

# IN THE LOOP

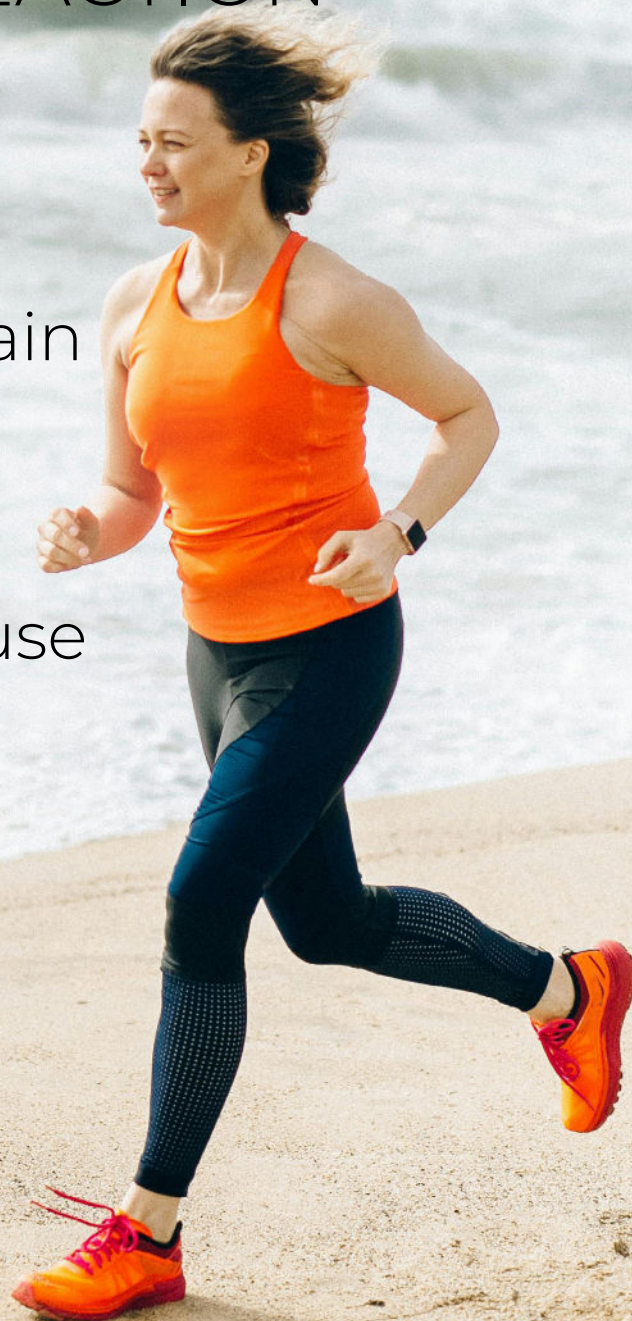
BACK2BACK

## LINNEA (39) RECOVERED FROM A VACCINE REACTION

Biofeedback can  
relieve chronic pain

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6 key nutrients  
to ease menopause  
symptoms





# ENHANCE BIOFEEDBACK SESSIONS WITH PINPOINT PRECISION

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Dear Reader,

In a world overflowing with information, it can be challenging to cut through the noise and tune in to what your body truly needs. That's why this edition of our magazine brings together expert insights on a range of topics, all designed to help you reconnect with your health on your own terms.

We explore how nutrition can ease the natural shift to menopause, and how biofeedback offers powerful, non-invasive support for managing symptoms like hot flashes. You'll also find a thoughtful look at vaccination – one that invites curiosity and encourages informed, personal decision-making.

