

ISSUE 3

DECEMBER 2022

IN THE LOOP

INTERVIEW

Biofeedback is finally making waves in the healthcare industry

How **Ádám** **stopped snoring** in just one day

Can **biofeedback** help you make **better decisions**?

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Dear Reader,

Stress, believe it or not, can be a good thing! It releases hormones that motivate us to perform. It is nothing more than a normal psychological – and physical – reaction to the challenges we face in life.

Yet sometimes we find ourselves pushed beyond our ability to cope. Instead of returning to their relaxed state after the stressful event is over, our body and brain get stuck in a freeze-fight-or-flight response. The consequences of which, over time, can include serious health problems such as insomnia, chronic pain, increased risk of developing type 2 diabetes, overall unhappiness and even depression.

However, there is no need to watch helplessly from the sidelines as stress damages your health and zest for life. There is a wide range of stress management tools available to help 'reset' your mind and body. And we are more than happy to introduce them to you.

Taking charge of your wellbeing is easier than you think.

Hopefully, this third edition of In the QX Loop will inspire you to take back control and live your life to the full.

Sincerely,

Andreea Taflan
CEO, QX World Ltd.



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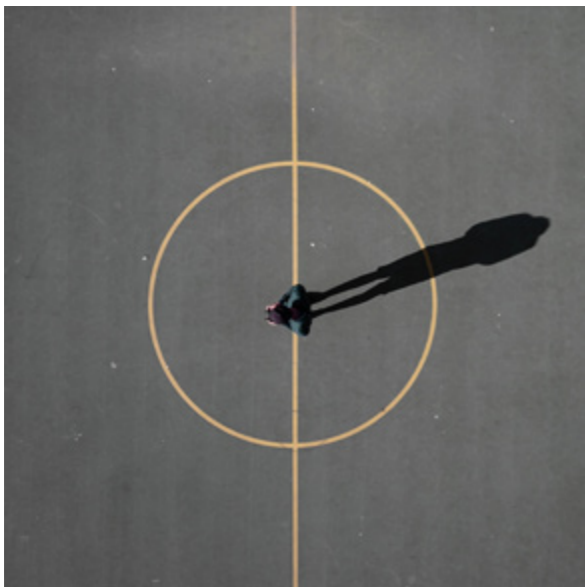


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EXPERT TALK

BIOFEEDBACK IS FINALLY MAKING WAVES IN THE HEALTHCARE INDUSTRY

AN INTERVIEW WITH ANDREEA TAFLAN



Following years of skepticism, the healthcare industry is starting to embrace biofeedback technology. We spoke to Andreea Taflan from QX World about the driving forces behind this changing mindset, and what she thinks will happen next.

WHAT IS BIOFEEDBACK?

Biofeedback is a technique that teaches you to control your body by measuring involuntary body functions (such as heart rate, breathing patterns, and muscle tension) and feeding that information back to you in real time. By sending electric pulses through the body, a biofeedback device can explore health-related issues and may even help affected cells return to their original state.

WHY HAS THERE BEEN SO MUCH SKEPTICISM ABOUT BIOFEEDBACK?

Getting the medical world on board with any new or alternative method is quite challenging, to say the least. There's a lot of red tape involved, and getting the required research done for approval is a costly business. The clinical industry is already stretched thin when it comes to funding. So it's not surprising they aren't always so eager to welcome new players to the field. Because there has been little financial backing so far, biofeedback technology has

had a tough time finding its way to a mainstream audience. Fortunately, I've seen a lot of changes happening in that regard over the last few years.

HOW DO YOU EXPLAIN THIS CHANGE OF HEART?

As I see it, there are three main drivers. Most of all, the **internet** has prompted a rise in demand for complementary healthcare practices in general. Because people are more able to explore health-related facts and issues on their own, they are more critical towards doctors and their expertise, and increasingly asking themselves: "Is this really the right treatment for me? Is this the best I can do to improve my life?"

Also, **COVID-19** has led people to adopt a more open mindset regarding complementary approaches to healthcare. Compared to some years ago, people are much more careful and aware of what they do to – and put into – their bodies. They are also much more interested in **non-invasive and preventive healthcare** – making biofeedback technology an excellent candidate.

But even on the medical side, there is a growing openness to explore alternative pathways and try out new technologies to enhance the patient experience. I like to think pioneering **biofeedback tech companies** like QX World (of which I am a co-founder and CEO) have something to do with that. Due to their extensive research and development, and continuous efforts to raise awareness.

HOW BIG IS YOUR R&D TEAM?

The numbers fluctuate, of course, but our core research and development staff consist of 10 specialists. They are **neurologists, general practitioners, engineers, and software developers**, most of whom have been with us ever since I co-founded QX World in 2012. I feel very fortunate to work with such a great team of experts, and to still have them by my side after so many years.

“ I feel that education is where we make the biggest difference. ”

HOW DOES QX WORLD TRY TO MAKE A DIFFERENCE IN THE WORLD OF BIOFEEDBACK?

I'm blessed with an incredible R&D team who work tirelessly to fine-tune and upgrade our technology according to the most recent discoveries. But ultimately, I feel that **education** is where we make the biggest difference. We not only set out to develop top-notch technology but also teach healthcare practitioners how to get the most out of our biofeedback devices. We do so by organizing both live and online classes and hosting conferences. We also use our blog and various offline channels to share our knowledge of good health practices. Because everybody deserves easy access to a healthy lifestyle.

WHAT IS THE NEXT BIG THING IN BIOFEEDBACK?

There is so much going on right now, I don't really know where to begin <laughs>. At QX World, for instance, we are currently experimenting with beauty applications. We recently conducted a study on the effects of biofeedback technology on facial lines when combined with **natural cosmetics**, and the results so far look very promising. We are also continuing to optimize our existing biofeedback devices and will be developing new devices in the coming years, all of which will help facilitate complementary healthcare.

