

QRS Setting Guidelines for Various Conditions

These values are averaged basic guidelines for usage created from parameters over thousands of users over 10 years research with latest the QRS system. The settings suggested use the standard "Basis setting" for frequency and for strength of electro magnetic plus there are three settings suggested: Sensitive (0.1 - 5) Medium (3-7) and Intensive (7-10). Each body and circumstance is unique therefore adjust to create optimal result.

The frequency setting is Basis for these guidelines. However the frequency setting can be adjusted from Relax, Basis and Vital. Generally the frequency settings relate to your biorythm during the sleeping and waking hours. The frequency relates to the Parasympathetic and Sympathetic nervous systems balance. Caution is needed when using the Vital setting. In limited circumstances to Vital creates high stimulation and mostly with devices for short term and less common with the full mat.

Mat	Mat Applicator			Notes
	QRS101	Setting	Minutes	
Health Condition				
Acute pain	Medium		08	2-3x
ADD with hyperactivity	Sensitive		16	2-3x
Adiposis	Medium		08	2-3x
Adnexitis	Medium		08	1-2x
Akute episode	Medium		08	1x
Allergy endogene	Sensitive		16	3x
Allergy exogene	Medium		08	3x
Arteriosclerosis	Sensitive		08	2-3x
Asthma	Medium		08	2-3x
Autism	Medium		08	2-3x
Bronchitis	Medium		08	2-3x
Burnout syndrome	Sensitive		16	2-3x
Cancer (Intestinal)	Medium		16	1-3x
Chronic fatigue	Medium		08	2-3x
Chronic pain	Sensitive		08	2-3x
Circulatory disorder	Medium		08	1-2x
Colitis Ulcerosa	Medium		08	2-3x
Coxarthrosis	Sensitive		08	1-2x
Cystitis	Medium		08	2-3x
Dementia	Sensitive		16	2-3x
Depression	Sensitive		08	2-3x
Diarrhea	Sensitive		08	2-3x
Empty-Sella-Syndrom (ESS)	Sensitive		16	2-3x
Exzema	Medium		08	2-3x
Fear, restlessness, depression	Sensitive		16	1-2x
Gastritis	Medium		08	2-3x
Inflammation of the middle coat	--		--	--
Intervertebral disc disease	Medium		08	1-2x
Limited mobility	Medium		08	2x
Loss of energy	Sensitive		16	3x
Meniscus, Lesions of the ligaments	Medium		08	2x
Morbus crohn	Medium		08	1x
Morbus crohn prevention	Medium		08	2-3x
Ovarian inflammations and cysts	Sensitive		08	2x
Pancreatitis	Sensitive		08	2-3x
Polyarthritis	Medium		16	2x
Polyneuropathy	Medium		08	2x
Pseudoarthrosis	Sensitive		08	2-3x
Scleroderma	Medium		08	2-3x
Sleep problems	Sensitive		16	2x
Sudeck disease	Sensitive		08	2x
Thrombosis	Medium		08	2x