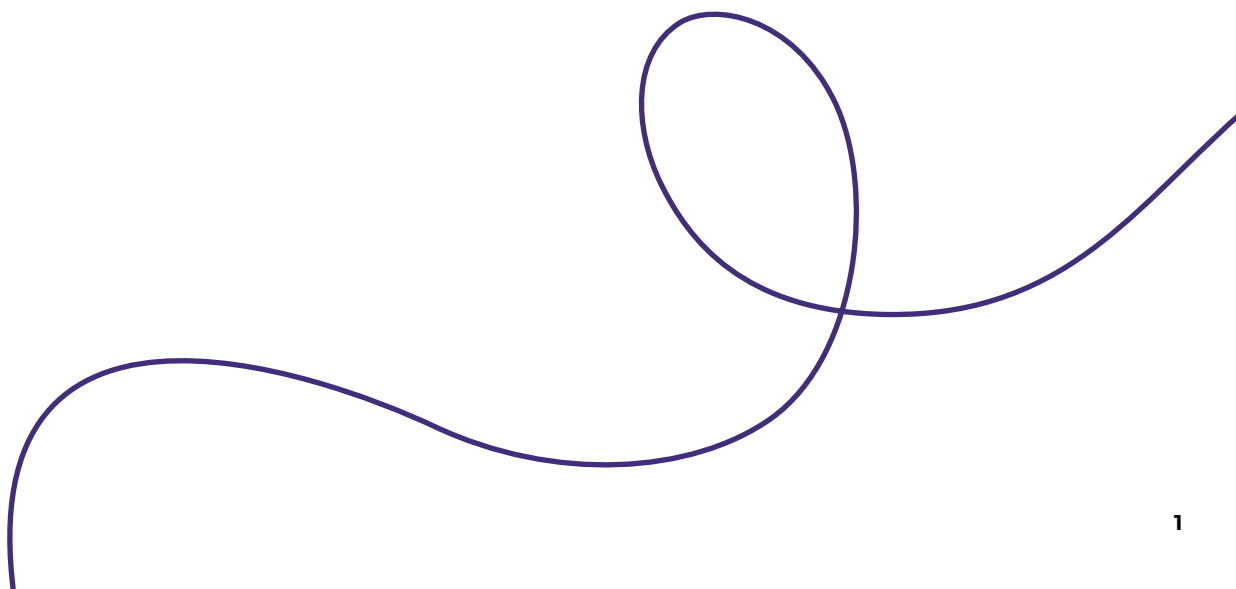
And because well-being isn't just for humans, we take a closer look at NOAH®, our breakthrough biofeedback technology designed specifically for animals, supporting them with the same care and intention we advocate for ourselves.

We hope this edition makes you feel encouraged to listen closely to your body, ask meaningful questions, and explore the tools that resonate with your path. Whether you're navigating hormonal changes, weighing a health decision, or caring for a beloved animal, this issue is here to empower your next step.

Warmest regards,

**Andreea Taflan**

CEO and Co-founder, QX WORLD Ltd.



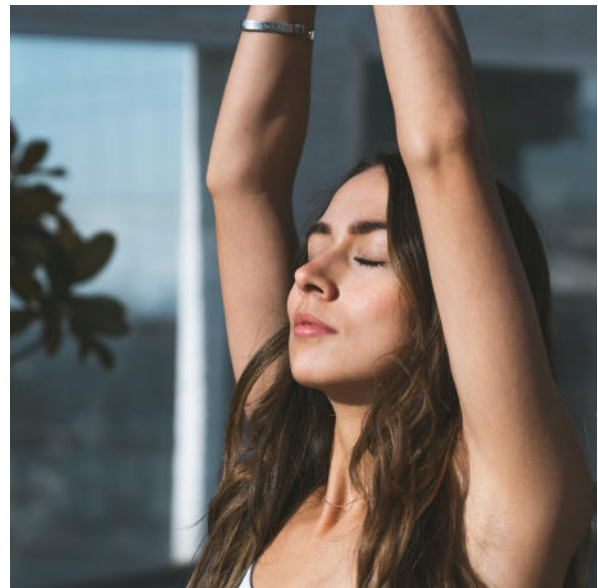


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## LIFESTYLE

# 6 NUTRIENTS TO EASE (PERI)MENOPAUSE SYMPTOMS

Good health starts with understanding your body's changing needs – at every stage of life. (Peri)menopause is one of those natural transitions where tuning in can make a real difference. As your body enters this new phase, prioritizing self-care can ease discomfort. Simple things, such as including key nutrients in your diet, will even have you thriving.

