

ISSUE 8

DECEMBER 2025

IN THE LOOP

BACK2BACK

STRESS WORSENERD
CAROL'S ALLERGY
SYMPTOMS, UNTIL ...

6 natural ways to relieve
arthritis symptoms

Overwhelmed by
everyday chemicals?
You're not alone





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Dear Reader,

Taking time to understand your body: it is one of the most powerful forms of self-care imaginable. And we want to provide you with the insights and tools to do exactly that.

Our exploration starts with the mouth; a gateway to the entire body. Discover how holistic dentistry goes beyond routine dental work, contributing instead to your overall vitality. Our other articles, too, shed light on the mind-body connection. Our piece on emotional allergies explores how your nervous system can amplify physical reactions, while our feature on neurofeedback and quantum feedback helps you choose the approach that best supports your personal wellness journey.

In this edition, you'll also meet Marie, who has bravely shared her Parkinson's journey with us. Alongside it, our article on arthritis and natural relief offers supportive tools for comfort, movement and renewal at every stage of life.

Finally, we're introducing our latest accessories, each designed to enhance your biofeedback experience and to support energy flow for both humans and animals.

We hope this edition inspires you to make conscious choices about the many ways natural science can help you live in harmony with yourself and your surroundings.

Warmest regards,

Andreea Taflan

CEO and Co-founder, QX WORLD Ltd.



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EXPERT TALK

NATURAL ORAL CARE THANKS TO HOLISTIC DENTISTRY

BY SILKY POLIFKA

Your mouth tells the story of your whole body, and holistic dentistry helps you listen. Focusing on prevention, natural materials, and the link between oral and overall health, it supports true well-being rather than just addressing symptoms.

TEETH AND ORGAN CONNECTIONS

One distinctive aspect of holistic dentistry is the recognition of tooth-organ relationships. The idea is that each of your teeth is linked to a specific organ or body system through energetic pathways, believed to influence both oral and overall wellness:



- Your upper front teeth are connected to your kidney and bladder
- Your canines to your liver and gallbladder
- Your molars to your stomach, spleen and pancreas

Persistent issues in a tooth may signal or influence imbalances in a related organ.

HOW BIOFEEDBACK ENHANCES HOLISTIC DENTAL CARE

Integrating quantum biofeedback into holistic dentistry helps address stress patterns, inflammation and nervous system responses affecting dental health and overall wellness. Jaw clenching and grinding, for

WHAT IS HOLISTIC DENTISTRY?

Holistic dentistry treats your whole person, not just your teeth and gums. Rather than only filling cavities or performing cleanings, holistic dentistry focuses on the connection between oral health and the rest of the body. It promotes toxin-free treatments (instead of, for instance, fluoride usage or mercury amalgam fillings) and integrates alternative therapies like breathing work and acupuncture.

Holistic dentistry considers how your lifestyle, diet and emotional health influence your oral health. For example, chronic gum inflammation can be linked to inflammation elsewhere in the body. Prevention is key – from balanced nutrition and stress reduction to natural cleaning methods like oil pulling.

example, are often stress-related. Bio-feedback gently trains your body to relax while improving circulation, easing muscle tension, and reducing strain on teeth and gums.

BENEFITS INCLUDE:

- Calmer dental visits
- Less inflammation
- Faster healing after interventions
- Support for tooth-organ meridian balance

HOW TO CHOOSE A HOLISTIC DENTIST

Consider the following key factors before committing to a specific holistic dentist:

1. ASK CRITICAL QUESTIONS, SUCH AS:

- What materials do you use?
- How do you remove mercury fillings?
- Do you integrate nutrition or alternative therapies?

2. CHECK CREDENTIALS:

look for membership in the International Academy of Oral Medicine & Toxicology (IAOMT).

3. EXPLORE INTEGRATIVE CLINICS:

some clinics combine dental care with acupuncture, nutrition counselling and biofeedback.

Holistic dentistry focuses on prevention, personalization, and harmony between mouth and body. By caring for your smile in this way, you're also choosing a healthier life.

