



The Quantum Alliance, Inc. Presents





“To be the world’s leading distributor in providing support, service and guidance; to empower and inspire visionary wellness practitioners in bringing forth biofeedback and other health enhancement technologies into the mainstream of health care systems internationally.”

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TABLE OF CONTENTS

BIOFEEDBACK OVERVIEW	6
STRESS REDUCTION	10
BIOFEEDBACK SESSIONS	14
WHO USES BIOFEEDBACK	16
HISTORY OF BIOFEEDBACK.....	18
FREQUENCY WAVEFORMS AND VIBRATIONS	22
INDIGO SPECIFICATIONS	24
INDIGO FEATURES	26
INDIGO IN MANAGING STRESS	30
INDIGO PROGRAMS	34
TESTIMONIALS	38
PEAK PERFORMANCE	42
BUSINESS OF BIOFEEDBACK.....	46
BIOFEEDBACK RESEARCH	56

About The Quantum Alliance

The Quantum Alliance first started in 2003 as a small distributor of biofeedback devices. We rapidly grew into a large network of committed, professional practitioners and consultants. These early devices helped shape our company and the industry into what it is today. Now we are a worldwide provider of innovative health and wellness technologies.

After several years of building foundational support, creating training/certification programs and energizing marketing for the industry, The Quantum Alliance invested in redefining biofeedback technology; taking it to a whole new level in order to harness the potential that this industry holds for helping people manage stress and live healthier, happier lives.

After years of research, study and passion, the INDIGO was born, bringing with it a new vision for well being influencing the global health care marketplace. The INDIGO system is so advanced that it is capable of giving a complete analysis of the body's stress reactions, as well as being a powerful therapeutic tool for relaxation, and alleviation of stress related ailments.

The Quantum Alliance is also proud to distribute the ETERNALE System for Relaxation and Rejuvenation, the first of its kind to work with relaxing the muscles which cause facial lines, wrinkles and unhealthy patterns of holding in the physical body. The ETERNALE uses soothing Solfeggio toned music to deeply relax the mind, instilling a meditative state, while the user listens to guided imagery designed to help them shift into a healthier frame of mind. Visit our Spa ETERNALE in the Calgary Home Office, where clients can relax, rejuvenate and focus on self-care in a peaceful serene setting.

Our mission is to be the leading distributor of innovative health enhancement technologies, including our flagship products the INDIGO, EPR Biofeedback System and the ETERNALE, Relaxation and Rejuvenation System, as well as the SPA ETERNALE concept. The Quantum Alliance is here to serve the clinician and the practitioner, with access to tools and education for a healthier lifestyle and/or a more integrative/holistic approach to benefit your clients. Our hope is to be an inspiration and a means of igniting an inner passion for optimal wellness worldwide.



About Quantum World Vision, Inc. | Manufacturer Of The INDIGO

“Our Mission is to lead, support and inspire action towards the worldwide movement of innovative wellness technologies. Thus fostering the premise that there is much more that modern science is yet to uncover”

The INDIGO Biofeedback System is manufactured by Quantum World Vision, and represents an international partnership of technological excellence and experience. The device was designed by James Clark, of Victoria BC, Canada. His 10 years of electrical engineering genius and experience designing these innovative technologies has made him sought after world-wide.

The INDIGO is manufactured in the United States by Catalyst Manufacturing. Catalyst's commitment to quality and service is evidenced by their ISO 9001 and ISO 13485 certifications which are the highest possible assurance in the manufacturing industry for developing and maintaining quality product. Leveraging expertise in electronics product manufacturing, as well as other industries, Catalyst partners with QWV to enhance product design, improve product quality and reliability while reducing product cost and shortening time-to-market.

Quantum World Vision also holds a software licensing agreement for The INDIGO Biofeedback System with QXLTD, who have an extensive 20 year history of providing comprehensive software for electro medicine biofeedback programs and technologies to practitioners around the world.

Quantum World Vision Subsidiaries

The Quantum Alliance is the worldwide distributor of the INDIGO device; and contracts with other individuals and organizations across the globe for international distributorships. The Quantum Alliance provides the marketing materials and support for international INDIGO sales and service.

Quantum World Vision Affiliates

The Quantum Academies provides the foremost education and training available and is dedicated to training biofeedback professionals. The Quantum Academies features an outstanding team and a comprehensive curriculum. Beginners Training and Intermediate and Advanced Training programs are designed to optimize your learning to rapidly develop confidence within yourself!

Quantum Computers, LLC has been producing custom built computers since 1997. They originally started building high end desktop models for customers who wanted top of the line systems. In 2002, they began producing computers for medical offices, chiropractors and biofeedback specialists. Today, they design and build both desktop and notebook computers for almost every application. In just a short period of time, their reputation has travelled the globe and in our industry, they are known as one of the best specialty computer suppliers in the USA.

The Quantum Center of Excellence provides practitioners with accessories, training and business building tools.

QBAA is an association of professional quantum biofeedback practitioners working to strengthen the future of our industry.





Biofeedback Overview

Biofeedback, quite simply, is any technique which takes a measurement of the body, and provides a result.

A scale can be said to be a biofeedback device that measures weight; a thermometer is one that measures body temperature. We can measure factors of the body electric such as the voltage from the firing brain cells, the amperage of heart muscle contractions, the voltage of the muscles and the resistance in the flow of electricity of the skin. We can measure the oscillations of these factors as seen by the EEG, ECG, EMG and GSR. The same technological theories that brought us biofeedback in the 1960's, have also brought devices like the CAT Scan, the MRI, TENS, ultra-sound, and many other sophisticated technologies used in our health care systems.

The information measured with a biofeedback device is then “fed-back” to the client, informing them of various physiological parameters and stress responses within the body. This educates them about the need to retrain their body's stress responses and balance the body electric, make lifestyle changes or learn to control physiological reactions, in order to achieve improved relaxation and better health overall.

Health Canada's reference acknowledges its therapeutic aspects, and is perhaps the most indicative of its powerful potential, calling biofeedback “*psycho-therapeutic measures for nonpharmacologic interventions.*”





How Does Biofeedback Work?

Biofeedback utilizes electro-dermal sensors to measure Galvanic Skin Resistance (GSR), also referred to as Electro-Dermal Response (EDR). GSR measures mild electrical impulses on the surface of our skin, which change due to moisture. The moisture of the skin changes according to the body's degree of stress and/or relaxation. There is a direct relationship between sympathetic nervous activity and emotional arousal. GSR is so sensitive it can even measure fluctuations in emotional states. Biofeedback instruments measure muscle activity, skin temperature, electro-dermal activity (sweat gland activity), respiration, heart rate, heart rate variability, blood pressure, brain electrical activity and blood flow. There are many types of biofeedback: GSR, EEG, CAT scan, MRI, etc. These technologies are able to capture the bodies' analog electrical signals and translate those signals into meaningful information through complex algorithmic software that a technician can then decipher.

