



anti·s

Unlock the power of **stress-free living** with **Anti-S.**

Say goodbye to the burden of stress and hello to a happier, healthier life. With Anti-S, you can take control of your well-being and experience the benefits of a smoke-free lifestyle!

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Introduction



Overview of the Anti-s

Anti-S is a cutting-edge wellness software solution that is designed to work in conjunction with the QUEX ED and S systems.

Its primary objective is to provide a unique approach to smoking cessation by utilizing specific frequencies sent via head and limb electrodes, with the principles of quantum biofeedback. This state-of-the-art software offers a personalized and all-inclusive program that is aimed at reducing stress levels and overcoming the challenges associated with smoking cessation.

Overview of the QUEX ED and QUEX S

The QUEX ED and S devices are Quantum Biofeedback technology that aims to correct stress and electro stress patterns at the most basic physiological levels.



The QUEX ED works by tuning into an individual's physiological stress levels and using this information to balance the body's physiology, leading to decreased stress levels and improved physical and emotional health. It can promote relaxation in response to stress, improve mind-body awareness, and alleviate symptoms of anxiety, stress, or depression.

Additionally, it can alleviate tension, pain, or emotional dysregulation, and improve overall sleep quality and health. The device is also capable of re-educating certain muscles, patterns and paths, and retrains areas of the body and mind to adopt healthier patterns.

Many of the body's natural stress and emotional signals are often ignored until they become more severe and problematic. Biofeedback helps individuals become more aware of how their bodies function and improve their ability to regulate emotions, leading to better overall well-being.

Through consistent practice of healthy strategies, individuals can develop effective stress responses and monitor their body's reactions.

Biofeedback and smoking cessation

Biofeedback can be helpful for those who wish to quit smoking as it can help to manage stress, anxiety, and cravings associated with smoking cessation. By using a biofeedback device individuals can receive specific frequencies via head and limb electrodes, which work to relieve stress and restore the body's natural electromagnetic frequencies. By reducing stress levels, individuals may experience reduced cravings and anxiety, making it easier to quit smoking.

Additionally, biofeedback training can help individuals to become more aware of their physiological responses to stress and other triggers, allowing them to develop healthy coping strategies and ultimately improve their chances of quitting smoking successfully.

Several studies have shown that biofeedback can be effective in smoking cessation.

In a randomized controlled trial published in the *Journal of Alternative and Complementary Medicine*, **smokers who received a combination of biofeedback and cognitive-behavioral therapy had significantly higher quit rates** than those who received only cognitive-behavioral therapy.

Another study published in *Applied Psychophysiology and Biofeedback* found that **smokers who received biofeedback-assisted relaxation training had a higher likelihood of quitting smoking** compared to those who received only standard smoking cessation treatment.

In addition, a pilot study published in *Nicotine & Tobacco Research* found that **smokers who received heart rate variability biofeedback training had a higher quit rate and lower levels of nicotine dependence** compared to a control group.

These studies suggest that biofeedback can be a useful tool in helping individuals quit smoking.

Getting Started with the Anti-S

For full information on how to get started with the Anti-s, please reference the Installation Manual available on www.qxworld.eu, under Manuals and you will gain full insight into the following:



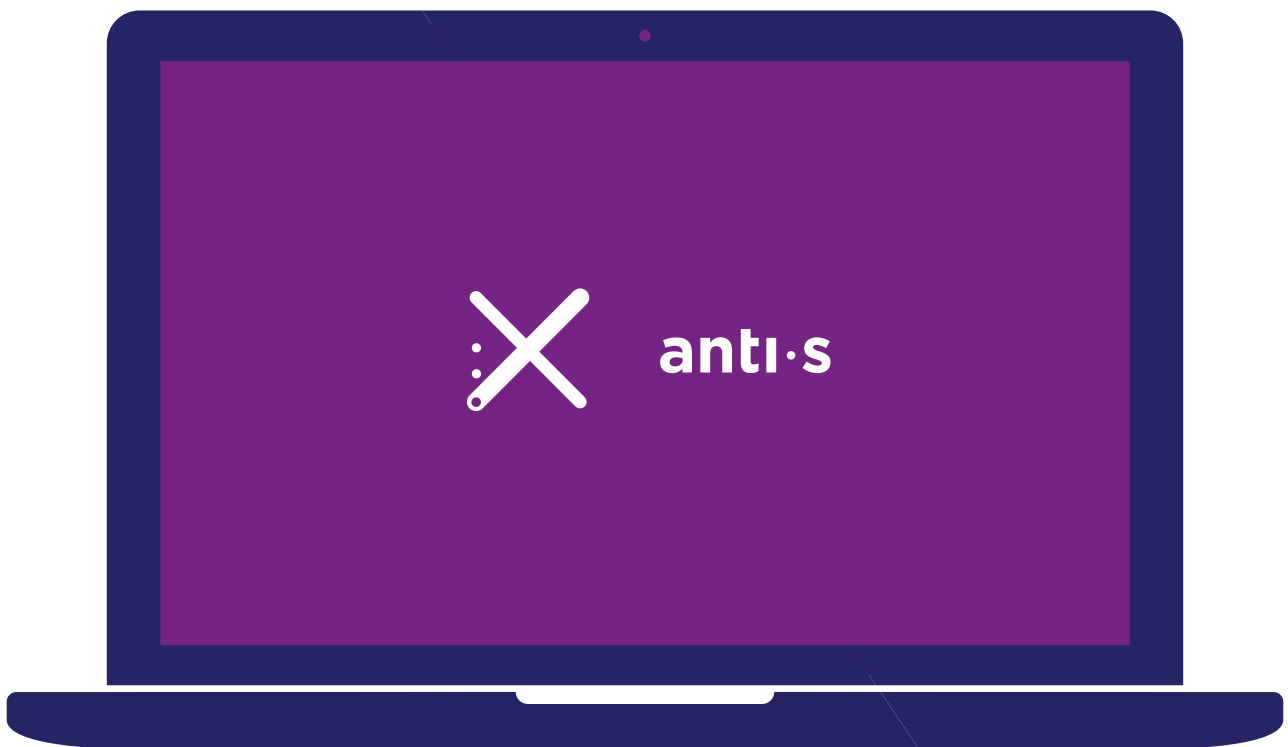
System requirements for using the software and device



Installing and setting up the software and device



Connecting the device to the software



Using the Anti-s for smoking cessation

Preparing the client

Prior to starting a session, it is important to ensure that your client is willing to quit smoking and has refrained from smoking for at least two hours. This is necessary for the system to accurately measure the frequencies of a smoke-free organism. It is recommended to ask your client to bring a pack or at least one cigarette of their usual brand, and provide information on the strength and the number of cigarettes smoked daily, to improve calibration accuracy.

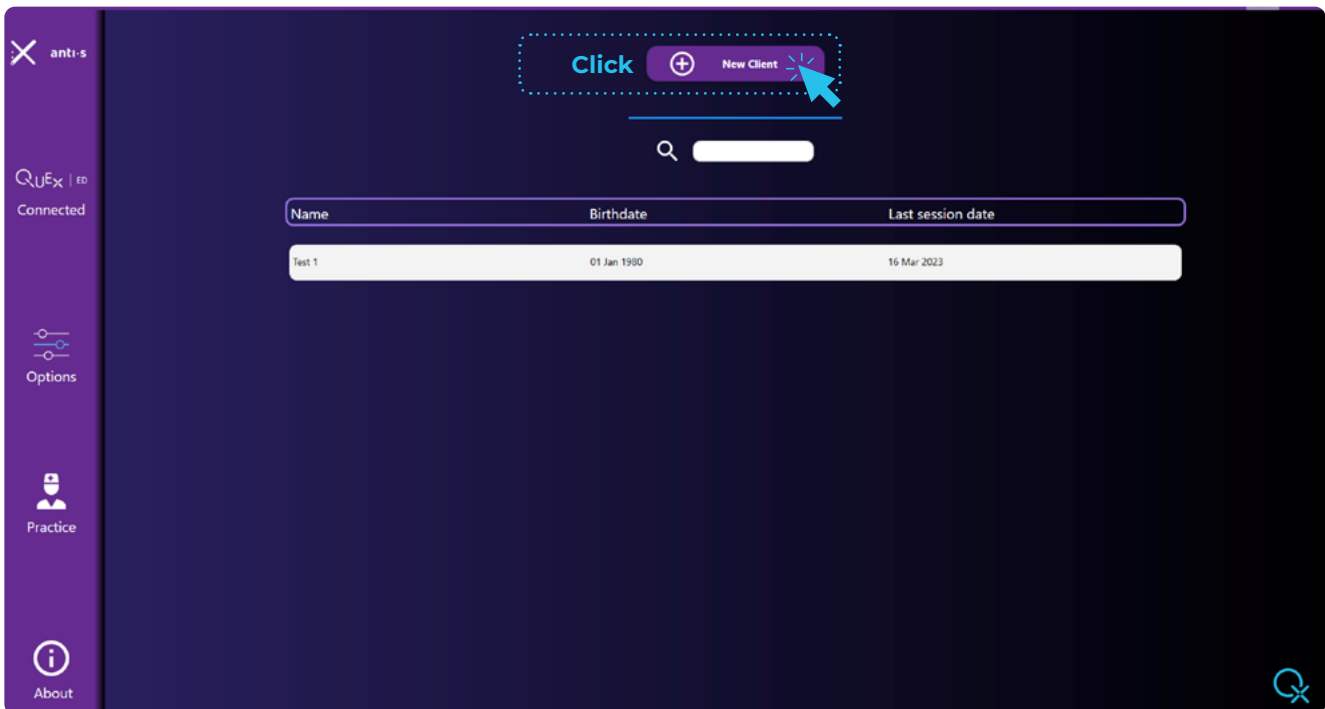
During the session, the person will be requested to smoke a cigarette so that the system can determine the frequencies of a smoke-full body. The entire session typically lasts around 30 minutes. Using the Trivector pattern principle, the system takes 3 readings to optimize the Anti-S frequencies, including the Trivector pattern of a smoke-free body, smoke-full body, and sample cigarette.

