

ISSUE 9

JUNE 2026

IN THE LOOP

EXPERT TALK

THE HIDDEN FOUNDATION OF YOUR HEALTH

What Your
Thyroid Is Trying
to Tell

How to Break
the Habit Loop



QUEX ED

THE PROFESSIONAL QUANTUM BIOFEEDBACK SYSTEM

FOR EXPERIENCED AND CLINICAL-LEVEL PRACTITIONERS

The flagship. Full power. Full range. Everything activated.

QUEX ED operates at the highest level of the QX system - three signal generators, full 0–2.5 MHz frequency range, and EEG + ECG + EMG monitoring together. Every module is active out of the box, RIVE and Prayer are unlocked, and the complete OMNIS Trilogy training is included for trade-in upgraders.

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- QUEX ED Head Link, Watch Link Set
- QX Test Link, QX Pin
- QX Meridian Links
- Branded laptop bag
- 5-year device, 2-year accessory warranty

SOFTWARE – ALL ACTIVATED

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- Bodyviewer, Iridology, Disease Dictionary
- BIG, Degen Scan, Home Use
- RIVE (habits & cravings)
- Prayer®
- QX Subspace app
- 3 computer licenses

EDUCATION

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- OMNIS Explored – Intermediate
- OMNIS Deep Dive – Advanced
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WHAT YOU CAN DO WITH IT

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- Run layered, parallel biofeedback: follow stress patterns, observe adaptation, and expand depth simultaneously
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Operate at the system's full potential.

Book a private QUEX ED demo. Trade-in routes available.

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Dear Reader,

We live in a world that often looks outward for answers to experts, to prescriptions, to quick fixes. But the most profound transformation, in my experience, always begins from within.

That belief is at the heart of this edition of In the QX Loop. From the intricate network of your pelvic floor muscles to the silent workings of your thyroid, from the habits quietly running your days to the trauma that may still echo in your nervous system this issue invites you to look inward with curiosity, compassion, and courage.

We explore how early childhood experiences leave lasting imprints on the brain, and what it truly means to recover from complex, long-term trauma. We take a close look at Hashimoto's disease, one of the most common yet often misunderstood autoimmune conditions and offer holistic perspectives on supporting your wellbeing alongside it. We unpack the science of habit formation because understanding why we're stuck is often the first step to moving forward.

And because wellbeing isn't just for humans, we share the remarkable story of Dingo a German Shepherd whose life was saved by biofeedback, not once, but twice. A reminder that the body's capacity for resilience knows no species.

We close with Sofia's story a beautiful reminder that when we nurture ourselves from the inside, it shows on the outside too.

True wellbeing whether in your nervous system, your hormones, your habits, your pelvic floor, or your skin begins from within. Biofeedback simply helps you listen.

I hope this edition gives you the tools, the language, and the encouragement to tune in more deeply to what your body has been trying to tell you all along.

Warmest regards,

Andreea Taflan

CEO and Co-founder, QX WORLD Ltd.