WHAT DO YOU HOPE TO BE DOING IN THE NEXT FIVE YEARS?

When I experienced my first biofeedback session at the age of 19, I was amazed at the effect it had on me. And I'm still fascinated how this non-invasive technique can be used to identify unconscious problems, reduce stress and in so doing, benefit our health in so many areas. It's why I wake up fully motivated every day to share this incredible technology with the world. And I'm sure it's what will keep me going over the next 5, 10 or even 20 years.



ANDREEA TAFLAN

Andreea Taflan is CEO and co-founder of QX World. She studied Business Management and Marketing and has a Master's degree in Public Relations and Communications. Andreea was appointed as the right hand of the original developer of biofeedback technology in 2005. Since 2012 she has taken the lead in further developing the technology. Today, she is considered a leading expert in the field of biofeedback.



QX LIFESTYLE

EXERCISE IS HEALTHY. BUT WHAT IS THE BEST TIME TO WORK OUT?

BY ANDREEA TAFLAN

Working out regularly is vital to maintaining a healthy and flexible cardiovascular system, strong bones, a balanced hormonal system, and sound mental health. But although there is no such thing as a wrong time to exercise, there are certain moments when our bodies get the most benefit from it.

“ Move first, eat later is the most efficient approach to exercise. ”

RIGHT BEFORE A MEAL

The best moment to work out is right before a meal. The reason is that eating is always followed by a physiological **inflammation** of the digestive system.

Every nutrient that we put in our mouths potentially contains allergenic pathogens. And so our body anticipates this risk. The immune system is drawn to the digestive system, which in turn needs all the energy it can get.

If we exercise before eating, the muscles respond by producing **anti-inflammatory substances** such as lactoferrin. These have an anti-inflammatory effect that supports the digestive system.

WHAT HAPPENS WHEN YOU WORK OUT AFTER A MEAL?

During exercise, muscle fibers break down which also sets off an inflammatory response. In other words, working out after a meal triggers a **double inflammatory reaction**. Our body must then divide its energy between the muscles and the digestive organs, resulting in a lack of energy supply to the first, the latter or both.

JUST IMAGINE YOUR REFRIGERATOR IS NOT RUNNING

Another reason why it's best to exercise before a meal and not after is **genetics**. Our ancestors, who naturally did not have refrigerators, always had to move before being able to eat. For example, by picking berries, foraging for plants, and hunting game. Over the course of thousands of years, our digestive system adjusted accordingly, and this way of eating remains best known to our bodies today.

TRY TO DO IT IN THE MORNING

Move first, eat later is the most efficient approach to exercising. But the question remains: what time of day is best? Experts agree that it's best to exercise either in the **morning before breakfast** or in the **late afternoon** (but not after 7pm).

Optimal health, after all, can only be achieved when we live in harmony with our **biorhythm**, which is regulated by the cyclical pattern of cortisol production (commonly known as the '**activity hormone**').

Cortisol levels are high in the morning and then gradually decrease towards the evening. Because exercise causes cortisol levels to increase, it is recommended that you avoid exercising after 7pm so as not to disturb the biorhythm.

QX BACK2BACK

WHY THOMAS REPLACED TRIATHLONS WITH BIOFEEDBACK

Neurologist Dr. Márta Simon sees clients of all ages at her practice. One of them is triathlon enthusiast Thomas (43). At one point, his struggles with **ADHD** became so severe that his family life started to suffer. While skeptical of biofeedback sessions at first, Thomas now feels more relaxed and focused than ever. Much to his family's joy, his weekly triathlons have now become a six-weekly affair.

WHAT MADE YOU DECIDE TO GO AND SEE DR. SIMON?

Thomas: My life was very busy. Extremely busy, even. Being a contractor, I'm always traveling all over the country, and my ADHD was getting so bad that I had to take on weekly triathlons just to get through the days. My wife was unhappy with me almost never being home, and my children were missing their dad. It was my wife who persuaded me to try out biofeedback as a replacement for the extreme exercise I was doing. And I'm glad she did.

ADHD AFFECTS ALL AGES

Contrary to popular belief, ADHD is not a typical children's condition. While many children are diagnosed with secondary ADHD due to a sedentary lifestyle and other environmental factors (including poor nutrition and too much screen time), primary ADHD comes down to genetics and is therefore not age-related.

IF YOUR LIFE WAS ALREADY SO BUSY, WHY ADD TRIATHLONS TO THE LOAD?

Dr. Simon: Please allow me to answer this one. In people with ADHD, the body craves something that can give the brain a dopamine and adrenaline boost. While many ADHD patients manage to carry on without a **coping mechanism**, others are prone to developing addictions. Some turn to substances such as nicotine or alcohol, for instance, or adopt certain habits that mimic the effect. In Thomas' case, his coping mechanism consisted of extreme exercise.

HOW CAN BIOFEEDBACK SESSIONS HELP PEOPLE LIKE THOMAS?

Dr. Simon: During a biofeedback session, a biofeedback device monitors the brainwaves of the frontal lobe. Meanwhile, the client is given a task to complete that requires special **focus**. For example, they watch a video that is connected to the biofeedback device and must try to make the image stop moving by using brainpower alone. Through repeated practice, the brain figures out how to concentrate for longer periods of time. At the same time, the waves sent out by the biofeedback device have a **relaxing** effect.

WHAT ARE THE BIOFEEDBACK SESSIONS LIKE

Thomas: I was not a believer at first. But I went to Dr. Simon anyway as a favor to my wife. I was sure that there was no way I would be able to sit in a chair for an hour, especially not with my head and limbs hooked up to a biofeedback system. But I found it so relaxing that I fell asleep after five minutes <laughs>.