Anti-S Operation Flow New Client

Start Anti-S from the QX App



Click New Client



Enter all Client data, as prompted on the panel

The screenshot shows the 'Client Data' entry panel. It features a purple sidebar on the left with navigation icons for 'anti-s', 'QXEX | ED Connected', 'Options', 'Practice', and 'About'. The main content area is titled 'Client Data' and contains the following fields:

Name	<input type="text"/>	Birthdate	1/1/1980
Sex	<input type="text"/>	Weight (kg)	0
Client ID	2	First Session	3/16/2023

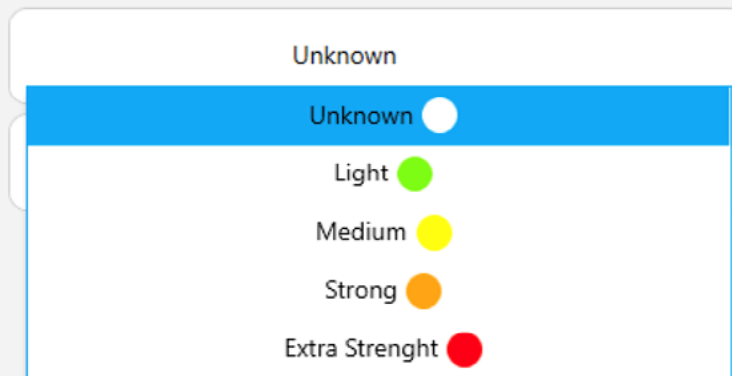
Below this is a section titled 'Choose your preferred cigarette type' with the following fields:

Type	lqs	Strength	Light
Brand	Marlboro	Pieces/Day	1

At the bottom of the panel are three buttons: 'Save changes', 'Save and add note', and 'Exit without saving'. A 'QX' logo is visible in the bottom right corner.

Note:

- Patient ID is automatically assigned
- First Session Date cannot be changed



There are 5 intensities defined for the specific type of cigarette/smoking. Please allow the Client to choose, as intensity varies based on their perception and smoking habits.

Saving the Information

The screenshot shows the 'Client Data' form with the following fields:

Name	<input type="text"/>	Birthdate	1/1/1980
Sex	<input type="text"/>	Weight (kg)	0
Client ID	2	First Session	3/16/2023

Below the form, there is a section titled 'Choose your preferred cigarette type' with the following fields:

Type	Iqos	Strength	Unknown
Brand	Marlboro	Pieces/Day	1

At the bottom of the form, three callouts point to buttons: 'Simple saving' (Save changes), 'Click to add a note' (Save and add note), and 'Exits without saving' (Exit without saving).

