

# The QRS Strategy to Combat Chronic Fatigue Syndrome



QRS Information sheets are issued to explain the general application of QRS technology. It is envisaged that they will be supported by more detailed advice provided by QRS Consultants

**QRS is the critical factor in the comprehensive 5-way health management strategy we propose to combat CFS. Execute the strategy exactly and there is a high likelihood of significant relief in a few weeks and the prospect of overcoming the symptoms completely within a few months.**

## What is Chronic Fatigue

Chronic fatigue syndrome, or CFS (also called Myalgic Encephalomyelitis (ME) in UK and Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS) in USA), is a debilitating and complex disorder characterized by profound fatigue that is not improved by bed rest and that may be worsened by physical or mental activity. Persons with CFS most often function at a substantially lower level of activity than they were capable of before the onset of the illness. In addition to these key defining characteristics, patients report various non-specific symptoms, including weakness, muscle pain, impaired memory and/or mental concentration, insomnia, and post-exertional fatigue lasting more than 24 hours. In some cases, CFS can persist for years. The cause or causes of CFS have not been identified and no specific diagnostic tests are available. Moreover, since many illnesses have incapacitating fatigue as a symptom, care must be taken to exclude other known and often treatable conditions before a diagnosis of CFS is made.

A patient must satisfy two criteria:

1. Have severe chronic fatigue for six months or longer duration with other known medical conditions excluded by clinical diagnosis.
2. Concurrently have four or more of the following symptoms: substantial impairment in short-term memory or concentration; sore throat; tender lymph nodes; muscle pain; multi-joint pain without swelling or redness; headaches of a new type, pattern or severity; unrefreshing sleep; and post-exertional malaise lasting more than 24 hours. The symptoms must have persisted or recurred during six or more consecutive months of illness and must have predated the fatigue.

The above information is from the United States National Center For Infectious Diseases. The detail is succinct. A visit to their web site at [www.cdc.gov](http://www.cdc.gov) is recommended.

## Duration and Demographics

According to the CDC, 45% of patients return to normal (80% of previous functional capabilities) in 5 years; but another 45% are still dramatically ill (50% or worse) after 10 years. Reports indicate that relapse is likely and one report concluded that after 15 years, 83% remained seriously ill.

Whilst the incidence of CFS is lower in children, in adolescents it is equal to that of adults. CFS occurs disproportionately more in women than men (7:3) and roughly the same in all racial and income groups.

## A Possible Cause

In Dr. Fischer's book (Grundlagen der Quanten Therapie, G. Fischer; Hecateus Verlagsanstalt, FL 9497 Triesenberg, 1996 pp.269-274), Dr. Wanke (one of the QRS inventors) describes the very low results of 6000 measurements of "normal" oxygen partial pressure (oxygen content of the blood) on students, that is, young, mostly considered as relatively healthy people. It goes on to describe how carbon monoxide (CO) (e.g. from car fumes) has a 300 times stronger tendency to hitch on to the oxygen transporter haemoglobin than oxygen (O<sub>2</sub>) from the air. Unless the oxygen partial pressure is increased dramatically, the blood cell remains for the rest of its life, about 50 to 120 days, hitched to the CO and can, once it is affected by the gas, never again serve the body as an oxygen supplier. This

together with other factors including the too many nitrates in our water and air, stress, etc. all combine to vampirize the blood cells.

CFS is not a fashionable illness for lazy people. It is, as Dr Warnke explains in his book Risk of Affluent Society Illness (Risiko Wohlstandsleiden – Syndrom X, Erschopfungssyndrom, Pathologisches Energiedefizit, Ulrich Warnke; Popular Academic Verlagsgellschaft, Saarbrücken 1993), an illness caused by a PED, **Pathological Energy Deficit** of the cells.

Dr Warnke has in experiments measure an increase in the oxygen partial pressure between 70% and 80% under the influence of QRS electromagnetic fields. In rare cases Dr Warnke has even measured increases of up to 900% but these are exceptions for which certain individual health conditions may be responsible.

## **The 5-way Strategy**

The strategy requires **all** of the following employed simultaneously and exactly:

- 1. QRS**
- 2. Supplement program**
- 3. Carbohydrate reduced diet**
- 4. Daily exercise**
- 5. Stress avoidance**

### **1. QRS Therapy**

Working at the cellular level, QRS is the key that opens the door to the cells so the other elements in the strategy become effective. QRS is critical because CFS sufferers have impaired cellular metabolism.

In addition, frequencies encapsulated in the quantum signal trigger rest and regeneration. Efficient sleep is essential for the recovery process.

The QRS program is as follows:

	<b>Morning</b>	<b>Mid-day</b>	<b>Early Evening</b>	<b>Duration</b>
Setting	1	1	1	1 week
Setting	2	2	1	1 week
Setting	3	3	1	2 weeks
Setting	4	4	1	2 weeks
Setting	5	4	1	2 weeks

Because each human is unique, listing the settings without some flexibility is potentially faulty. Only move to the next series of settings when there is a reduction in the symptoms. In other words, it is much better to delay increasing the settings if health is not improving. There are no prizes for reaching the end of the program early.

Drink a glass of water before and after each therapy.

