

QRS Treatment Advice For Medically Diagnosed Indications

Indication	Mat		Pillow		Remarks
	Setting	Treatment Time	Setting	Treatment Time	
Allergies	Setting 3-8, 8-16 min. 3 x day				Begin slowly with mat
Arthrosis					
cervical spine	Setting 1-2, 8 min.	1-2 x day	Setting 3-5, 24 min.	2-3 x day	Seek comfortable position
thoracic spine	Setting 1-2, 8 min.	1-2 x day	Setting 5-6, 24 min.	2-3 x day	Seek comfortable position
lumbar spine	Setting 1-2, 8 min.	1-2 x day	Setting 8-10, 24 min.	2-3 x day	Seek comfortable position
hips	Setting 1-2, 8 min.	1-2 x day	Setting 8-10, 24 min.	2-3 x day	
knees	Setting 1-2, 8 min.	1-2 x day	Setting 7-10, 24 min.	2-3 x day	
shoulder	Setting 3-6, 8 min.	3 x day	Setting 5-7, 24 min.	2-3 x day	
foot	Setting 1-2, 8 min.	1-2 x day	Setting 8-10, 24 min.	2-3 x day	
finger and hand	Setting 1-2, 8 min.	1-2 x day	Setting 10, 24 min.	2-3 x day	Local application with Pen recommended
pseudarthrosis	Setting 3-6, 8 min.	3 x day	Setting 6-8, 24 min.	1-3 x day	Pillow settings variable
Auto-immune diseases					
hepatitis, colitis ulcerosa, scleroderma, and more	Setting 3-6, 8 min.	3 x day	Setting 3, 8-16 min.	2 x day	
Blood Pressure (hypertension)	Setting 1-2, 8 min.	2-3 x day	Setting 1-2, 16 min.	2 x day)	Pillow on neck region up to hair-line
Blood Pressure (hypotonia)	Setting 3-5, 8 min.	2-3 x day	Setting 3, 16 min.	1 x day)	
Blood supply disorders					
ulcus cruris	Setting 1-3, 8 min.	2 x day	Setting 3-6, 24 min.	2 x day	Pillow locally on poorly supplied region
Cancer	Setting 1, 8 min.	3-4 x day			Always begin with setting 1 for 2-3 months, then each month one setting higher until maximum setting 6 Evening always setting 1
Digestive system					
constipation, pancreatitis, reflux esophagitis, disorders of digestion, gastric and duodenal ulcer, gastritis, Crohn's Disease, colitis ulcerosa, diarrhoea and more.	Setting 1-3, 8 min.	2-3 x day	Setting 1-4, 8-16 min.	2 x day	Mat and Pillow: begin always setting 1, Pillow locally
Ears					
tinnitus	Setting 1, 8 min.	1 x day	Setting 1-5, 8-16 min.	2 x day	Local application with Pen recommended
Elbow					
arthritis, epicondylitis, injuries of muscles, tendons or vessels, limited mobility, accidents, rehabilitation, operations and more.	Setting 3-6, 8 min.	1 x day	Setting 4-6, 16-24 min.	2-3 x day	
Eyes					
	Setting 1, 8 min.	1 x day	Setting 1, 8-16 min.	2 x day	Local application with Pen recommended
Fractures					
	Setting 3-6, 8 min.	3 x day	Setting 4-8, 24 min.	2-3 x day	
Foot					
arthritis, blood supply disorders, gout, sprains, swellings, strain, injuries of ankle, tendons, muscle and nerves, splayfoot, flatfoot, hollow foot, hallux valgus, rehabilitation, accidents, operations and more	Setting 3-6, 8 min.	1-2 x day	Setting 9-10, 24 min.	2-3 x day	

If treatment takes place at the doctor's clinic at least 3 times a week, time of application can be extended (e.g. instead of 8 minutes, 16 minutes)