Mat	Mat Applicator			Notes
	QRS101	Grade	Time	
Health Condition				
Acne	--		--	--
Angina pectoris	Medium		08	2-3x
Apoplexy	Sensitive		08	2-3x
Arthritis	Medium		08	1x
Arthrosis	Medium		08	1-2x
Bradycardia	Sensitive		08	2-3x
Cancer (MammaCancere)	Medium		16	1-3x
Cancer (Lymphom)	Medium		16	1-3x
Cancer (Melanom)	Medium		16	1-3x
Cancer (Ovarial)	Medium		16	1-3x
Cardiac Insufficiency	Sensitive		08	2-3x
Carpal tunnel syndrome	Medium		08	1x
Cervicobrachial syndrome	Sensitive		08	1x
Cervikal Syndrom	Medium		08	1-2x
Corneal inflammation	--		--	--
Corneal injury	--		--	--
Coronary bypass	Sensitive		08	2-3x
Coronary heart disease	Sensitive		08	2-3x
Dislocation of the hip	Medium		08	1x
Dysrhytmia	Sensitive		08	2-3x
Fracture	Medium		08	1-2x
Furuncle	Medium		16	2-3x
Gangrene	Sensitive		08	2x
Glaucoma, optic nerve degeneration	--		--	--
Gonarthrosis	Sensitive		08	1-2x
Gout	Medium		08	1-2x
Haemorrhoids	Medium		08	2x
Headache	Sensitive		08	2x
Hepatitis	Medium		08	2-3x
Hip- Malposition	Medium		08	1-2x
Hipbone head necrosis	Medium		08	1x
Hormonal imbalance	Medium		08	1-2x
Hypertension	Sensitive		08	2-3x
Immunodeficiency	Sensitive		16	1-2x
Incontinence	Medium		08	2x
Infectious diseases	Sensitive		08	3x
Injuries of Muscels	Medium		08	1-2x
Jaw, tooth diseases	Medium		08	1x
Joint replacement	Medium		08	2-3x
Loss of hair	Medium		08	2-3x
Lumbago, Sciatica	Medium		08	1-2x
Morbus Phertes	Medium		08	2x
Myocardial infarction	Sensitive		08	2-3x
Myomas	Medium		08	1-2x
Osteoporosis	Medium		16	3x
Palsy	Medium		08	2x
Paresis	Medium		08	2x
Prostatic hyperplasia	Medium		08	2-3x
Prothesis	Medium		08	2-3x
Sciatica	Medium		08	1-2x
Urinary tract disease	Medium		08	2-3x
Varicose veins	Medium		16	2x
Vascular disease, constipation	--		--	--
Zoster	Medium		08	2x

Mat	Mat Applicator			Notes
	QRS101	Grade	Time	
Health Condition				
Acute migraine attack	Sensitive		08	2x
Bursitis	Sensitive		08	1x
Cretinism	--		--	--
Demand based switching	Medium		08	2x
Dialysis	Medium		08	2-3x
Disorder of sensibility	Medium		08	2x
Dysmenorrhea	Medium		08	2x
Erectyle dysfunction	--		--	--
Gastric and duodenal ulcer	Sensitive		08	2-3x
Glomerular nephritis	Medium		08	2-3x
Hallux valgus	Medium		08	1-2x
Hyperhidrosis	Medium		16	2-3x
Hyperthyroidism	Sensitive		08	2-3x
Hypothyroidism	Sensitive		08	2-3x
Hypotonia	Medium		08	2-3x
Inflammation of muscles and tendons	Sensitive		08	1x
Insomnia	Sensitive		08	2-3x
Lesions of muscles	Medium		08	1x
Lesions of nerves and joint capsule	Sensitive		08	1x
Luxation	Sensitive		08	1x
Migrane prevention	Intensive		08	2x
Morbus Bechterew	Intensive		08	2x
Multiple sclerosis	Sensitive		08	2x
Muscle tension	Medium		08	2-3x
Muscle, ligament and tendon rupture	Medium		08	1x
Myalgia	Sensitive		08	1x
Nerve lesion	Sensitive		08	1x
Neuralgia	Medium		08	2x
Neurodermatitis	Medium		16	2-3x
Pain	Medium		08	1-3x
Prementstrual syndrome	Medium		08	1-2x
Psoriasis	Medium		08	2-3x
Reflux esophagitis	Sensitive		08	2-3x
Renal diseases	Medium		08	2-3x
Rotator cuff	Sensitive		08	1x
Schizophrenia	Sensitive		16	1-2x
Sinusitis	Medium		08	2x
Sore muscles	Medium		08	2-3x
Sports - before Training	Medium		08	3x
Sports - regeneration	Sensitive		08	1-2x
Spring fingers	Medium		08	1x
Strains of muscles and tendons	Sensitive		08	1x
Stress, restless leg	Sensitive		16	2-3x
Tendinitis	--		--	--
Tendons or Vessels	Medium		08	1x
Thyroid dysfunction	Medium		08	2-3x
Tinnitus arteriosklerosis	Medium		08	1x
Tinnitus aurium	Sensitive		08	2x
Tinnitus cervical	Medium		08	1x
Tinnitus vascular	Medium		08	2x
Torticollis	Medium		08	1-2x
Ulcus cruris	Intensive		08	2x
Whiplash syndrome	Medium		08	1-2x