Research shows that biofeedback, alone and in combination with other behavioral therapies, is effective for treating a variety of medical and psychological disorders. Biofeedback is currently used by physicians, nurses, psychologists, counselors, physical therapists, occupational therapists as well as a host of other professionals and lay people alike.

In fact, in 1987, it was found that Biofeedback is effective in reducing physician visits, medication usage, duration and frequency of hospital stays, as well as reducing mortality and enhancing quality of life.

FACT: Studies by Jonas and Levin show Biofeedback as an ideal intervention for the majority of patients who are now increasingly demanding:

- Gentler, less toxic and less invasive first line interventions
- More integrative and alternative therapeutic options
- More information and choice in making the best possible decisions for their care
- More participation and involvement in their treatment

Leading doctors and scientists are now viewing biofeedback, in its aspect of being a psycho-educational therapy, stating:

"One of the most fundamental and critically necessary strategies for reducing long term health care costs and improving health and quality of life is appropriate, timely, psychological and educational interventions."





Stress Reduction

Stress affects us all. The detrimental effects of excess stress have been well documented in a wide range of medical publications.

Thousands of research articles, studies and books prove beyond a shadow of doubt, that stress can be a factor in any disease. Stress alters biochemistry and neurological functioning, and can weaken the immune system and the digestive tract. This neuro-psychological-immuno link is well established in many peer reviewed medical journals on Psychoneuroimmunology.

11



The Fight or Flight Response

Stress can trigger the body's response to a perceived threat or danger, called the Fight-or-Flight response. During this reaction, certain hormones like adrenalin and cortisol are released, speeding the heart rate, slowing digestion, decreasing blood flow to major muscle groups, and changing various other autonomic nervous functions thus, giving the body a burst of energy and strength. This response originally named for its ability to enable us to physically fight or run away when faced with danger, is now activated in situations where neither response is appropriate, like in traffic or during a stressful day at work. When the perceived threat is gone, systems are designed to return to normal function via the relaxation response. However, in times of chronic stress, this often doesn't happen, causing damage to the body if stress is not reduced and managed.

Common physiological changes resulting from stress reactions include:

1. Increased Heart Rate - which can lead and/or contribute to heart conditions.
2. Hormonal Fluctuations - which can lead and/or contribute to endocrine, reproductive, digestive disorders, obesity, diabetes and mental disorders.
3. Constriction of muscles and blood vessels - which can lead and/or contribute to pain, tension, circulatory issues, cardio-pulmonary issues and asthma.
4. The suppression of non-essential life processes - which affects reproduction, higher executive brain function, digestion and immunity.

Many people think of stress only in terms of things like deadlines at work, family or relationship stress, financial pressures, traffic jams, or the death of a loved one perhaps. However, stress reactions also occur on the unconscious, cellular, subtle or energetic levels each time we are exposed to a toxin, pathogen or allergen; and every time our body experiences a nutritional deficiency or excess.

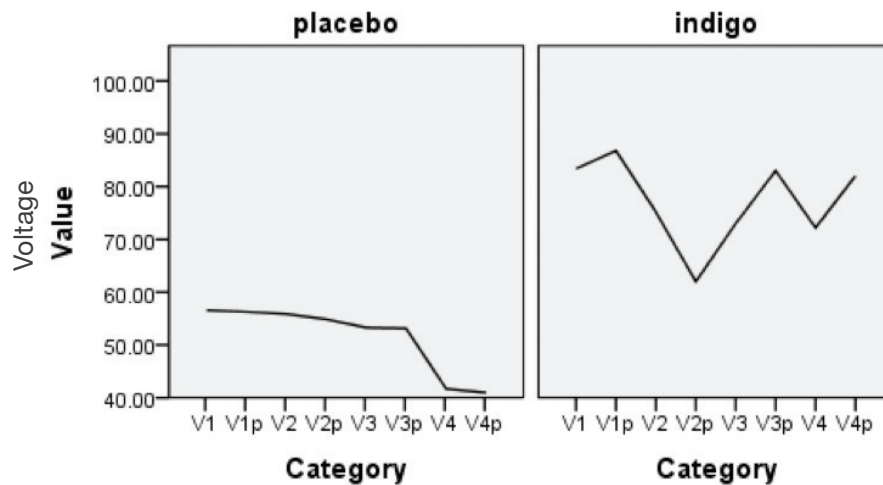


What Are The Proven Benefits Of Biofeedback?

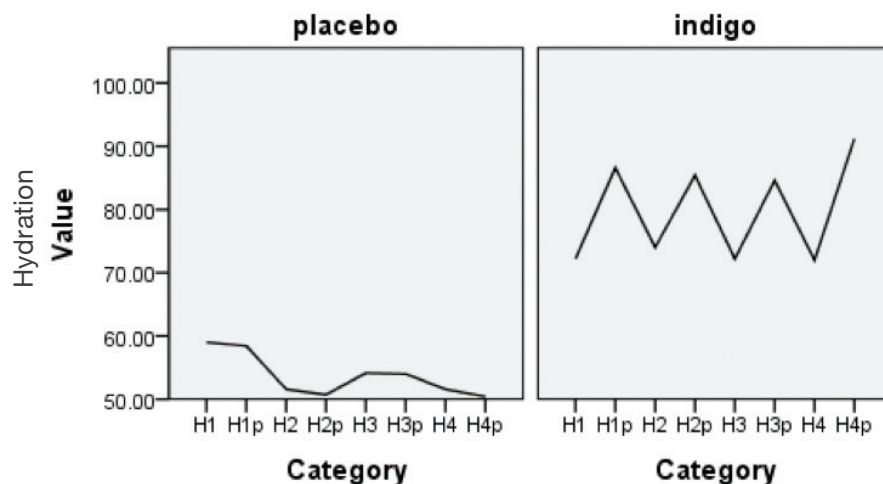
Everyone can benefit from biofeedback. Most people report biofeedback sessions to be relaxing, soothing and beneficial. Yucha and Montgomery (2008), published their article “Evidence Based Practice in Biofeedback and Neurofeedback” in The Journal of Applied Psychophysiology and Biofeedback. This summarized the most current and complete medical research based on scientific rigor and consistency of outcome on biofeedback benefits and efficacy with the following health related issues:

Illness	Empirically Not Supported	Possibly Efficacious	Probably Efficacious	Efficacious	Efficacious and Specific
Alcoholism			x		
Anxiety				x	
Arthritis			x		
Asthma		x			
ADHD				x	
Autism		x			
Bell's Palsy		x			
Cerebral Palsy		x			
COPD		x			
Chronic Pain				x	
Coronary Artery Disease		x			
Cystic Fibrosis		x			
Depressive Disorders		x			
Diabetes			x		
Eating Disorders	x				
Epilepsy				x	
Erectile Dysfunction		x			
Fecal Disorders			x		
Constipation				x	
Fibromyalgia/ Chronic Fatigue			x		
Headache				x	
Hypertension				x	
Immune Function	x				
Insomnia			x		
IBS		x			
Motion Sickness				x	
PTSD		x			
Raynauds Disease				x	
RSI		x			
Stroke		x			
Syncope	x				
TMD				x	
Tinnitus		x			
Traumatic Brain Injury			x		
Urinary Incontinence					x
Vulvodynia				x	

