

## **QRS 101 Home System - The Ultimate Biohacking Tool**

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### **Introduction to Biohacking**

Biohacking is defined in three ways.

- 1) It is the technique of changing chemistry and physiology of a living organism, mostly human being, by utilizing science or through physical practices.
- 2) It is a method of application of Information Technology (IT) hacks to alter normal biological conditions in all living beings, especially humans.
- 3) It is the application of genetic engineering techniques that do not target or directly involve any existing organism, like bacterial modification, mitochondrial manipulation, genetical modification of crops etc.

### **The Objective Biohacking**

The objective of biological hacking or biohacking is to make the target organism (mostly humans) more smarter, more faster and much better. It may also help in adding extra senses to human body (or any other organism) by integrating special electronic sensors or implanting special objects into it.

### **The most common biohacking methods available are;**

- **Cryotherapy** (exposing body to very cold temperatures),
- **Red Light Therapy** (using red or near infrared light),
- **Compression Therapy** (using stockings or compressing wearables),
- **Musculoskeletal Strengthening Therapy** (utilizing high impact emulation or static tensional force),
- **Intermittent Fasting** (fasting for more than half duration in 24 hours),
- **Functional Music Therapy** (using binaural beats and tones),
- **Gratitude Therapy** (by writing gratitude journal, gratitude walk, gratitude letter, rituals, etc.),
- **Nutrition Therapy** (by using food supplements),
- **Respiratory Muscle Training Oxygenation Therapy** (utilizing breathing training devices),
- **Grounding Therapy** (connecting body and earth),
- **Yoga** (combines physical exercises, mental meditation, and breathing techniques),
- **Holistic Healing Therapy** (utilizing Acupuncture, Ayurveda, etc.),
- **Meditation Therapy** (focusing of mind on keyword, sound or image),
- **Cybernetic Therapy** (implantation of cybernetic devices in organic bodies),
- **Biochemical Therapy** (introducing biochemicals into the body),
- **Sixth Sense Incorporation Therapy** (expand the boundaries of human

- perception and even create new senses),
- **Genetic Modification Therapy** (using gene editing tools like CRISPR-Cas9),
- **Age-killing Therapy** (by using antiaging drugs), etc.

### **The Biohacker**

Biohacker is the person who does biohacking. The technique used by him is called the Biohacking Tool.

### **Grinders**

Grinders are modern self-biohackers who use cybernetics or biochemicals to improve their own performance.

### **QRS 101 Home System**

QRS 101 Home System is a Pulsed Electromagnetic Field Device with a patented exponential pulse train output. It is an anti electrosmog device that operates within the safety standards set by ICNIRP, WHO. The device is used mainly for pain management and palliative care. It provides equivalent benefits of intense physical exercise. It does not cause any side effects. It is used as a complementary therapy device for treating other diseases. QRS works at the cellular level and treats the cause of a disease rather than its symptoms.

### **QRS 101 as a Biohacking Tool**

Most of the Biohacking therapies described above may provide a maximum a 2 -3 therapeutic effects or benefits. But QRS 101 device biohacks every part of the body and provide multiple health benefits as described below :

1. Stimulates The Release of Endorphins, Serotonin, etc And Reduce Chronic Pain Quickly
2. Improve Blood Circulation, Oxygenation & Mitochondrial Function
3. Stimulates The Production of ATP (Adenosine Tri Phosphate) And Therefore Increase The Energy Production Of All Body Cells
4. Improve Sleep & Increase Vitality
5. Reduce Inflammation, Stress (Oxidative), Calcification, etc.
6. Improve Blood Pressure, Cholesterol Levels, Uptake Of Nutrients, Cellular Detoxification & Cellular Regeneration
7. Balance The Immune System And Stimulate RNA & DNA
8. Accelerate Repair Of Bones And Soft Tissues
9. Improves Intercellular Fluid Flow
10. Improves Production Of Nitric Oxide That Relax Blood And Lymph Vessels And Also Drives Growth Factor Production
11. Stimulates Inter-cellular Communication
12. Stimulates Electron Transport In Cells
13. QRS Is 'Cellular Exercise' Or 'Cellular Massage' Or 'Yoga Of The Cells'

14. Increases Lymph Flow
15. Promotes Faster Healing of Injuries
16. Reduces Fibrous Tissue Formation
17. Activates Calcineurin Which Inturn Activates T Cells And Hence Improve ImmuneSystem.
18. Controls Neuronal Signaling, Muscle Contraction, Muscle Hypertrophy And CellularDeath.
19. Slows Down Aging By Free Radical Scavenging
20. Changes pH Of The Body And Makes It Alkaline

**Due to the above said health benefits, QRS 101 is used as a complementary therapy for conditions or diseases such as**

Allergies, Arthrosis, Auto-immune diseases, Blood Pressure related problems, Blood Supply Disorders, Cancer, Digestive Problems, Tinnitus, Elbow Problems, Eye wrinkles, Fractures, Foot Problems, Gynecological Problems, Hand Problems, Heart Problems, Hip Problems, Infectious Diseases (Childhood), Jaw Problems, Tooth Diseases, Knee problems, Liver / Biliary Tract Problems, Metabolism Related Problems, Migraine, Neural Problems, Osteoporosis, Psychological Problems, Respiratory Tract Diseases, Shoulder problems, Sinusitis, Skin Diseases, Spinal Column or Cervical/ Thoracic/ Lumbar Part Related Ailments, Sport - Injury/ Training/ Regeneration, Diseases Associated With Urinary Tract and Male Reproductive Organs, Vein Diseases, etc.

**In short QRS 101 device is an “ultimate Biohacking tool that is very essential for everybody”.**

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