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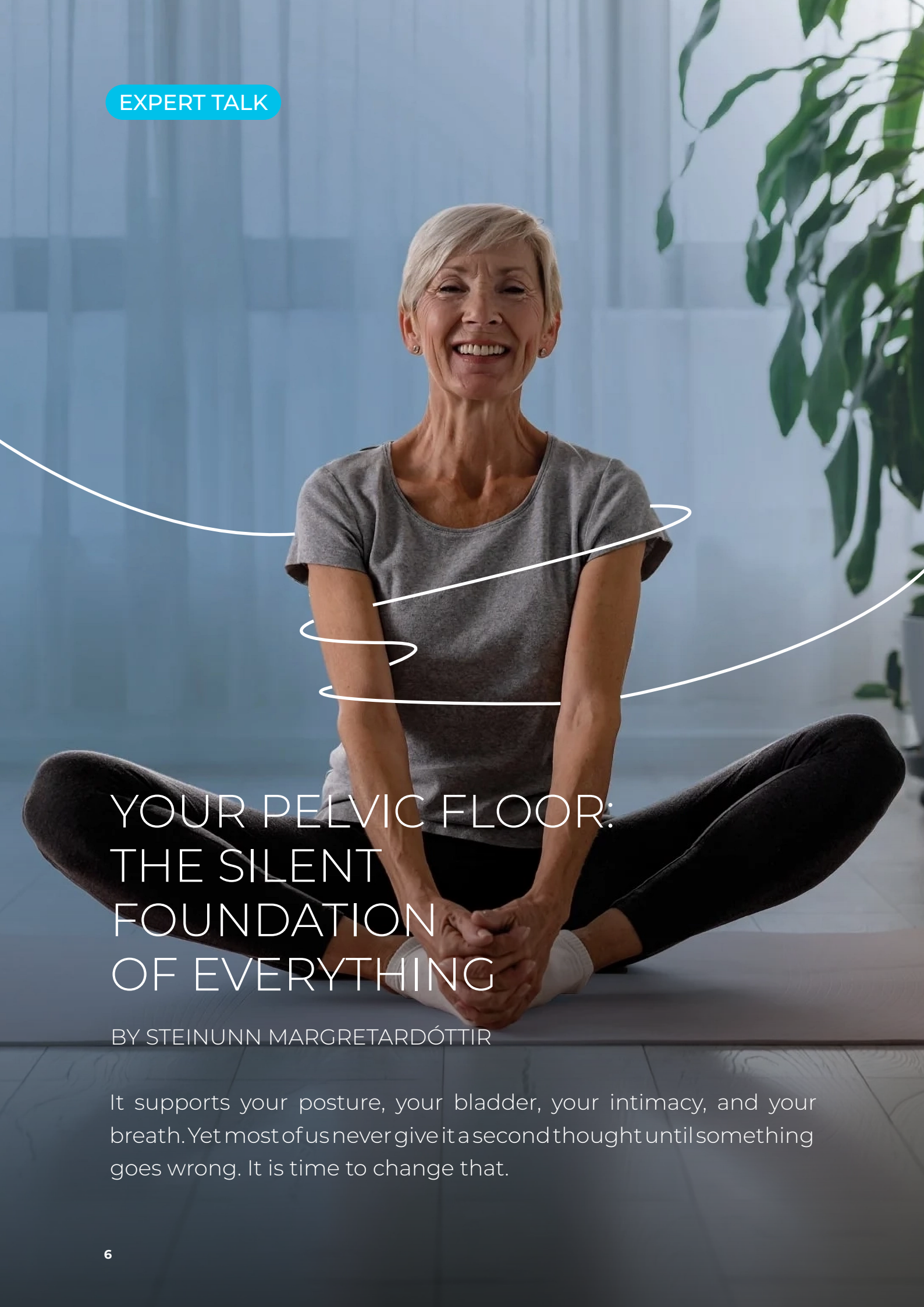
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EXPERT TALK

YOUR PELVIC FLOOR: THE SILENT FOUNDATION OF EVERYTHING

BY STEINUNN MARGRETARDÓTTIR

It supports your posture, your bladder, your intimacy, and your breath. Yet most of us never give it a second thought until something goes wrong. It is time to change that.

Think of your pelvic floor as the body's quiet architect. A group of muscles and connective tissues stretching like a hammock across the base of your pelvis, it works every single day without asking for recognition. It holds your organs in place, responds to every cough and sneeze, supports your spine, and plays a role in intimacy and pleasure. And yet, for most people, it remains completely invisible until discomfort or dysfunction finally brings it into focus.

This is not just a women's topic. The pelvic floor matters for men, for athletes, for those managing stress, and for anyone moving through life in a human body.

More Connected Than You Think

The pelvic floor does not work in isolation. It is in constant conversation with your diaphragm, your deep abdominal muscles, your hips, and even your jaw. Yes, your jaw. Chronic stress, shallow breathing, prolonged sitting, or habitual clenching in the shoulders and neck can all quietly affect how the pelvic floor behaves. Fascia, the connective tissue web that runs through the entire body, links the pelvic region to the lower back, inner thighs, abdomen, and beyond. When one part of this network tightens or restricts, the ripple effect can be felt far away.