Start Evaluation: proceeding with the Anti-S protocol

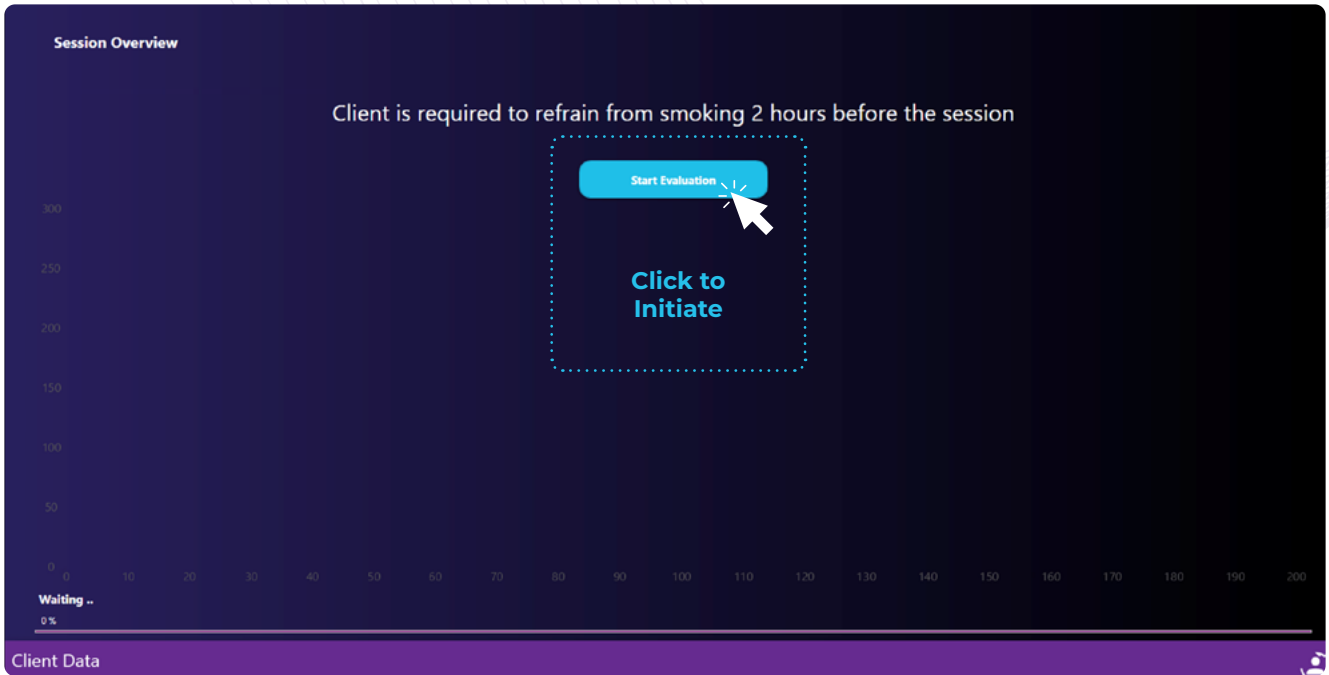
Click on the Client Name in the client list



Start Evaluation

The screenshot shows a client list with the following columns: Name, Birthdate, and Last session date. The first row is highlighted with a callout 'Click' pointing to the name 'Test 1'. Below the name, there is a 'Start Evaluation' button with a callout 'Click' pointing to it. Other buttons for 'Sessions', 'Modify', and 'Delete' are also visible.