### WHAT ARE SYMPTOMS OF MENOPAUSE AND PERIMENOPAUSE?

Common symptoms of menopause and its early stage, perimenopause, include irregular periods, hot flashes and night sweats, mood swings, anxiety, poor sleep, fatigue, low energy, changes in libido, and vaginal dryness. Less commonly recognized symptoms are brain fog, joint pain, stiffness, hair thinning, heart palpitations, dry eyes, and tinnitus. Understanding these signs as part of menopause is important for managing them effectively.



## STAYING HEALTHY DURING (PERI)MENOPAUSE

Nutrition plays a vital role in managing menopause symptoms. Here are six essential nutrients to focus on:

### 1. CALCIUM AND VITAMIN D

Calcium and vitamin D support bone health and help reduce the risk of osteoporosis. They're found in dairy products, fortified plant-based milks and leafy greens, while vitamin D can also be obtained from sunlight exposure.

### 2. OMEGA-3 FATTY ACIDS

Omega-3 fatty acids help reduce inflammation, support heart health, and may improve mood swings. Important sources are fatty fish, flaxseeds, walnuts, and chia seeds.

### 3. PROTEIN

Protein is important for preserving muscle mass, which often decreases due to hormonal shifts. You can get it from lean meats, eggs, legumes, tofu, and nuts.

### 4. PHYTOESTROGENS

Phytoestrogens are plant compounds that mimic estrogen and may help balance hormones naturally. They occur in soy products, flaxseeds, chickpeas, and lentils.

### 5. MAGNESIUM

Magnesium helps reduce stress, while also improving sleep and bone health. Sources include nuts, seeds, leafy greens, whole grains, and dark chocolate.

### 6. B VITAMINS

Finally, whole grains, eggs, dairy, and fortified cereals provide B vitamins, which help boost energy, support brain function, and regulate mood.

#### A TURNING POINT

Menopause and perimenopause can be powerful moments of transformation. With the right nutrients and self-care, it's an opportunity to rediscover your potential, boost your health, and embrace life with renewed energy and resilience.





QX VIEW

# BIOFEEDBACK CAN HELP WITH HOT FLASHES

BY DR. MÁRTA SIMON

Hot flashes can be unsettling and leave you feeling drained. Rather than relying solely on general relaxation techniques, biofeedback technology offers a groundbreaking approach to managing these sudden waves of heat, which are often accompanied by sweating and flushing.



## WHAT IS BIOFEEDBACK AND HOW DOES IT WORK?

Biofeedback provides real-time data on physiological responses such as heart rate, skin temperature, and muscle tension. This allows women to observe how their bodies respond to stress and learn techniques to modulate those responses, which can be particularly helpful during menopause.

### 1. Targeted stress relief

Although biofeedback doesn't directly influence hormone levels, it helps modulate the body's stress response, which is closely tied to hormonal fluctuations during menopause. Chronic stress can worsen menopausal symptoms, and biofeedback can interrupt this pattern by training the nervous system to stay calm.

Unlike general meditation, biofeedback guides users into deep relaxation using real-time physiological data. This targeted approach enhances nervous system regulation and can reduce the intensity and duration of hot flashes more effectively than unguided relaxation techniques.

### 2. Increased body awareness

During menopause, nutrition becomes an ally in finding relief from hot flashes. It's best to avoid histamine-rich foods like aged cheese and alcohol, and instead focus on eating fresh, minimally processed meals. Biofeedback increases awareness of your body's signals, complementing dietary strategies that promote hormone balance and overall well-being.

### 3. Emotional regulation

Emotional stress or unresolved feelings can intensify menopausal and perimenopausal symptoms including hot flashes. Biofeedback encourages emotional awareness and release, promoting a more balanced state of mind.