Emotions live here too. The pelvic floor responds reflexively to fear, effort, and safety. Over time, unresolved stress or trauma can settle into habitual tension in the pelvis, just as it does in the shoulders or jaw.

It Is Not Always About Weakness

One of the most common misconceptions is that pelvic floor problems are always about weak muscles. In reality, many people, especially those carrying chronic stress or pain, experience the opposite: a hypertonic, or overactive, pelvic floor that cannot relax. This can show up as pelvic discomfort, pain during

intimacy, constipation, or a persistent sense of pressure and tightness.

Pelvic floor health is best understood as coordination and adaptability, the ability to contract when needed and, just as importantly, to let go.

Across Every Life Stage

Pregnancy and childbirth place enormous demands on the pelvic floor, but this is not a condition exclusive to mothers. Pelvic floor concerns are common after prostate surgery, during menopause, and in periods of prolonged physical or emotional strain. Pelvic organ prolapse, where one or more organs shift downward due to insufficient support, is more widespread than many realise, and exists on a spectrum from mild to more noticeable stages.

The good news is that awareness, early education, and professional guidance can make a profound difference at any stage.

Where Biofeedback Fits In

Alongside pelvic floor physical therapy, biofeedback offers a gentle and insightful layer of support. Rather than replacing hands-on care, it helps individuals become more aware of internal patterns, noticing habitual tension, tracking muscle activation and release, and understanding how the nervous system and the pelvic floor communicate.

For many people, the real breakthrough is not in doing more Kegel exercises. It is in learning to soften, to breathe with intention, and to recognise that relaxation is just as powerful as strength.

Your pelvic floor has been working for you your entire life. Getting to know it is one of the most meaningful investments you can make in your long-term wellbeing.

WHEN YOUR THYROID TURNS INWARD: UNDERSTANDING HASHIMOTO'S DISEASE



BY MARGRET MARGRETARDÓTTIR

Fatigue that coffee cannot fix. Weight that will not budge. A mood that feels permanently overcast. For millions of people, the answer lies in a small butterfly-shaped gland in the throat and an immune system that has lost its way.

Hashimoto's disease is one of the most common thyroid conditions in the world, yet it remains one of the most frequently missed. Named after Dr. Hakaru Hashimoto, who first described it in 1912, it is an autoimmune condition in which the immune system gradually turns against the thyroid gland, slowly reducing its ability to produce the hormones that regulate metabolism, energy, mood, temperature, and so much more.

Because symptoms tend to creep in quietly over months or even years, many people attribute them to stress, aging, or simply not sleeping well enough. The result is that Hashimoto's often goes unrecognised for a long time.

What It Can Feel Like

The symptom picture is wide and varied, which is part of what makes Hashimoto's tricky to identify. Persistent fatigue and low energy are among the earliest signs. Weight gain or difficulty losing weight, increased sensitivity to cold, constipation, dry skin, thinning hair, and a sense of mental fog are all common. Mood shifts, feeling irritable, low, or emotionally flat, frequently accompany the physical changes. Some people notice a visible swelling at the throat. Others simply feel that something is off, without being able to name exactly what.

Because these symptoms overlap significantly with burnout and chronic stress, many people receive stress-related explanations before a thyroid condition is ever considered.

Who Is Most at Risk

Hashimoto's is far more common in women and is most often diagnosed between the ages of 30 and 50, though it can occur at any age. A family history of thyroid or other autoimmune conditions increases the likelihood, as does the presence of conditions such as type 1 diabetes, celiac disease, or rheumatoid arthritis. Prolonged emotional strain and nutrient imbalances may also play a role in when and how symptoms emerge.

The Mind and Body Connection

Long-term stress and early-life adversity can influence immune function and the body's inflammatory responses. For many people living with Hashimoto's, this connection is deeply personal. Stress does not cause autoimmune thyroid disease, but it can shape how intensely symptoms are felt and how resilient someone is through the day-to-day experience of living with a chronic condition. Acknowledging this connection, rather than separating physical and emotional health, is increasingly seen as an important part of holistic care.