HAVE THESE SESSIONS BEEN A LIFE CHANGER FOR YOU?

Thomas: I like to think so, yes. As well as feeling more relaxed overall, I spend much more time with my wife and two sons. Instead of weekly triathlons, I now do one every six weeks or so. And I've even become better at them, too. I asked Dr. Simon to help me prepare for the Iron Man Race, which I recently completed with higher scores than I've ever achieved before. A race like that not only requires physical strength but mental energy as well, you know.



THOMAS M.

(43) is a contractor living in Mogyoród, Hungary. Diagnosed with ADHD at 14, he is an avid triathlete. When not working or exercising, Thomas loves to spend quality time with his wife Elena and their two sons, Endre (10) and Viktor (8).



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.





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✓ EXPAND YOUR HEALTH
KNOWLEDGE

By sharing the results of our research and development through blogs, webinars, and live classes, the **QX World Health Academy** empowers both practitioners and their clients.

✓ JOIN OUR EXPERT
COMMUNITY

We support healthcare practitioners by fostering a community that brings and keeps them together. See you at our next event!

[MORE INFO](#)



QX VIEW

CAN BIOFEEDBACK HELP YOU MAKE BETTER DECISIONS?

BY MARGRET MARGRÉTARDÓTTIR

One question that doesn't come up all that often is whether biofeedback can help us make better life decisions. So I was really pleased when In the QX Loop approached me, because it is a very valid question! It reminds me of a particular client of mine, whose journey serves as the perfect response.

A LADY FROM SCOTLAND

Some years ago, I was approached by a wonderful lady from Scotland asking for a biofeedback session. She had been experiencing diarrhea for over 3 years, and it had turned her life into a nightmare. Chronic diarrhea made her rush to the restroom after every meal. She felt it was affecting her job and she didn't trust herself to go out socially either. She skipped birthdays and dinners with friends, and felt scared up to the point of exhaustion.

To make matters worse, doctors were having a hard time diagnosing what was causing her imbalance. They were, however, confident that her kidneys were damaged beyond recovery. Fortunately, that turned out to be false, something she and I would prove together later. But understandably, this initial diagnosis made her feel even more anxious. When she came to me, she was in tears.

CHEMOTHERAPY

A few days before arriving at my practice, this lady from Scotland had had another doctor's appointment. This one doctor prescribed chemotherapy, just to see if it would help, even though she had not been diagnosed with cancer. He pushed her to give the go-ahead, but instead she decided to call me first.

BOWEL FLORA AND PARASITES

So, this wonderful lady eventually came in and had her session. Her stressors proved much related to her bowel flora and parasites, and that didn't surprise me at all. The kidney imbalances she had were, simply put, linked to dehydration. I directed the session carefully, focusing on possible parasites and detoxing, finishing with a so-called AutoZAP protocol.

A LOT TO TALK ABOUT

As a practitioner I find it important to educate clients about their options to lead a healthier life. That's why I always end a biofeedback session with some homework, in the form of tips the client can follow. As well as continuing our biofeedback sessions and drinking more water, I suggested a 10-week detox for all major organs to get rid of potential parasites in the gut, in addition to a diet that included probiotics – something it seems she'd never heard of before! – and micro minerals, among other things.

In addition to physical health, I also focus on mental health because they are intrinsically linked. Emotions associated with the large intestine include sadness and grief, so we had a lot to talk about as the sessions continued to go deeper.

A WHOLE NEW PERSON

The day following her first session was the first day in 3 years this client did not experience diarrhea. Three sessions in, she felt



MARGRÉT MARGRÉTARDÓTTIR

suffered a serious accident in 1995 and was deemed incurable by doctors. In 2005, she discovered the SCIO biofeedback technology. Her health improved and she bought her own biofeedback device in 2006. Fascinated by the technology, Margrét eventually became a teacher at the QX World Health Academy and has been sharing her knowledge with the world ever since.

like a whole new person: happy, relieved, and ready to grab life by the horns again. Eventually, even her kidneys started to show signs of recovery.

LIFE-CHANGING DECISIONS

Deciding to try biofeedback before taking drastic health measures was this lady from Scotland's first life-changing decision in a series of many. To this day, we continue our lifestyle and counselling sessions, which are usually held online. As well as sticking to her healthy diet, she has made some other very important choices in the emotional department, too. I can see she's thriving, and for me it was and is an absolute privilege to be a part of her health journey.

UNEXPECTED DOORS

So, yes, biofeedback can indeed help you make better decisions. It opens so many doors, often unexpectedly. Those doors can help us learn about ourselves, to take better care of ourselves, and to trust our body in its capacity to self-heal. Biofeedback can empower anyone who is motivated to take better and more focused decisions, for the time being but also with potential future developments in mind.



EXPERT TALK

DEALING WITH CHRONIC PAIN: CAN THE VICIOUS CIRCLE BE BROKEN?

An estimated 50 million people in America experience some form of chronic pain despite taking prescription drugs and going through different types of treatment. In the QX Loop sat down with **Dr. Faith Nelson** and biofeedback expert, **Andreea Taflan** to discuss recent findings that may help break the vicious circle for millions of chronic pain patients worldwide.

WHY ARE SO MANY PEOPLE SUFFERING FROM CHRONIC PAIN?

Dr. Nelson: That, of course, is the million-dollar question. Each case is different, so that means the causes differ as well. However, I do believe – and I am certainly not alone in this – that there is a universal link between chronic pain and raised stress levels, and that the key to effectively dealing with chronic pain lies not in taking drugs but in acknowledging and breaking that link.

