

QRS Information Sheet

How QRS assists in the management of stress & depression

1 November 2000



QRS fact 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 can significantly reduce stress and depression within a short period of time and it can be applied simultaneously with all other modalities.

What is stress?

Stress is a process, not a diagnosis. The level and extent of stress a person may feel depends a great deal on their attitude to a particular situation. An event, which may be extremely stressful for one person, can be a mere hiccup in another person's life. When used in a clinical sense, the word 'stress' refers to a situation that causes discomfort and distress for a person. A variety of factors contribute to a person feeling stressed. This may include environment (work, home, school, etc.), lifestyle and emotional issues. Sometimes this stress can be resolved by dealing with the particular cause. When unresolved, stress can lead to disease. Stress management is normally achieved by regular exercise, avoiding conflict, relaxation, eating a balanced diet and maintaining a good sleep routine.

What is depression?

Everyone can feel sad, particularly when faced with loss or grief. Depression, however, is more than a low mood and sadness at a loss. It is a serious medical illness. It is the result of chemical imbalances in the brain. The sufferer feels extremely sad, dejected and unmotivated. One in four women and one in six men suffer from depression at some time in their life. Only about 20% of people are correctly diagnosed because depression can mask itself as a physical illness (like chronic pain, sleeplessness or fatigue). The symptoms of depression can include, feeling sad or depressed, a loss of interest and pleasure in normal activities, loss of appetite or weight, inability to get to sleep or waking up early, feeling tired all the time, having trouble concentrating, feeling restless, agitated, worthless or guilty, and feeling that life isn't worth living. Help may be provided in the form of drug therapy, psychological therapies, education and counselling and avoiding situations, which may contribute to the depression.

QRS Therapy

People who use QRS for stress and depressions most frequently suffer from more than one indication (disease). The alleviation of the symptoms of stress and depression is often seen as a side issue whereas it may be the cause of the other health problems. Whatever the sequence of events leading up to the situation, QRS works at the cellular level to resolve all problems simultaneously. It can be applied safely with all other modalities. A reduction in the amount of medication may be appropriate under medical supervision.

There are two distinct ways in which QRS works in this situation:

- a. Cellular dysfunction is reduced and general health increases. This causes the user to feel 'better' and leads to a general sense of wellbeing. This is QRS' normalising effect.
- b. The frequencies encapsulated in the double-sawtooth signal trigger beneficial responses in that part of the brain responsible for the symptoms of stress and depression, leading to more complete rest, relaxation, deep sleep and regeneration.

Our aim is to normalise all functions across the organism. The human brain is a complex organ. Individual parts have their own resonances and sometimes one part sets the tone, other times another part. The more activated the conscious part of the brain, the faster it seems to vibrate, or lets call it the part that processes perception.

The oscillations associated with various states include:

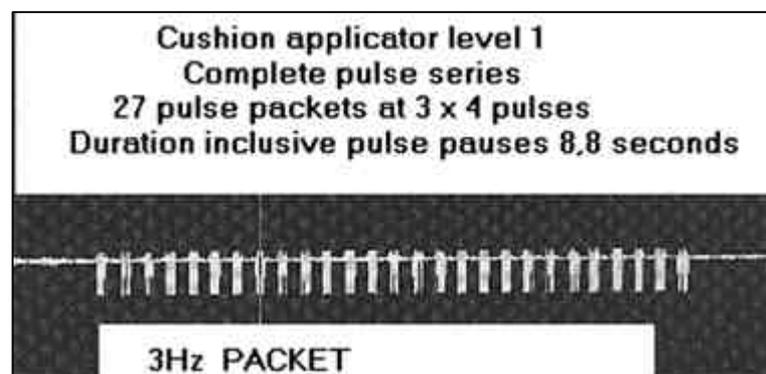
- a. **Beta rhythm** 13Hz to 27Hz The waking state
- b. **Alpha rhythm** 8Hz to 12Hz The resting state
- c. **Theta rhythm** 4Hz to 7Hz The dream state
- d. **Delta rhythm** 1Hz to 3Hz The deep sleep state

Whereas Beta, Alpha and Theta rhythms can be produced through the eyes and ears, sensory organs cannot stimulate the Delta deep sleep rhythm. The electromagnetic field, due to its specific characteristics, does not need to be smuggled into the body via sensory organs. The field penetrates the body everywhere and is experienced as a whole. The body is virtually a receiver for the frequencies stored as information in the magnetic field.

