

IN THE LOOP

BACK2BACK

DAVID (55) RECOVERED FROM BURNOUT

Biofeedback can slow
down aging

7-day immunity
booster diet plan



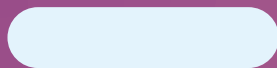


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S-ENSO is the first technology to tackle both the physical causes of wrinkles and facial lines, and the stress that contributes to them. It uses microcurrent, which is known to be the most effective non-surgical method for taking years off the face.

- Reduces moderate wrinkles by up to 26%*
- Up to 20% less severe facial lines*
- Deep mental relaxation
- Relaxes muscle tension
- Endorsed by experts



*Private study on women between the ages of 35 and 67 with various skin types.



Dear Reader,

In the whirlwind of modern life, it's easy to lose sight of our well-being. Now is the time to pause, to listen, and to nurture your body and mind. I'm delighted to present the latest edition of our magazine, filled with knowledge and insights from esteemed experts in complementary healthcare.

We often seek external solutions when it comes to wellness. But what if I told you that health starts from within? This magazine sheds light on how nurturing the body's natural processes can lead to a more balanced life.

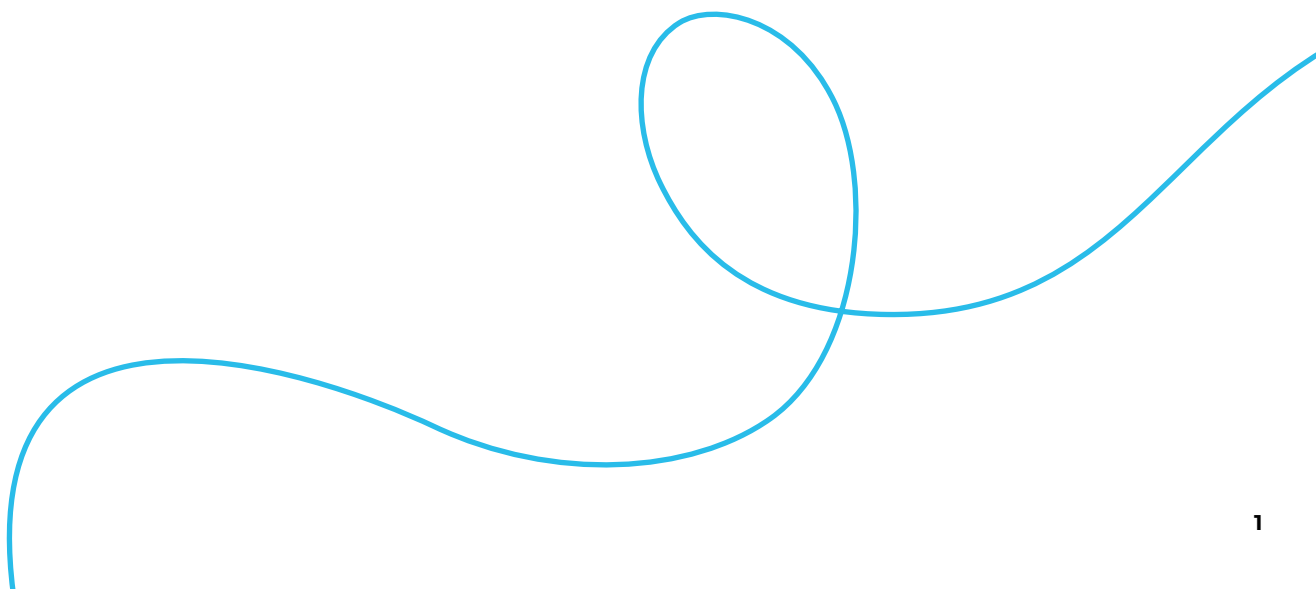
From understanding the effects of stress on aging to combating winter blues with simple lifestyle adjustments, our experts provide invaluable insights to empower you on your journey. We also highlight the power of biofeedback technology, showcasing its ability to guide you towards optimal health.

As you flip through these pages, my hope is that you will find inspiration to truly connect with your body so that you can harness its amazing transformative potential.

Warmest regards,

Andreea Taflan

CEO and Co-founder, QX WORLD Ltd.





