

ISSUE 4

SEPTEMBER 2023

# IN THE LOOP

EXPERT TALK

4 biofeedback techniques that can help reduce stress

Do mitochondria hold the secret to a long and healthy life?

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What is the best diet? Staying energized is crucial



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Dear Reader,

As we navigate the hustle and bustle of modern life, the importance of maintaining our physical and mental health cannot be overstated. In our pursuit of success and happiness, we often overlook the subtle signs sent by our own bodies and minds, urging us to find harmony and balance. That is where biofeedback technology comes into play.

By providing real-time feedback on our physiological responses, biofeedback opens a window into the intricate interactions between our physical, emotional, and mental well-being. This newfound awareness allows us to fully embrace the transformative potential of our bodies on every level.

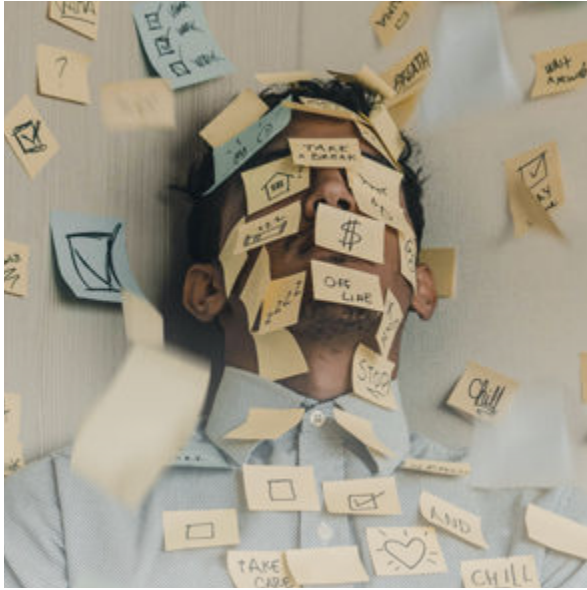
I am proud to present to you the fourth edition of this magazine, which features a wealth of tips and advice from esteemed experts who are at the forefront of biofeedback and general health practices.

As you flip through these pages, I hope you find the knowledge and tools to take control of your well-being, and make mindful choices that will enrich your life.

Warmest regards,

**Andreea Taflan**  
CEO, QX WORLD Ltd.



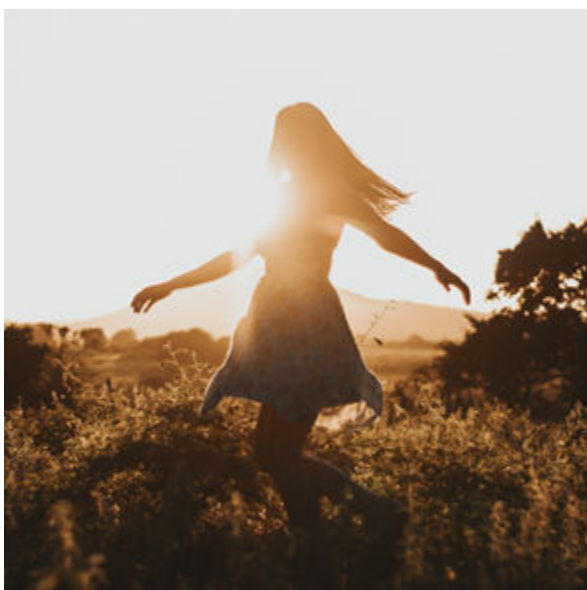
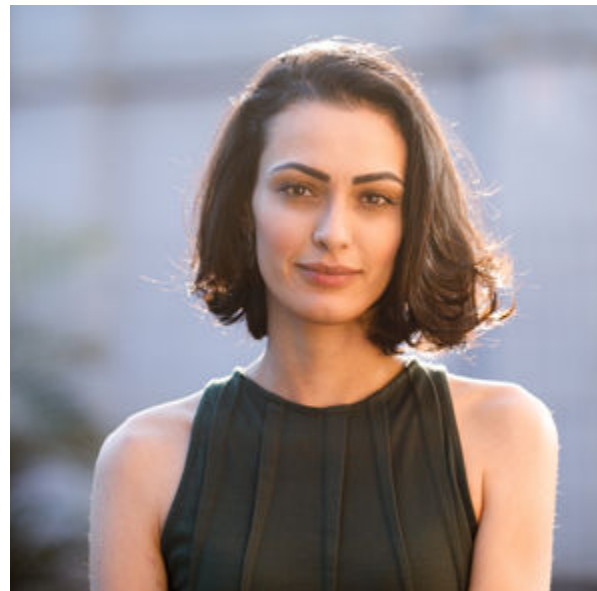


