

IN THE LOOP

BACK2BACK

KATALINA OVERCAME AN EATING DISORDER

10 natural ways
to increase fertility

How to slow down
aging naturally





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Dear Reader,

As we navigate the complexities of modern life, it becomes increasingly vital to find balance and harmony within ourselves. Our bodies and minds are powerful, and with the right tools and knowledge, we can harness their full potential for a healthier, more vibrant life.

In this issue, we explore the transformative power of biofeedback technology and holistic health practices. From natural ways to slow down aging to the benefits of pairing meditation with biofeedback, our experts provide valuable insights and practical advice.

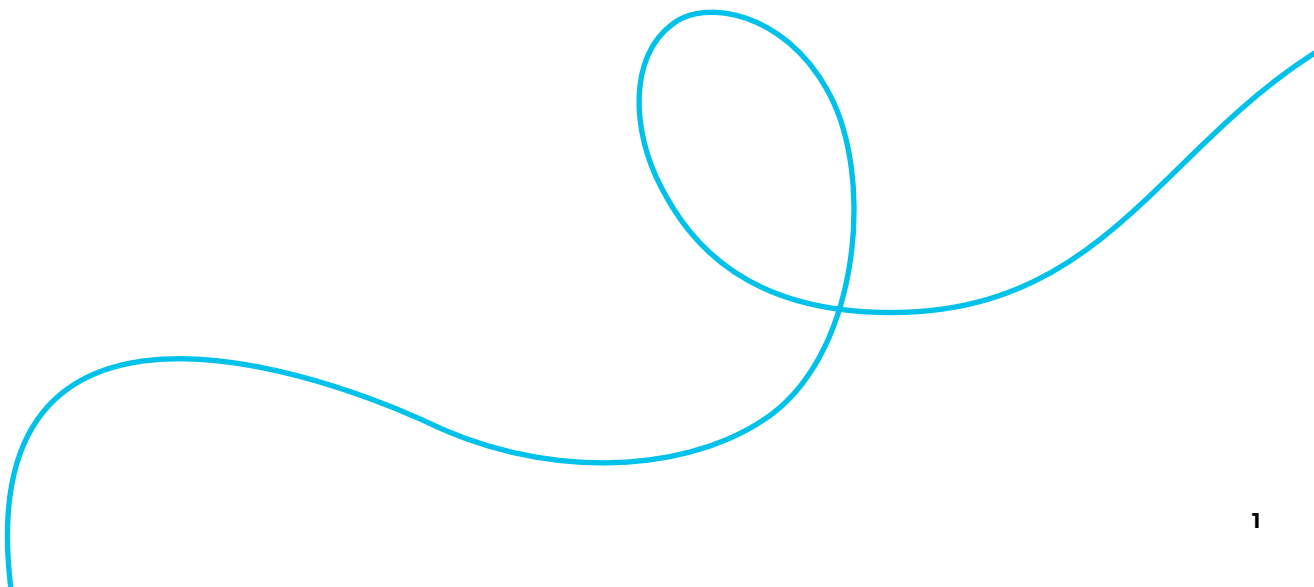
You'll also find inspiring stories of individuals overcoming mental health challenges with the help of biofeedback. Their personal journeys showcase the resilience of the human spirit and the potential for recovery and growth.

At QX WORLD, our goal is to empower you to take control of your health journey. As you read through these pages, may you find the inspiration to embrace a healthier, more balanced lifestyle.

Warmest regards,

Andreea Taflan

CEO and Co-founder, QX WORLD Ltd.





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BACK2BACK

SARAH STRUGGLED
WITH TEENAGE
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EXPERT TALK

HOW TO AGE GRACEFULLY, STAY HEALTHY, AND LEAD A FULFILLING LIFE

BY DR. MÁRTA SIMON

While we can't stop the clock, we can slow it down by understanding what causes aging and by adopting natural strategies. Let's explore how you can take control of the aging process and maintain your vitality for years to come.