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EXPERT TALK

BEAUTY COMES FROM WITHIN... THANKS TO COLLAGEN STIMULATION

BY DR. MÁRTA SIMON

As we all chase the dream of staying young, collagen stands out as a key ingredient in skincare. But with so many products claiming to reverse aging, it's crucial to understand what collagen is really about.

UNDERSTANDING COLLAGEN

Collagen serves as the primary structural protein in connective tissues, providing the skin with strength and elasticity. Skin, tendons, organs, and bones all rely on distinct collagen types for their structural integrity: a staggering 25% to 35% of the entire body's protein content consists of collagen.

MAIN TYPES OF COLLAGEN

Type I: abundant in skin, tendons, bones, ligaments, and the cornea.

Type II: found in cartilage, the vitreous humor of the eyes, and intervertebral disks.

Type III: present in the skin, blood vessels, and internal organs.

THE COLLAGEN-AGING CONNECTION

As we age, collagen production dwindles. Around the age of 21, collagen production starts to decrease by approximately 1% each year. That causes the skin's three layers – epidermis, dermis, and hypodermis – to become thinner. The skin loses firmness and elasticity, leading to common concerns like wrinkles and sagging.

DEBUNKING COLLAGEN MYTHS

The cosmetic industry likes to promote the so-called benefits of topical collagen products – which have to be applied to the skin. However, this is false advertising. Because collagen is quite large in molecular size, it fails to penetrate the skin's top layer effectively. So, while these products provide superficial moisturization, they do not stimulate collagen growth.



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

HOW TO STIMULATE COLLAGEN PRODUCTION

Vitamin C: topical vitamin C, or L-ascorbic acid, stimulates collagen types I and III production, offering anti-aging benefits. Additionally, incorporating vitamin C-rich foods like broccoli, spinach, and citrus fruits into your diet can enhance collagen levels.

Tretinoin: a potent synthetic derivative of vitamin A, tretinoin stimulates collagen production when topically applied, effectively improving the appearance of the skin.

Chemical peels: controlled injury to the skin with acids accelerates exfoliation, promoting collagen renewal, reducing wrinkles and improving the overall texture of the skin.

Collagen supplements: available in tablets, capsules, and powders, collagen supplements effectively stimulate collagen production, although side effects like diarrhea and skin rash may occur.

Biofeedback is a non-invasive collagen stimulation method especially for boosting collagen in the face. Combined with natural creams, biofeedback has been proven to reduce wrinkles by 26% if moderate, and more severe facial lines by 20%.

LASTING BEAUTY FROM THE INSIDE OUT

Collagen is more than a superficial remedy for aging skin. It is a fundamental building stone of our health, skin included. Rather than succumbing to the allure of topical collagen products, consult with a dermatologist to explore effective collagen stimulation treatments tailored to your needs, promoting lasting beauty from within.

A photograph of a young woman with long dark hair, wearing a white t-shirt, smiling broadly with her eyes closed and arms raised in a gesture of joy or relaxation. She is positioned in front of a window, with bright sunlight streaming in. The bottom half of the image is overlaid with a semi-transparent teal color. The text 'LIFESTYLE' is in a white rounded rectangle on the teal background. Below it, the title '7 TIPS FOR CREATING YOUR OWN SLEEP SANCTUARY' is written in large white capital letters. A paragraph of text follows, and the page number '6' is in the bottom left corner.

LIFESTYLE

7 TIPS FOR CREATING YOUR OWN SLEEP SANCTUARY

Transforming your bedroom into a peaceful oasis is key to improving your sleep quality. Try out our seven easy yet scientifically proven tips for creating your very own sleep sanctuary.

1. DECLUTTER FOR MENTAL CLARITY

Clearing out clutter is calming to the mind. By minimizing distractions, you can unwind more easily. Techniques like biofeedback can further help manage stress.

2. CHOOSE PEACEFUL COLORS

Research shows that certain colors can influence brain activity, potentially aiding in the relaxation process. Soft blues, muted greens and gentle earth tones all create a peaceful vibe for sleep.