Mat	Mat Applicator			Notes
	QRS101			
Health Condition	Grade	Time	Frequ.	
Burns	Medium	16	2-3x	
Constipation	Medium	08	2x	
Decubitus ulcers	Medium	08	2-3x	
Diabetes mellitus	Medium	08	2-3x	
Disorders of digestion	Sensitive	08	1-3x	
Distortion	Intensive	08	2-3x	
Dry Eyes	--	--	--	
Edema	Medium	08	2-3x	
Epidondylitis	Medium	08	1x	
Gingifitis	--	--	--	
Lupus erythematosus	Medium	16	2-3x	
Menopausal troubles	Medium	08	2-3x	
Meteoropathy	Medium	16	1-2x	
Osteochondrosis	Medium	08	1-2x	
Phlebitis	Medium	08	2x	
Scoliosis	Medium	08	1-2x	
Tensions	Medium	08	1-2x	
Tumors and cancers	Sensitive	08	3x	
Wound healing	Medium	16	2-3x	

QRS Pillow System		Pillow Applicator			Notes
		QRS101			
Health Condition		Grade	Time	Frequ.	
Acute pain		Medium	16	3x	
Acute episode		Intensive	16	1-2x	
Arteriosclerosis		Sensitive	16	3x	
Asthma		Medium	16	3x	
Eyerings		Medium	08	3x	
Meniscus, Lesions of the ligaments		Medium	16	2-3x	
Intervertebral disc disease		Medium	16	2x	
Pancreatitis		Sensitive	16	3x	
Scleroderma		Medium	16	3x	
Cystitis		Medium	16	3x	
Bronchitis		Medium	16	3x	
Colitis Ulcerosa		Medium	16	3x	
Chronic fatigue		--	--	--	
Chronic pain		--	--	--	
Morbus crohn		Medium	16	1-2x	
Morbus crohn prevention		Medium	16	3x	
Cancer (Intestinal)		Medium	24	1-3x	
Dementia		Sensitive	24	2-3x	
Coxarthrosis		Sensitive	16	2x	
Depression		--	--	--	
Circulatory disorder		--	--	--	
Sudeck disease		Sensitive	16	2-3x	
Diarrhea		Sensitive	16	3x	
Ovarian inflammations and cysts		Sensitive	16	2-3x	
Adnexitis		Medium	16	2x	
Limited mobility		Medium	16	2-3x	
Exzema		Medium	16	3x	
Empty-Sella-Syndrom (ESS)		Sensitive	24	2-3x	
Polyarthritis		Medium	24	2-3x	
Pseudoarthritis		Sensitive	16	3x	
Gastritis		Medium	16	3x	
Cervicobrachial syndrome		Sensitive	16	1-2x	
Joint replacement		Medium	16	3x	
Gonarthrosis		Sensitive	16	2x	
Arthritis		Medium	16	1-2x	
Gangrene		Sensitive	16	2-3x	
Gout		Medium	16	2x	
Injuries of Muscels		Medium	16	2x	
Zoster		Medium	16	2-3x	
Prostatic hyperplasia		Medium	16	3x	
Myomas		Medium	16	2x	
Loss of hair		Medium	16	3x	
Furuncle		Medium	24	3x	
Cervikal Syndrom		Medium	16	2x	
Haemorrhoids		Medium	16	2-3x	
Urinary tract disease		Medium	16	3x	
Cancer (Melanom)		Medium	24	1-3x	
Hepatitis		Medium	16	3x	
Coronary bypass		Sensitive	16	3x	
Myocardial infarction		Sensitive	16	3x	
Cardiac Insufficiency		Sensitive	16	3x	
Dysrhytmia		Sensitive	16	3x	
Angina pectoris		Medium	16	3x	
Lumbago, Sciatica		Medium	16	2x	