Andreea Taflan: : Indeed, it's this common link that is known as 'the vicious circle' of chronic pain, where stress and pain feed into one another. Stress hormones don't just cause muscles to tense. They can also affect the body's ability to control inflammation, making chronic pain feel even worse. Consequently, people who experience chronic pain become even more stressed, hypervigilant even, avoiding activity because they fear it will only worsen their pain. In their mind, leading a sedentary lifestyle is the only option. Meanwhile, and ironically enough, a lack of exercise will only make muscles weaken, which in turn makes pain levels rise.

WHY CAN'T THESE PEOPLE SIMPLY TURN TO PAIN-RELIEF MEDICINES?

Dr. Nelson: Dr. Nelson: Just to be clear, as a registered nurse, I am not against prescription drugs. At the same time though, I am not blind to the negative effects they can have, as well as the fact that their effect is often only short-lived. That's why I've dedicated my life to exploring alternative approaches to healthcare. When it comes to chronic pain management, biofeedback is definitely my favorite option because it is non-invasive yet can be very effective in the long run.

Andreea Taflan: I hear what you're saying. I'm always advising people who are interested in biofeedback to continue their treatment. It's an established fact that biofeedback can significantly improve the effects of medication and serve as a catalyst for different kinds of pain management therapies. Pain management methods taught through biofeedback sessions are also known to 'stick' better. It's like learning how to ride a bicycle. No matter how long it's been, the brain will always remember the new pathways that have been created.



DR. FAITH NELSON

(65) lives in Springfield, Missouri together with her husband Fred Eagles, an ordained minister and health consultant. She has a PhD in Integrative Medicine and is certified in various fields including Biofeedback, Massage Therapy, and Reflexology/Acupressure. In 1990, she helped establish one of the first Integrative Health clinics in the Midwest within a mainstream medical hospital. Dr. Nelson lectures and consults internationally on Integrative Medicine.

CREATING NEW PATHWAYS IN THE BRAIN? HOW DOES THAT WORK?

Dr. Nelson: People who suffer from chronic pain often feel helpless, as if they've lost all control over their body. Biofeedback sessions help them regain that feeling of being in control. A biofeedback therapist teaches them to sense when their stress levels are about to surge, and to put a stop to it through various mental and physical relaxation techniques.

Andreea Taflan: And if the biofeedback therapist uses a quantum feedback device, if I might add, handling stress and muscle tension becomes even easier for chronic pain patients as the device focuses on the unconscious parts of the autonomic nervous system. Patients can still try and master the various relaxation techniques, there's no harm in that, but they don't have to in order for the sessions to work. By attempting to re-educate the brain's thinking processes, quantum biofeedback devices can increase the body's ability to handle stress and pain even without a corresponding increase in bodily awareness on the side of the user.

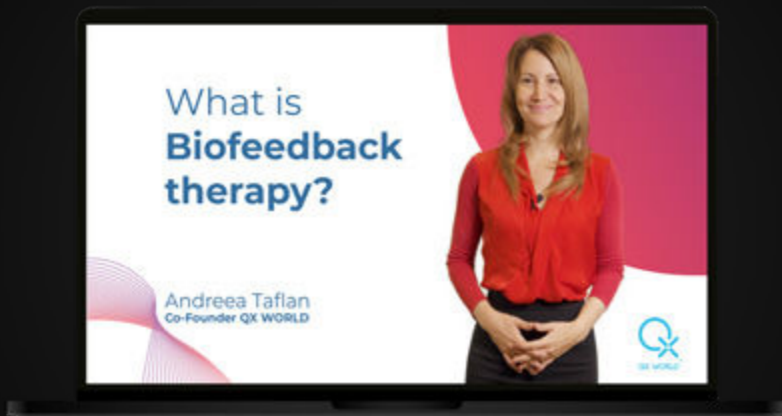
DO YOU THINK BIOFEEDBACK WILL BECOME THE STANDARD IN CHRONIC PAIN MANAGEMENT?

Dr. Nelson: I certainly hope so. I've had surgery on my feet recently, due to a genetic condition, and chose to use alternative approaches for the recovery process. My orthopedic surgeon was amazed at the speed of healing, minimal swelling, and the lack of need for opiates for pain management. If other physicians, nurses, and health professionals would become more open to alternative healing approaches like this, it would contribute to a whole new paradigm of healing. One to which I feel everyone deserves to have access.



LET'S RESONATE ABOUT BIOFEEDBACK

Biofeedback is helping people of all ages take control of their physical and mental health by natural means.



START
WATCHING
NOW!

it only takes 2 minutes
per video to discover
everything you've always
wanted to know.

[MORE INFO](#)

SO, HOW DOES IT WORK EXACTLY?

Leading biofeedback expert, Andreea Taflan answers that very question – and many more – in a series of easy-to-watch videos, now available on YouTube.

- WHAT IS BIOFEEDBACK?
- HOW DOES A SESSION WORK?
- WHAT ARE THE BENEFITS?
- IS BIOFEEDBACK SUITABLE FOR ALL AGES?
- HOW CAN IT ALLEVIATE EXISTING CONDITIONS?
- WHY ARE THERE NO SIDE EFFECTS?
- HOW IS BIOFEEDBACK EVIDENCE-BASED?



HOW TO PREVENT TYPE 2 DIABETES – OR KEEP IT UNDER CONTROL

There is no question about just how serious type 2 diabetes is. However, if you are determined enough, **three simple changes** to your lifestyle can help prevent this increasingly common disease, or at least keep its symptoms under control.

WHAT IS TYPE 2 DIABETES?

- The most common type of diabetes
- Affects approx. 90% of diabetes patients worldwide
- Risk factors include obesity and unhealthy diet
- Mostly found in older people
- Number of young patients is on the rise

In people with type 2 diabetes, the body suffers two malfunctions which are intertwined. On the one hand, the pancreas is unable to produce enough insulin (the hormone regulating blood sugar levels) to deal with sugar intake. On the other hand, cells don't respond well to the insulin that is produced. They take in less glucose, resulting in excess sugar remaining in the bloodstream.