3. TAKE IT EASY BEFORE BED

Avoid heavy meals, caffeine, and alcohol before bedtime. While alcohol may make it easier to fall asleep initially, it disrupts sleep later in the night. Also, try to avoid intense exercise close to bedtime.

4. BAN ELECTRONIC DEVICES

The blue light emitted by screens messes with your body's internal clock. Stop using electronic devices at least an hour before bed. Instead, indulge in a calming bedtime routine like reading or doing gentle stretches.

5. CALMING SCENTS

Essential oils like lavender or chamomile are known for their calming properties. Simply add a few drops to your pillow, or apply them to the soles of your feet before slipping on cozy socks for maximum relaxation.

6. SOOTHING SOUNDS

Soft music, nature noises, or white noise can drown out disturbances and promote restful sleep. If you want to choose sounds that suit your brain best, biofeedback can investigate how different sounds affect your unique brainwaves.

7. STICK TO REGULAR BEDTIMES

Maintaining a consistent sleep schedule is crucial for good sleep hygiene. Try to go to bed and wake up at the same time every day, even on weekends. Making 10:30 PM your regular bedtime is a healthy target as it aligns with the body's natural rhythm.



DID YOU KNOW?

Sleep experts argue that getting at least seven hours of sleep each night is essential. Yet a staggering 35% of Americans sleep less on a regular basis.



BACK2BACK

DAVID (55) RECOVERED FROM BURNOUT

David: “I love my job, but it comes with pressing deadlines and high demands. By trying to keep up with the pace of my professional life, I pushed my body past its limits. That did a lot of damage.” David ended up with burnout. Margret Margrétardóttir helped him navigate his journey towards recovery.

VICIOUS CIRCLE

QX: What caused you to burn out?

David: I have my own construction company, and I really want it to work. At the time I couldn't afford to hire help. My workload became excessive, and that left me with little room for self-care.

WHAT IS BURNOUT?

Burnout is when you hit a point of being both physically and emotionally drained. This often happens when you deal with long-term stress, like in a demanding job. Signs of burnout include feeling tired almost constantly and experiencing a sense of helplessness or defeat.

QX: What does burnout feel like?

David: I felt exhausted all the time, both physically and emotionally, and I had constant migraine. When my marriage started to deteriorate, I realized I needed to make a drastic change in my life.

Margret: When I first met David, he was drinking large amounts of coffee and energy drinks. Yet those stimulants only exacerbated his problems. Caffeine dehydrates the body, depletes it of minerals, and puts a lot of pressure on the adrenal glands. And that affects the way the body handles stress.

NOURISHING BODY AND MIND

QX: What were the first steps to recovery?

David: The first important step was acknowledge the toll my lifestyle had taken on my body. I was chronically dehydrated and not getting the nutrients I needed. Step by step, Margret helped me to reduce my daily coffee intake from 10 cups to 2, and to drink more water. I believe hydration has been key to my recovery. Headaches disappeared almost completely once I started paying attention to it. Healthy meals, too, are now one of my priorities.

Margret: Quantum biofeedback sessions were an integral part of David's healing process as well. Our sessions rebalanced David's energy, corrected his adrenal function, and guided him back to a state of equilibrium. David was also quick to incorporate stress-reducing exercises into his daily routine. Yoga and meditation became powerful tools for him to manage stress and to reconnect with his inner self. It

only confirms that reserving just a short amount of time for yourself each day can make a significant difference in terms of mental and emotional resilience.

SELF-CARE

QX: How are you feeling today?

David: It's been about four months since I made a real turnaround in my life. My energy levels are pretty much back to how they were before I hit burnout, and I'm happy to have patched things up with my family too. To avoid another burnout, I prioritize self-care and meticulously arrange my work setup to best accommodate my needs. I've figured out that recovering from burnout isn't just about dealing with work stress. It's also about things like staying hydrated, getting good nutrition, and managing stress in a way that works for you.



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



DAVID B. (55)

David is a contractor from Cork, Ireland.



EMBARK ON A REVOLUTIONARY JOURNEY

WITH BIOFEEDBACK FOR ANIMALS

Animal care providers love NOAH®. This biofeedback technology for animals is non-invasive and can work wonders for various species.