## MORE STRATEGIES FOR HOT FLASH MANAGEMENT

Biofeedback is most effective when combined with a holistic approach.

- **Stress management:** techniques like yoga, mindfulness, and meditation can calm the nervous system and reduce the likelihood of hot flashes.
- **Lifestyle changes:** wear lightweight, breathable fabrics and maintain a consistent exercise routine.
- **Quality sleep:** improve sleep hygiene to restore hormonal balance and reduce stress.

## HOT FLASHES DON'T HAVE TO DISRUPT YOUR LIFE

With the right tools, insights, and support, you can restore balance to your body and reduce the impact of hot flashes. Biofeedback technology delivers real-time insights and actionable strategies to help you feel like yourself again, navigating menopause and perimenopause with greater ease and confidence.



Dr. Márta Simon is a neurologist, somnologist and health coach. She lives in Budapest, Hungary where she runs her own biofeedback practice and natural beauty clinic.

# VACCINATION: A PERSONAL CHOICE IN THE PURSUIT OF HEALTH

Conscious health decisions are part of living well – from the foods we eat to the products we put on our skin. So, when it comes to vaccination, it makes perfect sense to approach the topic with the same curiosity and care. Let's find out what's in a vaccine, and how it may or may not fit into your personal health journey.

## WHAT DO VACCINES DO?

Vaccines are designed to teach your immune system how to recognize and respond to certain diseases. They've contributed to reducing the spread of illnesses like measles, tetanus, and the flu.

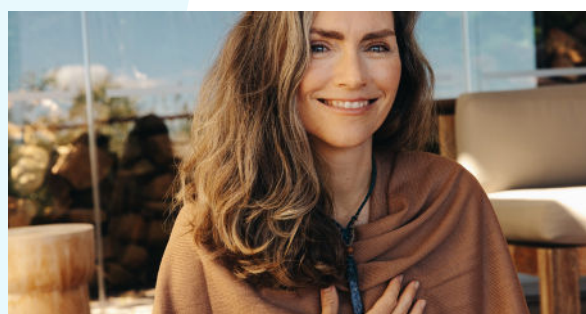
## WHAT ARE VACCINES MADE OF?

Common vaccine ingredients include:

- **Preservatives like formaldehyde (used to inactivate viruses)**
- **Adjuvants, such as aluminum, which help boost immune response**
- **Stabilizers, like sugars or gelatin, that keep the vaccine effective**
- **Trace components used in production sometimes include antibiotics or proteins from eggs or yeast**

## CONCERNS ABOUT HEAVY METALS AND MORE

Supporters of aluminum use in vaccines point out that it helps the immune system respond more effectively, allowing for fewer doses and longer-lasting protection. Yet others remain cautious, questioning the cumulative effect of metals – especially when combined with other environmental exposures.



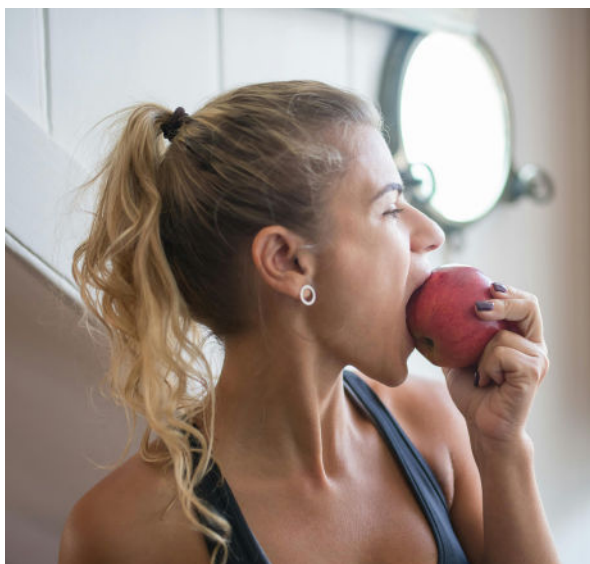
While some bodies handle these substances with ease, others may be more vulnerable due to genetics, toxic load (the total amount of harmful substances, or toxins, that have accumulated in a person's body over time) or existing sensitivities.