# INDEX

**06** EXPERT TALK -  
4 BIOFEEDBACK  
TECHNIQUES THAT  
CAN HELP REDUCE  
STRESS

**08** DO MITOCHONDRIA  
HOLD THE SECRET  
TO A LONG AND  
HEALTHY LIFE?

**10** BACK2BACK -  
MIGRAINE NO  
LONGER CONTROLS  
LISA'S LIFE



**16** QX VIEWS -  
NEUROFEEDBACK OR  
QUANTUM  
BIOFEEDBACK:  
WHAT'S THE  
DIFFERENCE?



**18** EXPERT TALK -  
HOW CAN  
BIOFEEDBACK  
HELP WITH LYME  
DISEASE?

**20** WHAT IS THE BEST  
DIET? STAYING  
ENERGIZED IS  
CRUCIAL

**22** BACK2BACK - HOW  
AGNES' TINNITUS  
ALMOST COMPLETELY  
VANISHED



**26** QX VIEWS - WHERE  
TO BUY YOUR  
BIOFEEDBACK  
DEVICE?



EXPERT TALK

# 4 BIOFEEDBACK TECHNIQUES THAT CAN HELP REDUCE STRESS

BY DR. MÁRTA SIMON

Stress is a common experience in our daily lives. Yet it can take a toll on our physical and mental well-being if we're not careful. To maintain a healthy and happy life, proper stress management is essential. In this article, I gladly introduce you to four biofeedback techniques that have proven to be effective in lowering stress levels.

## 1. ELECTROCARDIOGRAPHY (ECG)

Electrocardiography is a type of biofeedback that can influence the effects of stress on both the vegetative nervous system (responsible for regulating involuntary bodily functions) and the heart.

## 2. ELECTROENCEPHALOGRAPHY (EEG)

This type of biofeedback can help create harmony between the hemispheres and lobes of the brain. This is particularly useful because we tend to use the left hemisphere more often, neglecting the right hemisphere's creative and abstract thinking. This imbalance can lead to weaker adaptation abilities and affect internal organs, making stress management more challenging.



### 3. SPINAL THERAPY

Spinal therapy is another technique that can reduce the effects of stress on the muscles and alleviate muscle knots. These knots often develop due to poor posture, such as after long hours of typing with tensed-up shoulders.

### 4. SENSO

The biofeedback device that I use in my practice is equipped with the SENSO program. As well as helping to loosen facial muscles, it supports guided relaxation meditation and facilitates the body's natural regeneration processes.

### DO WHAT FEELS RIGHT FOR YOU

While everyone experiences stress differently, physical exercise, breathing techniques, meditation, and yoga can all help manage it. It's essential to find the relaxation technique that works best for you, and to know that overcoming a stressful lifestyle will always require long-term attention and dedication.



#### 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.

# DO MITOCHONDRIA HOLD THE SECRET TO A LONG AND HEALTHY LIFE?

The human body consists of trillions of cells, which are the basic building blocks of life. To stay alive and healthy, cells rely on mitochondria. More and more experts believe that mitochondria hold the key to increasing life expectancy, for numerous reasons.





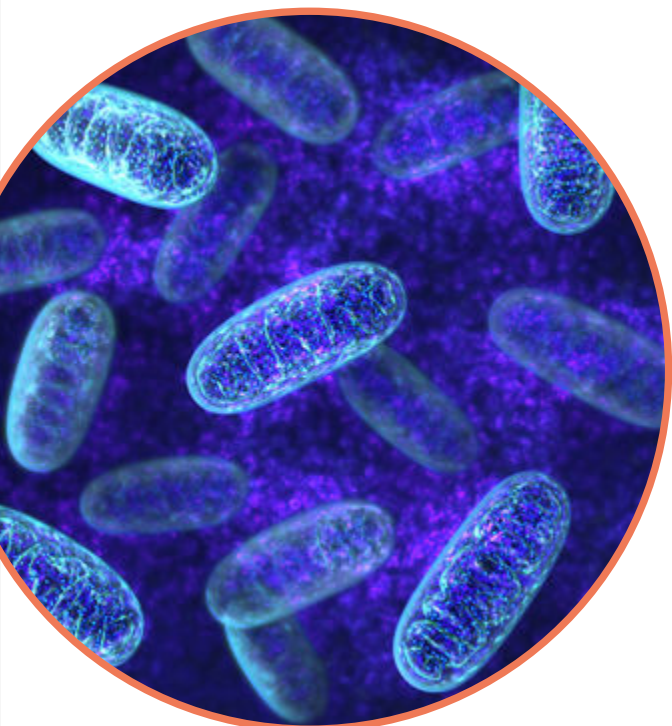
## WHAT ARE MITOCHONDRIA?