1 GO EASY ON THE CARBS

The first step in balancing your blood sugar levels is a healthy diet. Most dietitians recommend three meals a day, with calculated amounts of carbohydrates and some healthy snacks in-between. A diet that is low in carbs not only helps with weight loss but also ensures that blood sugar levels rise gradually. That helps the body dodge the bullet of a sudden blood sugar spike.

A well-balanced, low-carb meal can consist of a generous amount of non-starchy vegetables that are high in fiber and a moderate amount of starchy food, with the addition of some meat or a meat substitute.

Non-starchy vegetables high in fiber

- eggplant
- broccoli
- cauliflower
- spinach
- cabbage
- carrots
- tomatoes
- ...

2 EXERCISE

Exercise also plays a crucial role in managing type 2 diabetes. About 2.5 hours of aerobic exercise of moderate intensity every week is ideal. Things like biking and running and occasional resistance training will effectively help lower blood glucose levels. A sedentary lifestyle, by contrast, tends to have the reverse effect.

3 ADDRESS YOUR STRESS

In addition to bad dietary habits and a lack of exercise, another risk factor associated with type 2 diabetes is stress. While stress alone does not cause diabetes, high levels of stress hormones can reduce the amount of insulin produced by the pancreas. It is no wonder, then, that more and more studies show that stress and anxiety management methods such as biofeedback can also help keep diabetes under control.

KNOW THAT YOUR BODY IS UNIQUE

We hope you find this article helpful and insightful. Please bear in mind, though, that there is no one-size-fits-all solution when it comes to managing type 2 diabetes as no two bodies are identical. In addition to reading articles like this to keep yourself informed on a general level, we recommend seeking personal professional advice to know what lifestyle changes best suit your situation.

Starchy foods

- brown rice
- cooked beans
- pasta
- potatoes
- ...

HOW ÁDÁM (27) STOPPED SNORING IN JUST ONE DAY

“It’s like my body just didn’t know how to recharge.” When Ádám S. arrived at Dr. Sara Balla’s practice, he – and his wife – had not had a good night’s rest in months due to his sleep apnea. Ádám’s somnologist had recommended wearing a CPAP device at night, but he felt reluctant to do so. Thanks to regular biofeedback sessions with Dr. Balla, Ádám has now stopped snoring and is sleeping much better.

HOW BAD WAS YOUR SLEEP APNEA BEFORE YOU CAME TO DR. BALLA?

Ádám: In the summer of 2018, I started feeling exhausted and low on energy, even though I spent 8 to 9 hours in bed. I would wake up with a sweaty neck every single day. Because the snoring was so bad, my sleep apnea began to affect my wife’s sleep as well. She also noticed that I would regularly stop breathing in my sleep, followed by even louder snoring and panting, which obviously concerned her very much.

WHY WERE YOU RELUCTANT TO WEAR A CPAP DEVICE?

Ádám: I did try wearing it, but it just felt so uncomfortable, as you can imagine. I hated the idea of having to wear that mask and machine for the rest of my life, to avoid further symptoms. It was then that I decided to book a biofeedback session with Dr. Balla.

DO MANY OF YOUR CLIENTS HAVE A SLEEP DISORDER, DR. BALLA?

Dr. Balla: Yes, I do see many people with sleep disorders in my practice. The main reason is, I believe, the fact that biofeedback has no side effects. It can be very effective in dealing with sleeping problems without any drugs being involved. Mind you, I always advise clients to continue taking the drugs and dosages prescribed by their GP. Many of my insomniac clients take anti-anxiety drugs, for instance, and it’s unwise to cut down on those without professional guidance.

IS ANXIETY WHAT CAUSES SLEEP DISORDERS LIKE SLEEP APNEA?

Dr. Balla: What exactly causes sleep disorders is hard to say as each case is different. While insomnia is almost always connected with stress and anxiety, it is not entirely clear whether it can cause sleep apnea. Often, anxiety-related insomnia comes down to overthinking due to a fear of losing control. As far as sleep apnea is concerned, being overweight is definitely a risk factor.

Ádám: Indeed, I was overweight when meeting Dr. Balla. And yes, I also tended to worry a lot once I closed my eyes at night, but rather as a consequence of my sleep apnea. I would wake up feeling very tired in the morning and continued feeling sleepy throughout the day. I was having trouble concentrating at work, and my manager

warned me that if I continued making mistakes they would have to let me go. I started to think ... what if I lose this job? I won’t be able to pay my mortgage without it. That gave me the final push to go and see Dr. Balla for help.

HOW CAN BIOFEEDBACK HELP EASE ANXIETY?

Dr. Balla: First, allow me to clarify what sleep apnea does to the body. The lack of oxygen, which occurs due to shortness of breath, is detected by chemoreceptors that have an awakening effect on the brain. These awakenings, which take a few seconds, are usually easy to pick up on as that is when the loud snoring happens. While the patient is snoring, the blood oxygen levels are being stabilized. In patients with severe sleep apnea, breathing can stop up to 30 times an hour. In the long term, the breathing interruptions raise the risk of developing cardiovascular problems. The awakenings at night also cause fatigue, making patients feel sleepy during the day and have difficulty concentrating.

