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The Quantron Resonance System with regard to the risk factor lack of exercise

Lack of exercise is recognised today among the risk factors like hypertonus, hyper-cholesterolemia, overweight and even genetic disposition as one of the most significant factor for developing heart/circulation conditions.

Long time studies in USA (S.N. Blair, S. Leon) proved that 7 of 8 heart infarcts could have been avoided through more exercise and healthy way of living. Smokers with additional risk factors like hypertonus and hypercholesterolemia, but following a consequent physical training, showed a 15% lower death rate than men with just the risk factor of lack of exercise.

Another study proved after 8 years that men with sedentary way of living showed a deathrate 3 times higher than men who made regularly exercise. Here too impressive dates!

Since these study-results the risk factor number 1 is lack of exercise...

At this point I want to stress the parallels between the positive effects of exercise and those of QRS.

Exercise is one of our most important and natural possibilities to regenerate the cells in our organism (in cooperation with a healthy nutrition which brings the necessary regeneration material). Muscle activity generates electric action potentials of muscle cells. They cause among other things also an improvement of ion dynamics in the body with the positive implications of increased cell regeneration, waste elimination and energy production.

A lot of parameters like lack of oxygen, pathological metabolism of glucose and lipids, increased insuline level, sensitivity and resistance, increased blood pressure and reduced immune system may be improved including their consequences through sufficient movement. Similar and more important effects could be proved under QRS application. It has still more as physical training the faculty of inducing processes of regeneration and supports therefore in an efficient way the efforts of the body to become and stay healthy.

The QRS , due to its causal therapy approach, negligible side-effects and high efficiency, is nowadays part of my therapeutical concept and does enrich my medical activity.

Bio-feedback

With the bio-feedback sensor it is possible to determine the actual need of bioelectric energy of the cells, that is the individual dosis of magnetic field intensity required by the patient. It will induce in the body an electromotoric force that will generate several processes.

The cell-membrane depolarises and due to the specific impulse (saw-tooth form, 10 millivolts, 200 Hz) the amplitude window (ion-channels) of the cell opens and leads to an improved ion transfer into the cell.

At the same time the utilisation of the “principle of resonance” applied to the cell membrane vibration increases the opening of locks to eliminate wastes out of the cell. Finally it results from these occurrences a measurable increase of energy production (ATP) in the cell mitochondries and therefore a cell-vitalisation (probably following a former normalisation of cell-membrane potential)