Supporting Yourself Alongside Medical Treatment

The primary medical approach involves thyroid hormone replacement, typically levothyroxine, which restores hormone levels when the thyroid can no longer produce enough independently. Dosage is individual and may shift over time with age, pregnancy, or seasonal changes. Beyond medication, many people find meaningful support in anti-inflammatory nutritional choices, stress reduction practices such as breathwork and meditation, gentle movement, good sleep hygiene, and emotional support through therapy or coaching.

Where Biofeedback Can Play a Role

Quantum biofeedback does not diagnose or treat Hashimoto's disease. However, for individuals navigating ongoing fatigue, stress sensitivity, and difficulty unwinding, it may offer a complementary layer of support. By increasing awareness of the body's internal stress responses and gently encouraging the nervous system toward a more balanced state, biofeedback can help create the conditions in which restorative habits, whether sleep, mindfulness, or emotional processing, become more accessible.

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

You do not have to become a different person to change a habit. You simply have to repeat a better loop often enough that it becomes the new default.

WHY YOU KEEP DOING WHAT YOU ARE TRYING TO STOP

It is not a lack of willpower. It is not a character flaw. It is simply how the brain works. And once you understand the habit loop, everything about change starts to make more sense.

Habits can feel like personality until you try to change one. Then it becomes clear just how powerful these automatic patterns really are. Under stress, fatigue, or emotional pressure, the brain defaults to what it already knows. Not because you are weak, but because your brain is extraordinarily efficient at automating repeated actions so that life requires less effort.

The framework that explains this best is the habit loop: a simple three-part sequence of cue, routine, and reward that sits at the heart of almost every repeated behaviour.

The Three Parts of Every Habit

A cue is the signal that starts the loop. It can be obvious, like a time of day or a familiar place, or subtle, like a rising sense of tension in the body or simply finishing dinner. The cue does not require a conscious decision. It fires the next step automatically.

The routine is the behaviour itself, whether physical, mental, or social. The reward is what keeps the loop alive. And here is the part most people miss: the reward is rarely just pleasure. More often it is a shift in state. Relief when tension drops. Comfort when something soothes. Stimulation when boredom lifts. The nervous system remembers that this routine changed how things felt, and it follows the same path next time.

Why Change Feels Hard

Once a habit loop is established, it runs on autopilot, triggered by familiar cues and reinforced by familiar rewards. Under stress, the loop becomes even stronger, which is why

behaviour patterns often intensify at exactly the moments when you most want to change them.

Motivation alone rarely shifts a habit. What actually works is understanding the reward you are really seeking, and finding a different routine that meets the same underlying need at a lower cost. Relief can come from sixty seconds of slow breathing as easily as from scrolling. The need is not the problem. The routine is what you can change.

Building the Loop in Your Favour

The same mechanism that locks in an unhelpful pattern can be used deliberately to build a new one. Choose a reliable daily cue. Attach a small, achievable routine to it. Make the reward immediate and tangible. Over time, repetition does the work that motivation cannot. The loop begins working for you rather than against you.

Where Biofeedback Fits In

Habit loops operate partly below conscious awareness, which is why noticing the cue early is so important. When you can recognise internal activation before it pulls you into the routine, you create a moment of choice that did not exist before.

RIVE software is designed to support exactly this kind of awareness work. For those navigating cravings, emotional eating, or stress-driven behaviours, RIVE helps reflect internal cues in real time and reinforces new routines that meet the same underlying need with less cost.



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.

BREAKING UNHEALTHY PATTERNS



RIVE® empowers individuals to manage cravings, emotional stress and addictions like smoking, alcohol or medication dependency. It guides each user towards lasting change and inner harmony through 9 unique programs:

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- Detox support
- Liver function boost
- Emotional balance
- Social situation report
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- Sleep quality support
- Neurotransmitter rebalance
- Gaba system support

[DISCOVER THE DETAILS](#)



DEEP DIVE

THE INVISIBLE IMPRINT: HOW EARLY CHILDHOOD TRAUMA SHAPES WHO WE BECOME

BY: STEINUNN MARGRETARDÓTTIR

What happens to us before we have words for it does not disappear. It settles into the body, the nervous system, and the patterns we carry quietly into adult life.

Trauma is not defined by the event alone. It is defined by how a child's nervous system experiences and stores it. A single frightening moment, a prolonged period of stress, or a home environment where safety was never guaranteed can all leave a lasting imprint on a developing brain.