Combining stress management techniques with a healthy diet and light exercise is proven to be very efficient in helping patients who struggle with sleep apnea. Using a biofeedback device that measures heart rate, breathing patterns, and even brain-wave activity, I can show the client exactly how their body operates. It helps them to sense when their body’s stress and anxiety levels are surging, and to act on them. I also teach them various relaxation techniques, to lower their heart and breathing rate, for

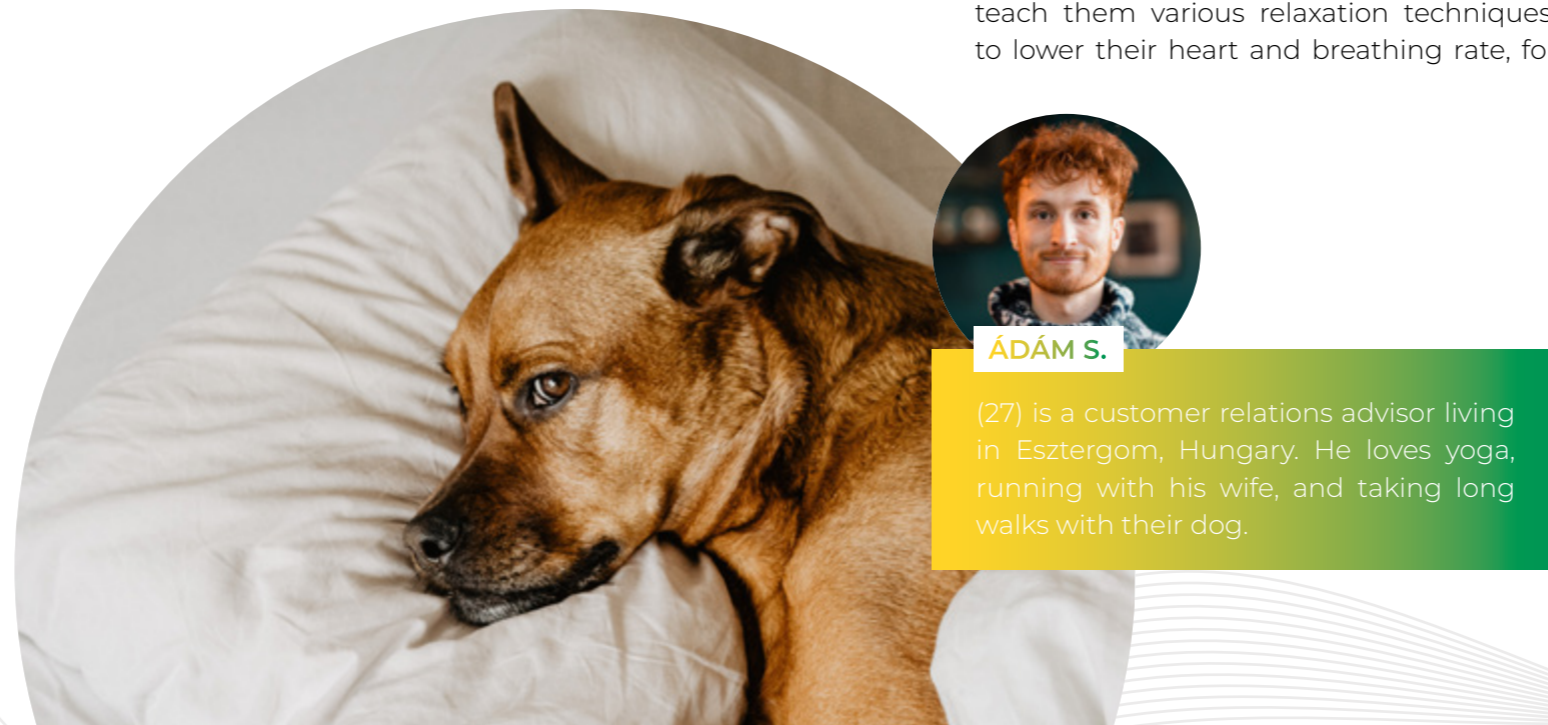
example. When clients are able to let go of their worries, it naturally makes falling and staying deep asleep much easier for them. As a result, Ádám lost 10 kgs within 3 months and his snoring is much better now.

CAN BIOFEEDBACK HELP WITH OBESITY AS WELL?

Dr. Balla: It certainly can, because obesity is often due to food addiction. For these people, food has a relaxing effect not unlike the effect nicotine has on people who smoke. My biofeedback device, which is a quantum biofeedback device, attempts to create new pathways in the brain. It uses frequency-specific microcurrent, which is of course totally safe, to re-educate the cells that make up the emotional processing system. In Ádám’s case, the biofeedback device also hinted that his body could benefit from a diet free of gluten, sugar and lactose.

HOW ARE YOU SLEEPING TODAY, ÁDÁM?

Ádám: I’ve stopped snoring, right after the first appointment already, and my breathing became normal while asleep. Once I finished all the sessions, I was getting up feeling fresh and full of energy, too. I’m sleeping so much deeper now. Another thing is that I cope much better with stress; I do not see problems unsolvable anymore. It is as if my brain has been re-wired completely. I can only recommend. Still working on the last few pounds, though <laughs>.



ÁDÁM S.

(27) is a customer relations advisor living in Esztergom, Hungary. He loves yoga, running with his wife, and taking long walks with their dog.



DR. SARA BALLA, MD

is a general practitioner and biofeedback specialist. She runs a successful practice in Budapest, where she combines her medical training with biofeedback technology and complementary healthcare. Dr. Balla’s practice focuses on both health and beauty, providing her clients with all the benefits biofeedback can offer.

How does **quantum biofeedback** work?

In a **healthy body**, every cell vibrates at its **ideal frequency**.