## EVERY BODY IS DIFFERENT

Not everyone reacts to vaccines in the same way. Most people only experience mild effects like a sore arm or a slight fever. But others report stronger reactions – from fatigue or joint pain to neurological symptoms or immune flare-ups.

This doesn't mean vaccines are harmful by default. It just means that the risk-to-benefit ratio can look very different from person to person. Factors like family history, autoimmune conditions, or current health imbalances all matter. As always, bio-individuality is key.



## INFORMED CONSENT: THE RIGHT TO CHOOSE

Making decisions about vaccination is not about being “pro” or “anti”: it’s about being pro-information. Having the freedom to ask, “What’s in a vaccine?” and to seek out all available knowledge is part of owning your health path.

### BEFORE GETTING VACCINATED ...

- Review your personal and family health history (ask for instance about allergies, chronic illness and sensitivity to metals).
- Research what vaccines are made of and evaluate whether the ingredients align with your health goals.
- Talk to more than one healthcare provider.
- Ask if vaccines can be spaced out over time.
- Support your immune system naturally, before and after any medical intervention, by eating healthily, drinking enough water, and resting well.



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BACK2BACK

# LINNEA FINALLY FOUND RELIEF AFTER SUFFERING A REACTION TO A ROUTINE VACCINATION

When Linnea (39) went for a routine vaccination, she expected nothing more than a sore arm. Instead, she experienced months of burning skin, digestive problems, and chronic fatigue. Brushed off by several doctors and told “it’s just stress,” Linnea started to wonder if she was imagining it all. But her body was speaking loud and clear – and she listened. That’s when she got in touch with Margret Margrétardóttir.

## WHEN THE BODY SAYS NO

**QX:** Linnea, when did you realize something wasn’t right?

**Linnea:** Within two days after I got vaccinated, I developed a rash on my arms and neck – like my skin was burning from the inside. Then came the bloating, fatigue, and anxiety. I suddenly couldn’t tolerate certain foods. It wasn’t the flu or a stomach bug. It felt like my body flipped a switch, and no one could tell me why.

**QX:** Is this a common reaction to vaccination?

**Margret:** Some people have a hypersensitive immune system – often due to underlying conditions like autoimmunity, gut issues, or chronic stress. When their system encounters vaccine ingredients like aluminum or formaldehyde, it can trigger an inflammatory response. I’m not saying what’s in a vaccine is harmful for everyone, but for a body under pressure, even certain trace components in the vaccine formulation can have a big impact. Linnea’s symptoms pointed to a systemic immune flare; one that impacted both her skin and gut, which are deeply connected to the immune system.

## LOOKING BENEATH THE SURFACE

**QX:** Were you able to find out what caused Linnea’s reaction?

**Margret:** I ran a combination of standard labs and biofeedback testing, which revealed chronic inflammation, histamine sensitivity, and an imbalanced gut microbiome. In other words, Linnea’s body had been under pressure for years – from undiagnosed gluten intolerance, stress, and an overloaded detox system. The vaccine then acted as a final trigger.

**QX:** What ingredients in vaccines might cause this?

**Margret:** More and more people ask their doctor what vaccines are made of, and for good reason because informed consent is important. Most vaccines contain preservatives, adjuvants like aluminum, formaldehyde, and other compounds that stabilize the formula. Even though these ingredients are present in trace amounts, for a sensitized or overloaded system, even small exposures can matter.

**QX:** Linnea, how did you feel going through all this?

**Linnea:** Frustrated. Doctors kept saying “it’s just stress” or “you’re fine.” I knew something deeper was going on. Meeting Margret was a turning point – she actually listened.