Indication	Mat		Pillow		Remarks
	Setting	Treatment Time	Setting	Treatment Time	
<u>Gynaecology</u> ovarian inflammations and cysts, hormonal imbalance, myomas, menopausal troubles, menstruation troubles, premenstrual syndrome, and more	Setting 1-4,	8 min. 1-2 x day	Setting 1-4,	16 min. 2 x day	Begin slowly with Mat, 8 min lower back 8 min pubic bone
<u>Hand</u> arthritis, carpal tunnel syndrome, Sudeck disease, tendinitis, accidents, lesions of muscles, operations, rehabilitation, limited mobility and more.	Setting 3-6,	8 min. 1 x day	Setting 5-8,	24 min. 2-3 x day	
<u>Heart</u> angina pectoris, myocardial infarction, dysrhythmia, cardiac insufficiency, bypass, coronary heart disease, arteriosclerosis, pace makers and other electronic implants	Setting 1-3,	8 min. 3 x day no contraindication for pacemaker and electronic implants.	Setting 2-3,	8 min. 2 x day	Pillow: 8 min thorax, 8 min. thoracic part of back
<u>Hips</u> luxation, malposition, arthritis, myalgia, Perthes disease, hipbone head necrosis, nerve lesion, prothesis, accidents, bursitis, operations, rehabilitation and more.	Setting 1-3,	8 min. 1 x day	Setting 4-6,	16-24 min. 2-3 x day	Pillow on or under hip and lateral of hip
<u>Infectious diseases</u> of childhood	Setting 1-3,	8 min. 3 x day			Contraindication: Temp over 38°C
<u>Jaw, tooth diseases</u>	Setting 3-6,	8 min. 1 x day	Setting 3-6,	8-16 min 3-4 x day	Local application with Pen recommended
<u>Knee</u> arthritis, lesions of tendons, nerves and muscles, blood supply disorder, meniscus, lesions of the ligaments, prothesis, bursitis, patella fracture, operations, rehabilitation and more	Setting 3-6,	8 min. 2 x day	Setting 6-8,	16-24 min. 2-3 x day	
<u>Liver/biliary tract</u>	Setting 1-6,	8 min. 2 x day	Setting 1-4,	16 min. 2 x day	Pillow locally
<u>Metabolism</u> adiposis gout diabetes mellitus hypothyroidism hyperthyroidism	Setting 1-3, 8 min. Setting 1-4, 8 min.	2-3 x day 2-3 x day	Setting 5-10, 16-24 min 2-3 x day Setting 1-10, 24 min.	1 x day Setting 1-2, 8 min.	2-3 x day Pillow on thoracic spine pillow on cervical spine Only Mat. Therapy only after regulation by medication at the Doctor's clinic otherwise contraindication.
<u>Migraine</u> , prevention acute migraine attack.	Setting 1-3,	8 min. 2 x day	Setting 1-2, 16-24 min. 1-2 x day Setting 5-10, 16-24 min. 1-2 x day		Pillow on neck Pillow on neck