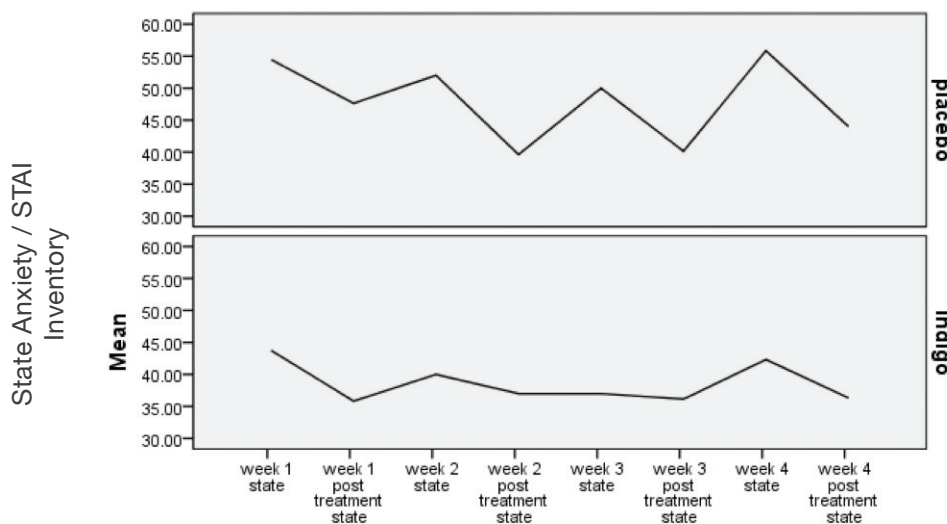
Quantum Biofeedback Advocacy Association Clinical Findings 2010



Recent findings of INDIGO versus placebo, double-blind, random and controlled clinical trials show that the INDIGO group exhibits voltage increase ranging between 7 to 14 points per session, while the mean voltage for the placebo group decreases over the 4 week interval. In western medical terms, voltage can be associated with available energy. (QBAA 2010)



Recent findings of INDIGO versus placebo, double-blind, random and controlled clinical trials show that the INDIGO group improves each week from pre-intervention to post-intervention and exhibits a 20 point overall increase over the 4 week interval, while the placebo group steadily decreases. (QBAA 2010)



Recent findings of INDIGO versus placebo, double-blind, random and controlled clinical trials show that the INDIGO group anxiety measures steadily decrease after each session and shows sustained lower anxiety levels after the four week interval. (QBAA 2010)



Biofeedback Sessions

During an INDIGO session, the client wears wrist and ankle bracelets and a head harness.

The sensors/electrodes comfortably read electrical impulses from the body and send the information to the computer software, which acts as a monitoring device. The biofeedback practitioner is able to educate the client about the specific areas of the body/mind are in need of stress reduction and re-education based on the information translated between the biofeedback device and software to the computer screen. These data findings allow the client to better understand their reactions to stress and learn how to better control their physiological responses.

While the biofeedback process is completely non-invasive and gentle, this powerful stress management support system allows relaxation and increases the bodies ability to heal itself as it is designed to do. The process of biofeedback helps the body remember the balanced and stress free state. When entrained to the healthier patterns of a relaxed state, this process of self-regeneration often happens naturally.

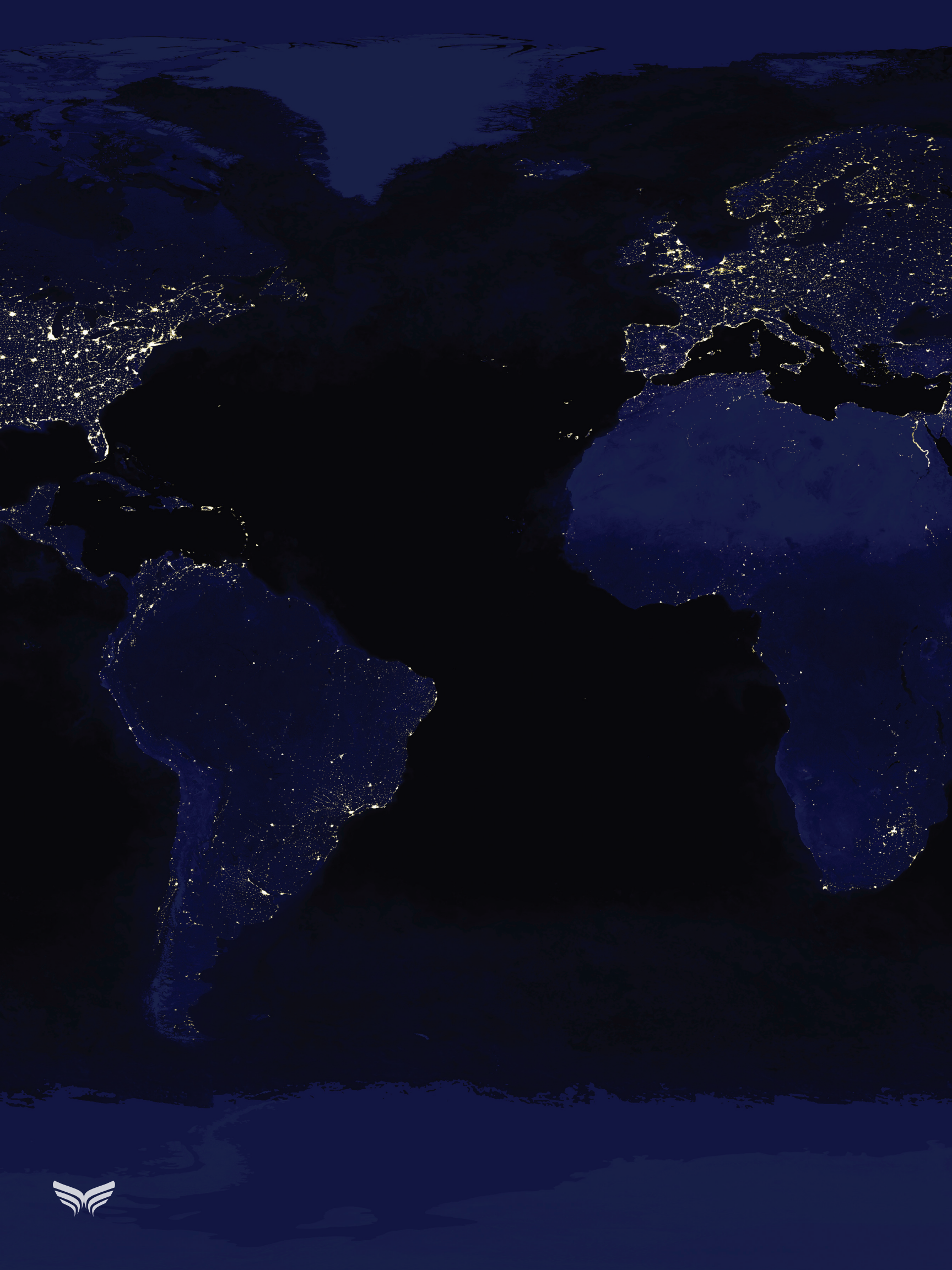
How Many Sessions Are Needed?