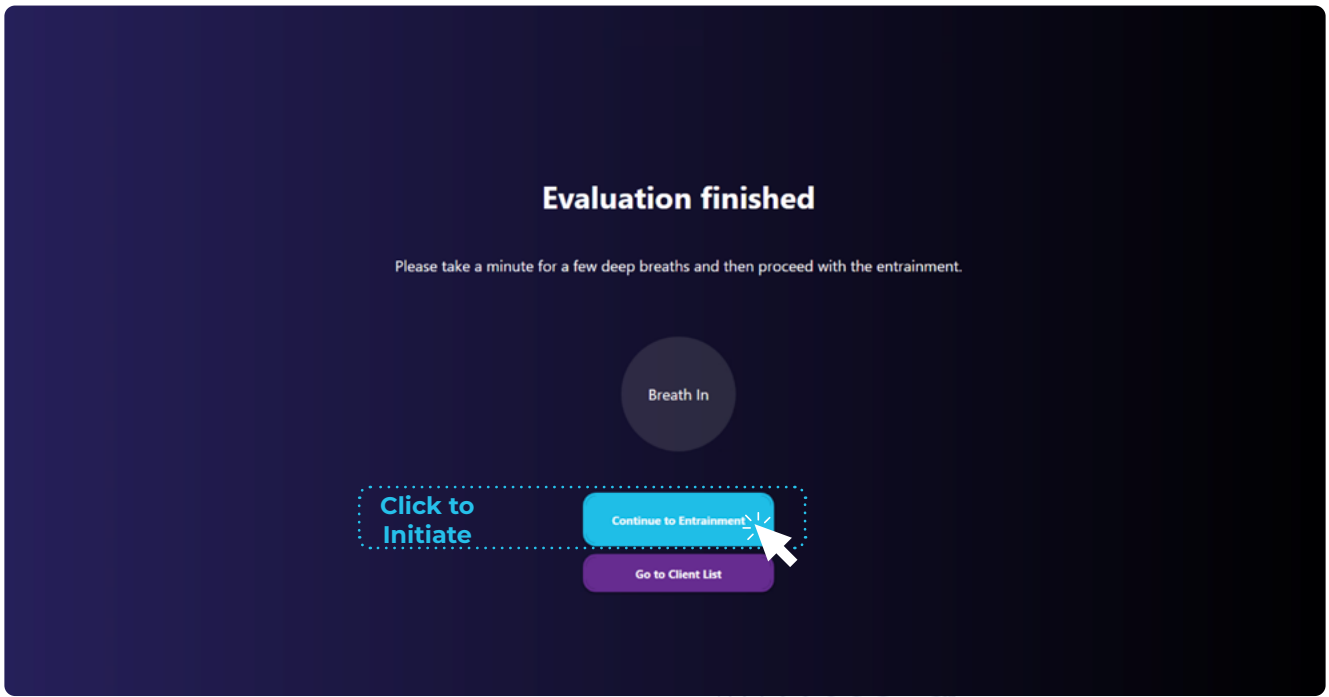
Name	Birthdate	Last session date
Test 1	01 Jan 1980	16 Mar 2023
Test 2	01 Jan 1980	16 Mar 2023



The Evaluation is the first part of the Anti-S protocol, when the system evaluates the Trivector signature of the body in a smoke free state and lasts 3 minutes.

Following Evaluation, please ask your client to take a break and smoke his usual cigarette. This will enable the system to measure the Trivector of the Smoke-full body and adjust the frequency cocktail. The Evaluation can be paused or stopped anytime.

When ready, click on Continue to Entrainment.