WHAT COUNTS AS EARLY CHILDHOOD TRAUMA

Childhood trauma includes the obvious: abuse, neglect, loss of a caregiver, witnessing violence. But it also includes subtler forms: chronic criticism, emotional unavailability, or the consistent absence of comfort when a child is frightened. What makes an experience traumatic is not only what happened, but how alone and unsafe the child felt in that moment.

Even infants and toddlers experience trauma, long before they have language for it. Their bodies record it through stress hormones and nervous system activation.

WHAT HAPPENS INSIDE THE BRAIN

Chronic early stress changes the brain's chemistry and development. The amygdala, which governs fear responses, becomes overactive. The prefrontal cortex, responsible for reasoning and impulse control, develops more slowly. The result is a nervous system

wired for threat rather than safety, where fight, flight, or freeze become the default settings.

THE LONG SHADOW INTO ADULTHOOD

Many adults only recognise the impact of early childhood experiences when they notice patterns they cannot easily explain. Difficulty trusting others, a body that never quite relaxes, a persistent sense of not being enough. These are not character flaws. They are adaptations that once served a purpose.

The encouraging truth is that the brain is not fixed. With the right support, new neural pathways can form. The brain can learn to return to calm.

WHERE BIOFEEDBACK FITS IN

Quantum biofeedback can complement therapeutic approaches by helping individuals observe and regulate their stress responses in real time. For those processing early trauma, this kind of body-level support can help reinforce what talk-based therapy alone sometimes cannot reach.

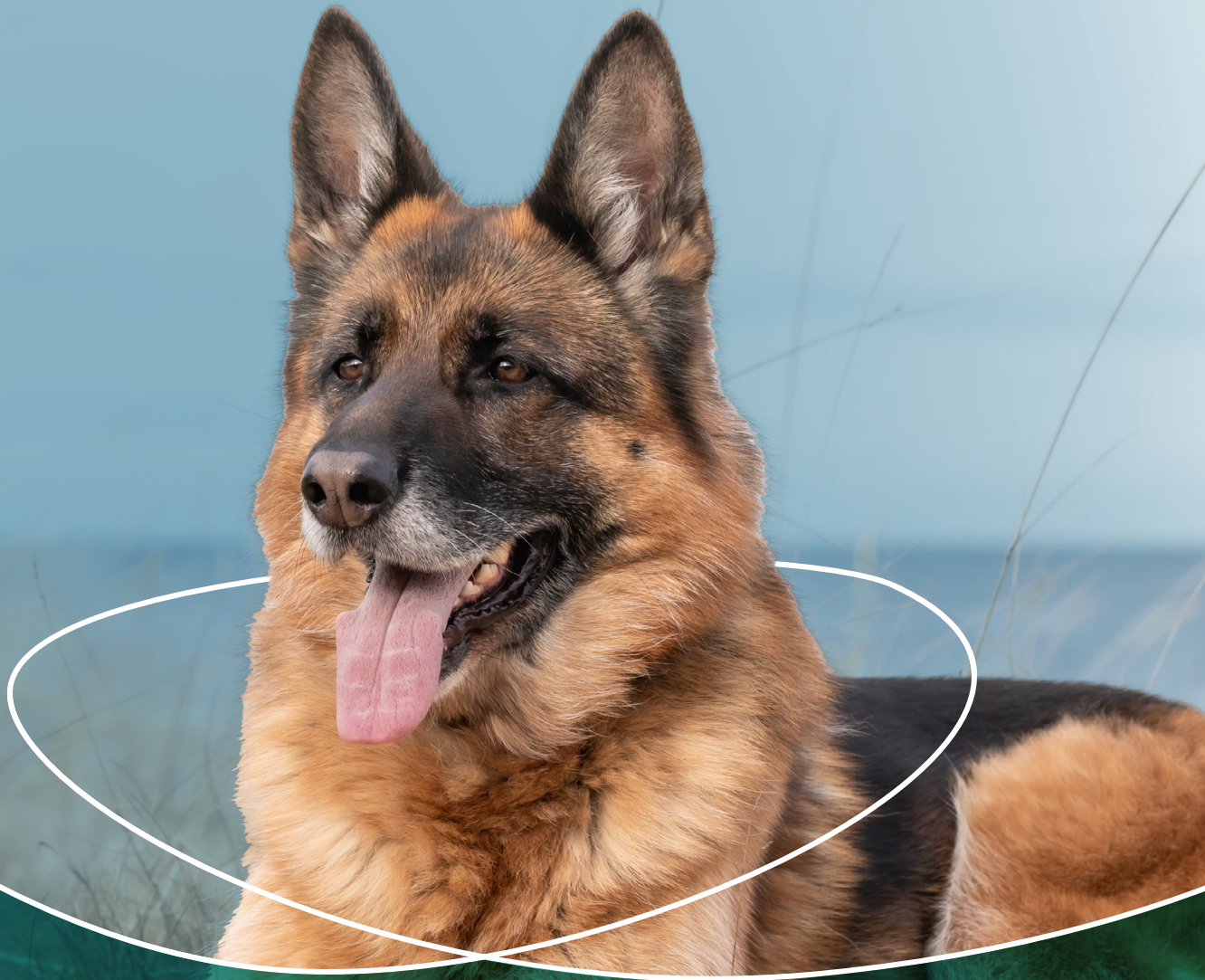
Recovery is both scientific and deeply personal. Every adult who once was a frightened child deserves to feel safe in their own body again.