Entrainment is a well studied phenomenon within physics, by which two separate systems, operating at varying frequencies, will settle into a common frequency when situated within one another's field of influence. It may take the body multiple sessions to entrain or "relearn" healthier patterns. Some people respond very quickly, especially those whose lifestyle choices are already aligned with good health.

Others may need more education, training and support around improving nutrition, exercise, sleep patterns, and/or avoiding addictive substances etc. Generally speaking, the longer a client has held certain stress patterns which are causing them pain or illness, the more sessions they may need to begin re-balancing or re-training those patterns and reactions.

Generally, we recommend clients make a commitment to their health by investing in multiple sessions in order to truly see and feel the results. For example, successful smoking cessation programs administered in hospitals and private clinics require eight sessions.





Who Uses Biofeedback?

- Individuals and families find it an affordable, safe and easy to use tool for monitoring and managing all kinds of stress and stress related symptoms at home. Many individuals complete their Biofeedback Specialist Certification and begin a private practice, helping others. While others team up and see clients with their device in wellness centers, doctors and chiropractors offices.
- Practitioners, Clinicians and Therapists from a wide array of complimentary modalities use biofeedback as an additional technique to educate their clients, assist with managing stress and pain and teach people how to take control of their lives, making positive changes in their physiological states and their overall health.
- Psychologists, Social Workers, Counselors and Mental Health Clinicians use the INDIGO to identify and retrain the emotions linked with traumas that are most reactive for that client. This can often help build rapport and speed the therapeutic process immensely.
- Olympic Athletes, Professional Trainers and Coaches have been using biofeedback for years to enhance performance. Stress reduction and pain management can really give athletes an edge in their sport. In fact, INDIGO practitioners are currently receiving recognition internationally for achieving outstanding results working with Olympic athletes and professional sports teams in leading sport nations.
- Health professionals of all modalities find that the INDIGO matrix reactions provides valuable clues and benefits to stressors most affecting a client. This facilitates a more individualized and effective stress management intervention, without the use of toxic medications or invasive measures.
- Doctors and Nurse Practitioners find biofeedback a less costly, drug free, non-invasive, accurate assessment tool. Using this tool they can educate their clients about the stressors which may be at the root of their diagnoses or illnesses. - informing their diagnosis as to various kinds of stressors which may be at the root of illness.

The INDIGO Biofeedback Device is registered for therapeutic use for muscle re-education, stress and pain management. Only a licensed diagnostician can diagnose a severe clinical disease.

Some examples of CPT Codes, and therapeutic applications currently used by doctors, clinicians and technicians for biofeedback therapies include:

- 99214 may be used for a physical ailment
- 90901 biofeedback training general
- 90911 EMG biofeedback
- 90875-90876 Psycho-Physiological therapy





What Is The Scientific Basis For Biofeedback, The INDIGO And Other Electro-Physiological Technologies?

The accuracy and reliability of the INDIGO system is based on decades of research in the fields of bio-energetic and bio-response medicine (EDS – electro-dermal screening).

It incorporates some of the best elements of electro-medicine, vibrational medicine and energetic medicine. Electro-medicine, or the use of energetic modalities to treat physical ailments, is considered one of the oldest and most documented sciences known.

The subtler and more profound applications using the concept of the body electric are just being discovered now; but the long history of great minds and thinkers contributing to this body of knowledge is impressive.

The following is a brief snapshot of some of the pivotal discoveries and influences in the field. These are just a few of the pioneers who used electrical impulses to learn more about the condition of the body and to help the body heal itself.

5th century. B.C..... The Greek philosophers Democritus and Leucippus proposed that matter was made up of tiny, indivisible particles they called atoms, or in Greek “a-tomos”, including the human body. Medical professionals of ancient Greece also learned that the electrical impulses emitted from electric eels in clinical foot baths relieved pain and produced a favorable influence on the blood circulation.

46 AD..... Doctors Largus and Dioscorides documented substantial therapeutic results with electrical currents in circulatory disorders and in the management of pain from neuralgia, headache and arthritis.

1700's..... Many European physicians used controlled electrical currents from electrostatic generators almost exclusively for numerous medical problems involving pain, trauma and circulatory disorders. Also during that period, Benjamin Franklin documented pain relief by using electrical currents for conditions such as “frozen shoulder.”

1840..... England's first electrical therapy department is established at Guy's Hospital, under Dr. Golding Bird. The electrical discovery of Galvano leads to the use of mechanically pulsed Galvanic currents.

1860..... The start of Faradic Stimulation. Bristow develops the Bristow Coil, using Faraday's principle of electro-magnetically controlling the voltage of electricity.

The Discovery of the Body electric by Michael Faraday. Electricity is used all around the body. Special nerves made up of cells called neurons carry electrical signals to the brain from every part of the body and from the brain to all parts of the body. These nerves even carry electricity from one part of the brain to another. Generally, this is the





way that our brain helps us get information from our senses, processes information and helps us control our muscles and organs. Historians of science refer to Faraday as one of the best experimentalists in the History of Science.

- 1891**..... Nikola Tesla presents a paper in 'Electrical Engineer', about the medical application of high frequency currents. He notes that when the body is transversed by alternating currents above a certain frequency, heat is perceived.
- 1897**..... Thompson discovered the first component part of the atom: the electron, a particle with a negative electric charge.
- 1905**..... Einstein confirms Plank's theory showing that the energy of light is determined by its frequency, where $E=hf$.
- 1910**..... Approximately 50% of all U.S. physicians used electro medicine in their practice daily.
- 1920's and 30's** Dr. Royal Raymond Rife produced some rather astounding accomplishments in medicine and biology using frequency.
- 1929**..... Lakhovsky publishes his book "The Secret of Life". Conducts studies and concludes that cells possess resistance, capacitance, and inductance and function like tuned resonant circuits, capable of resonating to a resonant frequency when exposed to a range of frequencies.
- 1920 - 1960**..... Extensive research of Bio-energetics and biofeedback by Rife, Tesla, Miller.
- Bioenergetic Biofeedback is studied as effects of electrical signals on healing wounds and defects.
- 1944**..... Schrödinger wrote "What is Life?" which contains a discussion of negentropy (things becoming more in order) and the concept of a complex molecule with the genetic code for living organisms. In his book he writes that DNA and thus biology is Quantic in nature not thermodynamic. According to James D. Watson's memoir, DNA, the Secret of Life, Schrödinger's book gave Watson the inspiration to research the gene, which led to the discovery of the DNA double helix structure.
- 1950's** Studies evaluating electrical reactivity began with Dr. Reinhold Voll's investigations. Voll was able to measure changes in skin resistance at acupuncture points and demonstrate that the body electrically reacts to things it needs and in turn is able to react to things that are harmful.
- 1955**..... Dr. James Pershing Isaacs prints his work on the "Complementary in Medicine", and defines Biology as Quantic. Werner Heisenberg writes an introduction.