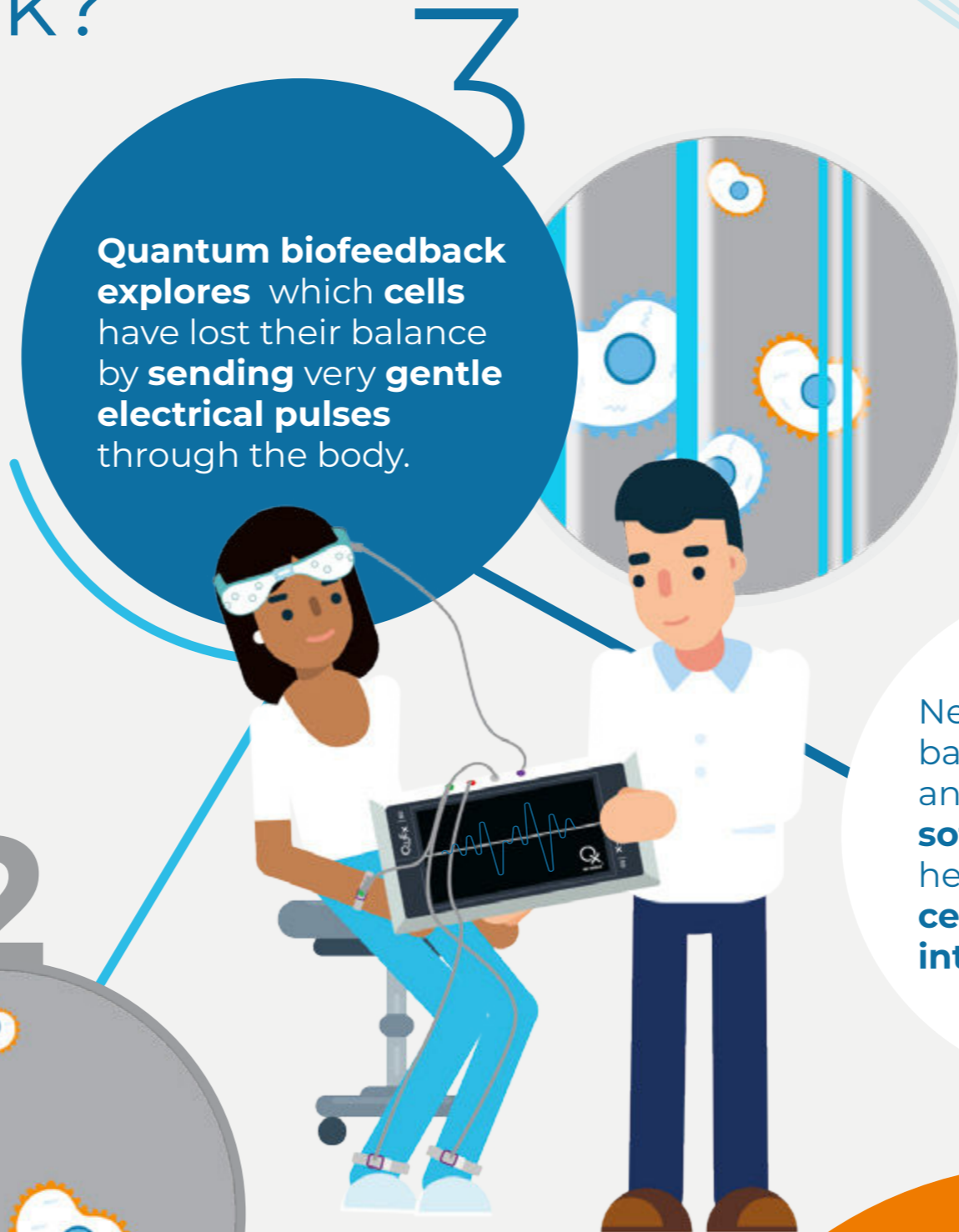
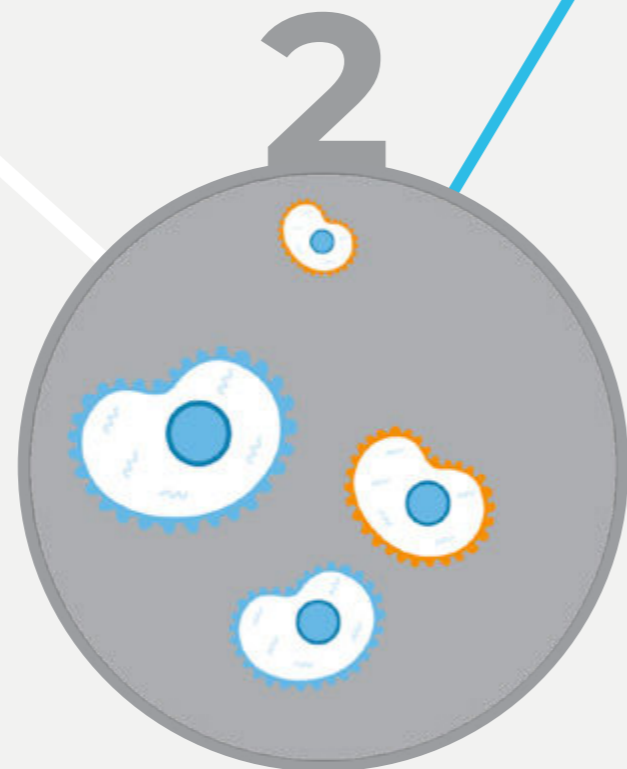
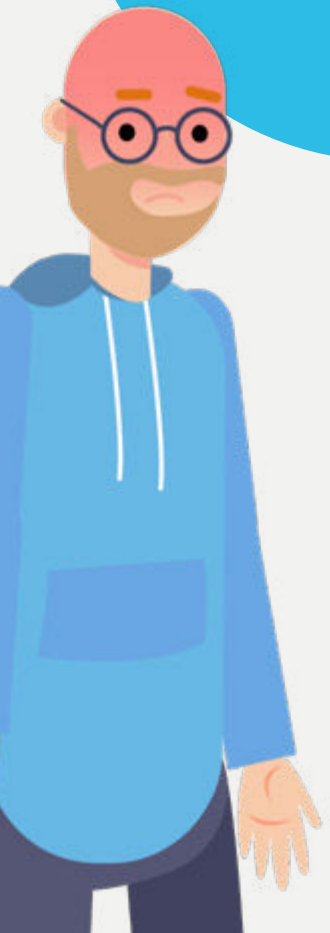
But when we are **sick** or **feel stressed**, certain **cells** start to **vibrate differently**.