5 CAUSES OF AGING

Genetics

Genes play a significant role in how we age. They regulate critical processes such as cell division and repair. For instance, telomeres, which are protective caps on the ends of chromosomes, get shorter each time a cell divides. This shortening of telomeres is a process controlled by our genes.

Families with long-living members often have genes that promote heart health, efficient metabolism, and a strong immune system.

Free radicals

Free radicals are reactive molecules produced during normal metabolic processes and from environmental factors like pollution and UV radiation. Free radicals can damage cells, proteins, and DNA, leading to oxidative stress. This type of stress occurs when the body cannot effectively neutralize harmful effects, and contributes to aging as well as chronic diseases.



Chronic inflammation

Also known as 'inflammaging', chronic inflammation can be caused by a poor diet, stress, environmental toxins, and other factors. This persistent inflammation accelerates the breakdown of tissues and organs, speeding up the aging process.

From the age of 21, collagen production dwindles by approximately 1% each year.

Decreased collagen production

Collagen is a crucial protein that provides structure to your skin. As we age, collagen production decreases, leading to wrinkles, sagging skin, and a loss of firmness and elasticity.

Lifestyle

Lifestyle choices such as eating processed foods, sugars, and unhealthy fats contribute to oxidative stress and inflammation, speeding up aging. A lack of exercise can lead to muscle loss, reduced cardiovascular health, and even cognitive decline. Chronic stress also negatively impacts the body and brain, causing hormonal imbalances and faster aging.

Microcurrent technology is an effective non-surgical technique for collagen stimulation, especially for facial rejuvenation.

6 STRATEGIES TO SLOW DOWN AGING

Healthy diet

Eat plenty of antioxidant-rich foods like fruits, vegetables, nuts, and seeds to combat oxidative stress and reduce inflammation. Including omega-3 fatty acids from fish, flaxseeds, and walnuts in your diet will support brain health. Minerals and tissue salts (available at most pharmacies or health stores) are essential for cellular functions, supporting cell membrane integrity, energy production, and effective communication between cells.



Daily exercise

Light daily activities such as walking, gardening, or yoga can significantly boost your overall vitality.

Collagen stimulation

Using the S-ENSO® program on the QUEX S® biofeedback device promotes collagen stimulation, muscle re-education, increased blood circulation, and deep relaxation. It makes the skin visibly firmer with improved tone and elasticity, while reducing wrinkles and pores.

Stress management

Mindfulness practices such as meditation, deep breathing, and yoga can lower stress levels, promoting hormonal balance and mental well-being.

Quantum biofeedback sessions can help reduce stress by harmonizing the body's electric system, combating degenerative mechanisms, and potentially slowing down the aging process.

Sleep hygiene

Maintaining a regular sleep schedule, creating a restful sleep environment, and avoiding stimulants like caffeine and electronic devices before bedtime helps ensure you get enough restorative sleep. Getting enough sleep is essential for the body's repair processes, hormonal regulation, and cognitive health.

Avoiding toxins

Minimizing your exposure to environmental toxins such as pollution, pesticides, and harmful chemicals found in personal care products reduces your risk of infections and chronic inflammatory responses.

Take action today

By combining a balanced diet, regular physical activity, stress reduction, and innovative treatments, anyone can enhance their well-being and maintain a youthful appearance for longer. So, stay proactive in your journey towards healthy aging. Your efforts today will pay off in a vibrant, healthy future.

ENHANCE BIOFEEDBACK SESSIONS WITH PINPOINT PRECISION

The QXPin is the latest QX accessory to target chakras, meridians, and specific points to optimize energy flow. It enables biofeedback practitioners to easily harmonize bodily functions, reduce stress, and address imbalances.

KEY FEATURES

- **Precision Point Activation**
Focus on specific chakras and meridians.
- **Suitable for QUEX ED® and QUEX S® devices**
Tap into the benefits of quantum biofeedback.
- **Interchangeable Gold Heads**
Comfortable and micro-stimulating.
- **Safe and Reliable Connection**
Secure safety banana plug with a 2-meter cable.