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Indication	Mat		Pillow		Remarks
	Setting	Treatment Time	Setting	Treatment Time	
<u>Nervous system</u> palsy, polyneuropathy, neuralgia, zoster, lesions of spinal cord, disorder of sensibility, multiple sclerosis and more	Setting 1-6, 8 min.	2 x day	Setting 1-4, 16 min.	2 x day	Begin slowly with Mat, always on setting 1, Pillow locally
<u>Osteoporosis</u> prevention of fractures	Setting 4-10, 16-24 min.	Morning Setting 1-5, 24 min. midday Setting 1 8-16 min. evening			At least for 3 months
<u>Psyche</u> stress, restless leg, fear, restlessness, depression, sleep problems, loss of energy, ADD, ADHD, schizophrenia and more. burnout syndrome	Setting 1-4, 8 min.	2-3 x day			Begin slowly with 2 min
<u>Respiratory tract diseases</u> asthma, bronchitis, and more asthma, acute episode	Setting 3-6, 8 min.	3 x day	Setting 2-4, 16-24 min 3 x day Setting 6-10, 16-24 min. 1 x day		Begin slowly with Mat Pillow on thorax
<u>Shoulder</u> inflammation of muscles and tendons, lesions of joint capsule and nerves, myalgia, frozen shoulder, arthritis, blood supply disorder, accident, cervicobrachial syndrome, operations, rehabilitation, bursitis and more	Setting 1-3, 8 min.	1 x day	Setting 2-4, 16-24 min. 2-3 x day		
<u>Sinusitis</u>	Setting 1-6, 8 min.	2 x day	Setting 4-8, 8 min.	2 x day	Local application with Pen recommended
<u>Skin diseases</u> acne, decubitus ulcers, eczema, furuncle, loss of hair, lupus erythematosus, neurodermatitis, psoriasis, hyperhidrosis, burns, wound healing, and more.	Setting 3-6, 16 min.	3 x day	Setting 3-8, 16-24 min. 2-3 x day		Begin slowly with Mat and pillow on affected area
<u>Cervical spine</u> arthritis, intervertebral disc, osteochondrosis, osteoporosis, lesions of nerves, rehabilitation, lesion of vertebrae, spinal cord, muscles or skin, torticollis, cervical syndrome, tensions, accidents, operations and more	Setting 1-6, 8 min	1-2 x day	Setting 1-2, 24 min.	2-3 x day	Seek comfortable position for whole spinal column, Pillow can be used also whilst sitting.
<u>Thoracic spine</u> arthritis, inter-vertebral disc, osteoporosis, lesions of nerves rehabilitation, lesions of vertebrae, spinal cord, muscles or skin, scoliosis, tensions, accidents, operations and more.	Setting 1-6, 8 min.	1-2 x day	Setting 2-4 24 min.	2-3 x day	

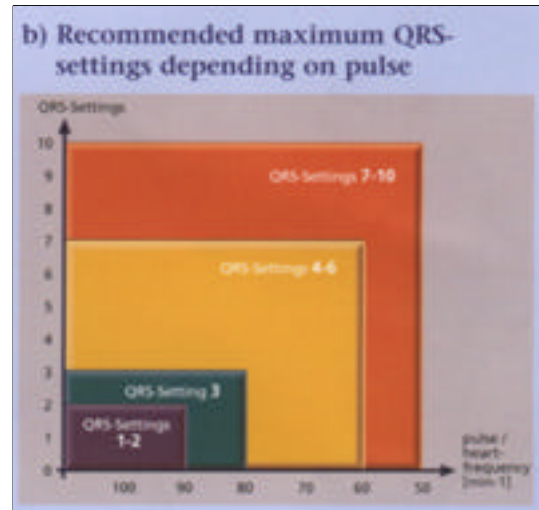
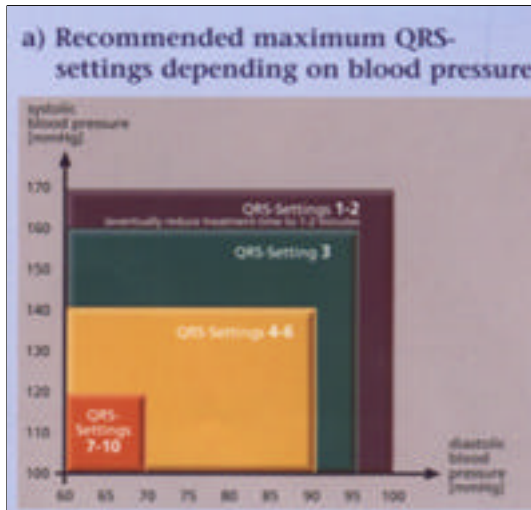
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Indication	Mat		Pillow		Remarks
	Setting	Treatment Time	Setting	Treatment Time	
<u>Lumbar Spine</u> herniation of intervertebral disc, sciatica, slipped disc, palsy, lumbago, rehabilitation, lesions of vertebrae, spinal cord, muscles or skin, tensions, accidents, operations and more	Setting 1-6, 8 min. 1-2 x day		Setting 4-6, 24 min. 2-3 x day		
<u>Sports applications, Sports Injury:</u> strain, epicondylitis, muscle, ligament and tendon tears, luxations, sprains, contusions, tensions, sore muscles and more	Setting 3-6, 8 min. 3 x day		Setting 6-10, 16 min. 3 x day		
<u>Sports, before training</u>	Setting 3-10 8 min. 3 x day				
<u>Sports, regeneration</u>	Setting 1, 8 min. 1-2 x day				Immediately after training
<u>Urinary tract and male reproductive organs</u> urinary tract diseases, impotence, renal diseases, prostatic hyperplasia and more	Setting 1-4, 8 min. 2-3 x day		Setting 3-6, 16 min. 2 x day		Pillow on pubic bone and lower back each 8 min
<u>Vein diseases</u> haemorrhoids, thrombophlebitis, varicose veins and more	Setting 1-4, 8 min. 2 x day		Setting 1-4 24 min. 1 x day		Begin slowly