Silky Polifka is a consultant and coach with over 30 years of experience in complementary health. Trained in Law, Alternative Medicine



and Psychotherapy in Germany and in Holistic Energy in Malta, she was among the first to apply body-electric principles to modern biofeedback.



OVERWHELMED BY EVERYDAY CHEMICALS? YOU'RE NOT ALONE

Do you feel unwell when exposed to perfume, cleaning products or cigarette smoke? You may be suffering from multiple chemical sensitivity (MCS), a condition where even small doses of everyday chemicals can trigger strong reactions. Living with MCS can be challenging. Yet with the right strategies, it's possible to regain comfort and confidence.

SYMPTOMS OF MCS

Multiple chemical sensitivity is not recognized by all medical authorities, but its symptoms are very real for those affected. They can feel unpredictable, confusing, and vary from mild to severe. You may feel like your body goes into "overdrive" after exposure.

Typical multiple chemical sensitivity symptoms include:

- Headaches, dizziness, nausea, or fatigue
- Brain fog or difficulty concentrating
- Shortness of breath, chest tightness, or a racing heart
- Skin irritation, rashes, or burning sensations



And beyond the physical, there are emotional and social effects:

- Heightened anxiety or panic when exposed
- Persistent fatigue leading to reduced work performance
- Feeling misunderstood by friends or co-workers
- Avoidance of social situations where chemicals may be present

WAYS TO MANAGE YOUR MCS

Biofeedback offers a gentle way to calm the nervous system, bringing benefits such as:

- Less anxiety and stress
- Improved relaxation and sleep
- Greater energy balance and resilience

Many people living with MCS also find that quantum biofeedback helps them see how stress builds and how it affects their body. This awareness often creates a sense of empowerment.

HOPE AND HEALING

Many people living with CMS experience improvement, especially when they reduce exposures and support their nervous system. While symptoms may not disappear completely, they often become more manageable.

In addition, there are other, small changes that can make a real difference when you're dealing with MCS:

- Avoid known triggers when possible.
- Use fragrance-free, non-toxic products and ventilate your space.
- Choose natural or hypoallergenic personal care.
- Practice relaxation through yoga, grounding or deep breathing.
- Seek support from integrative professionals and community groups.

Understanding your symptoms and embracing holistic tools like biofeedback can help restore balance and comfort, and give hope.





BACK2BACK

STRESS WORSENERD
CAROL'S ALLERGY
SYMPTOMS, UNTIL ...

As Carol experienced first-hand: stress can worsen allergies. “My body was reacting not just to pollen, but to pressure,” she says. What began as mild seasonal allergies became full-body exhaustion during a demanding work project. Experts recognize this as emotional allergies: shaped by early stress, the nervous system overreacts to safe feelings – such as responsibility – much like the immune system overreacts to harmless pollen.

THE STRESS-EMOTIONAL ALLERGY CONNECTION

Stress activates the fight-or-flight response. Cortisol and adrenaline flood the body, preparing it for danger. If this happens occasionally, the body resets. But when stress is constant – for example rooted in old fears of not performing or being judged – the body never fully calms. This heightened state:

- Increases inflammation in the body
- Disrupts normal immune balance
- Makes allergic responses stronger and longer-lasting

That’s why allergies often intensify during exams, deadlines, conflicts – and even happy occasions like birthdays. It’s not just pollen or dust, but the tension and anticipation that primes the body to react more strongly.

A WINDOW INTO HIDDEN ANXIETIES

During an intense work period, Carol realized she was experiencing a fear she’d had as a child: the fear of not being “good enough”. That hidden anxiety made her stress more explosive, and her body expressed it through allergies. “It was like my emotions and my allergies had teamed up against me,” Carol reflects. “The harder I pushed myself, the worse everything got.”

Like Carol, many people discover that emotional triggers rooted in childhood continue to shape their body’s stress responses well into adulthood. This is where quantum biofeedback offers real hope. Instead of pushing through stress or relying only on fixes outside yourself, it gives you a window into how stress patterns shape your body and emotions in real time.

