

IN THE LOOP

INTERVIEW

What is biofeedback?
What are the benefits?

Take control
of stress and anxiety without tranquilizers

4 easy ways to relax your mind and body

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More than 3,750 holistic healthcare practitioners have already registered for the soon-to-be-launched online QX Academy. In addition to mastering the workings of their multifunctional QX devices, each participant will develop a deeper understanding of how the brain, metabolism, endocrine system and immune system interact. Don't miss your chance to be a part of this landmark program!

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Dear reader,

How well do you know your body? Do you feel in control of your health, both mentally and physically? Take a minute to think about it. If you've come to the conclusion that you want to understand your body's workings better and take charge of your wellbeing, then you've come to the right place.

At QX World, we encourage people to take charge of their own health and, in so doing, live each day to the fullest. In addition to supplying healthcare practitioners with advanced biofeedback devices, we offer expert tips and advice for anyone who wants to lead a more relaxed and happy life, in the healthiest way possible.

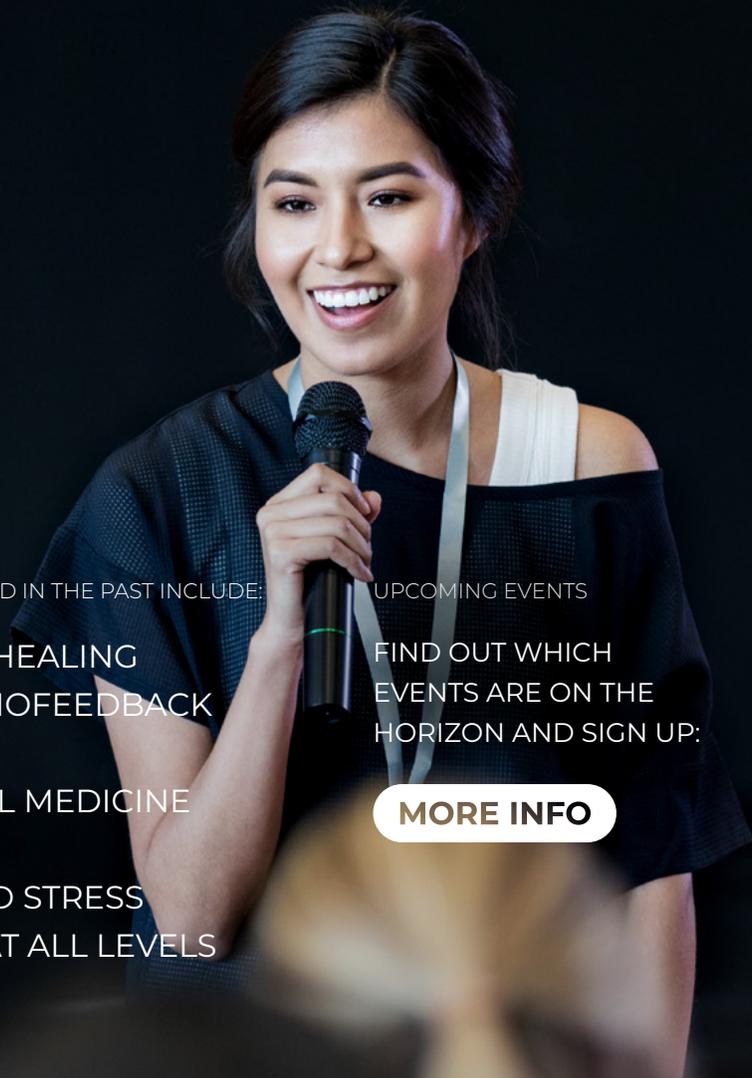
I hope this first edition of In the QX Loop will inspire and empower you.

Sincerely,

Andreea Taflan
CEO, QX World Ltd.

DON'T MISS THE NEXT QX WORLD EVENT!

Great minds think alike, especially when they come together in a flexible learning environment. QX World frequently hosts events* where fellow health practitioners can meet and learn from experts about the latest advancements in their field.



HOT TOPICS ADDRESSED IN THE PAST INCLUDE:

- ✓ ADDICTION HEALING THROUGH BIOFEEDBACK
- ✓ VIBRATIONAL MEDICINE
- ✓ ANXIETY AND STRESS AFFECT US AT ALL LEVELS

UPCOMING EVENTS

FIND OUT WHICH EVENTS ARE ON THE HORIZON AND SIGN UP:

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*Alongside hosting live seminars, our experts on the human mind and body now also teach online webinars! #staysafe



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WHAT IS BIOFEEDBACK? WHAT ARE THE BENEFITS?