STEINUNN MARGRETARDÓTTIR

She is a holistic health practitioner, educator, writer, and lecturer with a background in homeopathy and extensive experience working with children and families.

HOW BIOFEEDBACK SAVED DINGO'S LIFE. TWICE.



A German Shepherd who arrived broken, a devoted owner who refused to give up, and a biofeedback device that made the difference when there was no time left.

"When Dingo first came into our lives, he was barely recognisable as a German Shepherd," says Sarah Mitchell. Overweight, stiff, and withdrawn after years confined to a small kennel, the dog that arrived at Sarah's farm was a shadow of what a German Shepherd should be. His joints were inflamed, his eyes bulged from the pressure of excess weight, and he could barely lie down without whimpering.

Sarah got to work. Short daily walks, a switch from cheap kibble to high-protein grain-free food, and weekly biofeedback sessions on the pet pad using the OMNIS program. "It helped calm his nervous system and ease his pain. I could see him starting to relax." Months later, Dingo was sprinting across the farm alongside Sarah's mare, Paquinina.

"People think they are saving money with cheap kibble. But when you switch to quality food and add proper care, your dog has better digestion, steadier energy, and you spend less time at the vet."

THE DAY EVERYTHING CHANGED

Then one afternoon, Dingo suddenly collapsed. Panting heavily, heart racing, losing consciousness within minutes. There was no time to reach a vet.

Sarah switched on her QUX ED device and placed him on the pad. The scan immediately pointed to an acute bacterial infection. She pieced it together quickly. Earlier that day, Dingo had grabbed a raw bone straight from the butcher's bag, one that had not been frozen as Sarah usually insisted. It had also come from a mixed batch containing pork, something she never normally fed him. "It was one of those perfect storms," she says quietly.

FIFTEEN MINUTES

Sarah launched the OMNIS program immediately, focusing on acute bacterial response, cardiovascular stress, and heart support. She also gave Dingo a small dose of her homemade garlic tincture, a remedy she

always kept ready for sudden digestive upsets in her animals.

"The change was almost unbelievable. Within fifteen minutes, his breathing returned to normal, his heartbeat steadied, and that spark came back into his eyes." Dingo rested on the biofeedback mat for two hours. By the following morning, he was wagging his tail, ready for his next adventure.

WHAT SARAH LEARNED

Raw feeding can be wonderful for pets when handled correctly. Freezing raw meat or bones for at least 72 hours reduces the risk of parasites, though it does not eliminate all bacteria. Always handle raw items hygienically, refrigerate unfinished bones within 24 hours, and discard anything left out too long, especially in warm climates.

"The raw food was not the problem. It was because it had not been prepared properly." Sarah has no doubt about what saved Dingo that day.