EXPEDITE SESSIONS

Swiftly address underlying health concerns.

GENTLE STIMULATION

Promote self-healing with low-frequency current.

PULSED ELECTROMAGNETIC FIELD (PEMF)

Stimulate cellular repair with electromagnetic waves.

ACUPUNCTURE SYNERGY

Boost the effects of acupuncture.

CHAKRA HARMONIZATION

Balance and align chakras for optimal wellbeing.

NOAH® FOR QUEX ED®

is included in your device for free.

NOAH® FOR QUEX S®

is available for download.





QX VIEW

BIOFEEDBACK CAN SLOW DOWN AGING THROUGH STRESS RELIEF

BY DR. MÁRTA SIMON

In our eternal quest to slow down aging, biofeedback stands out as a promising method. This article explores how stress affects aging and how stress management through biofeedback can boost overall health.

STRESS-RELATED ILLNESSES

From workplace demands and personal tribulations to societal pressure: stress is an inevitable part of human life. While it has been long understood that stress can take a toll on our mental well-being, recent research suggests that unmanaged stress is the common risk factor of 90% of illnesses and can also affect the aging process.

WHAT IS OXIDATIVE STRESS?

Oxidative stress occurs when there's an imbalance between harmful molecules called free radicals and the body's ability to get rid of them. These unstable molecules can damage cells, proteins, and DNA, contributing to aging.

EFFECTS OF STRESS ON AGING

Telomeres are like little caps at the ends of our chromosomes. As our cells divide, these caps get smaller, which makes our cells age. Recent studies show that stress can speed up this shrinking process, causing us to age faster at a cellular level. So, if you're often stressed out, you might age quicker than someone who is good at managing stress.

FIGHT OR FLIGHT

Stress triggers the body's 'fight or flight' response, causing inflammation and oxidative stress. Oxidative stress damages cells and DNA, contributing to the aging process.

STRESS MANAGEMENT

There are lots of ways to manage stress and slow down aging. Regular exercise, mindfulness, eating well, and spending time with friends can all help reduce stress and keep you healthy as you get older. Talking to loved ones or professionals can also make a big difference in handling stress.

BIOFEEDBACK

Biofeedback is a helpful way to learn about your health and manage stress. With a special device, a practitioner can track your heart rate, breathing, and brain activity, showing you the results on a screen. They can then teach you how to use stress management techniques based on these readings. Biofeedback can also balance your body's electric system, potentially slowing down aging.

STRESS RELIEF FOR HEALTHY AGING

Taking care of your physical and emotional health today can have a positive impact on your future vitality and longevity. By adopting stress management techniques and making self-care a priority, you can work towards maintaining optimal well-being and promote graceful aging at the same time.



EXPERT TALK

WHAT IS WINTER DEPRESSION? DEALING WITH THE WINTER BLUES

As winter sets in and daylight hours dwindle, many people grapple with winter depression, also known as Seasonal Affective Disorder (SAD). In this article, we zoom in on possible causes of winter depression as well as some simple lifestyle adjustments for beating the winter blues.

UNLOCKING THE MYSTERY

Winter depression, or SAD, is a type of seasonal depression that tends to peak during the darker months of the year. Experts believe that the decrease in daylight hours disrupts the body's internal clock, leading to changes in mood-regulating neurotransmitters such as serotonin and melatonin.

TACKLING WINTER DEPRESSION

One of the most effective treatments for winter depression is light therapy, also known as phototherapy. By exposing yourself to bright artificial light that mimics natural sunlight, you can help regulate your body's internal clock and boost your mood. Simply spending more time outdoors during daylight hours can have a positive impact on your mental well-being as well.

FOOD FOR FUELING YOUR MOOD

Adding mood-boosting foods to your diet can also help support your mental health and ward off the winter blues. Here are some top picks.

Protein-rich foods: lentils, chickpeas, lean meats, and tofu are packed with amino acids that support neurotransmitter production.

Fatty fish: salmon, mackerel, and trout are rich in omega-3 fatty acids, which are essential for brain health.

Nuts and seeds: walnuts, flaxseeds, and chia seeds are loaded with omega-3 and other mood-regulating nutrients.