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LIFESTYLE

ESSENTIAL OILS: 4 STEPS FOR RADIANT SKIN AND LUSTROUS HAIR

Get ready to unlock the magic of essential oils for your skin and hair. These natural wonders harness amazing transformative potential, as long as you pick and apply them correctly. Discover how you can use essential oils to achieve radiant skin and lustrous hair in just four easy steps.

WHAT ARE ESSENTIAL OILS? HOW DO THEY WORK?

Essential oils are concentrated, aromatic compounds extracted from plants. The effectiveness of essential oils is rooted in their chemical composition, which includes bioactive compounds that interact with the body.



1. CHOOSE YOUR ESSENTIAL OIL WISELY

Select a high-quality, organic essential oil to avoid irritation and enjoy full therapeutic effects.

- Look for labels that say '100% pure', 'organic', or 'therapeutic grade'.
- Avoid oils with cloudiness or sediment, as these are signs of low quality.
- Be cautious of excessively low prices, too.

BEST ESSENTIAL OILS FOR HAIR AND SKIN

- Lavender oil calms irritated skin and promotes a clear complexion
- Tea tree oil combats acne and soothes skin irritations
- Chamomile oil reduces redness
- Geranium oil balances oil production and minimizes fine lines
- Frankincense oil reduces scars
- Lemongrass oil strengthens hair follicles
- Ylang ylang oil moisturizes the skin and boosts hair growth
- Rosemary oil promotes hair growth

2. DILUTE

Before application, dilute the essential oil with a carrier oil to ensure safe and effective use. Popular carrier oils include jojoba, coconut, almond, and grapeseed oil.

PER TEASPOON OF CARRIER OIL, ADD ...

- 1-2 drops of essential oil for facial skincare
- 3-6 drops of essential oil for body skincare
- 5-7 drops of essential oil for haircare

3. DO A PATCH TEST

To make sure you don't have an adverse reaction, apply a small amount of the diluted essential oil to your inner forearm. Wait 24 hours to check for any redness, itching, or irritation.

4. APPLY

- For skincare: gently massage the diluted essential oil onto cleansed skin using upward circular motions.
- For haircare: apply the diluted essential oil to your scalp and massage thoroughly, then distribute through the lengths of your hair. Leave it on for as long as you wish before rinsing.

For the best results, make essential oils a consistent part of your beauty routine. Use them daily or as needed to keep your skin and hair healthy and glowing.





QX VIEW

WHAT IS BIOFEEDBACK FOR CHILDREN? BENEFITS FROM BIRTH ONWARDS

Even though a baby might be born completely healthy, they are immediately faced with external toxins and pollutants that can affect their health for the rest of their lives. Children can benefit greatly from biofeedback sessions, from birth and through all stages of childhood and adolescence.

EARLY HEALTH CHALLENGES

During pregnancy, mothers are offered various vaccinations, and newborns in some countries are vaccinated immediately after birth. Most babies receive the vitamin K shot, which can be hard for the liver to process. Additionally, mothers are often given medications such as antibiotics and strong painkillers during labor, which can have an immediate impact on the overall health of the newborn child, particularly their liver, kidneys, and gut health.

STRENGTHENING NATURAL DEFENSES

Therefore, it can be said that the pure and natural state of a child's health is often unknown. Even during gestation, layers of toxins and medications are being introduced, affecting the child's health from the very beginning. Biofeedback can help identify and address these stressors early on, promoting better health and well-being as the child grows.

Whether parents choose to opt out of the regular protocols of prenatal and postnatal care that include a variety of medications and vaccines, or if they decide to follow those options, biofeedback can be used to strengthen or restore the natural defenses of children of any age.

ABSORBING EMOTIONAL PATTERNS

Newborns and infants are also highly susceptible to absorbing the emotional and behavioral patterns from their environment. Although most parents focus on providing a relaxed and safe environment for their young children, life is not always smooth, and circumstances might not always align with our desires.

On the contrary, parents often have to deal with everything under more strenuous circumstances, with lack of sleep and new routines affecting every aspect of life. They must manage everyday tasks such as work, household responsibilities, and caring for other family members, while also handling unexpected events such as illnesses, financial challenges, and other crises.