## FINDING RELIEF

**QX:** How did you manage to get Linnea's body back on track?

**Margret:** The goal wasn't to "fight" anything, but rather to restore balance and help Linnea understand what her body was trying to tell her as it recalibrated. So, I designed a step-by-step plan for her, or a multi-phase protocol, as I like to call it. It included:

- **An anti-inflammatory diet (no gluten, dairy, refined sugar, or processed foods)**
- **Gut repair, with targeted probiotics and soothing botanicals like slippery elm and marshmallow root**
- **Detox support for her liver and lymphatic system**
- **Biofeedback training to calm the nervous system and reduce overactive immune responses**
- **Emotional support sessions, including somatic release and breathwork**

**QX:** Linnea, how are you doing now?

**Linnea:** I feel like myself again. My skin cleared, my digestion improved, and I have energy again. But perhaps even more importantly, I feel heard. Margret helped me understand what my body was trying to say.

**QX:** What's the key takeaway here?

**Margret:** That health is a personal matter. If something doesn't feel right, people should be allowed to explore that without being dismissed.

**Linnea:** I'm now much more cautious about what I put in my body. Not because I'm "anti" anything but because I'm pro-information and pro-self-awareness. People deserve to know what's in a vaccine and explore options when something doesn't feel right.



Margret Margrétardóttir is a biofeedback practitioner and teacher at the QX WORLD Health Academy.



**LINNEA (39)**

is a mother of two from Sweden who works as a graphic designer.



LIFESTYLE

## 6 SIMPLE TIPS THAT HELP EASE CHRONIC BACK PAIN

Back pain is one of the most common reasons people visit the doctor—and it often lingers longer than expected. Yet chronic back pain doesn't have to define your life. With a few simple changes to your daily habits, you can ease discomfort and improve mobility.

## 1. MAINTAIN GOOD POSTURE

Good posture is one of the most effective tools for managing and preventing back pain.

- **Sit up straight: align your back with the chair, keep your shoulders relaxed, and plant both feet flat on the floor.**
- **Don't slouch: slouching can increase pressure on your lower back, so stay mindful of your alignment.**
- **Take breaks: get up every 20-30 minutes to stretch.**

## 2. STRENGTHEN YOUR CORE

Strong core muscles are essential for supporting your back. Adding core exercises to your routine can make a significant difference in preventing severe back pain. Aim for at least 15 minutes of core exercises, 3 to 4 times a week.

- **Planks: engage your entire core with this simple yet effective move.**
- **Bridges: strengthen your lower back and glutes.**

## 3. DO GENTLE STRETCHES

Stretching isn't just for flexibility. It also stimulates circulation and reduces muscle tension.

- **Cat-cow pose: this gentle yoga move stretches the spine and promotes mobility.**
- **Hamstring stretches: tight hamstrings can pull on your lower back, so stretching them regularly can help.**
- **Make it a habit: spend a few minutes each day stretching to experience long-term benefits.**

## 4. HEAT AND COLD APPLICATION

Heat and cold application is an easy, at-home method for managing back pain. The key is knowing when to use each approach.

- **Use cold packs for the first 48 hours after an injury to reduce inflammation.**
- **Use heating pads or warm showers for ongoing muscle tension to increase blood flow and relax the muscles.**
- **Try alternating heat and cold to see which provides the most relief.**

**Important note:** in some cases, such as severe back pain or a slipped disk, neither cold nor heat application is recommended. Instead, try lying down in a comfortable position and avoiding strain.



## 5. IMPROVE YOUR SLEEPING POSITION

Your sleep setup plays a significant role in how your back feels throughout the day. Adjusting your sleeping position and investing in a new mattress can make a big difference.

- **If you sleep on your back, place a pillow under your knees to maintain the natural curve of your spine.**
- **Side sleepers can use a pillow between their knees to reduce pressure on the hips and lower back.**
- **Upgrade your mattress: choose a medium-firm mattress for optimal spinal support.**

### PLEASE NOTE

If you're dealing with chronic back pain, it's essential to approach all exercises and posture corrections with care. Perform movements slowly and avoid straining. This principle applies not just to posture improvements but also to all the suggestions outlined above. Prioritizing gentle, mindful adjustments will help you avoid further irritation and promote gradual, sustainable relief.