Whole grains: brown rice, quinoa, and oats provide a steady supply of energy to the brain, promoting a stable mood.

Dark leafy greens: spinach, kale, and chard are high in folate, a nutrient linked to mood regulation.

Probiotics: yogurt, kefir, and sauerkraut support gut health, which is closely tied to mental well-being.

Turmeric contains curcumin, which has anti-inflammatory properties that can benefit brain health.

Berries including blueberries, strawberries, and raspberries are rich in antioxidants that protect the brain from oxidative stress.

Citrus fruits like oranges, grapefruits, and lemons are high in vitamin C, which supports neurotransmitter production.

Dark chocolate: indulge in a square or two to stimulate the production of 'happy hormones'.

Serotonin is responsible for feelings of well-being, while melatonin helps regulate our sleep-wake cycle. When these neurotransmitters fall out of balance, it can leave you feeling lethargic, moody, and downright blue.

DON'T HESITATE TO REACH OUT

Remember, you're not alone in your battle against winter depression. Don't hesitate to reach out for support from healthcare professionals, friends, and family members. With the right tools and a little bit of support, anyone can banish the winter blues and embrace the season with open arms.



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



THE ULTIMATE ENERGY BALANCING DEVICE

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



NO. 1 IN BIOFEEDBACK TECHNOLOGY

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

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 a day



7-DAY MEAL PLAN FOR BOOSTING YOUR IMMUNE SYSTEM

Arming yourself with the right foods can make all the difference in supporting your immune system. From yummy berries to nutrient-packed spinach, this seven-day immunity booster diet plan is designed to keep you feeling strong and healthy all week long.



DAY 1

Breakfast

Start your day with a burst of antioxidants by indulging in Greek yogurt topped with mixed berries and chia seeds.

Lunch

Energize your afternoon with a refreshing chickpea salad featuring spinach, cherry tomatoes, cucumber, and a zesty lemon vinaigrette.

Snack

Keep your energy levels up with sliced bell peppers served alongside creamy hummus.

Dinner

Delight your taste buds with baked salmon, accompanied by quinoa and steamed broccoli, offering a nourishing blend of protein and vitamins.

DAY 2

Breakfast

Dive into a bowl of comforting cooked oatmeal topped with sliced bananas, almonds, and a drizzle of honey for a hearty start to the day.

Lunch

Warm up with a comforting lentil soup served with whole grain crackers on the side.

Snack

Enjoy a refreshing snack of juicy orange slices paired with a handful of walnuts for a dose of vitamin C and healthy fats.

Dinner

Treat yourself to a flavorful stir-fry featuring tofu and mixed vegetables served over a bed of brown rice, providing a perfect balance of protein and fiber.



DAY 3

Breakfast

Indulge in whole grain pancakes adorned with juicy blueberries and a dollop of Greek yogurt for a delicious morning treat.

Lunch

Savor a hearty quinoa bowl loaded with roasted vegetables and feta cheese.

Snack

Enjoy a creamy snack of cottage cheese paired with sweet pineapple chunks for a satisfying pick-me-up.

Dinner

Feast on baked chicken thighs accompanied by sweet potato mash and steamed green beans.



DAY 4

Breakfast

Start your day on a refreshing note with a nutrient-packed smoothie featuring coconut milk, spinach, pineapple, banana, and a scoop of protein powder.

Lunch

Enjoy a vibrant quinoa and black bean salad tossed in a tangy lime vinaigrette, offering a satisfying blend of protein and fiber.

Snack

Indulge in creamy Greek yogurt drizzled with honey and sprinkled with crunchy pumpkin seeds.

Dinner

Treat yourself to grilled shrimp served alongside crispy sweet potato wedges and tender asparagus.



DAY 5

Breakfast

Start your day with a slice of whole grain toast smeared with almond butter and topped with fresh sliced strawberries.

Lunch

Enjoy a Mediterranean-inspired falafel salad with fresh cucumber, tomatoes, and red onion, drizzled with a tangy lemon-tahini dressing.

Snack

Munch on crunchy carrot sticks dipped in creamy guacamole packed with vitamins and healthy fats.