This can put much strain on a family during a vulnerable period in their lives and is almost certain to have an effect on their young child.

BIOFEEDBACK FOR CHILDREN – AND THEIR PARENTS

When working with young children, it is important to start slowly and never push anything too much, taking advantage of the fact that children are very adaptable and receptive to the support provided by biofeedback training. Practitioners should start by using the biofeedback systemic relaxation panel, spinal panel, and chiropractic panel as a foundation for the training. Additionally, incorporating nutritional training is highly beneficial.

In some cases, it might be beneficial to offer the new mother, or both parents, the option of a biofeedback session for stress reduction training. This is especially true if the mother is lactating and experiencing difficulties adjusting to her new role in life, dealing with sleeplessness, or facing challenges due to hormonal imbalances or external stressors that are hard to manage. These issues can, of course, affect the child, as infants take their cues from their mothers.

IN-DEPTH CONVERSATIONS

It is also essential to have an in-depth conversation with the parents to understand their reasons for choosing to bring their child for a biofeedback session. Educating them on the various stressors that might be indicated during the biofeedback session and providing them with relevant information can help them make informed decisions regarding their child's health and healthcare going forward.

BENEFITS OF BIOFEEDBACK FOR CHILDREN

Numerous studies and clinical trials support the effectiveness of biofeedback for children.

Focus and attention (ADHD)

In the case of ADHD in children as well as ADD, neurofeedback can be transformative. By training brain wave patterns, children can improve their focus and reduce hyperactivity, leading to better academic results and behavior in social settings.

Anxiety and stress management

Anxiety is a common challenge among children, often presenting with physical symptoms like headaches or stomachaches. Biofeedback for stress and anxiety equips children with relaxation techniques to manage stress and anxiety effectively, promoting a calmer, more balanced state of mind.

Emotional regulation

Biofeedback can help children to better understand and control their emotional responses, decreasing the frequency and intensity of emotional outbursts. It is particularly beneficial for children who struggle with emotional regulation, providing them with tools to stay calm and composed when under pressure.

Preventing bedwetting

Biofeedback can help prevent bedwetting, also known as nocturnal enuresis, in children. Specifically, biofeedback teaches children to recognize the sensations of a full bladder and become more aware of the need to urinate. In addition, biofeedback devices can help children to strengthen and control their pelvic floor muscles, which play a crucial role in bladder control.

SUCCESS STORIES

At QX WORLD, we have witnessed countless success stories where children have benefited from quantum biofeedback. Parents and caregivers have reported significant improvements in their children's behavior, emotional well-being, and overall quality of life. Please do not hesitate to get in touch with us for more information.



BACK2BACK

KATALINA (45) OVERCAME COMPULSIVE EATING DISORDER

Unresolved emotional trauma can profoundly impact our bodies, including our relationship with food. Katalina, now 45, struggled with a compulsive eating disorder since she was 15. After trying every diet in the book, she finally turned to Margret Margrétardóttir for regular biofeedback sessions.

TRAPPED IN A CYCLE

QX: What is compulsive eating?

Margret: Compulsive eating, or binge eating disorder, is a type of eating disorder where individuals eat excessive amounts of food in a short period and beyond the point of feeling full.

QX: What causes compulsive eating disorder?

Margret: Many people think that compulsive eating is caused by a simple lack of willpower. But that's just not true. Experts agree that deep-seated psychological and emotional factors are at play.

Katalina: That's a great way of explaining it. I spent years feeling trapped in a cycle I couldn't break. It was this endless battle between my emotions and my cravings. No matter how hard I tried to control myself, the urge to eat way more than I needed always won. I was so relieved when Margret told me that biofeedback could finally help me turn that page.

QX: What is biofeedback?

Margret: Biofeedback uses advanced technology to decipher the body's responses to stress. It uncovers underlying issues that negatively affect our mental and physical well-being. Especially when combined with other methods, biofeedback sessions can address emotional trauma like no other method can. In Katalina's case, we uncovered an unresolved issue linked to the sudden death of her father when she was 15.

“

It turned out I hadn't moved on at all.

