




# QRS – treatment advices

## For medically diagnosed indications

Indications	Body-Applic.		Local-Applic.		Notice
	Setting	Treatment time	Setting	Treatment time	
<b>Allergies:</b>	Setting 3-8	8-16 min.3x / day			Begin slowly with Whole-Body-applic.
<b>Arthrosis:</b>					
cervical part of the spinal column	Setting 1-2	8 min.1-2 x / day	Setting 3-5	24 min. 2-3x / day	Seek comfortable position
thoracic part of the spinal column	Setting 1-2	8 min.1-2 x / day	Setting 5-6	24 min. 2-3x / day	Seek comfortable position
lumbar part of the spinal column	Setting 1-2	8 min.1-2 x / day	Setting 8-10	24 min. 2-3x / day	Seek comfortable position
hips	Setting 1-2	8 min.1-2 x / day	Setting 8-10	24 min. 2-3x / day	
knees	Setting 1-2	8 min.1-2 x / day	Setting 7-10	24 min. 2-3x / day	
shoulder	Setting 1-2	8 min. 3 x / day	Setting 5-7	24 min. 2-3x / day	
foot	Setting 1-2	8 min.1-2 x / day	Setting 8-10	24 min. 2-3x / day	
finger and hand	Setting 1-2	8 min.1-2 x / day	Setting 10	24 min. 2-3x / day	Local application with stick appl. recommend.
pseudarthrosis	Setting 3-6	8 min. 3 x / day	Setting 6-8	24 min.1-3x / day	Local-Applic. settings variable
<b>Auto-immune diseases:</b>					
hepatitis, colitis ulcerosa, scleroderma, and more	Setting 3-6	8 min. 3 x / day	Setting 3	8-16 min.2x / day	
<b>Blood pressure</b> (hypertension)	Setting 1-2	8 min. 2-3 x / day	Setting 1-2	16 min.2 x / day	Local-applic. on neck region
<b>Blood pressure</b> (hypotonia)	Setting 3-5	8 min. 2-3 x / day	Setting 3	16 min.1 x / day	up to hairline
<b>Blood supply disorders</b> (ulcus cruris poorly)	Setting 1-3	8 min. 2x / day	Setting 3-6	24 min. 2 x / day	Local-Applic. on supplied region
<b>Cancer:</b>	Setting 1	8 min. 3-4 x / day			always begin with setting 1, 2-3 months, then each month one setting higher until max. setting 6, evening always setting 1
<b>Digestive system:</b> 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	Whole-Body-Applic. and Local-Applic. begin always setting 1, Local-Applic. locally




Indications	Body-Applic.		Local-Applic.		Notice
	Setting	Treatment time	Setting	Treatment time	
<b>Ears:</b> tinnitus	Setting 1	8 min. 1 x / day	Setting 1-5	8-16 min. 2x/ day	local appl. with headset appl. recom.
<b>Elbow:</b> arthritis, epicondylitis, injuries of muscles, tendons or vessels, limited mobility accidents, rehabilitation, operation and more	Setting 3-6	8 min.1 x / day	Setting 4-6	16-24 min.2-3x/d.	
<b>Eyes:</b>	Setting 1	8 min. 1 x / day	Setting 1	8-16 min.2x /day	
<b>Fractures:</b>	Setting 3-6	8 min 3x / day	Setting 4-8	24 min.2-3x / day	
<b>Foot:</b> arthritis, blood supply disorders, gout, sprains, swellings, strain, injuries of ankle, tendons, muscles 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.2-3x / day	
<b>Gynaecology:</b> ovarian inflammations and cysts, mat, hormonal disbalance, 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 8 min lower back, 8 min pubic bone
<b>Hand:</b> arthritis, carpal tunnel syndrome, Sudeck disease, tendovaginitis, accidents, lesions of muscles, operations, rehabilitation, limited mobility, and more	Setting 3-6	8 min. 1 x / day	Setting 5-8	24 min. 2-3x/day	
<b>Heart:</b> angina pectoris, myocardial infarction, disrhythmia, cardiac insufficiency, bypass, coronary heart disease, arteriosclerosis, pace makers and other electronic implants no contraindication	Setting 1-3	8 min. 3 x / day	Setting 2-3	8 min. 2 x / day	local appl.: 8 minutes thorax, 8 min. thoracic part of back
<b>Hips:</b> 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.2-3x/day	local appl. on or under hip and lateral of hip
<b>Infectious diseases contraindication:</b> of childhood	Setting 1-3	8 min. 3 x / day			temperature over 38°C
<b>Jaw, tooth diseases:</b>	Setting 3-6	8 min. 1 x / day	Setting 3-6	8-16 min. 3-4 x/day	appl. with Pen-Applic. recom.
<b>Knee:</b> 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. 2-3x/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)