Dinner

Delight in baked cod served with fluffy quinoa and roasted Brussels sprouts.

ONE PIECE OF THE PUZZLE

A balanced diet is just one piece of the puzzle when it comes to supporting your immune system. Make sure to prioritize sufficient sleep, regular exercise, and stress management to keep your immune system in top shape. And don't forget to stay positive – a sunny outlook can do wonders for your overall well-being.

DAY 6

Breakfast

Indulge in a creamy chia seed pudding made with almond milk and topped with mixed berries.

Lunch

Enjoy a refreshing spinach and kale salad with grilled chicken and cherry tomatoes, drizzled with a tangy balsamic vinaigrette.

Snack

Snack on crisp apple slices paired with crunchy almonds.

Dinner

Dive into a hearty vegan chili made with kidney beans, black beans, and tomatoes, served with a side of warm cornbread.



DAY 7

Breakfast

Start your day with avocado toast topped with poached eggs and black sesame seeds.

Lunch

Enjoy a flavorful lentil and vegetable curry served with fluffy brown rice.

Snack

Munch on crunchy cucumber slices paired with tasty tzatziki.

Dinner

Indulge in grilled steak or portobello mushrooms served alongside quinoa and tender spinach.



BACK2BACK

NUTRITION PROFILING UNRAVELS THE MYSTERY OF ANA'S (3) HEALTH

Three-year-old Ana Z. was plagued by chronic ear infections and constipation. She was prescribed antibiotics six times a year, yet the cause of her persistent health issues remained a mystery. Ana's mother, Rita, spent two years seeking medical assistance for her daughter until she met nutrition profiling expert Dr. Márta Simon.

THE IMPACT OF DAIRY

QX: How did you find the cause of Ana's issues?

Dr. Simon: My initial approach always involves asking questions to get to know someone's habits and possible stressors. One question in particular was how much milk and dairy products Ana was consuming.

QX: What exactly was the problem?

Rita: Ana drank at least two glasses of milk per day, and I would often give her yoghurt as a healthy snack on busy days. Dr. Simon explained to me that there is a link between dairy and the problems Ana was having with ear infections and constipation.

WATER AND GUT HEALTH

Dr. Simon: Ana would also drink a lot of fruit juice instead of water, which caused her gut and liver to become dehydrated. Dehydration of the gut is a significant underlying factor for allergies and sensitivities like in Ana's case. Additionally, Ana's lack of water intake had led to an acidic environment, putting stress on her kidneys.

ANTIBIOTICS

Dr. Simon: Then there were the antibiotics Ana was taking. Antibiotics not only kill harmful bacteria but also harm beneficial bacteria in the gut. That causes a lot of stress on the immune system.

HEALING PROCESS

QX: What was the next step?

Dr. Simon: I provided Rita with information about probiotics for children and emphasized their importance. I also mentioned some reputable products for her to research, helping her make an informed decision about what would be best for Ana.

Rita: It wasn't easy but somehow, I managed. Just three sessions in, I could already see a difference. Her bowel movements got back to normal and her ear infections stopped. It's been like this for a year now.

QX: Do you think Ana has fully recovered?

Dr. Simon: Ana will come back for yearly follow-up biofeedback sessions, but I am confident in her recovery. Nutrition profiling taught us everything we need to know to make sure her health problems won't be quick to return.



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



ANA Z. (3)

Ana lives with her mother, Rita, her father and three brothers in Iași, Romania.



QX VIEW

UNLOCK YOUR FULL POTENTIAL WITH BIOFEEDBACK

BY ANDREEA TAFLAN

In today's fast-paced world, finding balance is no easy feat. Quantum biofeedback is a revolutionary technology that can help unlock your full potential on both a physical and mental level. Far beyond a fleeting wellness trend, it stands as a scientifically grounded method for enhancing the body's innate capabilities.

WHAT IS QUANTUM BIOFEEDBACK?

Quantum biofeedback is a preventive and non-invasive approach that stands apart from traditional diagnostic methods, which typically rely on observable symptoms or invasive procedures. At its core, quantum biofeedback is a sophisticated technology that reads the body's energy fields by utilizing principles of quantum physics.