- 1959**..... The Nobel Prize in Chemistry 1959 was awarded to Jaroslav Heyrovsky “for his discovery and development of the polarographic Voltammetry methods of analysis”. This proves the fact there is an energetic signature of a Voltammetric field around all items.
- 1970's** Transcutaneous Electrical Nerve Stimulation Transcutaneous electrical nerve stimulation (TENS) is acknowledged as a viable method of pain management by America’s Food and Drug Administration (FDA). Many American companies begin production of TENS devices. The heart pacemaker is developed.
- 1985**..... Becker publishes “The Body Electric”. His theories challenge the established mechanistic understanding of the body. With these research findings, he is able to reveal clues that lead to a better understanding of the healing process for the theory of electricity being vital to life. Becker set out to examine why normal bones heal, and then explore the reasons why bones fail to heal properly. His experiments were mostly with salamanders and frogs, and his scope was widened to studying regeneration after lesions such as limb amputation. He suspected that electric fields played an important role for controlling the regeneration process, and therefore mapped the electric potentials at various body parts during the regeneration. This mapping showed that the central parts of the body were normally positive, and the limbs negative. When a limb of a salamander or frog was amputated, the voltage at the cut changed from about -10 mV (millivolts) to +20 mV or more the next day—a phenomenon called the current of injury. In a frog, the voltage would simply change to the normal negative level in four weeks or so, and no limb regeneration would take place. In a salamander, however, the voltage would during the first two weeks change from the +20 mV to -30 mV, and then normalize (to -10 mV) during the next two weeks—and the limb would be regenerated.
- 1988**..... The Voll electro-acupuncture energetic medicine device is registered with the FDA. (the Voll device was a one dimensional measure of skin resistance)
- 1989**..... The FDA registers Professor Nelson’s biofeedback Xrroid which is a trivector three dimensional device to send and measure voltammetry.
- 2010**..... Today, thousands of doctors and medical researchers worldwide are investigating electro medicine and biofeedback as effective alternatives to traditional methods of treatment. These avenues are leading to new possibilities for treating conditions such as spinal cord injury, muscular restoration, nerve regeneration, brain stimulation, bladder disorders, heart disease tumors and other chronic catastrophic diseases and disorders.



Frequency Waveforms And Vibrations

“Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter.”

- Albert Einstein

High school chemistry teaches that every unique substance on the planet has its own unique molecular structure. In physics class, we learn that each of these has a unique frequency at which it ‘vibrates’. It is possible to identify the frequency of a specific item by flipping through the possible frequencies until a resonance is found. Resonance occurs when two similar frequencies are overlaid creating a ‘stronger’ wave by increasing the amplitude (height) of the wave, while maintaining the same frequency / vibration or Voltammetric patterns. The frequencies of many items, ranging from viruses, bacteria, cell type, etc. have been consistently measured over the last several decades creating a library of reliable “Voltammetric signatures”.

The INDIGO first identifies which of these frequencies is present within the body, by looking for those that produce a measurable resonance response. It then feeds back to the body those frequencies necessary to restore balance. Through this process of entrainment there is an overlapping of the ‘out of balance’ frequencies with the desired frequency until the dominant frequency is that of the desired healthy state frequency. This process is re-education, applicable to muscles and subtler levels using the INDIGO as well.

The potential uses of biofeedback in assessing and addressing the body’s subtle physiological parameters are paramount in Richard Gerber’s book, Vibrational Medicine, as he describes:

“Vibrational medicine is a diagnostic and healing approach to illness using energy in various forms and frequencies. As a therapy, vibrational medicine is the application of different types of energy for healing, including approaches as traditional as X-ray and radiation therapy for cancer, the use of electrical nerve stimulation for treating pain, and electromagnetic field stimulators for accelerating the healing of fractured bones. Even full spectrum light is used for treating seasonal affective disorders or the ‘winter blues’. However, vibrational medicine also covers the more subtle forms of treatment such as acupuncture, homeopathy, flower essences, therapeutic touch and that sort of genre. The latter involve using subtle life-force medicine, but they are energetic therapies nonetheless.

This is the spectrum from the more traditional to a range of therapies that stress treatment of the whole person, sometimes referred to as ‘complementary’ medicine. I think the electroacupuncture system goes way beyond what we can pick up with conventional blood tests. The acupuncture meridian system appears to be the interface between the physical body and the higher energy control systems. So you can not only pick up a disturbance that’s at the physical level, you can actually pick it up at the subtle energetic level before it is even manifest as illness.”





INDIGO Specifications

What Are The Technical Specifications Of The INDIGO?

The following is taken from the FDA web site under Section 882.5050, it describes the classification and registration of the INDIGO as indicated for use.

Sec. 882.5050 Biofeedback device.

(a) **Identification.** A biofeedback device is an instrument that provides a visual or auditory signal corresponding to the status of one or more of a patient's physiological parameters (e.g., brain alpha wave activity, muscle activity, skin temperature, etc.) so that the patient can control voluntarily these physiological parameters.

(b) **Classification.** Class II (special controls). The device is exempt from the premarket notification procedures in subpart E of part 807 of this chapter when it is a prescription battery powered device that is indicated for relaxation training and muscle reeducation and prescription use, subject to 882.9.

The INDIGO system includes:

1. The INDIGO Device
2. The INDIGO Limb Harnesses
3. The INDIGO Head Harness
4. The INDIGO Software
5. The INDIGO Instructions for Use (and the indications for use included in the Instructions for Use)

