the session, I unplug the harness and let them move around for a few minutes before trying again. If that doesn't work, I carry out the rest of the session in virtual mode.

WHAT ARE THE BEST BIOFEEDBACK PROGRAMS FOR ANIMALS?

In my experience, all animals respond very well to the Spinal and Electro ACU program.

IS BIOFEEDBACK THERAPY SAFE FOR ANIMALS ON MEDICATION?

Yes. In fact, in many animals, medication will work more effectively thanks to repeated biofeedback sessions.

HOW DO YOU KNOW IF AN ANIMAL IS RESPONDING WELL?

Some animals show signs of stress during their first session. My solution is to balance their adrenals and run some of the relaxation programs. Usually, within 15 to 20 minutes, their breathing calms down. They start to yawn and in most cases they fall asleep.

HOW DO YOU INTERPRET THE INFORMATION THAT COMES UP DURING A SESSION?

Biofeedback devices offer endless information indeed. I always look for repeated patterns to give me an idea of the animal's main stressor. I also keep in mind that many of the signatures the animal is reacting to, are connected to their caregiver as many animals take over the energy field of their owner. In many cases, it is necessary to work on the caregiver as well as the animal.

WHAT DO YOU DO IF THE ANIMAL CAN'T SEEM TO RELAX?

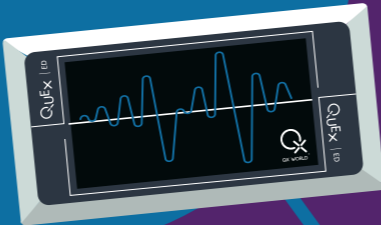
How can **biofeedback** help you **quit smoking**?

Most people smoke because **nicotine** relaxes them. Biofeedback teaches you to mimic this relaxing effect all on your own, **taking away your desire to smoke** in just **6 steps**.

1 The biofeedback therapist hooks you up to a **biofeedback device**.



2 You watch on a **monitor** how your body responds to stress.



3 The monitor's results conclude the optimal relaxation technique for you.

4 The therapist runs the **biofeedback protocol**.



5 The therapist teaches you how to relax.



6 As your body's response to stress becomes more efficient, your need for nicotine decreases.

Biofeedback.
If you can measure it,
you can change it.



EXPERT TALK WHAT DO BEAUTY AND BIOFEEDBACK HAVE IN COMMON?

Maintaining glowing, healthy-looking skin is everyone's dream. While anti-aging products continue to sell like hot buns, new and advanced technologies promising to preserve youthful skin are emerging every day. But how effective are these innovative solutions compared to the traditional serums and creams? In this interview, Adrienne Feller of Adrienne Feller Cosmetics and neurologist Dr. Márta Simon kindly share their professional views.

DO YOU THINK NATURAL COSMETICS ARE SUPERIOR TO THEIR MAINSTREAM COUNTERPARTS?

Adrienne Feller: It is common knowledge that everything that surrounds us not only consists of matter, but contains energy, too. Just think of the energy that is released when atoms are split. When we say something is natural, it is alive. Because natural products are made with love, their energy becomes more powerful. So, yes, I believe that natural products are way better for us.

Dr. Márta Simon: I would say that non-invasive anti-aging treatments like microcurrent technology are becoming increasingly popular among women and men. Essentially, microcurrent therapy activates the skin's natural regeneration processes, achieving a natural anti-aging effect. In that way, natural cosmetics indeed offer added value compared to mainstream products and treatments.

HOW DOES MICROCURRENT TECHNOLOGY WORK FOR COSMETIC PURPOSES?

Dr. Márta Simon: Microcurrent is an electric current delivered at a rate of 1 microampere, which is a very low level, so the client feels perfectly comfortable. It is completely harmless and extremely beneficial for the skin, boosting blood circulation and collagen production. The current also helps the body heal damaged tissue and remove toxins. Ultimately, microcurrent can resurface the skin, filling wrinkles and lifting it thanks to the stimulation of cell growth.

BIOFEEDBACK THERAPY ALSO USES GENTLE ELECTRIC CURRENT. CAN IT AID BEAUTY AS WELL?

Adrienne Feller: As I think that everything around us is energy, I believe that the reason our skin starts to age is actually based on the answers we give to life. Over time, we lose our spiritual elasticity, and our skin acts as a mirror. Youth can be preserved by maintaining both our physical and mental balance. In my experience, biofeedback therapy is a great tool to find and maintain that of balance.

Dr. Márta Simon: Actually, I recently conducted a study on the use of microcurrents in combination with natural cosmetics and the S-enso and Sapphire Rejuvenation Software. The results were astounding. We observed a group of women between the ages of 35 and 67 with various skin types. By the end of the trial, subjects with moderate wrinkles saw an average of 26% percent improvement, and women with more severe facial lines noticed at least 20% improvement. In conclusion, we noted that the combination of S-enso, Sapphire and Adrienne Feller cosmetics showed an amazing high-performance level.

Do you wish to enhance your beauty through biofeedback therapy?

Application is very easy and straightforward through the Quantum Line website. quantum-line.com



ABOUT DR. MÁRTA SIMON

Dr. Márta Simon is a Neurologist, Somnology Expert and Health Coach. She lives in Budapest, Hungary, where she runs her own Biofeedback and Natural Beauty Clinic.



ABOUT ADRIENNE FELLER

Adrienne Feller is the founder and CEO of the Hungarian beauty brand Adrienne Feller Cosmetics. Based on a recipe that has been in her family for generations, her Pannonnessce line is made of seven Hungarian medicinal herbs that improve skin elasticity and a youthful appearance.

VISUALIZE THE INVISIBLE WITH QUEx ED® AND OMNIS

Powered by **OMNIS** software, **QUEx ED**® biofeedback technology offers a total approach to energetic well-being.

Learn all about the ultimate high-end energy balancing device.



CHANGE THE WAY YOU WORK FOREVER WITH OMNIS

- ✓ AUTOMATICALLY COMBINE DIFFERENT HOLISTIC KNOWLEDGE MODULES
- ✓ RELAXING AND ENERGY VISUALIZATION ON ONE WORKSTATION
- ✓ SIX-MONTHLY SOFTWARE UPDATES FOR SAFE PRACTICE
- ✓ ADD NEW FEATURES ACCORDING TO YOUR THERAPY NEEDS

✓ EMBEDDED MODULES INCLUDE (AMONG OTHERS):

- **BIOFEEDBACK INTERFACE GRAPHICS (BIG)**
Let your device work in real time. Help your client gain balance, master their reactions and be more in contact with their inner self and capabilities.
- **THE BODY VIEWER**
Offer clients a 3D experience, using the combined effects of visualization and very specific guided imagery.
- **THE DEGEN SCAN**
Detect subtle energies and work on an existing condition, if known, to apply light entrainment.
- **THE DISEASE DICTIONARY**
Translate a condition into multiple ways of natural medicine designed to address it and reduce the stress factors associated with it.
- **THE HOME USE**
Personalize a session on the spot, choosing from more than 25 therapy options, with individual timings and an overall progress view.
- **THE IRIDOLOGY**
From acupuncture points to specific eye related complaints, the Iridology focuses on various stress factors. Let your QUEx device carry out the ideal balancing protocols.
- **THE SMART REPORT, BASIC AND PRO**
Simple for you to use, yet complicated AI algorithms are working in the background to make sure you have the most comprehensive picture of your patient's session summary.



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