HOW DOES A QUANTUM BIOFEEDBACK DEVICE WORK?

A quantum biofeedback device works by interpreting the body's electromagnetic signals, analyzing the data to assess physiological functions and energy balance, and providing real-time feedback.

PROACTIVE MONITORING

By uncovering latent stress points and energy blockages, quantum biofeedback offers proactive monitoring of the body's energy fields. It can address issues at their root, before they manifest as physical symptoms.

EMPOWERING PERSONAL HEALTH

Once a quantum biofeedback device has uncovered any imbalances, quantum biofeedback also enables individuals to take charge of their health by suggesting lifestyle changes, dietary adjustments, and stress management techniques. The QX biofeedback devices can even set out to rebalance energy frequencies, addressing the subconscious in a way no other device can.

STEP-BY-STEP TRANSFORMATION

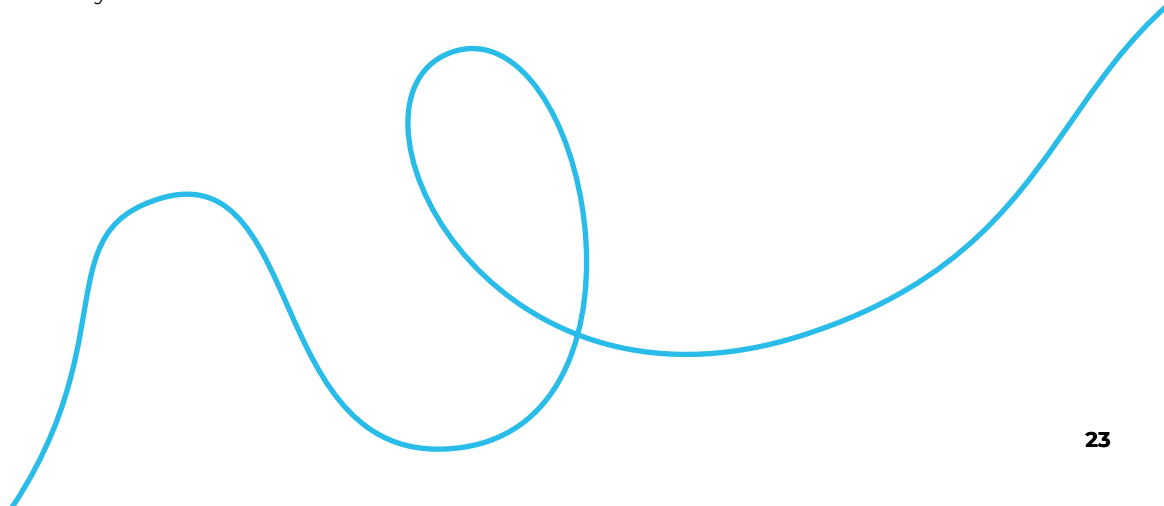
The efficacy of quantum biofeedback lies in its scientific foundation. It's grounded in the principles of quantum physics and the understanding that our bodies are dynamic energy systems. After repeated quantum biofeedback sessions, clients report a profound shift in both their physical and mental energy levels. Some describe it as a fog that is gradually lifted.

QUANTUM BIOFEEDBACK IS FOR EVERYONE

Quantum biofeedback holds promise for individuals across all walks of life. Whether you're a professional athlete who wants to peak, a busy executive struggling with burnout, or someone dealing with chronic fatigue or other health issues, quantum biofeedback can provide invaluable insights and tailored solutions for your personal growth and well-being.

EMBRACING THE FUTURE OF WELLNESS

Quantum biofeedback is where technology, wellness and health converge. While biofeedback has already made waves in healthcare, much is left to be discovered. Through ongoing research and development, QX WORLD remains dedicated to innovating biofeedback technology, and help individuals worldwide unlock their full potential step by step.





QX WORLD HEALTH ACADEMY

Learn how to use your biofeedback device to its full potential. Join more than 3,750 complementary healthcare professionals by signing up now.

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BECOME AN EXPERT IN BIOFEEDBACK

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- Look for causes, patterns, and interrelationships
- Create a meaningful timeline of clients' stressors
- Preventively and curatively address symptoms



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