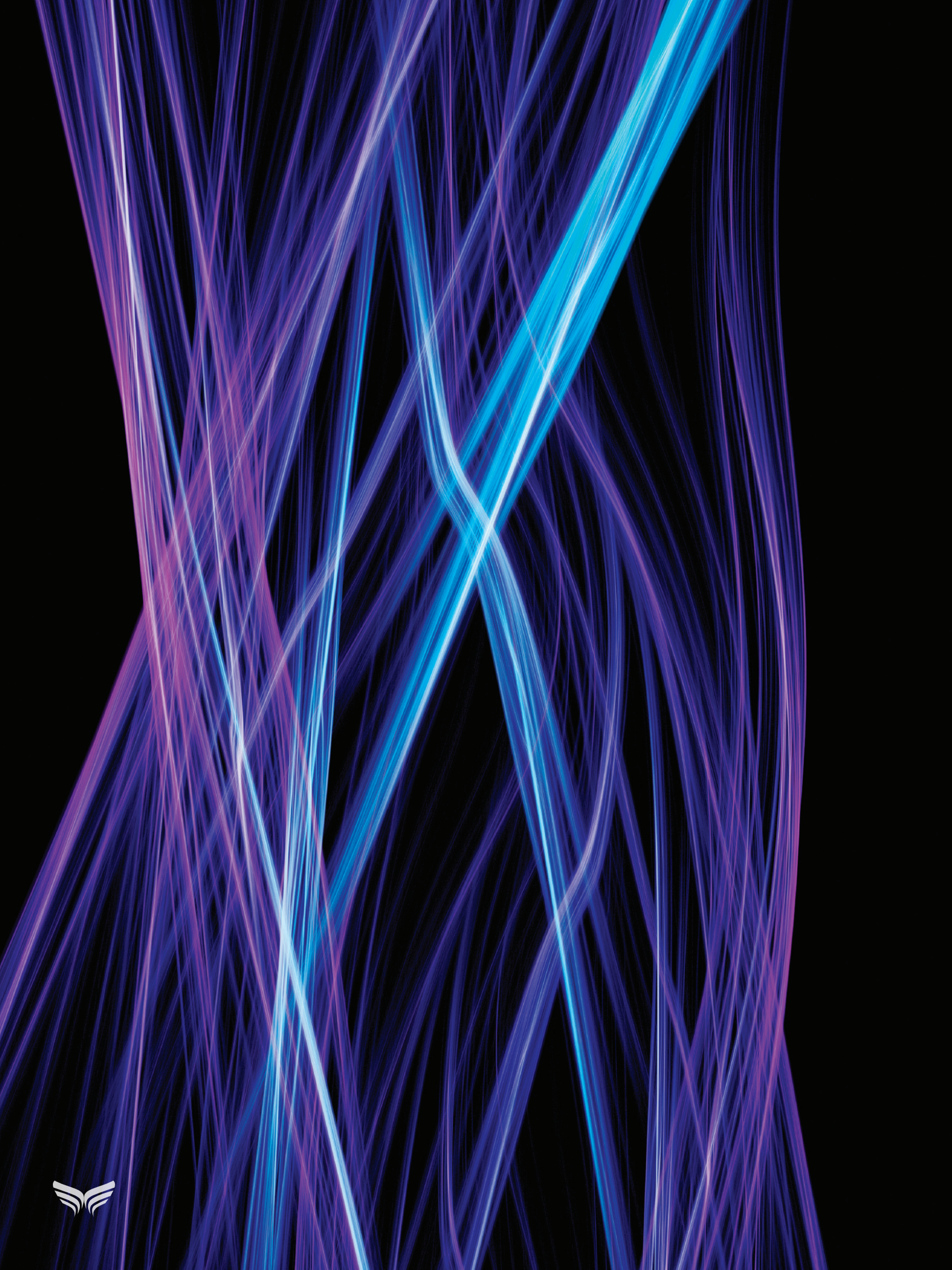
The INDIGO device's outer casing is designed of durable metal. The laser engraved test tray on top allows for frequency exchange. It comes with washable, temperature sensing straps and harness for specific electro-sensor placement on wrists, ankles and head.

The LCD screen on the interface device is a touch screen and temperature sensitive. There are three output jacks and one input jack allowing for multiple accessories and attachments. The device is powered via USB through a computer connected to a medical grade surge protector.

The device engineering specifications include:

INDIGO™	Description	Specs	Features
Transfer Rate	Bidirectional PC <-> INDIGO	115,200 bps	Graphic LCD screen
Sensitivity	ADC	16 bit (0.0000763 mV)	Auto Jack Sensing
Frequency Range	Output frequencies available	1- 5 MHz	Simultaneous input/output
Amplitude Range	Voltage output available	0- 5V max	Fast on the fly switching from input to output
Dimensions	Weight 970 grams	3" x 6.5" x 9" (approx)	All 12 channels bidirectional and programmable





INDIGO Features

How Is INDIGO Different From Other Biofeedback Devices?

Many aspects of the INDIGO Biofeedback System, make it the most technologically advanced, innovative and effective biofeedback technology on the market today. Two unique electro-biological methods are the patented Trivector Signature testing and the Xrroid process of biofeedback measurements. These methods combined with a dramatic increase in transfer rate, sensitivity and amplitude range improve on previous theories which suggested that resistance alone was sufficient to supply this kind of information. A unique system of mathematical algorithmic equations was developed to calculate these signatures in a more accurate and 3-dimensional fashion, based on three vectors (or waveforms): voltage, amperage and resistance. This calculation is said to be possible for every unique substance and energy in existence; it is called the Trivector Signature. The inventor of these two methods discovered a highly effective way to utilize evoked potential responses and voltammetric signatures or resonant frequencies of each unique substance to alleviate stressors in the body.

Using a sophisticated software program, computer and interface device, thousands of trivector signatures are recorded into the INDIGO software's main matrix database. These signatures are then energetically presented to the client at biological speeds of 1/1000th of a second, using a low-level micro-current. During this process the computer measures and reports the bio-energetic responses to each of these signatures. The speeds at which this interaction takes place is what has been patented as the Xrroid process; the five minute EPR test can reveal stress reactions to more than 11,000 different items that influence our health.

In short, the body is 100% electrical. A vast amount of physiological processes are beneath our conscious and verbal awareness, making them by definition subtle. For example, we are not directly aware of our muscle tension as it builds, nor are we aware of the enzymes released from our pancreas, or the changes in our brain wave. Every action involves some sort of electrical, chemical, quantic, photonic or other energy transfer. These subtle energy interactions, are in fact physiological actions and reactions to electrical stimulus, which can be detected by the INDIGO Biofeedback Device, allowing the practitioner to bring the information to the client's awareness to train for better control or energetic balance.

The most important aspect of INDIGO biofeedback is not just measuring the body electric, but measuring the changes. The continued measuring and feedback of the system allows us to see the client's subtle reactions to words, ideas, items, or any stimuli is what makes biofeedback work. The body is a dynamic system that is never static; for example, there can never simply be one blood pressure, as it is changing dramatically every minute. The reactions or reactivity to a multitude of stimuli is an important tool in the INDIGO's ability to help clients retrain their reactions to subtle, non verbal and unconscious parameters of their physiology.

Cybernetic Loop

Additional significant factors which contribute to the INDIGO's popularity globally amongst health professionals are its cybernetic loop and its ability to auto-focus for maximum training capacity. The cybernetic loop is a two-way communication between the device and the computer; it is constantly "checking in" with the client and measuring their progress. The auto-focus function works in conjunction with the cybernetic loop to allow





practitioners to individualize their retraining protocols in order to meet highly detailed and specific needs of each client. This function also allows for what we refer to as “passive biofeedback”; the ability of the INDIGO to help retrain a client’s physiological reactions at unconscious/autonomic levels. The device can also, however, perform more active, conscious “classical biofeedback” or “neuro-feedback” type interventions.

Rectification Values

Very few medical, hands on healing, or mental health modalities give the practitioner the ability to see exactly how well their clients are responding to the intervention, moment to moment. The INDIGO actually calculates a percentage of change, giving a rectification value, upon completion of each stress reduction program. This is a huge benefit to practitioners.