Katalina: I was actually surprised to learn that about myself. I loved my father so much, and it took me years to move on when he passed away. Or at least that's what I thought, because it turned out I hadn't moved on at all

FEELINGS OF ABANDONMENT

QX: How can emotional trauma cause an eating disorder?

Margret: Losing a significant person can trigger feelings of abandonment, especially in children. Excessive eating can then become a coping mechanism to manage those overwhelming emotions. Additionally, trauma can distort your body image and self-worth. Adopting an unhealthy eating pattern can be a means of punishing yourself.

Katalina: That's true. A lot of the compulsive eating started after my father's passing. He was my biggest supporter, always cheering me on at my sports events and such. But after he died, I lost interest in everything. I felt truly and utterly alone.

Recognizing the profound impact of her trauma, Margret shifted the focus of the biofeedback sessions towards untangling Katalina's emotional knots. Their bi-weekly sessions became a cornerstone for both her emotional and physical transformation.

NUTRITION PROFILING

QX: How did you apply biofeedback to support Katalina's healing process?

Margret: To optimally reshape her mindset, I combined quantum biofeedback with forgiveness therapy techniques. Once I started seeing progress, I used my biofeedback device to do a nutrition profiling on Katalina, so that I could design a personalized detox program.



I find myself thinking about food less and less often.

QX: How did that work out?

Katalina: I've never felt more amazing. And I believe I look the part, too <laughs>. I've lost 27 kg already. Because I feel so energized, I'm committed to keeping the weight off. I love my daily walks and I'm considering taking up sports again. But perhaps most importantly, I find myself thinking about food less and less often. When I do eat, I appreciate and savor my meal. I'm much more mindful about feeling full.

SELF-LOVE

QX: What has helped you the most in your fight against compulsive eating?

Katalina: It's a combination of factors, really. There's Margret's guidance, the biofeedback sessions, ... And I'm determined to put my well-being first. I believe discovering self-love and acceptance has been my strongest driving force.

LASTING CHANGE

Only six months into her journey, Katalina's transformation has already been astounding. She is not only healthier physically but also underwent profound emotional growth.

"Releasing emotional blockages, accepting yourself, and finding joy in life can pave the way for lasting change no matter who you are or what you've been through," Margret concludes.



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



Katalina is a paralegal from Portugal where she lives with her husband and their two children.



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.



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QX VIEW

BIOFEEDBACK ENHANCES THE BENEFITS OF MEDITATION

Meditation is widely recognized as a powerful tool for cultivating mindfulness and enhancing both mental and physical health. When you pair it with cutting-edge biofeedback technology, the benefits of meditation can reach new, extraordinary heights.

WHAT IS MEDITATION?

Meditation encourages a state of focused attention and mindfulness. It involves various techniques such as breath awareness, mantra repetition, and visualization to cultivate inner peace and clarity.

6 BENEFITS OF MEDITATION

Over the past few decades, scientific studies have shown the incredible benefits of meditation for both body and mind.

Stressing less

One of the most commonly known benefits of meditation is its ability to reduce stress and anxiety. Regular meditation can lower levels of cortisol, the primary stress hormone, reducing anxiety and tension.

Improved memory

Meditation can induce structural and functional changes in the brain. These changes are associated with improved cognitive functions such as attention and memory.

Emotional regulation

Meditation increases activity in brain regions associated with positive emotions, and decreases activity in areas linked to negative emotions. It can lead to greater emotional resilience, improved mood, and a stronger sense of well-being.

Better sleep

Meditation can improve sleep quality by promoting relaxation and reducing the activation of the sympathetic nervous system, which is responsible for the body's stress response. It helps you fall asleep faster and enjoy more restful nights.

Pain management

Studies have shown that meditation can help reduce the perception of pain and increase pain tolerance. This happens because meditation can change the brain's pain processing pathways and promote the release of endorphins, the body's natural painkillers.

Immune function

Research suggests that meditation has beneficial effects on immune function, potentially reducing inflammation and boosting the body's ability to fight off infections and diseases.

HOW CAN MEDITATION WORK AND BIOFEEDBACK WORK TOGETHER?