QRS Pillow System		Pillow Applicator			Notes
		QRS101			
Health Condition	Grade	Time	Frequ.		
Apoplexy	Sensitive	16	3		
Hormonal imbalance	Medium	16	2x		
Hip- Malposition	Medium	16	2x		
Hipbone head necrosis	Medium	16	1-2x		
Morbus Phertes	Medium	16	2-3x		
Dislocation of the hip	Medium	16	1-2x		
Incontinence	Medium	16	2-3x		
Sciatica	Medium	16	2x		
Jaw, tooth diseases	Medium	16	1-2x		
Fracture	Medium	16	2x		
Arthrosis	Medium	16	2x		
Carpal tunnel syndrome	Medium	16	1-2x		
Headache	Sensitive	16	2-3x		
Coronary heart disease	Sensitive	16	3x		
Varicose veins	Medium	24	2-3x		
Cancer (MammaCancere)	Medium	24	1-3x		
Cancer (Ovarial)	Medium	24	1-3x		
Prothesis	Medium	16	3x		
Paresis	Medium	16	2-3x		
Bradycardia	Sensitive	16	3x		
Cancer (Lymphom)	Medium	24	1-3x		
Gastric and duodenal ulcer	Sensitive	16	3x		
Dysmenorrhea	Medium	16	2-3x		
Premenstrual syndrome	--	--	--		
Migrane prevention	Intensive	16	2-3x		
Acute migraine attack	Sensitive	16	2-3x		
Multiple sclerosis	Sensitive	16	2-3x		
Inflammation of muscles and tendons	Sensitive	16	1-2x		
Luxation	Sensitive	16	1-2x		
Muscle, ligament and tendon rupture	Medium	16	1-2x		
Strains of muscles and tendons	Sensitive	16	1-2x		
Tendons or Vessels	Medium	16	1-2x		
Sore muscles	Medium	16	3x		
Myalgia	Sensitive	16	1-2x		
Lesions of muscles	Medium	16	1-2x		
Muscle tension	Medium	16	3x		
Sinusitis	Medium	16	2-3x		
Lesions of nerves and joint capsule	Sensitive	16	1-2x		
Neuralgia	Medium	16	2-3x		
Nerve lesion	Sensitive	16	1-2x		
Retinal degeneration	--	--	--		
Neurodermatitis	Medium	24	3x		
Hypotonia	--	--	--		
Glomerular nephritis	Medium	16	3x		
Renal diseases	Medium	16	3x		
Dialysis	Medium	16	2-3x		
Ulcus cruris	Intensive	16	2-3x		
Tinnitus arteriosklerosis	Medium	16	1-2x		
Tinnitus aurium	Sensitive	16	2-3x		
Tinnitus cervikal	Medium	16	1-2x		
Tinnitus vascular	Medium	16	2-3x		
Demand based switching	--	--	--		
Whiplash syndrome	Medium	16	2x		
Erectyle dysfunction	--	--	--		

QRS Pillow System		Pillow Applicator			Notes
Health Condition	Grade		Time	Frequ.	
Morbus Bechterew	Intensive		16	2-3x	
Rotator cuff	Sensitive		16	1-2x	
Reflux esophagitis	Sensitive		16	3x	
Torticollis	Medium		16	2x	
Hallux valgus	Medium		16	2x	
Thyroid dysfunction	--		--	--	
Hyperthyroidism	--		--	--	
Hypothyroidism	--		--	--	
Schizophrenia	--		--	--	
Insomnia	--		--	--	
Bursitis	Sensitive		16	1-2x	
Pain	--		--	--	
Spring fingers	Medium		16	1-2x	
Psoriasis	Medium		16	3x	
Hyperhidrosis	Medium		24	3x	
Tendinitis	Medium		16	2-3x	
Disorder of sensibility	Medium		16	2-3x	
Description of illness		Pillow			
Lupus erythematosus	Medium		24	3x	
Epidondylitis	Medium		16	1-2x	
Dry Eyes	Medium		08	3x	
Tumors and cancers	Sensitive		16	3x	
Burns	Medium		24	3x	
Disorders of digestion	Sensitive		16	3x	
Scoliosis	Medium		16	2x	
Tensions	Medium		16	2x	
Distorsion	Inensive		16	3x	
Constipation	Medium		16	2-3x	
Menopausal troubles	Medium		16	3x	
Wound healing	Medium		24	3x	
Decubitus ulcers	Medium		16	3x	
Gingifitis	Medium		16	2-3x	