Lie quietly without external stimulation (light, sound, movement). Remain on the mat applicator for 10 minutes after the end of the therapy.

When the QRS program is complete, experiment with settings to identify the setting that “feels best”. Try to remain sensitive to the “experience and results” of particular settings at particular times of day. Higher (6-10) settings may not be beneficial (and yet on the contrary they may be very beneficial), it is only the user who can ascertain this. The therapy effect continues to build for about 30 minutes after the control unit has switched off.

### **2. Supplement Program**

The program requires a magnesium based anti-oxidant supplement and various vitamin and mineral supplements which can be pinpointed by your nutritional adviser.

Taking large quantities of supplements is not necessary and it may even be harmful. If the cells are unable to absorb the chemicals in their ionised form, it is a waste of money. QRS raises the transmembrane potential of cells and opens the channels in the membrane (they open and close about 100 times per second) to readily accept the introduction of nutrients and simultaneously remove wastes. QRS, with its patented double saw tooth signal, is able to transport ions out of the electrolytic fluids and into cells (for the first time we are able to supply cells of the organism with both components of a dissociated chemical substance). Regardless of the exhaustive steps you have taken in the past to overcome CFS, there is little likelihood of success without the cell communication and ion transport capabilities of QRS – the critical factor in the strategy.

Magnesium is a very important chemical and QRS will demand more of it than the body can supply naturally. There are many preparations that contain magnesium and they will be suitable. Muscle Ease (produced by Bioceuticals, available only through your pharmacist or naturopath) is a **magnesium-based antioxidant** that has been found to be effective. As health improves, the amount of supplements can be reduced because QRS will make efficient use of nutrients.

### 3. Carbohydrate Modified Diet + Adequate Protein

The body needs time (about 12 hours) during each 24-hour day when it does not have to metabolise carbohydrates. In particular, a reduction in carbohydrates from grains is very important. Other than the reduction in carbohydrate, a balanced diet is required and radical diets should be avoided. Without adequate protein, the immune system, nervous system and brain cannot repair or function optimally. The Zone diet is strict but good. “The Carbohydrate Addict’s Healthy for Life” is excellent and easy to comply with.

The range of recipes that comply with a low carbohydrate diet is wide and the tastes are exciting. Visit the following web sites for more information:

- a. <http://www.enteract.com/~jldavid/lowcarb/pyramid.html>
- b. <http://www.enteract.com/~jldavid/lowcarb/>
- c. <http://people.delphi.com/elizjack/index.html>
- d. <http://www.lowcarbluxury.com/lowcarb-recipes.html>
- e. [http://www.ncenter.com/carbcharts/carbohydrate\\_chart.shtml](http://www.ncenter.com/carbcharts/carbohydrate_chart.shtml)

QRS will play an active role in improving the metabolic process. Expect to experience improved digestion.

### 4. Daily Exercise

CFS sufferers experience extreme fatigue after as little as ten minutes of exercise and therefore often avoid physical effort. As the recovery process increases in momentum under this 5-way strategy, so exercise should be increased steadily.

As physical exertion is undertaken, CFS sufferers will experience a different type of fatigue – the fatigue that results from “feeling that there has been real and positive exercise”. This is not an unpleasant feeling. Don’t over do the exercise but be sure to exercise daily and increase the exercise steadily. Stretching, yoga, walking and gardening are best. Weights are good in moderation.

Expect to experience a feeling of more energy and a sense of well being within 30 minutes of a daytime QRS therapy.

### 5. Stress Avoidance

Not surprisingly, given the symptoms of the disease, CFS sufferers experience high levels of stress. It is important to make an effort to remove yourself from the source of the stress for at least the duration of the 5-way strategy, by which time your state of health will be better able to operate within the prevailing environment. Learn strategies for mental calming such as meditation, Tai Chi etc. Structure your daily life for optimum stress – not too little – not too much – set reasonable goals. If you are highly anxious or “driven” get expert help to deal with this. A psychologist can help.

## **Maintenance**

Whilst a full recovery is anticipated, it is necessary to defend against the possibility of a future relapse. This is best achieved by using QRS twice a day for the long term, by maintaining a balanced diet, by regular exercise and by avoiding stressful conditions. The seriousness of CFS as a long-term threat should not be underestimated.

A QRS consultant (psychologist) who used this QRS strategy to overcome her 10-year CFS disease has offered the following advice. “If the CFS is caused by a retro-virus, you will always have to guard against relapse. The QRS is a powerful weapon to help your immune system. Maintain peace in the combat zone! Along with diet and stress management many of my clients have claimed to experience no CFS symptoms – but my guess is we are winning a war that could be waged again if we let our defences slip.

CFS is often associated with highly motivated if not ‘driven’ achievers, athletes, self-employed and others who can push the limits of their energy. We have all had to abandon such habits, even those that have brought us success and satisfaction in the past. It is hard -to do less than we feel capable of. But CFS is the ultimate limit our bodies set when we exceed its ability to adapt. When we began to feel a return of the old levels of energy – the strong over whelming desire to make up for lost time looms and threatens sustained recovery. *Just a warning – to continue to enjoy freedom from CFS symptoms learn new ways to feel good about yourself and enjoy life – structure in rest and recreation – smell the roses – aim for less to achieve more”.*