FINDING BALANCE WITH BIOFEEDBACK

Carol began working with a biofeedback practitioner. The process started through listening. Together, they traced her story: the childhood stress she'd carried, the pressure to please, the subtle triggers that still set her nervous system on edge.

Carol: "During our sessions, quantum biofeedback revealed what I couldn't always feel myself: a quickening pulse, shallow breathing, my shoulders tensing at the slightest thought of responsibility. Seeing these patterns reflected helped me recognize that my body wasn't betraying me; it was communicating."

Gradually, Carol learned to interrupt the loop between emotion and reaction. Small adjustments retrained her stress response, and over time, balance returned more easily. "I could feel my body starting to trust me again," She says.

With continued practice, biofeedback helped her:

- Notice stress patterns before they escalated
- Stay calm when emotional triggers appeared
- Reduce both tension and allergy flare-ups
- Build lasting resilience and self-trust

This has made all the difference for Carol. "Instead of being caught in the old cycle of stress leading to symptoms leading to more stress, I'm now starting to live in a new rhythm: one of awareness, calm and balance," she concludes.



CAROL (47)

is an accountant from the United Kingdom, where she lives with her partner and their three children.



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GET TO KNOW NOAH®



QX VIEW

THE DIFFERENCE BETWEEN NEUROFEEDBACK AND QUANTUM FEEDBACK

BY ANDREEA TAFLAN

Are you looking for support with mental or emotional concerns? Then neurofeedback may be the best fit. It's a focused way to train your brain toward balance. If you're interested in full-body support, quantum biofeedback might be your path. Let's explore both options.

NEUROFEEDBACK: A WORKOUT FOR YOUR BRAIN

Neurofeedback is a non-invasive brain rewiring technique that is reward-based. First, it measures your brainwave activity with electrodes that are painlessly placed on your scalp. A brain map shows which areas of your brain are overactive, underactive or poorly connected – patterns which are often linked to issues like anxiety, ADHD or overall impaired focus.

Once your individual brain map is created, it guides the biofeedback session. Through visual and auditory feedback, you become aware of how your brain responds to different stimuli. Over time, this awareness empowers you to self-regulate your emotional and thought patterns. In other words, again and again, you consciously steer your brain towards healthier responses, like relaxing more easily or staying focused longer.

Quantum biofeedback: support for the whole body

While neurofeedback focuses on the brain, quantum biofeedback addresses your body's entire energetic system. It assesses intricate energetic imbalances – even at the atomic level – taking into account different types and layers of stress, for a holistic picture. During a session, your body's responses to thousands of subtle energetic signals (voltammetric

signatures) are measured. Based on those data, the device gently sends back tailored frequencies through your body to nudge it back to its natural state of balance.

For many, quantum biofeedback is the answer to chronic stress or fatigue, burn-out, toxic load, sleep problems, recurring inflammation, or health issues that don't always show up on standard tests.

The benefits of biofeedback, no matter what type

Whether you choose neurofeedback or quantum biofeedback: both offer non-invasive, personalized tools to help you feel better. The benefits of biofeedback include:

- More energy and focus
- Better stress recovery
- Help with sleep, digestion, or pain
- A deeper connection with your body
- Long-term support without side effects

Biofeedback is about learning how to support yourself from the inside out.



ANDREEA TAFLAN

is the CEO and 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

MARIE'S PARKINSON'S JOURNEY: A GUIDE TO LIVING WELL WITH SELF-CARE

At 62, Marie's life was quietly unraveling. It began with a slight tremor in her right hand. Soon, stiffness and slowed movements followed. She eventually got a diagnosis that hit hard – and that would lead her to rediscover the power of biofeedback.

DIAGNOSED, BUT DETERMINED

Marie remembers the doctor's visit as if it was yesterday. "She told me it was Parkinson's. I felt everything at once: relief, because I finally knew what was happening, but also fear. What would come next? How long could I live with Parkinson's?"

Underneath the shock, determination started to rise. "I wasn't ready to slow down," Marie stresses. "Though this felt heavier than anything I'd faced before, I was determined to pull myself up." She decided to seek an approach to complement her doctor's recommendations.