Baseline Measures & Auto-Focus

While the program can allow for incredibly in-depth focusing, it is also exceptionally user-friendly. In most instances, when the practitioner opens a particular training panel the most beneficial biofeedback programs for that client are highlighted. These choices are based on the initial baseline assessment of electro-physiological reactions (EPR). Selections can also be made using our auto-focus feature to determine which program in that panel would be most useful.

A further example of this is while working with the Electro-Physiological Frequency Program the device will first reveal the strongest reactions to specific brainwave activities and patterns, before commencing the re-training process. In the Spinal Muscular Re-education program, the stressors located in the spine are first highlighted in a stress assessment. Then the practitioner can commence the re-training. This education process, unique to the INDIGO, is also an incredible tool for practitioners and clients alike.

Built-in Alarm

The principles of modern medicine’s “hippocratic oath” (helping professionals should do no harm) are integrated within the INDIGO’s operational design. Its built-in alarm system will signal the practitioner when a client has reached maximum training capacity within a specific program. The software may shut the session down, if for any reason the client is not integrating the training in a safe, healthy and satisfactory way.

Online Updates

The online update system, which allows practitioners to click on a desktop icon for easy downloading of brand new programs or software changes as they become available, is just one more reason why INDIGO is the busy health professionals’ preferred device for stress reduction and pain management, muscle re-education, brainwave relaxation retraining and more.

A New Vision For Well Being

The INDIGO brings a new vision for well being to the global health care marketplace. A percentage of clients who receive INDIGO biofeedback sessions report that they can “feel” a gentle warmth or tingling sensation during the session. These sensations are due to; 64x increased sensitivity, 12x faster rate of information transfer, 50x greater range of frequency output and 1.5x more amplitude capacity, as well as significant increases in accuracy, range and coherence of the signals delivered by the INDIGO elevates it over other devices of this caliber. Its capabilities are more advanced than its competitors; in fact, practitioners internationally are trading in other, outdated biofeedback technologies to take advantage of the very best that the INDIGO biofeedback systems technology has to offer and ensure the best possible outcomes for their clients.

Sounds Of INDIGO

The INDIGO software has its own sound track. Original scores sounding the solfeggio tones play through out the session enhancing the client’s relaxation experience.

- The Solfeggio Tones are said to have been used in ancient times by the Gregorian Monks to enhance spiritual connection during mass. According to the church, these tones were lost for quite some time, and have only just been rediscovered and returned to humanity.
- The frequencies which make up these tones are said to have incredible healing potential for the human body, especially the DNA.
- They are also known to bring about great spiritual awakening and transformation.
- The energy bodies that the Solfeggio Frequencies have greatest effect on are the physical, the etheric, the mental/emotional and the astral.
- Music created from the Ancient Solfeggio Scale, stimulates the vibration of expanded creativity, easier problem solving and holistic health.
- The solfeggio tones are the perfect compliment to INDIGO biofeedback retraining therapy and work to enhance the clients’ experience of relaxation and reconnection to inner peace, divinity and harmony.

The Six Solfeggio Frequencies include:

- UT – 396 Hz – Liberating Guilt/Fear
- RE – 417 Hz – Undoing Situations/Facilitate Change
- MI – 528 Hz – Transformation/Miracles (DNA Repair)
- FA – 639 Hz – Connecting/Relationships
- SOL – 741 Hz -Awakening Intuition
- LA – 852 Hz – Returning to Spiritual Order





INDIGO In Managing Stress

In approximately five minutes, the INDIGO Biofeedback System can simultaneously detect and record information about the client's stress reactions.

The INDIGO Biofeedback System reveals a client's voltage, amperage, resistance, hydration, oxygen, proton and electron pressure (VARHOPE) scores. Current studies show that these electrical calculations are important indicators of the health / stress of various functions in the body.

Different lifestyle factors which could be contributing to the body's overall stress load are reflected in the INDIGO Biofeedback System's Suppression and Obstruction to Cure (SOC) scores, which provide a valuable client education tool for behavioral/ psycho-therapeutic intervention.

Information about reactions to over 11,000 subtle stress related signatures and physiological parameters are also reported for client education.

In Canada and Europe, the INDIGO is seeking classification as an Evoked Potential Biofeedback Device. This would confirm that the INDIGO also has the capacity to send certain signatures as remedies to alleviate or harmonize a specific stress pattern, for example the signal for a homeopathic flower essence or essential oil (aromatherapy). Doctors, therapists and certified professionals trained to work in these areas may utilize the clients responses to the following energetic stimuli including over 11,000 voltammetric signatures from the following categories:

Allergens	Amino Acids	Animal Diseases
Aroma Therapy Oils	Bacteria	Blood
Bones	Candidas	Chakras
Chromosomes	Dental Diseases	Digestion
Diseases	Drugs	EEG, ECG
Emotions	Fatty Acids	Flower Essences
Foods	Fungi	Geopathics
Herbs	Homeopathics	Isodes/Nosodes
Classical	Combinations	Hormones
Ligaments	Miasms	Meridians
Minerals	Muscles	Organ Sarcodes
Parasites	Prions	Solvents
Toxins	Urine	Venoms
Viruses	Vitamins	Worms





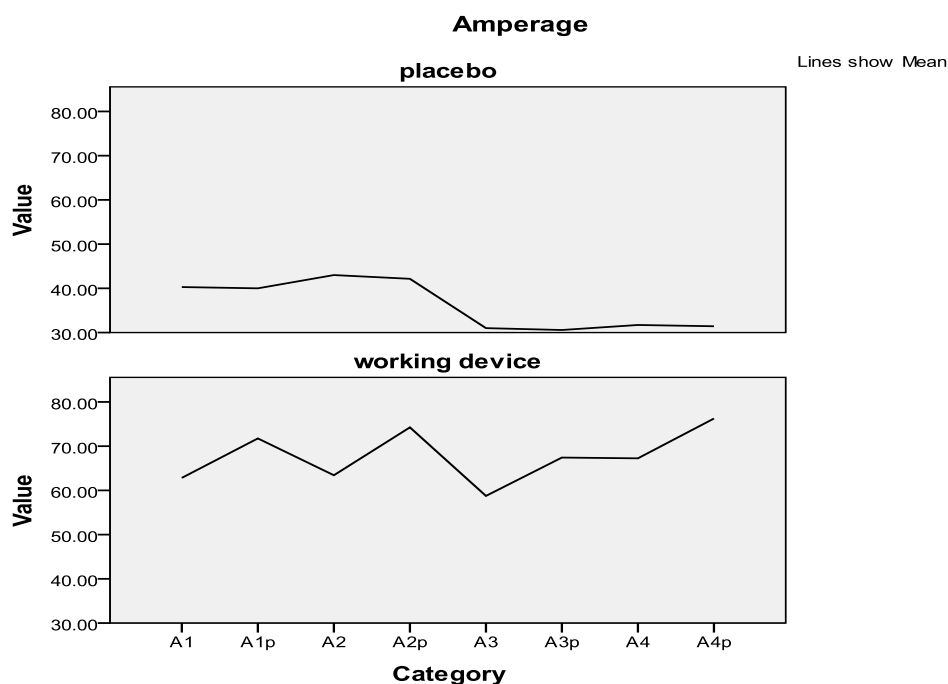
How Can The INDIGO Biofeedback System Help To Improve My Health?