Pairing meditation with biofeedback enhances the benefits, as biofeedback technology gives you real-time insights into your physiological processes. It allows you to observe the immediate impact of meditation techniques on your body, such as changes in heart rate, skin temperature, and muscle tension.

By combining biofeedback and meditation, anyone can make their relaxation and stress reduction exercises more effective.



EXPERT TALK

6 NATURAL REMEDIES TO HELP YOU SLEEP

BY DR. MÁRTA SIMON

Are you having trouble getting a good night's sleep? You're not alone. Many people struggle with insomnia and restless nights. But the good news is that there are natural ways to improve your sleep. Here, we'll explore six simple and effective methods to help you get better sleep without using any medications.

WHAT IS INSOMNIA?

Insomnia is a sleep disorder characterized by difficulty falling asleep, staying asleep, or experiencing non-restorative sleep. To combat insomnia, practice good sleep hygiene by maintaining a consistent sleep schedule and creating a comfortable sleep environment.

HOW MUCH SLEEP DO YOU NEED?

The amount of sleep you need can vary, but most adults need about 7-9 hours per night. However, this can depend on your lifestyle, health, and stress levels. Listen to your body and adjust your sleep to ensure you feel rested and alert during the day.

NATURAL METHODS FOR A GOOD NIGHT'S REST

Make your bedroom a sleep sanctuary

Transforming your bedroom into a tranquil space sets the stage for restorative rest. Declutter, paint the walls a peaceful color, turn on calming music for sleep, and ban electronic devices at least an hour before bedtime.

Thought blocking

Is overthinking keeping you up at night? Thought blocking involves repeating a word or phrase at a steady pace to occupy your mind and prevent intrusive thoughts. For example, mouthing a nonsensical syllable like "pah" can help you fall asleep more easily.

Sleep restriction

Sometimes, sleeping less can actually help you sleep better. Try to limit the time you spend in bed to break the association between bed and wakefulness, which can improve your sleep quality.

Acupuncture

Acupuncture can be very effective for individuals with insomnia. It helps release neurotransmitters like serotonin and dopamine, which regulate sleep.

Aromatherapy

Scientific research confirms that incorporating essential oils into your bedtime routine can improve sleep quality, though individual responses vary. Inhaling essential oils like lavender, bergamot, and chamomile can calm the nervous system and reduce anxiety.

WHAT IS THE BEST ESSENTIAL OIL FOR SLEEP?

Lavender essential oil is highly recommended for sleep. Studies have shown that lavender can improve sleep quality and duration without causing unwanted side effects.

Biofeedback

Stress often disrupts sleep patterns, creating a cycle of poor sleep and more stress. Biofeedback provides real-time information about your body's responses to stress, like heart rate and muscle tension. Biofeedback sessions can then teach you to control these responses, ultimately reducing your stress levels and improving your sleep quality.



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

TRYING FOR A BABY? 10 NATURAL WAYS TO POSITIVELY AFFECT FERTILITY

Fertility can be influenced by multiple factors, including diet, exercise, and stress levels. While science offers many potential solutions, a natural approach can significantly enhance your chances of pregnancy as

NOURISH YOUR BODY WITH A BALANCED DIET

Next to maintaining a healthy weight, eating a variety of healthy foods is crucial for increasing fertility. Fruits and vegetables are packed with essential vitamins and minerals, while whole grains provide important nutrients and fiber. In addition, lean proteins are essential for body functions and muscle health. Healthy fats, finally, are important for hormone production and can be found in nuts, seeds, and avocados.

CONSIDER TAKING SUPPLEMENTS

Prenatal vitamins, omega-3 fatty acids, and other supplements can be beneficial too. Vitamins and minerals such as folic acid, zinc, and vitamin D are particularly helpful. Additionally, herbs like maca root, vitex (chasteberry), and red raspberry leaf are known to support fertility.

Always consult with a healthcare provider to determine the best supplements for your needs.

STAY HYDRATED

Drink plenty of water throughout the day. Avoid sugary and caffeinated beverages, which can disrupt hormonal balance. Herbal teas and naturally infused fruit waters are healthy alternatives.