General QRS rules derived from blood pressure and pulse values

Remarks:

- If you don't know your blood pressure you may also use your pulse to choose the QRS settings. **The higher your pulse and/or blood pressure, the lower the QRS setting.**
- The more excited the sympathetic nervous system, the lower the QRS setting.
- The colder the foot/hand, the lower the QRS setting.



- If blood pressure is over 160/95 or under 100/60, therapy should be discussed with the doctor.
- If the pulse at rest is under 50 or over 100 heartbeats per minute, therapy should be discussed with a doctor.
- The settings indicated in the illustrations are recommended. Of course you can choose QRS settings from 1 to 10 if your blood pressure is between 120 – 140 (systolic) and 70 – 90 (diastolic) and/or your pulse lies between 60 – 80. If pulse is over 90 the corresponding QRS setting of 2 or 1 can eventually be reduced to 1 – 2 minutes.
- Basically you should not go over setting 3 when preparing for sleep.
- A dysfunction of the endothelium and a reduced nitrogen monoxide production occurs with increased tonus and tendency for thrombosis. There is also a link between dysfunction of the endothelium and hypertonia. In these cases choose low settings.
- Inflammatory joint diseases, chronic polyarthritis, chronic inflammations in general, asthma and migraine occur with increased nitrogen monoxide production which can be reduced through high QRS settings (provided that your pulse is not very high).

INDIVIDUAL AS YOU YOURSELF: How you control your QRS therapy success

Time/ duration of therapy

It has been observed that the duration of therapy has to be adjusted differently for each person. The range is from 1 up to 30 minutes. An overdose is not possible as our QRS system works at a field strength of 30 micro-teslas. The World Health Organization and other technical associations consider a constant load of 100 micro-teslas (at 50 Hz) as safe.

The duration of therapy is recommended with 2 x 8 minutes per day. The effect of one application lasts up to 8 hours in healthy people. As the treatment is very gentle an improvement of cell metabolism and the general cell regeneration are noted after a few days or only after several weeks depending on the physical constitution. A continuous application of QRS is recommended to obtain a global preservation of health. Getting used to the device or dependence on it are not known.

Earlier advice restricting applications to 2 x 8 minutes daily was based on considerable treatment experience under medical and/or scientific control that showed that the effects lasted up to 8 hours. As you can see from our QRS treatment advice, the application can be applied 2 to 3 times in a row and 2 to 3 times per day.

If people have highly acidic blood, acute strong pain or migraine it is possible to apply therapy up to 5 times in a row.

Tolerance

About 40% of people do not feel any sensation when starting therapy. In those cases high settings can be used without hesitation several times in a row. However, if applied after 6 pm, these settings may result in disturbed sleep.

On the other hand some people cannot even tolerate setting 1. This depends on the overall combination of fitness of the person or how delicately the cardiovascular system reacts or whether there is an over-acidity of the whole cardiovascular system. In this case the person should start at setting 1. If even that is too high, setting 1 should be used for only 1 minute and slowly increased to 8 minutes and only then should setting 2 be started and progressed in the same way.

General Recommendations

Important for choosing field strengths or magnetic field intensities: It is not the high intensity that will lead to quicker therapy success. Very often low intensities help more.

Setting 1: For babies

Setting 1 and 2: For children under 10 years: It is useful to begin with setting 1, rising to setting 2 after three days, then returning to setting 1 and repeating the process, avoiding the body becoming accustomed to a certain setting.