Mitochondria are like powerhouses or energy factories inside our cells, producing about ninety percent of the energy each cell needs to survive. They take energy from the food we eat, like protein, fats, and carbohydrates, and turn it into a special kind of energy that our body can use for different processes to keep us alive.

## PROTECTING THE LIVER

The liver has a big job to do, especially in terms of metabolism. The thousands of mitochondria in the liver are vital for the chemical changes that take place there, helping the liver to break down nutrients and use them to provide energy for important bodily functions.

As well as making new mitochondria, under normal conditions the body also gets rid of mitochondria that have stopped functioning properly. Any changes to this delicate balance between old and new can lead to chronic liver disease. To keep the liver – and the mitochondria inside it – healthy, a varied and nutritious diet is crucial.



## CONNECTING BODY AND MIND

Being exposed to stress affects our immune system. And in return, the immune system affects how we respond to stress. In other words, the interaction between our immune system and brain activity is central. Research shows that mitochondria play a critical role in regulating the immune system as well as adapting to stress. However, a lot remains to be discovered. Scientists are working hard to figure out the fascinating connection between body and mind, and the role mitochondria play in it.

## MITOCHONDRIA AFFECT HOW WE AGE

It's the million-dollar question: what impact do mitochondria have on life expectancy? Studies conclude that, as we age, mitochondria levels and mitochondrial activity start to decline. It's a phenomenon especially noticeable in our muscles. What exactly causes the decline as we age, however, remains a mystery for now.

## BIOFEEDBACK HELPS SOLVE THE MYSTERY

Mitochondria play a vital role in our overall life expectancy, but their workings are so complex that further research is needed. Here, too, at QX WORLD, we feel it is essential to continue learning about mitochondria. And we believe biofeedback technology can serve that very purpose, helping people of all ages become more conscious of their health in every way possible.





BACK2BACK

# MIGRAINE NO LONGER CONTROLS LISA'S LIFE

Happy in her relationship and successfully running her own business, Lisa F. (31) seemed to have it all when she first came to Dr. Márta Simon. “My life was everything I ever dreamed it would be,” she says, “apart from these constant migraine attacks.” Today, she has finally found relief.

## WHAT DOES A MIGRAINE ATTACK FEEL LIKE?

**Lisa:** It's a throbbing pain that usually emerges on the left side of my head. It can make me feel so nauseous that I start to vomit. On some days, I'm so sensitive to light that I can't have lunch with my girlfriend, let alone make it through a shift at our restaurant. At one point I even started seeing flashing lights right before an attack. That worried me a lot.

**Dr. Simon:** What Lisa is describing here is called a 'migraine aura'. The flashes she sees are caused by reduced blood flow to the eye, due to narrowing blood vessels. In fact, many migraine patients report visual disturbances like flashing lights, blurred vision, and blind spots.

## DO WE KNOW WHAT CAUSES MIGRAINE?

**Lisa:** I went to see several doctors but none of them were able to pinpoint the cause. This one doctor told me it was simple genetics, and that I couldn't do anything about it.

“ I started  
to notice a difference  
after about four or  
five sessions. ”

**Dr. Simon:** That doesn't surprise me. Unfortunately, while genetics can indeed be a factor, the exact cause of migraine remains unknown. I myself believe that there are different possible causes, varying from person to person. Which is exactly why quantum biofeedback can prove so very useful to migraine patients.



## HOW DOES THAT WORK?

**Dr. Simon:** A quantum biofeedback session looks at the body as a system, trying to find and address underlying causes rather than looking at migraine as a result of temporary changes in the chemicals, nerves and blood vessels in the brain.