Indications	Body-Applic.		Local-Applic.		Notice
	Setting	Treatment time	Setting	Treatment time	
<b>Liver / biliary tract</b>	Setting 1-6	8 min. 2 x	Setting 1-4	16 min. 2 x / day	Local-Applic. locally
<b>Metabolism</b>					
Adiposis	Setting 1-3	8 min. 2-3 x / day			begin slowly
Gout	Setting 1-4	8 min. 2-3 x / day	Setting 5-10	16-24 min. 2-3x/day	
Diabetes mellitus	Setting 1-3	8 min. 2-3 x / day	Setting 1-10	24 min. 1 x / day	Local. on thoracic part of spin. column
Hypothyroiditis	Setting 1-2	8 min. 2-3 x / day	Setting 1-2	8 min. 2-3 x / day	Local-Applic. on cervical part of spin. column only Whole-Body therapy
Hyperthyroiditis	Setting 1-2	8 min. 2-3 x / day			only after regulation by medication at the doctor´s clinic, otherwise contraind.
<b>Migraine</b> , prevention	Setting 1-3	8 min. 2 x / day	Setting 1-2	16-24 min. 1-2x/day	Local-Applic. on neck
acute migraine attack,			Setting 5-10	16-24 min. 1-2x/day	Local-Applic on neck
<b>Nervous system:</b> palsy, polyneuropathy, neuralgia, zoster, lesions of spinal cord, disorders 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 Whole-Body-Applic always on setting 1, Local-Applic. locally
<b>Osteoporosis</b> , 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
<b>Psyche:</b> stress, restless leg, fear, restlessness, sleep problems, loss of energy, depression, ADD, ADHD, schizophrenia and more. burnout syndrome	Setting 1-4	8 min. 2-3 x/day			Begin slowly with 2 minutes!
	Setting 1	24 min. evening			
<b>Respiratory tract diseases:</b> asthma, bronchitis, and more	Setting 3-6	8 min.3 x / day	Setting 2-4	16-24 min. 3 x/day	Begin slowly with Whole-Body-Applic., Local-Applic. on thorax
asthma, acute episode	Setting 6-10	16-24 min.1 x			
<b>Shoulder:</b> inflammations of muscles and tendons, lesions of jointcapsule 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.2-3x/day	
<b>Sinusitis:</b>	Setting 1-6	8 min. 2 x / day	Setting 4-8	8 min. 2 x / day	local applicat. with pen recom.



Indications	Body-Applic.		Local-Applic.		Notice
	Setting	Treatment time	Setting	Treatment time	
<b>Skin diseases:</b> acne, decubitus ulcers, eczema, furuncle, loss of hair, lupus erythematoses, neurodermatitis, psoriasis, hyperhidrosis, burns, wound healing, and more	Setting 3-6	16 min. 3 x / day	Setting 3-8	16-24 min. 2-3x/day	begin slowly with Whole-Body-Applic. and Local-Applic. on affected areas
<b>Spinal column, cervical part:</b> 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, Local-Applic. can be used also while sitting
<b>Spinal column, thoracic part:</b> arthritis, intervertebral 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	
<b>Spinal column, lumbar part:</b> 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	
<b>Sport applications:</b> <b>Sport injury:</b> strain, epicondylitis; muscle, ligament and tendons 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	
<b>Sport, before training</b>	Setting 3-10	8 min. 3 x / day			
<b>Sport, regeneration</b>	Setting 1	8 min. 1-2 x / day			immediately after training
<b>Urinary tract and male reproductive organs:</b> urinary tract diseases, impotence, renal diseases, prostate hypertrophy, and more	Setting 1-4	8 min. 2-3 x / day	Setting 3-6	16 min. 2 x / day	Local-Applic. on pubic bone and lower back each 8 min.
<b>Vein diseases:</b> Haemorrhoids, thrombophlebitis, varicose veins and more	Setting 1-4	8 min. 2 x / day	Setting 1-4	24 min. 1 x / day	Begin slowly

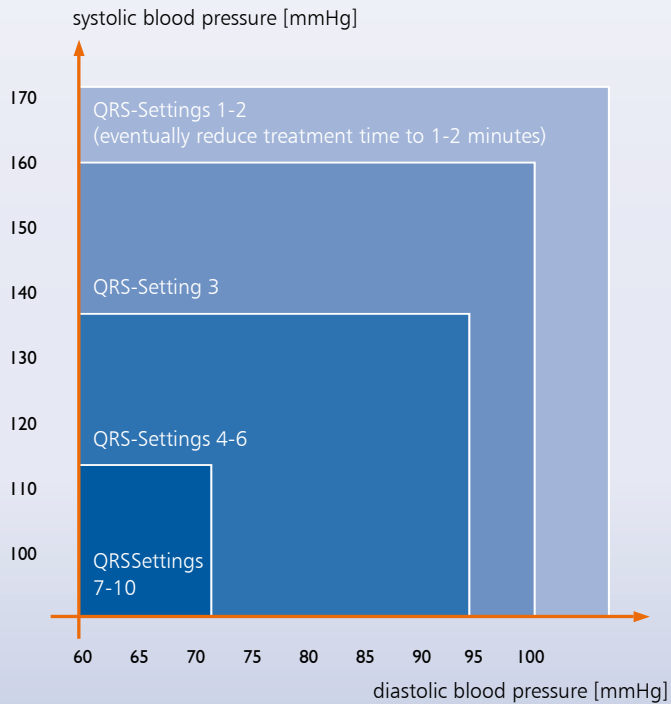
If treatment takes place at the doctor's clinic, at least 3 times a week, time of application can be extended (e.g. instead of 8 minutes, 16 minutes)