## 6. CHRONIC PAIN: BIOFEEDBACK HAS YOUR BACK

Lifestyle changes are a great start but combining them with biofeedback sessions can really take your back pain relief to the next level. A biofeedback practitioner can track and address your pain triggers as well as stress patterns. Whether you're managing chronic back pain or recovering from an injury, you can expect:

- **Personalized insights: the biofeedback device highlights areas of imbalance.**
- **Targeted relief programs: specific biofeedback protocols exist for back pain relief, designed to reduce inflammation, improve circulation, and ease muscle tension.**
- **A non-invasive method: biofeedback is a non-invasive, drug-free method to support your body's natural healing processes.**



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QUEX ED® is our flagship device for professionals. By responding to subtle energetic changes in the body, it optimizes self-regulation, relaxation, and overall energetic balance. It offers:

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Operates multiple functions simultaneously without compromising accuracy.
- **Advanced data processing**  
Continuously measures physiological responses, providing immediate feedback for precise adjustments.
- **Dynamic calibration**  
Adjusts to individual energetic patterns, ensuring personalized and reproducible results.

[MORE INFO](#)





QX VIEW

# HOW DOES BIOFEEDBACK WORK FOR CHRONIC PAIN?

BY ANDREEA TAFLAN

Living with chronic pain can be overwhelming. The good news is that biofeedback can train your mind and body to better manage various kinds of pain. It teaches you to calm your nervous system and to reduce physical tension.



## HOW BIOFEEDBACK WORKS FOR PAIN RELIEF

Biofeedback makes you aware of your body's unique response to stress and pain. And by understanding how your body responds, you can learn to actively reduce tension and to control chronic pain. This mind-body connection can be established via biofeedback sessions under the guidance of a trained biofeedback practitioner.

## BENEFITS OF BIOFEEDBACK FOR CHRONIC PAIN MANAGEMENT

Biofeedback sessions gradually help you build skills to manage and reduce pain naturally. The benefits of biofeedback can extend to all areas of life, including:

**1. Stress reduction:** chronic pain often worsens under stress. Biofeedback can help you manage stress levels, lessening the intensity of the pain.

**2. Improved relaxation:** by learning to release tight muscles, you can directly reduce pain in areas such as the back, shoulders, or neck.

**3. Self-empowerment:** biofeedback empowers you to take an active role in your pain management, potentially reducing reliance on medication and promoting long-term relief.



Andreea Taflan is the CEO and a co-founder of QX World. She is considered a leading expert in the field of biofeedback, having been at the forefront of biofeedback technology since 2005.





## BACK2BACK

# BIOFEEDBACK HELPED FRIDA THE MARE THRIVE

When Dr. Eiwa Marquart received her QUEX ED® device with the NOAH® program for animals in August 2024, she had high hopes for its potential. But she never expected it to be a turning point for Frida, a 15-year-old Danish Warmblood mare with a history of health challenges.

### GRAND PRIX MARE

A former Grand Prix dressage mare, Frida is no ordinary horse. When she came into her current owner's care, her health issues included degenerative spine conditions, PPID (Cushing's disease), stomach ulcers, lameness, and dental problems.

Eiwa: "In the past I had been treating Frida with acupuncture, craniosacral therapy, and chiropractic care. While we saw some progress, it was often slow and short-lived."

### SETBACK

In September, Eiwa decided to incorporate biofeedback into Frida's care as her fatigue and reluctance to exercise were growing. She and Frida's owner planned for 3 to 5 sessions, hopeful that this new approach would provide the boost Frida needed.

However, before they could complete the initial sessions, a veterinary intervention set them back. "Frida was given intravenous Tildren injections for her joints, which led to



severe side effects including colic, diarrhea, and heightened anxiety,” Eiwa explains. “Frida’s already fragile condition worsened, and we were back to square one.”