QUIT SMOKING AND LIMIT ALCOHOL

Smoking and excessive alcohol consumption can severely impair fertility. If you drink alcohol, do so in moderation and seek support if you need help quitting smoking.

AVOID HARMFUL TOXINS

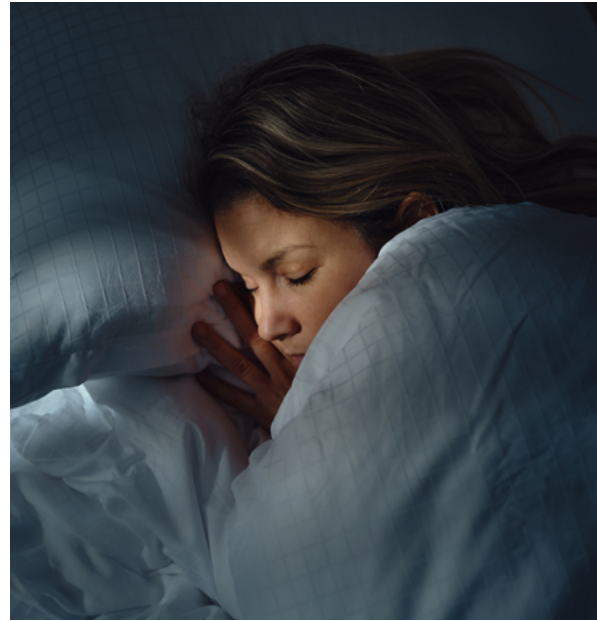
Minimize exposure to environmental toxins by avoiding heavy metals and chemicals in personal care products. Choosing organic products will reduce your exposure to harmful pesticides and chemicals in your diet.

EXERCISE REGULARLY

Regular moderate exercise, such as walking, swimming, or yoga, helps maintain a healthy weight and reduces stress. However, avoid over-exercising as it can harm your hormonal balance and affect your chances of conception.

MANAGE STRESS

Chronic stress can hinder fertility. Practices like yoga, meditation, and deep-breathing exercises can significantly reduce stress and improve hormonal balance. Biofeedback sessions can also help you maintain a calm and relaxed state of mind.



GET ENOUGH SLEEP

Quality sleep is vital for boosting fertility naturally as it supports hormonal regulation and overall health. Aim for 7 to 9 hours of sleep each night and maintain a regular sleep schedule.



MONITOR YOUR MENSTRUAL CYCLE

Identifying your fertile window improves your chances of conception. Tools such as basal body temperature charts and ovulation predictor kits can help pinpoint the best times for trying to conceive.

TRY ACUPUNCTURE

Acupuncture, a traditional Chinese medicine practice, can help regulate hormonal balance, reduce stress, and improve blood flow to reproductive organs. Some studies suggest that acupuncture may improve chances of conception, making it a complementary therapy worth considering.



BACK2BACK

SARAH (25)
STRUGGLED WITH
TEENAGE DEPRESSION
FOR YEARS

At 16, Sarah had been battling teenage depression for over two years. Her once vibrant personality had dulled, replaced by a constant feeling of fatigue and hopelessness. Despite being raised in a loving family and having plenty of friends, she got little relief from traditional therapies and medications. Then she got into contact with biofeedback practitioner and expert Margret Margrétardóttir.

GOING THROUGH THE MOTIONS

QX: What does depression feel like as a teenager?

Sarah: It feels like being trapped in a deep, dark hole with no way out. Every day is a struggle just to get out of bed. I felt constantly tired, even though I wasn't doing much. Even simple things like deciding what clothes to wear just felt so overwhelming.

QX: How did depression affect your daily life?

Sarah: It affected every aspect of my life. I used to love painting, and hanging out with my friends. Depression took all that away from me. I lost interest in everything I once enjoyed, and it felt like I was just going through the motions. School became a nightmare. I couldn't concentrate, and my grades started slipping. I didn't want to be around people anymore, and I often felt like a burden. Even when I was with my family, I felt isolated and alone. There was this invisible wall between me and the rest of the world.