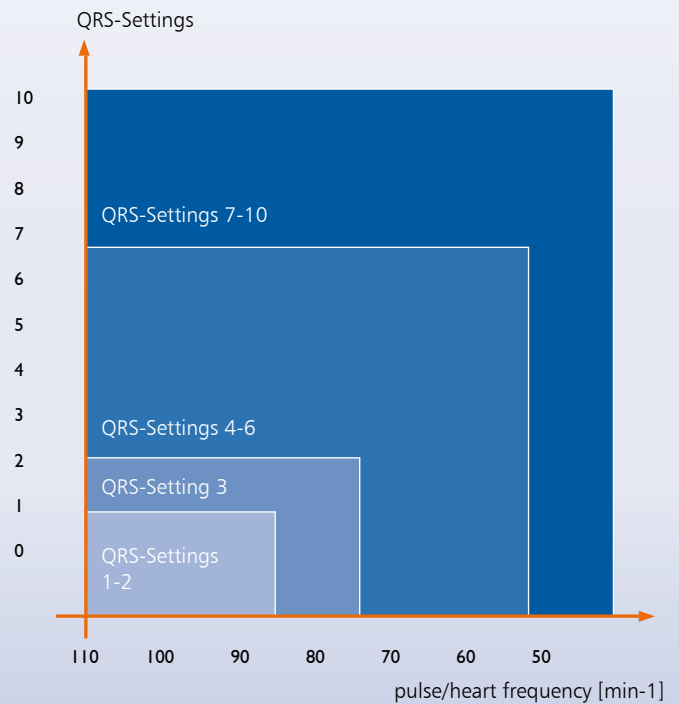
# General QRS-rules

Derived from blood pressure resp. pulse values

a) Recommended maximum QRS settings depending on blood pressure



b) Recommended maximum QRS settings depending on pulse



## 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. Choose in these cases 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 pulse is not very high).

Implants like insulin pumps etc. are not affected. Metal implants in 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.

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 ions transport, avoid cramps in the calves and improve the elimination of toxins.



# Individual as yourself

## How you control your QRS-therapy success

### Time / duration of therapy • Application levels

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 up to 30 microteslas. The World Health Organization and other technical associations consider a constant load of 100 microteslas (at 50 Hz) as safe.

The duration of therapy is recommended with 2x8 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 the Quantron-Resonance-System is recommended to obtain a global preservation of health. Getting used to the device or dependence are not known.

The former advice of application of 2x8 minutes daily is based on numerous treatment experiences under medical and/or scientific control which showed that the effects lasted up to 8 hours.

As you can see from our QRS-treatment advices the application on patients can be done 2 to 3 times in a row and this 2 to 3 times per day.

If patients have highly acidic blood, acute strong pain or migraines 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 strength or magnetic field intensities: It is not the high intensity which will lead quickly to therapy success, very often low intensities help more.

### Basis-Vital-Relax-Program:

On the basis of the approved and internationally patented QRS signal, the QRS-101 Magnetic-field-therapy-devices contain three therapy programs. The possible intensities principally go from the level sensitive over 1 to 10. The following programs can be chosen:

### The Basis-Program:

It represents the previous very successful QRS-program with the existing QRS treatment advices. This program contains the frequency spectrum of 0, 1 to 1000Hz. This Basis-program forms the basis of the international patent "gadget for the ion transport, especially protons".

### QRS for children:

Setting 1: for babies. Settings 1 and 2: for children under 13 years. It is useful to begin with low settings and to increase the setting after 3 days. Then begin again from below so that a habituation to a specific setting can be prevented.

### QRS for adolescents and adults:

Settings 7 to 10: Should only be used in the morning for a vitalization. As soon as a malaise is noticeable, reduce the setting. Settings 3 to 6: optimal regeneration Settings 1 and 2: relax and the initiation of the willingness to sleep. If people are very tensed, nervous or stressed they often need a lower level of the field strength to relax (setting 4 or 3). You can begin with the setting 3, if you feel a malaise or a plainly pulse, you have to reduce to setting 2, 1 or even sensitive, until this body information is felt as pleasant.

### Awake or sleep condition:

Extensive application experiences have shown that in the morning the activity can be increased by turning on a strength field which is as strong as possible. In the evening the field strengths 3, 2 or 1 (Basis-program) are advantageous to initiate the sleep.



### The Relax-program:

Application areas: Relax, immune stimulation, reduction of insomnia. Using the Relax-program compared to the Basis-program, special cardiovascular frequencies are strengthened to obtain such an effect.

### The Vital-program:

Application areas: increasing the vitality (also on older people), increasing the attention, sensitivity to the changes in the weather, etc.

Also using the Vital-program compared to the Basis-program and Relax-program, special frequencies are particularly strengthened, others eliminated.

### 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 here the ion transport in the body and thus the cell metabolism functions and cell vitalization have to be optimized, levels 2 to 6 are usually better tolerated.