THIS IS
THE SIGN
YOU'VE BEEN
LOOKING FOR

About Silky Polifka

Born in Germany, Ms. Silky Polifka is a Master in Bioresonance and Electro-Acupuncture. She studied Holistic Energetic Medicine at the University of Malta and obtained her degree in Psychotherapy in 1988. Certified in 2000, MS



In the QX Loop interviews psychotherapist and biofeedback expert Ms. Silky Polifka. She offers an in-depth explanation of biofeedback and talks about the relief it has brought to her clients over the years.

MS. POLIFKA, HOW DO YOU DEFINE BIOFEEDBACK?

The body constantly gives us feedback about our wellbeing. When you feel stressed, for example, your heart rate increases and your hands may start to feel sweaty. When you feel tired, your focus decreases and headaches may come into play. And so forth. This feedback the body gives us is what we call biofeedback.

YOU SPECIALIZE IN BIOFEEDBACK THERAPY. WHAT DOES THAT MEAN?

During biofeedback therapy, the client is connected to a biofeedback device by means of special harnesses or electrodes placed on the skin. The device uses electric current and a specific range of waveform frequencies to scan all the biofeedback the body has to offer, such as heart rate, breathing patterns, sweat levels, ... The results of the scan are displayed on a monitor. The therapist then helps the client master various techniques to change their body's automatic functions at will, while the client can see on the monitor how their efforts are taking effect.

WHAT RESULTS ARE TO BE EXPECTED?

Over the years, I have seen hundreds if not thousands of clients who have improved their ability to relax and focus. Among them are adults and children with autism and ADHD. What's more, many of my clients have found relief from diseases, allergies, stress, anxiety and more.

ARE THERE RISKS TO THIS KIND OF THERAPY?

No, although I do recommend always consulting with your healthcare professional first. In any case, biofeedback therapy is non-invasive. The electric current that passes through the body is completely harmless and so subtle that most of my clients don't even feel it. If they do, they describe a warm and pleasant sensation.

IS BIOFEEDBACK THERAPY COMPATIBLE WITH OTHER THERAPIES?

Yes! Biofeedback therapy can even significantly improve the effects of medication and other kinds of therapies. People tend to handle rehabilitation programs better when biofeedback therapy is used to improve their focus and decrease feelings of anxiety and depression. In this sense, biofeedback therapy can enhance any type of therapy imaginable.



“ The list of health problems it can detect is almost endless! ”

HOW DOES A BIOFEEDBACK DEVICE WORK?

In a healthy body, all cells operate at their ideal frequency, as nature intends it. Unhealthy cells, by contrast, vibrate differently. They emit electromagnetic waves that are flawed. A biofeedback device detects what's wrong, by sending electric pulses through the body.

WHAT KIND OF HEALTH PROBLEMS CAN A BIOFEEDBACK DEVICE HELP DETECT?

The list is almost endless. Take the device I use in my practice, which is a quantum biofeedback device. Because it focuses on the entire body electric, there is a long list of stress factors related to diseases, allergies, intolerances and deficiencies which it can help prevent or alleviate. The current literature shows that the average quantum biofeedback device checks over 15,000 markers.

YOU MENTION A QUANTUM BIOFEEDBACK DEVICE. WHAT IS QUANTUM BIOFEEDBACK?

“Traditional” biofeedback measures a physical response and feeds it back to the client's conscious mind. Quantum biofeedback, however, also focuses on the unconscious parts of the body and brain. So, instead of my clients having to try and alter certain automatic body functions themselves, the quantum biofeedback device sends out electromagnetic waves that do (most of) the work for them. The waves attempt to cancel out the abnormal frequencies of imbalanced cells, ideally helping them return to their optimal state.

4 EASY WAYS TO RELAX YOUR MIND AND BODY

Remaining calm, cool and collected at all times is easier said than done for most of us. Whether you continually experience feelings of stress or anxiety sneaks up on you every now and then, these methods will help you relax your mind and body without resorting to drugs.



3 MUSIC FOR ALL AGES

It's not just classical music which has a calming effect on the human mind. Are you more into contemporary beats? No matter your style, be sure to flip over to page 8 where we introduce you to our Spotify playlists!