Setting 7 to 10: Should be used only in the morning (am) for vitalisation. As soon as a feeling of discomfort is experienced, reduce the setting.

Setting 3 to 6: Optimum regeneration

Setting 1 and 2: Relaxation and inducing sleep.

Application Levels

If people are very tense, nervous or under stress they generally need low field intensities (settings) to obtain relaxation (setting 4 or 3). They can begin with setting 3. If they feel uncomfortable or experience heart palpitations, they may reduce the setting to 2 or 1, until body information is felt as pleasant.

Waking and sleeping state

Extensive experiences clearly show that activity can be increased in the morning by using a high field strength level. In the evening field strength levels 3, 2 or 1 are advantageous to induce sleep.

Individual Application

It can be said that everybody needs an individual and personal field strength adjustment, which depends on his or her daily routine. People, whose lives are relatively calm, harmonious and without major stress, who want to be vitalized, will tolerate higher levels from 5 to 10. It is quite different for people who suffer stress and are under a lot of pressure (or after extreme physical exertion). If the ion transport in the body and thus the cell metabolism functions and cell vitalization have to be optimised, settings 2 to 6 are usually better tolerated.

FOR YOUR SAFETY: THE FOLLOWING IS TO BE CONSIDERED

Risks And Side Effects

Pregnancy

There are no negative experiences. Nevertheless from the point of view of the pharmaceutical industry and the TUV (Technical Supervision Authority), all exogenous influences (smoking, drinking, medication, magnetic fields) should be avoided during pregnancy.

Epilepsy

There are some positive findings, but to be on the safe side, a medical specialist should supervise the application.

Medication

It has been shown that in many cases medication can be reduced under QRS application. That means that the physician should observe the QRS user closely and reduce the medication gradually until no longer needed. (Refer to latest study by Prof. Rer. Nat. G. Fischer, Graz, August 1999)

Liquids, Mineral Elements

With several daily applications of QRS it is absolutely necessary to supplement the body with magnesium and a lot of water. This will increase the hydrogen ion transport, avoid cramps in the calves and improve the elimination of toxins.

Headaches, migraine

Several times it has been observed that slight headaches were caused by the use of QRS. Once again: if sufficient water is consumed the tension in the head will ease rapidly.

During acute episodes of migraine the patient should lie quietly, the applicator should only reach up to the neck and therapy should be done 3 to 5 times for 8 minutes in a row until a slight relaxation is experienced. Then it should be stopped immediately to let the process of self-healing progress.

Recent Knowledge Gained

Several studies prove that because of the very low field strength (30 microteslas) and the QRS specific frequencies, there is no effect on pace makers, which are certified according to Norm EN 50061.

Implants like insulin pumps etc. are not affected.

Metal implants in the form of artificial joints and the like, and even the contraceptive coil in women have no negative effect. The magnetic field will penetrate any metal.

A study at the University of Hohenheim shows that there is no negative effect regarding bacterial diseases. The rate of bacterial multiplying did not change.

Too Strong? Too Weak? - Some Statements about The Device Itself

Experts frequently ask whether the magnetic field strength is strong enough and non-experts ask whether the magnetic field is too strong and could cause damage.

Regarding the first statement that the magnetic field strength of about 30 micro-teslas is not too weak. Various study results and especially scientific calculations and experiments that were conducted demonstrate this. All these are described amply and scientifically in literature, eg. The book by Dr. Fischer "Grundlagen der Quanten-Therapie".

However it is important to understand that the low field strength alone does not cause the effect. The magnetic field changes over time and so the specific frequency pattern produces resonances and electromotoric forces on the blood vessels, on ions, on cell membranes, on calcium and potassium channels etc.

Only through the formation of these resonances and electromotoric forces which have been calculated precisely and accurately, can ion transport and ion shifting be created. This is the content of the first QRS patent (transport of ions).

Regarding the second statement: QRS therapy application does not create field strengths that are too strong as the QRS therapy works with a maximum of 30 micro-teslas.