It is therefore possible, through the frequencies stored as information in the magnetic field, to penetrate the body effectively outside the perception state and to trigger resonance vibrations in the suitable parts. The 3Hz component of the Quantronic impulse is used for that. It belongs to the Delta rhythm, which is the rhythm where the body regenerates itself and the brain is switched off, the deep sleep state. To create this artificially is, even for the QRS system, not always possible if a person is well rested and awake, interested in sound and with the eyes open. The frequency 'cocktail' offers a variety of stimulations, which are physiologically useful and suitable for the body.

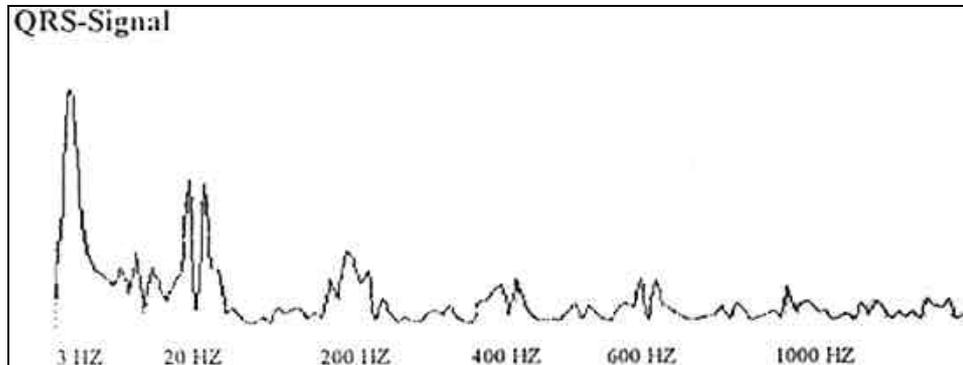
If the person is exhausted and tired the brain becomes receptive to the low frequency magnetic stimuli. It searches for the delta rhythm that is on offer in the large frequency variety of the Quantronic signal. The

3Hz packet is so to speak the contrabass to daily activity, which with the help of the magnetic field is brought into resonance and therefore increased. The brain searches for the 3Hz component of the Quantronic signal when it is receptive to it.



Consequently deep sleep is reached faster and is more restful.

There are clear indications that the Quantronic field boosts the production of the sleep, regeneration and anti-cancer hormone melatonin. There needs to be more research into whether this happens through the delta stimulation or another mechanism.



The graph above shows the make up of the Quantronic signal on control unit setting one (field strength approximately 3 microTesla). The 3HZ frequency takes up all the amplitude window and the higher frequencies are represented but with minimal intensity (amplitude). Setting one is therefore most appropriate to trigger Delta waves for deep sleep.

QRS Application

Factors that may influence the ability of QRS to trigger delta waves include the:

- a. presence of external stimuli (sound and light)
- b. physical position assumed during application
- c. time of day.
- d. level of pain or physical discomfort
- e. individual's metabolism and personal sensitivity to electromagnetic fields

The environment most suitable for application is:

- a. lying prone on the mat applicator with hands by the side and eyes closed
- b. darkened room
- c. absence of sound

Therapy Duration

Setting one is the optimum setting. In general, a full eight-minute therapy is appropriate however this is an artificial time duration and some people may require less time. Much of the effect is achieved in the first two minutes and this may be long enough. Because the state of wakefulness is very variable, so the appropriate duration will vary. The ideal duration is very individual and users need to be prepared to experiment with various durations.

Time of Day

The aim is to reduce the level of stress/depression through better rest and deeper sleep. This will conserve energy otherwise wasted by the need to manage the symptoms of stress/depression. Only when this is achieved can QRS daytime settings be increased. It will probably never be appropriate for a person who suffers from

stress or depression to use settings higher than five. QRS should be used twice per day – morning and afternoon/night.

The morning therapy should be applied soon after waking. Only when the symptoms of stress/depression reduce should higher settings be selected to provide energy and, if the symptoms start to return, a return to lower settings is appropriate.

Some people find that using QRS later than about 5pm on setting three or more causes activation and sleeplessness. In such cases only setting one should be used.

In most cases where QRS is to be applied to induce deep sleep, the most appropriate time is within the hour before going to bed. The therapy should not be followed by significant external stimuli such as television or other than soft, slow and gentle music.