## WHAT KIND OF CAUSES ARE WE TALKING ABOUT?

**Dr. Simon:** In Lisa's case, working irregular hours combined with not drinking enough water turned out to be the major triggers.

**Lisa:** I thought I was drinking plenty of fluids, but Dr. Simon explained to me that coffee and energy drinks actually have a dehydrating effect. Because most of my migraine attacks occur when I'm feeling anxious, stress is probably a huge trigger for me as well.



### DID YOU KNOW?

A quantum biofeedback device provides feedback on more than 15,000 potential imbalances, such as stress, sleep disorders, spinal issues and certain food intolerances that may trigger migraine attacks.

## CAN MIGRAINE BE CURED BY BIOFEEDBACK?

**Dr. Simon:** The effectiveness of quantum biofeedback for treating migraines has not yet been scientifically proven, but over the years I have seen numerous patients learn to reduce the frequency and intensity of their migraine attacks thanks to regular quantum biofeedback sessions.



## HOW IS THAT POSSIBLE?

**Dr. Simon:** I believe that migraines, and many other health issues, are often the result of imbalances in the body's energy fields. Next to finding imbalances, a quantum biofeedback device sets out to re-educate the body by means of soft electric pulses, enabling it to function more efficiently.

**Lisa:** At first, it was a little strange. I wasn't sure what to expect. But Dr. Simon explained everything to me and put me at ease. It wasn't uncomfortable or painful at all. In fact, it felt quite relaxing to me.

**Dr. Simon:** Yes, that's a common experience. It's just the electrical impulses passing through the body and helping to balance the energy fields.

## HOW ARE YOU FEELING TODAY, LISA?

**Lisa:** Migraine no longer controls my life. I already started to notice a difference after about four or five sessions. I'm not getting migraines as often anymore. When I do, they aren't as severe as they used to be. Quantum biofeedback is an amazing technology and I'm very grateful to have discovered it.

### LISA F. (31)

Lisa lives in Budapest with her partner Hanna. Having started out as waitresses, they now run their own restaurant and catering business together.





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MARGRET MARGRÉTARDÓTTIR



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#### NOAH® FOR QUEX S®

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QX VIEWS

# NEUROFEEDBACK OR QUANTUM BIOFEEDBACK: WHAT'S THE DIFFERENCE?

BY ANDREEA TAFLAN

If you're keen on improving your well-being, you've probably heard about neurofeedback and quantum biofeedback. Both use advanced technologies to help you feel your best, yet there is also a key difference when it comes to unlocking your full health potential. So, let's find out which approach is best suited to help you meet your specific goals.

## TRAINING YOUR BRAIN

Neurofeedback focuses on the electrical activity in the brain. It's a special kind of biofeedback that measures brain waves, called EEG signals, and gives you real-time feedback. This feedback helps you to better understand your brain activity while teaching you how to control it. The goal is to improve how your brain works, making you sharper and more emotionally balanced.





### DID YOU KNOW?

Unlike basic biofeedback technology (that requires you to alter certain automatic bodily functions yourself), quantum biofeedback devices send out electromagnetic waves that do (most of) the work for you.

### LOOKING AT THE BIGGER PICTURE

Quantum biofeedback takes a broader approach. It not only looks at your brain but also your body electric, the energy field that's influenced by physical, emotional, and mental processes. By tapping into this energy field, a quantum biofeedback device provides insights into your stressors and overall wellbeing. Through electromagnetic wave looping, it can even rebalance the frequencies of specific cells to promote their optimal health.

### THE KEY DIFFERENCE

If you're struggling with a specific mental health condition, neurofeedback may be the right approach for you. It can help you regulate brain activity and improve your cognitive and emotional functioning.

However, if you're looking for a more complete approach to improve your wellbeing, quantum biofeedback may be a better fit. It gives you a deep insight into your physiological and psychological stress reactivity profile, allowing you to address stress factors at their root.



**ANDREEA TAFLAN**

Andreea is the CEO and a co-founder of QX World. She studied Business Management and Marketing and has a master's degree in Public Relations and Communications. In 2005, Andreea was appointed the right hand of the original developer of biofeedback technology and since 2012 she has taken the lead in further developing the technology. Today, she is considered a leading expert in the field of biofeedback.