WHAT IS TEENAGE DEPRESSION?

Teenage depression is a serious mental health condition that affects how a teenager feels, thinks, and behaves. More than just moodiness, feeling sad or going through a rough patch, it is a persistent feeling of sadness and loss of interest that can lead to emotional and physical problems.



It feels like being trapped in a deep, dark hole with no way out.

QX: Why do adolescence and depression often go hand in hand?

Margret: The causes of teenage depression are usually multifold. Teenagers are at a unique developmental stage. They are not only dealing with the pressures of school, social and personal relationships, but also the physical and hormonal changes of puberty.

TURNING POINT

Sarah's breakthrough came when her family discovered biofeedback through a recommendation from their family doctor.

Sarah: My parents were willing to try anything at that point. I wasn't a believer at first but decided to give the sessions with Margret a chance. That decision marked the first day of the rest of my life.

SIGNS OF TEENAGE DEPRESSION ?

- Persistent sadness or irritability
- Loss of interest in activities once enjoyed
- Changes in appetite or weight
- Sleep disturbances — either insomnia or excessive sleeping
- Fatigue or lack of energy
- Feelings of worthlessness or excessive guilt
- Difficulty concentrating or making decisions
- Thoughts of death or suicide

BIOFEEDBACK SESSIONS

QX: Exactly what is biofeedback?

Margret: Biofeedback is a non-invasive method that works by enhancing self-awareness. It always starts with a comprehensive assessment to understand the clients' needs. When Sarah first came to me, she was in a very fragile state. My initial assessment therefore focused on identifying the key stressors affecting her physiological and psychological well-being. This comprehensive approach allowed me to create a personalized plan for her.

QX: How does a biofeedback session work?

Margret: Biofeedback sessions involve a biofeedback device and sensors which are painlessly attached to the skin, to measure physiological functions like heart rate, muscle tension, and breathing patterns. Once the client is connected to the biofeedback device, they get immediate insights into their body's stress responses. This real-time feedback on a monitor allows them to see how their body reacts to stress and anxiety, and to gain control over those reactions by using relaxation techniques.

Sarah: It was strange at first, seeing all those sensors and the real-time feedback on the monitor. But it was also comforting to see how my body responded to different techniques. Over time, I felt more in control. I started painting again, meeting up with friends, and going to school no longer felt like a burden. I even graduated with honors, and two years ago I got my master's degree in Marketing.

TEENAGE DEPRESSION AND BIOFEEDBACK

Biofeedback helps you become more aware of physiological responses to stress and anxiety, which are often linked to depression. By learning to control these responses, individuals can reduce the physical symptoms of stress and anxiety. This can lead to a decrease in overall stress levels and an improvement in mood and mental well-being.

QX: Was biofeedback the only method applied?

Margret: Biofeedback is almost always only one piece of the puzzle. Sarah's case was no different. Based on the initial assessment, I also incorporated nutritional counseling, an exercise routine, and mindfulness practices into Sarah's personalized plan. A multi-faceted approach like that was needed to ensure that she not only overcame depression but also to prevent a relapse.

FEELING IN CONTROL

QX: How are you doing these days, Sarah?

Sarah: I still feel in control of my life, even though I know you can't control everything, of course. Overall, I feel quite happy. I'm just enjoying life, you know.



SARAH (25)

Sarah is an account manager from Birmingham (UK).

I'm 25 now so it's been a few years since my last session. But I whenever I'm starting to feel anxious at work – I'm an account manager – I apply the stress management techniques Margret has taught me. I still try to stick to the nutrition plan she created for me, too.



For me, biofeedback was a game-changer.

QX: What would you say to teenagers struggling with depression?

Sarah: Don't give up. It might feel like there's no way out, but there is. Seek help, talk to someone you trust, and don't be afraid to try different methods until you find what works for you. For me, biofeedback was a game-changer. It gave me the tools to understand and overcome my depression. Remember, you're not alone, and with the right support, things can get better.



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



QX WORLD HEALTH ACADEMY

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