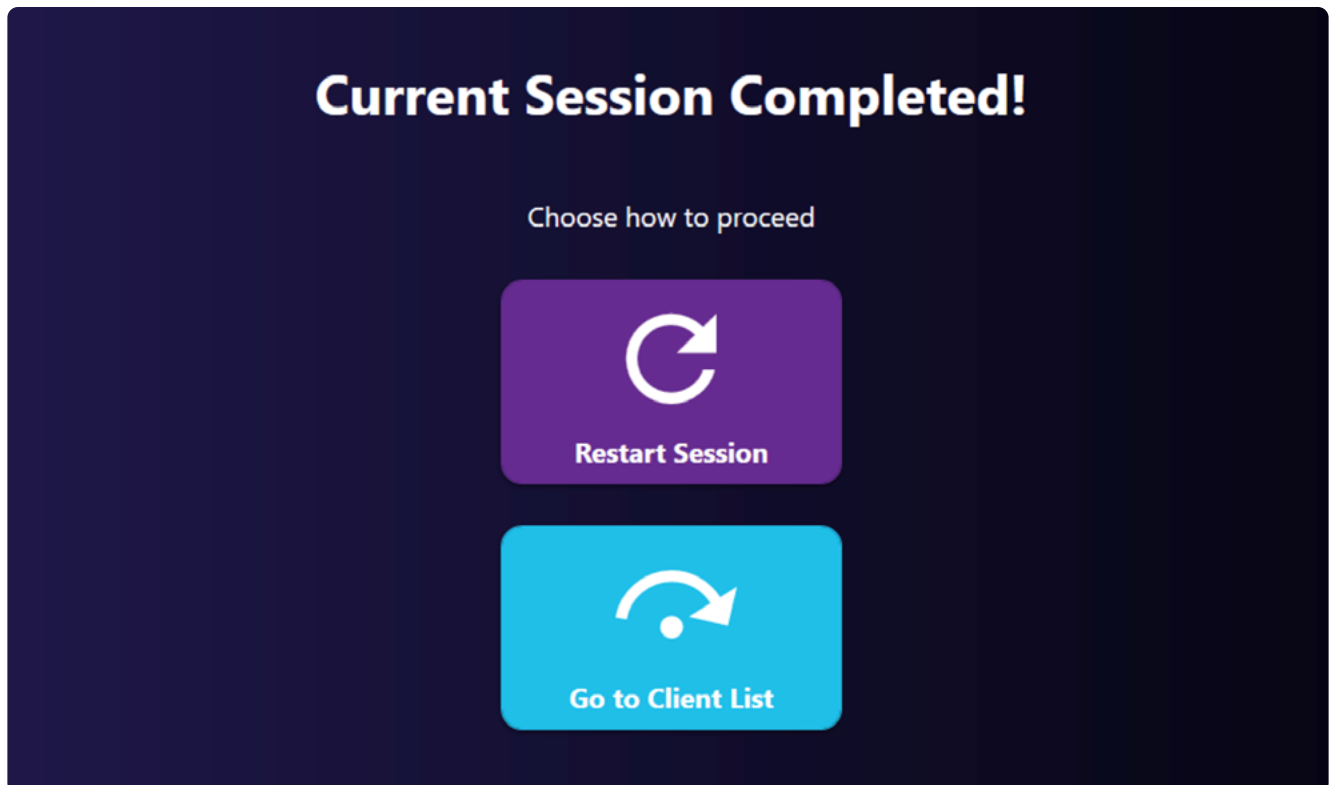


The Anti-S is enriched with a wide selection of additional stress related protocols that can be added for a more comprehensive result, depending on the client's need.

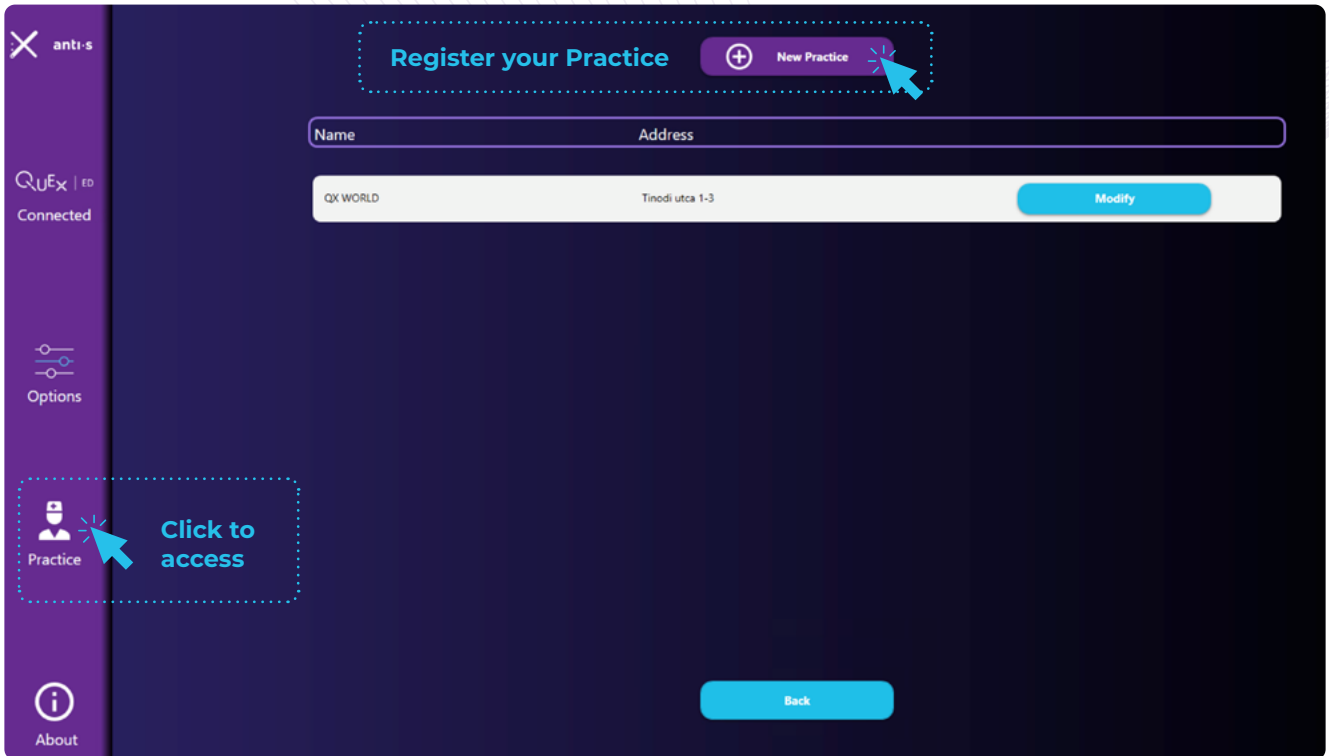
The default program is 12 minutes, and each additional program is added on top. The protocol can be paused or stopped anytime.