1 ESSENTIAL OILS

Since ancient times, lavender and rose have been among the most calming essential oils available. You can use these (and other) essential oils to alleviate stress by inhaling them with a diffuser or by applying them on the skin.

2 ALTERNATE NOSTRIL BREATHING

Slowing down breathing has a relaxing effect on the body. A simple technique, called alternate nostril breathing, works as follows:

- Exhale completely and close your right nostril with your right thumb.
- Inhale through your left nostril, then closing it with your left thumb.
- Open the right nostril and exhale through it.
- Inhale through the right nostril and then close it.
- Open the left nostril and exhale through it.
- Repeat this cycle for up to five minutes.

4 YOGA EXERCISES

Contrary to what you may think, you don't have to be a seasoned yoga enthusiast to enjoy its relaxing effects. Take the sphinx, for example, a yoga position especially popular with beginners:

- Lie flat on your stomach.
- Place your elbows under your shoulders.
- Slowly lift your chest, pulling your shoulders back and pressing your forearms down.
- Look forward and let your chin drop slightly.

Holding this position for just a few minutes stretches the abdominal muscles and opens the chest to allow for more relaxed breathing.



PUT YOUR MIND AT EASE... WITH THESE PLAYLISTS!



Music heals. When we have trouble sleeping, listening to the right beats can work wonders. And when we're having a hard time relaxing because of an important deadline or project, it's music to the rescue. Check out our playlists on Spotify by clicking the links!



RELAX. IT'S A QX WORLD

People have been using music to relax since, well, forever. But what kind of music works best? We figured it out and put together a relaxing playlist for you to download free of charge.

[CHECK OUT THE RELAX PLAYLIST](#)



SLEEP AND SNOOZE LIKE A BABY

Most people who listen to certain types of music right before bedtime enjoy better-quality sleep. The relaxing music featured on this playlist lowers the heart rate and reduces feelings of stress and anxiety. It may even put a stop to the train of thoughts that keeps you from dozing off.

[CHECK OUT THE SLEEP AND SNOOZE PLAYLIST](#)

HOW DOES A BIOFEEDBACK THERAPY SESSION WORK?



About Dr. Simon

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

When Ms. Éva Czakó first came to neurologist Dr. Márta Simon for biofeedback therapy, she did not know what to expect. Several sessions in, she and Dr. Simon share their thoughts with In the QX Loop.

WHAT WAS GOING THROUGH YOUR MIND WHEN YOU STARTED YOUR FIRST SESSION, MS. CZAKÓ?

"I felt a bit nervous, but Dr. Simon started by asking me some simple questions about my lifestyle. How much water I drink, how much alcohol, how often I exercise, ... That put me at ease."

WHY DO YOU ASK THESE QUESTIONS, DR. SIMON?

"I ask these questions for two reasons. On the one hand, I believe that biofeedback therapy works best if it is part of a holistic approach. On the other hand, the answers to these questions are important for accurate use of the biofeedback device. Different ailments call for different programs."

WHAT DOES 'HOLISTIC' MEAN?

Dr. Simon: "Holistic means focusing on the client's problems as a whole. At the end of a session, I like to give my clients concrete tips to help them make lifestyle changes that, combined with what they learned from the session, will make it easier to find relief from what is troubling them."

WHAT DID YOU THINK WHEN YOU FIRST SAW THE DEVICE, MS. CZAKÓ?

"It looked kind of scary, I must admit. There were all these wires and electrodes, which Dr. Simon had to attach to my head. But I didn't feel a thing, and I still have all my hair (laughs)."

WHAT ARE THE WIRES AND ELECTRODES FOR?

Dr. Simon: "A biofeedback device uses wires and electrodes to send electric pulses through the body, and to interpret the body's response to those pulses. This 'feedback loop' can be a helpful tool in preventing stress factors in the body such as vitamin deficiencies, bad nutrient levels, inflammation, allergies, addictions, brainwaves that point to stress, ..."

YOU'RE TALKING ABOUT AN ELECTRIC CURRENT GOING THROUGH THE BODY. ISN'T THAT DANGEROUS?

Dr. Simon: "No, it's not dangerous at all. The voltage is very, very low. Most people can't even feel it. Some can, but they find the sensation soothing."

Ms. Czakó: "I agree. To me, it feels like taking a bath that's just the right temperature. I find it very relaxing."