Dingo went on to enjoy his raw bones into old age. His story is a reminder that awareness, love, and the right tools can change everything.

In Dingo's sessions, the OMNIS program was used for quantum biofeedback. QX World has since developed NOAH, a specialised biofeedback program designed specifically for animals



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.



NOAH® REVOLUTIONIZING HOLISTIC ANIMAL CARE

NOAH®'s innovative technology enables holistic animal care practitioners to swiftly identify and address underlying health concerns, enhancing treatment efficacy.

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DEEP DIVE

WHEN THE BODY STAYS ON HIGH ALERT: UNDERSTANDING COMPLEX PTSD

BY MARGRÉT MARGRÉTARDOTTIR

Long after the danger has passed, the nervous system can remain in survival mode. Complex PTSD is not a sign of weakness. It is what prolonged stress does to a body that had no choice but to adapt.

Most people have heard of PTSD. Fewer are familiar with its more complex cousin, a condition that develops not from a single traumatic event, but from repeated, prolonged exposure to threat in situations where escape was not possible.

Complex PTSD, or CPTSD, is formally recognised in the ICD-11 and increasingly discussed across trauma research and nervous system health. Many people only discover it after years of emotional distress or chronic stress patterns that do not improve even when life circumstances change.

HOW IT DIFFERS FROM PTSD

PTSD typically follows a single traumatic event with a clearer before and after. Complex PTSD develops through prolonged exposure: childhood trauma, long-term domestic stress, or environments where safety was consistently absent. The nervous system, having learned to stay vigilant for survival, does not simply switch off when the threat is removed.

WHAT IT CAN FEEL LIKE

Complex PTSD affects multiple systems at once. Emotionally, it can show up as overwhelming reactions, sudden numbness, or rapid swings between the two. Physically, chronic tension, fatigue, and sleep disruption are common. In relationships, it often appears as difficulty trusting, fear of conflict, or struggling to feel safe even in genuinely supportive environments.

Many people internalise these patterns as personal failure, not recognising them as the nervous system's entirely logical response to years of learned threat.

WHY SYMPTOMS PERSIST

In complex PTSD, fight, flight, and freeze responses become baseline states rather than brief reactions to real danger. The body responds to learned threat, not present reality. This is why symptoms can persist during calm periods, and why standard stress management often feels inadequate.

FINDING A WAY FORWARD

Progress is gradual and non-linear. Consistent daily routines, trauma-informed professional support, and staying connected in manageable ways all help reduce nervous system load. Biofeedback can offer a complementary layer by helping individuals notice stress responses as they arise and practice returning to a steadier state, making other tools such as therapy and breathwork more accessible.

Complex PTSD is not who you are. It is what prolonged stress left behind. And with the right support, the nervous system can learn safety again.



s·enso

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Designed to support both visible beauty and underlying balance.

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- Stress Reduction
- Environmental Stressors
- Energy Restoration
- Body Scan and Reshape
- Face & Beauty

[MORE INFO](#)

SOFIA'S STORY: RADIANCE FROM WITHIN

BY: DR. MARTA SIMON

She was not looking for a dramatic transformation. She simply wanted her face to reflect how she already felt inside.

For years, Sofia led a genuinely healthy life. She ate well, stayed active, and took care of her skin. But gradually, small changes appeared. Her skin felt less firm, fine lines became more noticeable, and no matter how much she rested or which products she tried, her face always looked a little tired.

"I just wanted my skin to reflect how healthy and energized I felt inside."

That is when she discovered S-ENSO, QX World's biofeedback beauty program that uses microcurrent technology to support skin health from within.

HOW IT WORKS

S-ENSO sends gentle electrical impulses through the skin, encouraging cell regeneration, improving circulation, and stimulating collagen production. But unlike cosmetic procedures that target surface results alone, S-ENSO also works to reduce stress at a physiological level, which matters more than most people realise.

Chronic stress triggers cortisol production, a hormone that breaks down collagen, slows cell renewal, and causes inflammation. Over

time, this shows up as dullness, fine lines, and sagging. Addressing the stress response is not a bonus. It is the foundation.