## EXPERT TALK

# HOW CAN BIOFEEDBACK HELP WITH LYME DISEASE?

AN INTERVIEW WITH  
DR. MÁRTA SIMON

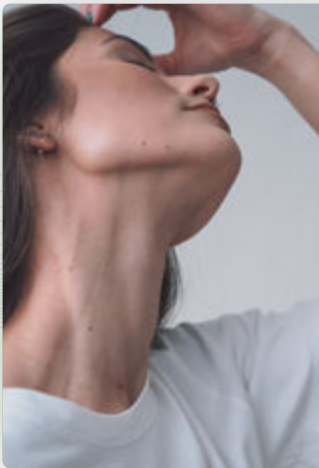
Lyme disease is a potentially serious illness that is often associated with tick bites. In this article, Dr. Márta Simon explores the symptoms associated with Lyme, and explains how biofeedback can be used to help manage them.

### WHAT CAUSES LYME DISEASE?

Lyme disease is caused by borrelia bacteria. Most of us know Lyme disease primarily as being transmitted by ticks, yet the bacteria that cause Lyme can easily infect human tissue even without a tick involved.

### WHAT ARE COMMON SYMPTOMS?

Symptoms of Lyme disease can be rather difficult to pinpoint. A cockade-like red spot appearing on the skin after a tick bite is a tell-tale sign of Lyme, but many are not aware that the red spot does not always appear. Moreover, the first symptoms often only become apparent years after infection took place.



## SIGNALS TO WATCH OUT FOR

01. Fever and chills
02. Fatigue
03. Headache
04. Muscle and joint pain
05. Swollen lymph nodes
06. Neck stiffness
07. Tingling or numbness in the hands or feet
08. Irregular heartbeat
09. Vision changes
10. Cognitive problems, such as memory loss and difficulty concentrating

## HOW CAN BIOFEEDBACK HELP?

Antibiotics are commonly used for treating Lyme disease. Yet the various types of stress the body undergoes due to bacterial infections like Lyme are not to be underestimated. That's where biofeedback comes in. Many different protocols exist, so the biofeedback session can be easily personalized.

First of all, biofeedback can help manage the pain associated with Lyme disease. By using biofeedback devices to monitor physiological responses, patients can learn techniques to reduce pain and discomfort.

Evidently, Lyme disease can be stressful and anxiety-inducing. Biofeedback sessions can help manage stress and anxiety levels by teaching relaxation techniques, such as deep breathing and visualization.

Thirdly, Lyme can affect memory and concentration. By teaching patients how to focus more, biofeedback sessions can improve their cognitive functioning.

Finally, biofeedback can support the immune system, improving the body's ability to fight off infections.

## CAN BIOFEEDBACK CURE LYME DISEASE?

Unfortunately, the answer is no. It is important to note that biofeedback does not substitute medical treatment for Lyme disease. It can, however, be used as a complementary approach to help manage the symptoms. Patients who have Lyme disease should consult with their healthcare provider before beginning any new treatment or therapy.





# THE ULTIMATE ENERGY BALANCING DEVICE.

As an all-in-one biofeedback device, QUEX ED<sup>®</sup> offers a complete approach to energetic well-being.

## NO. 1 IN BIOFEEDBACK TECHNOLOGY

- ✓ Explore the body for **stressors**
- ✓ Help clients to **relax**
- ✓ Tap into the body's **self-healing capacity**

## WORK SMARTER AND FASTER

- ✓ Easily **link** different fields of health and healthcare
- ✓ Compare **insights** from different sessions
- ✓ Give consistent **feedback**
- ✓ Offer structured **reports**
- ✓ See **more clients** per day

[MORE INFO](#)







# WHAT IS THE BEST DIET? STAYING ENERGIZED IS CRUCIAL

A quick Google search is all it takes to discover 'the best diet' that is 'fast and easy'. Yet finding a diet that works for you is a bit more complex. Let's zoom in on the dos and don'ts to achieve your body goals while feeling as great as you deserve to feel.

## A HEALTHY DIET IS A BALANCED DIET

The problem with most fad diets is that they are impossible to keep up and very much focused on weight loss rather than health. Often, these kinds of diets are all but balanced, cutting out entire food groups. While some foods are indeed to be avoided, others are crucial if you want to support your immune system and give your body the energy it needs to get through the day.