QRS Probe Pen	Pen Applicator			Notes
	QRS101	Grade	Time	
Health Condition				
Acute pain		Medium	16	3x
Ocular inflammation, ocular herpes		Intensive	24	3x
Exzema		Medium	24	3x
Inflammation of the middle coat		Intensive	24	3
Pseudoarthrosis		Medium	16	3x
Vascular disease, constipation		Intensive	24	3
Joint replacement		Intensive	16	3x
Gonarthrosis		Medium	16	3x
Injuries of Muscles		Intensive	16	3x
Glaucoma, optic nerve degeneration		Intensive	24	3
Furuncle		Intensive	24	3x
Cervikal Syndrom		Intensive	16	3x
Corneal inflammation		Intensive	24	3
Corneal injury		Intensive	24	3
Hipbone head necrosis		Intensive	16	3x
Morbus Phertes		Intensive	24	3x
Dislocation of the hip		Intensive	16	3x
Sciatica		Intensive	16	3x
Jaw, tooth diseases		Intensive	16	3x
Fracture		Intensive	24	3x
Carpal tunnel syndrome		Intensive	16	3x
Prothesis		Intensive	16	3x
Ametropia		Intensive	24	3
Inflammation of muscles and tendons		Medium	16	2x
Luxation		Medium	16	2x
Muscle, ligament and tendon rupture		Intensive	16	2x
Strains of muscles and tendons		Medium	16	3x
Tendons or Vessels		Intensive	16	2x
Sore muscles		Medium	16	3x
Myalgia		Medium	16	2x
Lesions of muscles		Intensive	16	2
Muscle tension		Medium	16	3x
Sinusitis		Medium	16	3x
Lesions of nerves and joint capsule		Medium	16	2x
Retinal degeneration		Intensive	24	3
Neurodermatitis		Intensive	24	3x
Ulcus cruris		Intensive	16	2-3x
Reflux esophagitis		Medium	16	3x
Spring fingers		Intensive	16	1-2x
Cretinism		Intensive	24	3
Hyperhidrosis		Intensive	16	3x
Tendinitis		Intensive	16	2-3x
Optic nerve atrophy		Intensive	24	3
Lupus erythematosus		Intensive	24	3x
Epidondylitis		Intensive	16	2x
Tumors and cancers		Medium	16	3x
Tensions		Intensive	16	2-3x
Distorsion		Intensive	16	3x
Wound healing		Intensive	24	3x
Gingifitis		Intensive	16	3x

QRS Ear Headphones		Ear Applicator			Notes
		QRS101			
Health Condition		Grade	Time	Frequ.	
Tinnitus arteriosklerosis		Intensive	16	2-3x	
Tinnitus aurium		Medium	16	3x	
Tinnitus cervical		Medium	16	2-3x	
Tinnitus vascular		Medium	16	3x	

QRS Eye Treatment Goggles		Eye Applicator			Notes
		QRS101			
Health Condition		Grade	Time	Frequ.	
Ocular inflammation, ocular herpes		Intensive	24	3	
Eyerings		Intensive	16	3x	
Inflammation of the middle coat		Intensive	24	3	
Vascular disease, constipation		Intensive	24	3	
Glaucoma, optic nerve degeneration		Intensive	24	3	
Corneal inflammation		Intensive	24	3	
Corneal injury		Intensive	24	3	
Ametropia		Intensive	24	3	
Retinal degeneration		Intensive	24	3	
Cretinism		Intensive	24	3	
Optic nerve atrophy		Intensive	24	3	
Dry Eyes		Intensive	16	3x	