WHAT CHANGED FOR SOFIA

After a few weeks, the results were visible. "My skin looked smoother, my cheeks lifted, and my face looked fresher and more radiant overall." But the shift that surprised her most was internal. "I stopped picking apart every little flaw in the mirror. I started focusing on how good my skin felt, not just how it looked."

This is backed by research in neuroaesthetics, the psychology of beauty, which shows that feeling confident in your appearance reduces stress, improves mood, and boosts overall wellbeing. The relationship between inner state and outer appearance runs both ways.

A NEW KIND OF ROUTINE

Sofia now continues S-ENSO sessions every four to six weeks, not only for her skin, but for the relaxation and sense of care it brings. "It has become part of my routine, like exercise or healthy eating. It is not about fixing anything. It is about maintaining what I have and feeling my best."

**TRUE BEAUTY IS NOT ABOUT RESISTING TIME.
IT IS ABOUT SUPPORTING THE BODY,
EMBRACING WHERE YOU ARE, AND LETTING THAT SHOW.**



DR. MARTA SIMON

"Since I am working with the QX system, close to 80% of my clients are experiencing improvements with both physical and emotional problems."

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the world of biofeedback.

**FIND
YOURS.**



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QUEx S Beauty

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AND ANIMALCARE PRACTITIONERS

QUEx S Animal

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MORE INFO

Each QUEx system is built around a clear practice profile. Find the one that matches how you work today - and grow into the next as your practice evolves.



GROW YOUR PRACTICE. DEEPEN YOUR KNOWLEDGE. ELEVATE YOUR RESULTS.

Join over 3,750 healthcare professionals worldwide who are expanding their understanding of biofeedback, the body, and holistic care. QX Health Academy was developed to support practitioners at every stage of their biofeedback journey. Together with professional leader Margret Margretardóttir, we have created a clear, step-by-step learning path designed to build your confidence and knowledge progressively.

Why QX Health Academy

Flexible learning, access courses anytime, anywhere. Expert insights from leading professionals through conferences, webinars, and demos. A holistic approach that integrates mind, body, and energy systems into every module.

Dive deep into the pathophysiology of diseases, identify causes and patterns, build meaningful client timelines, and learn to address symptoms both preventively and curatively.

REALIZE THE FULL POTENTIAL OF YOUR BIOFEEDBACK PRACTICE.

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Learning does not only happen online. Every year, QX World brings its global community together in Budapest for the annual QX World Conference, five days of keynotes, workshops, case stories, and hands-on discovery.

It is where Academy knowledge meets real practice. Where practitioners from dozens of countries share what they have learned, what challenged them, and what their clients have revealed. Where the theory you studied becomes a living conversation.

**THE NEXT CONFERENCE TAKES PLACE
SEPTEMBER 28 TO OCTOBER 2, 2026.**

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



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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

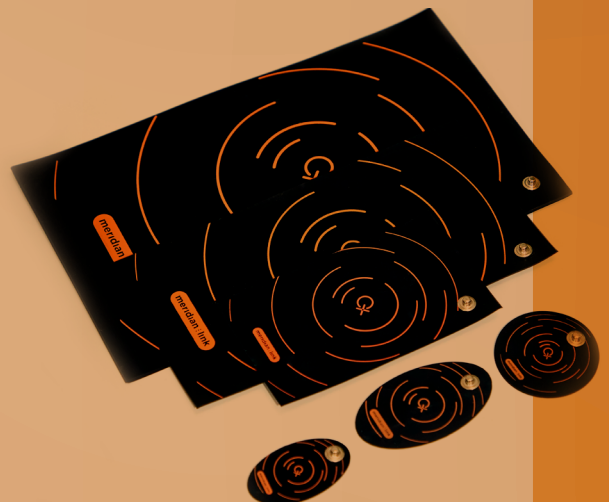
- Flexible application
- Used independently or combined with the harness.
- Versatile compatibility
- Suitable for QUEX S® and QUEX ED®, but also for SCIO and EDUCTOR
- Durable and waterproof
- Built for submersion, ensuring efficiency in energy transfer

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 EDUCTOR (an adaptor may be needed).
- **Easy connectivity** directly to your device, enabling quick setup



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