## FOODS TO AVOID

Simple carbohydrates are not your friend. Usually found in processed foods, they will make your energy levels spike and come crashing down just as fast.

### Simple carbohydrates

- white flour
- white bread
- white rice
- breakfast cereals
- fruit juices
- potato chips
- sugar
- ...



## HEALTHY FOODS

Food contains energy in the form of nutrients. Complex carbs high in fiber are great sources of energy as the body digests them slowly and consistently. Foods high in protein are also an essential part of a balanced meal, as are healthy fatty foods in moderate amounts.

### Complex carbohydrates

- |                      |                                    |
|----------------------|------------------------------------|
| + whole grain bread  | + steel cut oats                   |
| + whole grain pasta  | + starchy vegetables like potatoes |
| + brown basmati rice | + ...                              |

### High-protein foods

- |           |             |
|-----------|-------------|
| + chicken | + chickpeas |
| + fish    | + beans     |
| + turkey  | + lentils   |
| + eggs    | + ...       |

### Healthy fatty foods

- |           |         |
|-----------|---------|
| + avocado | + seeds |
| + nuts    | + ...   |

## DRINK ENOUGH WATER

To get the results you want, staying hydrated is just as important as eating right. When you stay hydrated, your body functions optimally, including your metabolism. It is a known fact that a well-hydrated body is better at burning stored fat.

## HOW MANY TIMES A DAY SHOULD YOU EAT?

Next to wondering what foods to eat and what to avoid, many people on a diet ask themselves how often they should eat and how much. Our experts are a fan of intermittent fasting, where longer periods without eating positively affect different mechanisms in the body.

## DISCOVER THE BEST DIET FOR YOUR BODY

Getting on the right track is not easy, so be kind to yourself. Take it all one step at a time. And listen to your body. In that respect, a biofeedback therapist can help you gather valuable data to determine what the best diet is for you. They will also gladly explain how biofeedback can help you take control of your health, and give you valuable insights to make the best decisions in terms of nutrition.





BACK2BACK

HOW AGNES'  
TINNITUS ALMOST  
COMPLETELY  
VANISHED

“ I didn’t think it would ever stop. Next thing I know, this miracle happened. ”

There is no conventional cure for tinnitus. Fortunately, quantum biofeedback can help ease the symptoms a lot. QX WORLD talked to Dr. Márta Simon and one of her clients, Agnes N. (74), about their shared experience.

### WHAT IS TINNITUS?

**Dr. Simon:** People who suffer from tinnitus hear sounds that do not come from an external source. These phantom sounds can occur in one or both ears, and can be temporary, recurring, or permanent.

### WHAT DOES IT SOUND LIKE?

**Dr. Simon:** The sound itself can vary a lot. Some people report hearing a ringing, whistling, buzzing, or pulsing sound.

Others hear crickets, sirens, ocean waves, clicking, dial tones, or even music. The list goes on. But what is common in all types of tinnitus is that it is annoying, at the least, up to the point where it becomes psychologically exhausting.

**Agnes:** I heard a very high-pitched tone most of the time. A kind of whistling that could go on for hours. Sometimes it stopped for a while, but then this rustling sound would take over. Some days, I thought it would drive me mad.

### WHY IS THERE NO CURE AVAILABLE?

**Dr. Simon:** A cure for tinnitus is hard to find because it is a symptom, not an illness, and because it can have many different causes. For some, medication, cognitive therapy, and sound therapy prove helpful. However, these treatments don’t always work for everyone, and some patients will continue to experience symptoms.

**Agnes:** That’s right. I had tried so many solutions and none of them worked. At one point, I just assumed the whistling in my ear would never stop. So, it wasn’t even the reason why I went to see Dr. Simon in the first place. I came to her hoping to find relief from my joint pain, which had been bothering me for years. Nothing seemed to work, and that’s when Dr. Simon suggested trying quantum biofeedback.

### DID YOU KNOW?

Stress can trigger or worsen tinnitus, likely because it increases the brain’s sensitivity to sound.



## HOW DOES QUANTUM BIOFEEDBACK WORK?

**Dr. Simon:** The body uses electricity to communicate and control its functions. Neurons, for example, generate electrical impulses to communicate with one another and with other cells in the body. A quantum biofeedback device sends gentle electromagnetic pulses through the body to help it find its natural balance. After a few sessions, this can have a positive effect on tinnitus symptoms, reducing or even eliminating them altogether.