As the protocol finishes, you can continue with a new client, or restart the current session.



Create your Practice

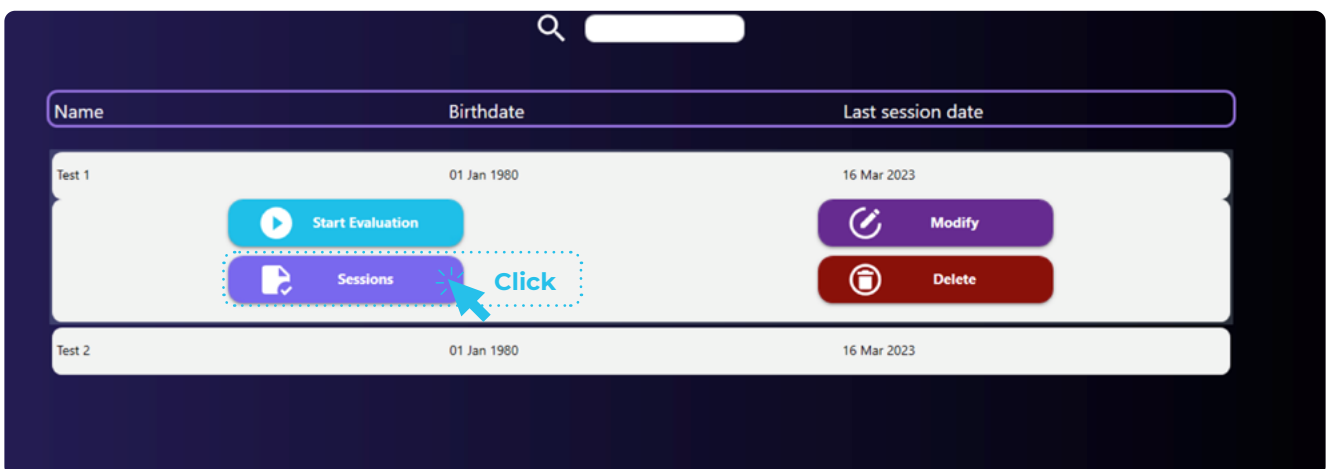


To highly personalized your Anti-S, you can add all information pertaining to your Biofeedback Practice. This information will appear on the heading of the report.

Statistics

Click the Sessions button to access the Statistics of the selected client.


Here you will see every recorded session, the data measured, the improvement percentage, any saved notes and have the ability to create reports.



Options


Choose your favorite combination of colored theme and your language!

Theme

Click  Default Dark Light Custom

Purple/Grey Purple/Black Purple/White Purple/Orange

Language

English  Click

Back

References

1. Pomerleau, O. F., Fertig, J. B., & Cheng, E. (1983). Neurophysiological reactions to smoking cues discriminate between dependent and nondependent smokers. *Psychopharmacology*, 80(1), 22-24.
2. Baker, T. B., Piper, M. E., McCarthy, D. E., Majeskie, M. R., & Fiore, M. C. (2004). Addiction motivation reformulated: An affective processing model of negative reinforcement. *Psychological review*, 111(1), 33-51.
3. Powell, D. H., Thoresen, C. E., & Loehr, J. F. (1980). Biofeedback and meditation in the reduction of anxiety and depression. *Journal of Consulting and Clinical Psychology*, 48(6), 713-721.
4. Nevid, J. S., & Cook, K. H. (1986). Effects of biofeedback-assisted relaxation and paced breathing in the treatment of cigarette smoking. *Journal of Consulting and Clinical Psychology*, 54(5), 604-610.



GET IN TOUCH. IT'S A QX WORLD.

QX WORLD LTD
HUNGARY
1095, Budapest
Tinodi street 1-3, A. building,
IV floor, door 93
E-mail: info@qxworld.eu

www.qxworld.eu