A NEW CHAPTER WITH QUANTUM FEEDBACK

Years before her Parkinson's diagnosis, Marie had used biofeedback to manage stress and eczema. When Parkinson's entered the picture, a friend reminded her of it. "I had honestly forgotten about my sessions," she says. "But with everything going on, it felt like the right time to revisit biofeedback."

"The first session was surprisingly thorough," Marie reflects. "We covered my symptoms, but we also looked at stress patterns, past experiences and emotional triggers I hadn't even linked to Parkinson's." Biofeedback helped her reconnect with herself on a deeper level and move through the world with more awareness and confidence in her own body.

REGAINING CONTROL THROUGH SMALL DAILY HABITS

Alongside her biofeedback sessions, Marie adopted simple daily habits that improved her health and balance.

1. Exercise regularly

"I started doing tai chi and short walks," Marie explains. "This helped with my balance and mood."

WHAT IS PARKINSON'S DISEASE?

Parkinson's disease is a progressive neurological condition. It is caused by the loss of dopamine-producing nerve cells in the substantia nigra, the part of the brain that helps regulate movement. Symptoms can include tremors, muscle rigidity, balance problems and other motor issues, but non-motor symptoms can occur as well, like depression, fatigue, sleep disturbance and concentration issues.

2. Nourish the brain

Marie also started eating more leafy greens, berries and omega-3-rich foods like fish and walnuts. "Their antioxidants and healthy fats support brain health."

3. Prioritize mental health

Stress used to intensify Marie's symptoms. Through quantum biofeedback and mindfulness, she began releasing old emotional tensions.

4. Introduce daily routines

Finally, using reminders and a journal, Marie is staying on top of her medication and energy levels. "This helped me track what was working and what wasn't," she says.

CONSISTENCY OVER PERFECTION

"Some days are hard, but I'm not powerless," Marie says. Rather than striving for perfection, she focuses on consistency. Over a year into her diagnosis, she feels stronger and more prepared. "I may not control everything about this condition," she admits, "but I've learned how to support my body and mind."

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You can use S-ENSO to help
clients reconnect with their
energy flow, promoting
inner calm while taking
years off the skin.

MORE INFO





LIFESTYLE

6 NATURAL WAYS TO RELIEVE ARTHRITIS SYMPTOMS

If you live with arthritis, you know it can affect the way you move and feel each day. Arthritis is a term for more than a hundred conditions that cause inflammation and pain, swelling and stiffness in the joints. It includes autoimmune and degenerative disorders, but the result is often the same: holding on to the life you love is a challenge. Read on to discover some practical tips to help you manage symptoms and feel more in control.

1. STAY ACTIVE

Gentle movement reduces stiffness and promotes mobility. Great options include walking, yoga and swimming. Splints, braces and ergonomic tools can support function and reduce pain during your daily activities.

2. EAT WELL

Add nutritious, anti-inflammatory foods to your meals to support your body from the inside out. Think leafy greens, berries, turmeric, ginger and omega-3-rich options like fish or flaxseed. Eating well not only helps reduce inflammation but also supports a healthy weight, which is especially important for people living with arthritis. Even a small amount of extra weight can put added pressure on your joints, particularly in the knees and spine.

3. PRIORITIZE SLEEP AND HYDRATION

Adequate rest and quality sleep give your body time to heal and regenerate. Aim for 7 to 9 hours of sleep per night. In addition, drink plenty of water to keep your joints lubricated.

4. REDUCE STRESS

Stress worsens inflammation, often intensifying both physical pain and emotional strain. That's why calming the nervous system is an important part of arthritis care. Practices like meditation, breathwork, journaling, and spending time in nature can help reduce stress hormones and restore a sense of balance and emotional resilience. When combined with supportive modalities like biofeedback, which helps retrain stress responses through subtle energetic feedback, they become powerful tools for managing the condition.

A HOLISTIC APPROACH

A holistic approach helps balance not only the body but also the mind. This means looking beyond just medication and focusing on the whole person. Whether your concern is mobility, pain relief or reducing swelling, combining natural strategies like biofeedback with lifestyle adjustments offers a hopeful, empowered path forward.