## WHAT DOES A SESSION FEEL LIKE?

**Agnes:** To my surprise, I found it very relaxing. All I had to do was sit comfortably while Dr. Simon and the device did the rest. Sometimes I felt a slight tingling sensation, but it was a good kind of tingling. Then, a few months in, this miracle happened.

## DID THE TINNITUS GO AWAY?

**Agnes:** It's almost entirely gone. I hardly hear the whistling sound anymore, and it has become a lot less intense too. It certainly doesn't interfere with my daily life as much as it used to.

## WERE YOU SURPRISED, DR. SIMON?

**Dr. Simon:** While not intended in this case, the effect did not surprise me, no. In fact, I have had several clients with tinnitus who have found relief through quantum biofeedback. While not a cure itself, it can certainly address underlying causes of tinnitus because it approaches the body as a whole. That's a huge advantage for people like Agnes, as tinnitus can have numerous causes which are not always apparent.



**AGNES N. (74)**

Agnes is a retired dancer living in Budakeszi with her husband and their two cats. Although she suffers from rheumatic joint pain, she likes to do her own grocery shopping and travels by bicycle as often as she can.

# Does biofeedback work on animals?

Biofeedback can work wonders for both humans and animals.

- 1** The animal wears a special harness linked to the biofeedback device.
- 2** The device sends a loop of electrical pulses through the body.  
*Is it painful? Not at all! Biofeedback is perfectly harmless. Most animals even find it relaxing.*
- 3** The electric pulses signal cells that have lost their balance ...
- 4** ... and help the imbalanced cells return to their original frequency.
- 5** After repeated sessions, new pathways are created in the animal's body electric.
- 6** The newly created pathways help make medication and other treatments work more efficiently.







QX VIEWS

# WHERE TO BUY YOUR BIOFEEDBACK DEVICE?

BY ANDREEA TAFLAN

If you're a healthcare professional, you probably have numerous clients who wish they were more in control of their own life, performance, and well-being. So, what if we told you that you can help make this their new normal, with the help of biofeedback? Get ready to enable life changing journeys, starting with the purchase of your own biofeedback device.

## BIOFEEDBACK DEVICES THAT STAND OUT

Developed by QX WORLD, the QUEX biofeedback devices enable quantum biofeedback sessions, optimizing the body electric by feeding sounds, visuals, and vibrational frequencies back to the client. These devices are the result of over 35 years of research and continuous development, encompassing all known applications of biofeedback.

## THE PICTURE OF HEALTH

Another reason why the **QUEX S®** and **QUEX ED®** devices are making waves in the field of biofeedback? They run on OMNIS® software, integrating all known health knowledge into one system. In other words, you no longer need to rely on a combination of different energetic devices to offer clients a complete picture of their health-related stressors.

The QX WORLD Software Care program includes 6-monthly updates of the OMNIS® software. As well as security updates to keep the complete database system secure, you also get new features and improvements to meet the evolving needs of your practice.

## QUEX ED®



## QUEX S®



## CUSTOMER SUPPORT YOU CAN COUNT ON

But the thing that arguably sets QX biofeedback devices apart the most is the fact that we have complete control over the entire product phase from research and development to manufacturing, software writing, distribution, education, and tech support. It allows QX WORLD to be a genuine partner in your practice ensuring that you receive the highest quality products and support.

Finally, at QX WORLD we are not just product vendors. We strive to develop active relationships with our clients, and to help them enhance client outcomes by staying up to speed with the latest industry trends and best practices. To that end, we regularly host events where we share valuable information and insights regarding the latest advancements in energetic visualization solutions.

## FIND A SALES POINT IN YOUR AREA

For the purchase of your biofeedback device, you can rely on our international network of trusted distributors. Simply scan the QR code to find a representative near you.

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- ✓ Create a meaningful timeline  
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- ✓ Master the full potential of  
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**The right device  
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Your representative is happy to help you choose.

**Try out a device at home**

Get in touch if you wish to hire a biofeedback device for a four-week trial period.

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Call your representative every working day between 9 am and 12.30 pm.

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Need a software upgrade or help installing your device? Experiencing technical difficulties? Contact your representative for free remote technical support.

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