IS THE ROLE OF THE THERAPIST LIMITED TO OPERATING THE BIOFEEDBACK DEVICE?

Dr. Simon: "No. I also teach the client to adjust how different parts of their brain 'talk' to each other. Many of my clients struggle with focusing due to depression, autism or ADHD, for example. Thanks to biofeedback therapy, they have managed to create new and more efficient pathways for their brain cells to communicate with each other."

CHANGING HOW YOUR BRAIN WORKS, THAT SOUNDS DIFFICULT. IS IT?

Ms. Czakó: "I thought it would be hard, but you get to watch your brain's reactions on a monitor the whole time. So, you can immediately see if what you are doing, works."

Dr. Simon: "Indeed, biofeedback therapy may sound complicated while in fact, anyone can do it. Even small children, as long as they can sit properly still and are willing to complete the program."

HOW LONG DOES A SESSION TAKE? HOW MANY SESSIONS ARE NEEDED?

Dr. Simon: "Biofeedback therapy sessions generally take between thirty and ninety minutes. The number of sessions needed varies from client to client. Most of my clients achieve results in fifteen to thirty sessions."

ARE THE RESULTS PERMANENT?

Dr. Simon: "Results can be permanent, yes. It's like learning how to ride a bicycle. Even long after the training is over, your brain remembers the pathways that have been created. I have clients who are still reaping the benefits of biofeedback therapy years after completing their final session."

“Biofeedback therapy may sound complex while in fact, anyone can do it.”



About Ms. Czakó

Ms. Éva Czakó (50) is a businesswoman from Budapest. She was seeking alternative treatment for lower back pain and exhaustion, which led her to discover Biofeedback.

How does a biofeedback therapy session work?

Biofeedback therapy consists of 5 steps.

1
The **therapist** places **electrodes** on your **head** and **limbs**.

2
The **sensors** **measure** your body electric (brain waves, skin resistance, heart rate, breathing, etc.)

3
The **feedback** from your body electric is displayed on a **monitor** and **interpreted**.

4
The **therapist** runs various **vibrational protocols** and **teaches** you how to make **changes** within **your body**.

5
The **vibrations** and learned **techniques** activate your body's **self-healing** capacity.

Good to know:
A biofeedback session takes 30 to 90 minutes. It is completely painless.

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



TAKE CONTROL OF STRESS AND ANXIETY WITHOUT TRANQUILIZERS



While tranquilizers merely offer a temporary solution, biofeedback therapy can relieve feelings of stress and anxiety in the long term. For some, it has even eliminated the need for pharmaceuticals entirely. Here's how.

THE FIGHT-OR-FLIGHT RESPONSE

Stressful events can trigger a reaction called the fight-or-flight response. Because the body senses that it is in danger, it releases hormones that give you the energy to fight whatever is causing the danger, or to flee the scene. The body's other common reactions to stress include an increased heart rate, high blood pressure, rapid breathing, tense muscles and so on.

STUCK IN TRAFFIC

While the fight-or-flight response used to be a lifesaver in prehistoric times, modern society often has us experience the same reaction in situations which are far from life-threatening. Think of the frustration you feel when stuck in traffic, for instance, or the stress you may experience when faced with a daunting project or tight deadline.

CHRONIC STRESS

Even though the body is designed to return to its normal state once a stressful event has passed, some people find that their feelings of stress or anxiety continue. They suffer from what is called chronic stress.

INCREASED BODY AWARENESS

Evidently, trying to control the body's response to stress and anxiety is no easy feat. That's where biofeedback comes in. Using a specialist device that measures your heart rate, breathing pattern, ... and even brainwave activity, a biofeedback therapist makes you increasingly aware of how your body operates when under pressure.

BIOFEEDBACK THERAPY PUTS YOU IN CHARGE

Biofeedback therapy not only helps you sense when your body's stress and anxiety levels are about to surge. It also enables you to act upon it quickly. The biofeedback therapist teaches you various relaxation methods, to lower your heart and breathing rate, for example. Ultimately, whenever you start to feel anxious or stressed, you can apply these techniques to nip the unpleasant feelings in the bud.

Did you know? After fifteen to thirty biofeedback therapy sessions, most people report that their feelings of stress or anxiety are no longer chronically triggered.

VISUALIZE THE INVISIBLE WITH **QUEx ED**®

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SPECIAL THANKS TO

Dr. Marta Simon and Silky Polifka

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