## A FRESH START

Still, with the NOAH® program, Eiwa managed to address the complexities of Frida’s health: her metabolism, endocrine system, digestion, joint inflammation, and emotional tension. Sessions revealed subtle but consistent progress. “Initially, Frida’s energy readings reflected her struggles, but with each session, her digestion and joints showed gradual improvement,” Eiwa continues.

“Frida’s owner and I also explored how her own stress was potentially affecting Frida. She committed to staying calm and positive, creating a supportive environment which I believe made a huge difference in Frida’s recovery process,” she adds.

## TURNING POINT

Early November marked a turning point. Eiwa: “Frida was calmer, more confident, and her movements more fluid. Her owner was thrilled, remarking that she hadn’t seen Frida this comfortable in years.”

A few weeks later, Frida’s transformation was undeniable. “Her energy had returned, as had the graceful movements that once defined her career. Even her stablemates seemed to notice, according to the owner. Frida looked and acted like her younger self again.”

## EARLY CHRISTMAS PRESENT

By mid-December, Frida was thriving.

Eiwa: “For me, it felt like an early Christmas gift and a reminder of why I do this work. I truly believe this case is a powerful example of how holistic care can create meaningful change for both humans and animals. The NOAH® program helped me uncover and address imbalances that traditional treatments had missed. Seeing Frida’s transformation reinforced my belief in holistic care –an approach I’m confident will benefit many other horses in the future.”

It’s experiences like these that prove to me that even the most complex cases can improve with time, patience, and a comprehensive approach,” Eiwa concludes.



**DR. EIWA MARQUART**

is a veterinarian specializing in alternative medicine for horses, with a focus on biomechanics. With certifications in chiropractic, acupuncture, and additional training in craniosacral therapy and osteopathy, she combines her veterinary expertise with holistic approaches to improve animal well-being.



QX VIEW

# BIOFEEDBACK WORKS FOR ANIMALS, TOO

BY MARGRET MARGRETARDOTTIR

Biofeedback – more specifically quantum biofeedback – has been shown to work wonders for humans. But can it help animals, too? The answer is yes! In fact, quantum biofeedback may be especially well-suited for animals.

### **TIPS FOR A SUCCESSFUL BIOFEEDBACK SESSION WITH NOAH®**

- Keep the animal in a familiar space – a comfortable environment maximizes relaxation. That's why NOAH® is designed to bring biofeedback to animals, rather than forcing animals into an unfamiliar environment.
- Involve the owner – most pets are more relaxed when their human is nearby.
- Use NOAH®'s specialized protocols – the custom animal-focused technology ensures more accurate readings and better results. It integrates seamlessly with the QUEX S® and QUEX ED® biofeedback systems.

### **BEYOND THE SURFACE**

Animals may not be able to tell us what's wrong, but NOAH® eliminates the need for words by tapping into the subconscious. Quantum biofeedback works through electrical pulses that communicate with the unconscious parts of the brain. As an advanced form of biofeedback, quantum biofeedback requires no effort from the client – or the animal – at all.

### **THE BODY AS AN ELECTRIC CIRCUIT**

Just like humans, animals possess what quantum biofeedback scientists call 'the body electric'. In a healthy state, all cells function at their ideal frequency, as nature intended. However, when the body experiences stress or anxiety, allergies, addiction, or illness, the cells in the brain, body, and immune system may begin to vibrate at altered frequencies. This imbalance causes them to emit disrupted electromagnetic waves.

Running different NOAH® protocols, the quantum biofeedback device sends electric pulses through the body, identifying and filtering out disruptions. In addition to detecting potential health issues, it works to re-educate the body.

### **IS IT PAINFUL? NOT AT ALL!**

Many pet owners wonder whether quantum biofeedback is painful for their beloved animal. The answer is no – whether using a traditional biofeedback device or NOAH®, the experience is completely safe and gentle. In fact, most people undergoing this type of biofeedback session don't feel a thing while hooked up to the quantum biofeedback device. Similarly, animals often find the experience relaxing – some even fall asleep during their sessions!





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