QUEX ED®

THE ULTIMATE ENERGY BALANCING DEVICE

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

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 in a day

NO.1 IN BIOFEEDBACK TECHNOLOGY

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

[MORE INFO](#)





BACK2BACK

BIOFEEDBACK AND HOLISTIC CARE FOR CILLA BLACK THE CAT

When Arthur found Cilla Black on the street, she was a frail and underweight cat. Dr. Eiwa Marquart came on board to help strengthen Cilla's immune system. Cilla regained her energy and health, and when she later reacted badly to a chemical flea treatment, biofeedback once again helped her recover.

GETTING CILLA BLACK ON HER FEET

Arthur: “In the beginning, we treated Cilla the way we treat all our rescue animals: with natural worm and flea treatment, a three-week isolation period, and a fresh and grain-free diet. She had a runny nose, which we addressed with home remedies.”

Eiwa: “We also did regular biofeedback sessions to support Cilla’s immune system, which was severely compromised. Her progress was slow and her energy often came and went. Like many animals who’ve experienced prolonged neglect, Cilla’s body needed plenty of rest to recover, and plenty of biofeedback work.”

THE SUMMER SETBACK

Arthur: “By her second spring, Cilla was thriving. But that year brought a surge of fleas and ticks, and no natural treatment seemed to work for her. Reluctantly, I tried a chemical spot-on treatment, which she reacted very

badly to. Within two hours, Cilla could barely move, and her breathing was labored.”

Eiwa: “When Arthur brought Cilla in, things didn’t look good for her. I turned to my biofeedback device, and we got to work. I entered the chemical’s energetic signature into the program, inverted the frequency and prepared a homeopathic remedy. Over the next three weeks, Cilla slowly recovered. She proved to be quite the fighter.”

A GENTLE GOODBYE

Arthur: “Cilla had a good life with us. After eight years and lots of adventures, we finally lost her to feline leukemia. But we are comforted knowing she was surrounded by warmth and kindness. The vet told us it was remarkable she had made it as far as she did.”



DR. EIWA MARQUART

is a veterinarian specializing in alternative medicine. 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 PIN

The QX Pin very precisely stimulates key chakras and meridians. It is ideal for unblocking or balancing disruptions in energy flows, alleviating muscle tension, emotional strain and fatigue.

KEY FEATURES

- **Suitable** for QUEX S®, QUEX ED® and for SCIO and EDUCTOR devices
- **Comes with two interchangeable gold heads** for broader and for more focused stimulation
- **Versatile application**, thanks to the OMNIS Sports Injury Panel, Dental Panel, Acupuncture Menu and Aging Menu

[FIND OUT MORE](#)



QX PET PADS

Designed for both small and large animals – from cats to cattle – these comfortable pads enhance the energetic coverage of QUEX ED® and QUEX S® devices.

KEY FEATURES

- Four large electrodes ensuring **optimal coverage**
- Carbon-impregnated rubber for **conductivity and durability**
- **Easy connection** thanks to a 6-meter cable
- Portable, allowing for **on-the-go sessions**



QX AQUA

The QX Aqua transmits frequencies into water and other liquids, significantly expanding the reach of any biofeedback session.



KEY FEATURES

- Flexible application
- Used independently or combined with the harness.
- Versatile compatibility
- Suitable for QUEX S® and QUEX ED®, but also for SCIO and EDUCATOR
- Durable and waterproof
- Built for submersion, ensuring efficiency in energy transfer

QX MERIDIAN LINKS

The QX Meridian Links enable targeted energy work. Placing them directly on meridian points or localized areas delivers more focused stimulation, very effectively supporting the body's natural energetic balance.

KEY FEATURES

- **Multiple link sizes** to accommodate diverse body areas and session goals.
- **Versatile compatibility** with QUEX S® and QUEX ED®, but also with SCIO and EDUCATOR (an adaptor may be needed).
- **Easy connectivity** directly to your device, enabling quick setup



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