Quantum biofeedback explores which **cells** have lost their balance by **sending** very **gentle electrical pulses** through the body.

Next, the biofeedback device sends another **stream of soft electrical pulses** helping **unbalanced cells** return to their **intended frequency**.

Good to know:
The vibrations used by **quantum biofeedback devices** help **activate** the body's **self-healing capacity**.

Biofeedback.
If you can measure it,
you can change it.





QX VIEW

CAN BIOFEEDBACK MAKE YOU HAPPIER?

BY MARGRET MARGRÉTARDÓTTIR

There are so many wonderful stories I could share with you to answer this interesting question. But there is one that truly stands out for me, and that is the story of E. A troubled child at first, she became happier, more confident, and ready to start school thanks to her loving family and their openness to try biofeedback.

A LITTLE FIVE-YEAR-OLD GIRL

My mother, who has been a biofeedback practitioner for many years, at one point was approached by the grandmother of five-year-old E. While wonderfully bright, E. was a very unhappy little girl. She would run around the house all day, jumping on beds and tables, and was unable to calm down. Each time her mother tried to reason with her, E. became hysterical.

Things continued at bedtime. At night, E. tossed and turned, crying, and grabbing her head. In the morning, she would wake up behaving like a frustrated wind-up doll again. In the spring of 2022, E. started having incontinence problems as well. This was, understandably, a big turning point for her family especially since she was supposed to start school in the fall.

IS IT ADHD?

When E.'s grandmother first contacted my mother, she had become so tired that she was now dreading having her own granddaughter over. "It makes me so sad," she said. "My daughter (E.'s mother) has been so patient and loving with her, but the situation is just getting worse. I am so afraid that she has developed ADHD."

Like myself, my mother is always cautious when clients mention ADHD as ADHD can have many causes, and it's not always clear where a diagnosis is coming from. The fact remains, however, that many symptoms of ADHD (or similar conditions) can become easier to handle if biofeedback is involved. My mother invited E. and her mother over to her practice for a try-out session.

DIFFERENT LANGUAGES

Young children are not always able to express their feelings, because their sense of self-awareness is still developing. Parents do their best to understand what's going on, but often it's like they are speaking a completely different language. A biofeedback device can act as an intermediary. By connecting directly with the body, it will tell you more about a child's body than the child ever could, even giving hints on how to calm a little body that is struggling to exist.

LINGERING PAIN

The first biofeedback session gave my mother a whole series of insights right away. There was so much imbalance in this little girl. There were indications of problems with her elbow, her hip, hydration levels, sugar levels, her bowels, and urinary tract, as well as headaches possibly caused by gastric acidity and cranial misalignment.

E.'s grandmother confirmed that E. had had several bad falling accidents, two of which she was taken to the ER for. She knew that E. had bumped her head on a headboard after which she almost lost consciousness. E. had also been regularly rubbing her elbow and hip, most possibly due to the many falls she had, and often reached for her head while screaming as if in pain.

It appeared E.'s headaches were coming from two different sources. Combined with the lingering pain in her hip and elbow, not to mention the unbalanced bowel and urinary situation, my mother was not surprised that this little girl was so unable to relax.

SUGAR RUSH

Additionally, it turned out E. wasn't drinking enough water and her sugar intake was way too high for her little body to handle. Sweets were being used to try and reason with her, and she was eating a lot of dairy products to boot. My mother recommended drinking more water, cutting down on sugary treats, and replacing them with fruit while boosting E.'s bowel flora with some proper child probiotics.

FLOWER ESSENCE

To help address E.'s anxiety, which was likely caused by her family talking too much about the first day of school and how she had to be aware of the toilet visits, my mother suggested dr. Bach's flower essence to help make her feel more calm and secure.

OVER THE MOON

E. had one biofeedback session a week, for three weeks. Two weeks after the final session, her grandmother contacted my mother. She was over the moon. E. had spent the whole day and night with her, playing and sleeping like a normal healthy girl. She had stopped soiling herself, too, the headaches had vanished, and she seemed as happy and secure as any five-year-old deserves to be.

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[MORE INFO](#)



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MOST POPULAR MODULES

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Offer clients a 3D experience, with a mix of vibrational, auditive, and visual stimuli that will actively involve them.

– BIOFEEDBACK INTERFACE GRAPHICS (BIG)

Track your client's reaction, the output of the device, the harness connection, and valuable information taken from the OMNIS, all at the same time.

– IRIDOLOGY

Address stress factors in the face, eyes, gums, and teeth as well as hand-eye coordination, general anatomy, and much more. Choose your protocol and let your QUEx device carry out the rest.

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Simply click on a condition and view a whole list of natural solutions to address it.

– DEGEN SCAN

Find stressors and work on eliminating them. From multiple session threads to examinations focused on emotional versus physical causes, the Degen Scan has it all.

– SMART REPORT

The Smart Report is everything you ever needed for engaging with your clients and building up your practice. Session information is now simple, visual, and captivating for all.

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More than 3,750 complementary health-care practitioners have already joined the online QX Academy. As well as mastering all the features of their multifunctional QX devices, each participant has also developed a deeper understanding of how the brain, metabolism, endocrine system, and immune system interact.

[MORE INFO](#)

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