The INDIGO functions in a multitude of ways, it can send signals to measure and record electro-physiological reactions to a multitude of items, re-educate certain muscles, nerves or organs and/or retrain areas of the body/mind to healthier patterns. In other cases, it can invert certain signals which seem to be closely associated with a stress pattern.

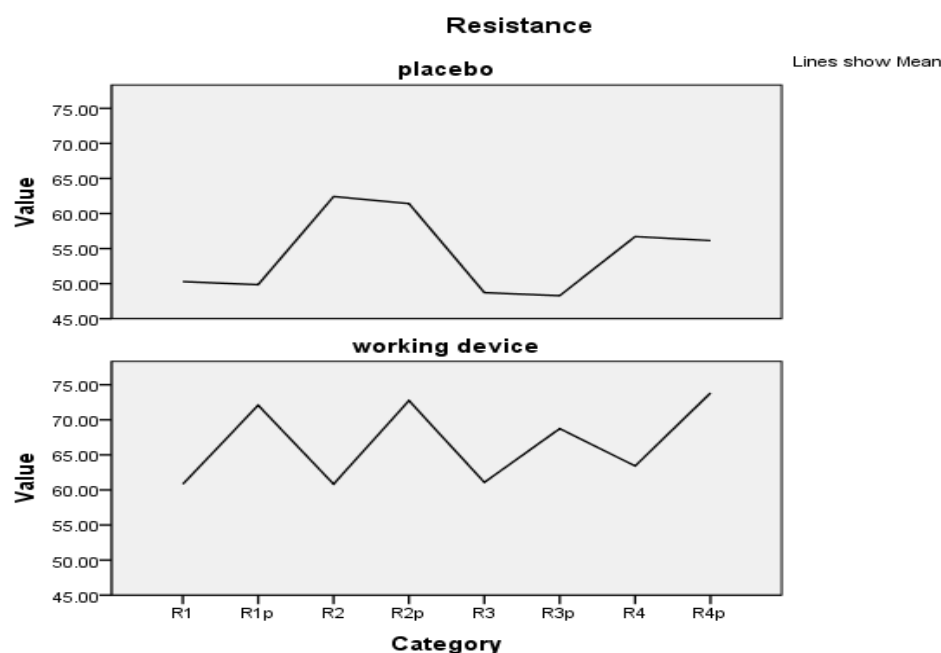
Most people find biofeedback soothing, relaxing and beneficial. The side-effects may include:

- Ability to relax more quickly
- Deeper state of relaxation during sleep
- Easier to fall asleep and stay asleep
- Reduction of stress and hypertension
- Improved general health
- Increase in amount of calmness and peacefulness
- Reduction of anger
- Less fearfulness
- Fewer anxiety attacks
- Amelioration of sorrow
- Reduction of the depth of depression
- Heightened muscle mobility
- Enhanced mental clarity
- Able to pay attention more consistently
- Better focus of attention
- Deeper concentration and enhanced memory
- Less attention to pain and stressors
- Less concentration on pain and stressors
- Fewer feelings of pain and stress
- Less intense focus on pain and stressors
- Less intensity of any pain or any stress
- More able to manage stress and pain

Quantum Biofeedback Advocacy Association Clinical Findings 2010

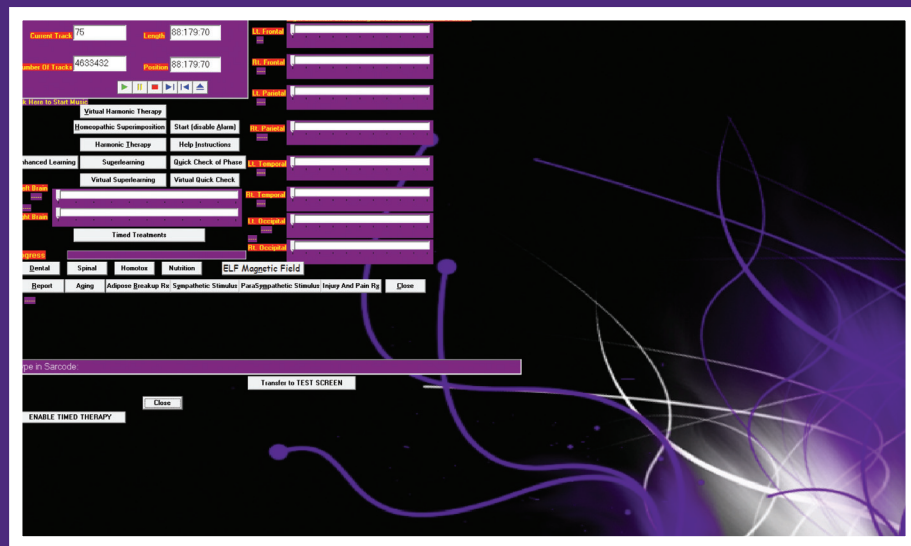
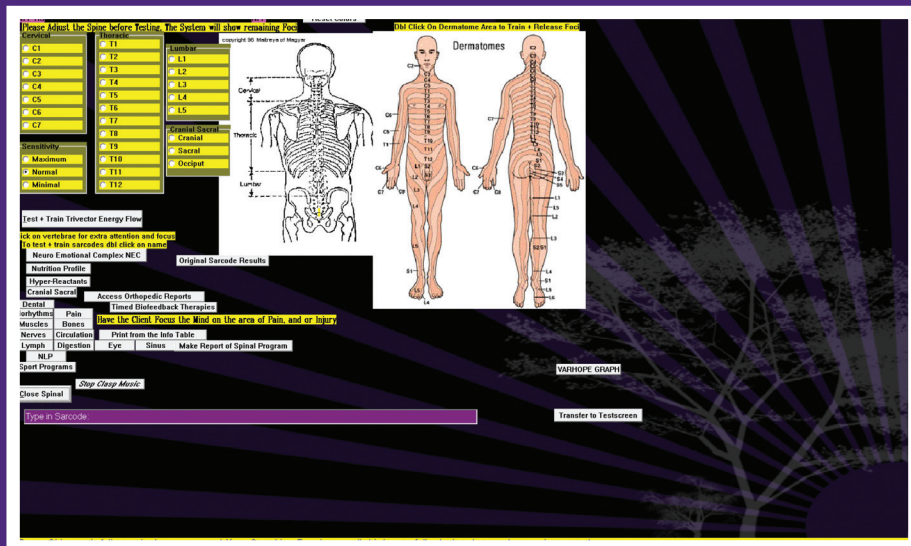
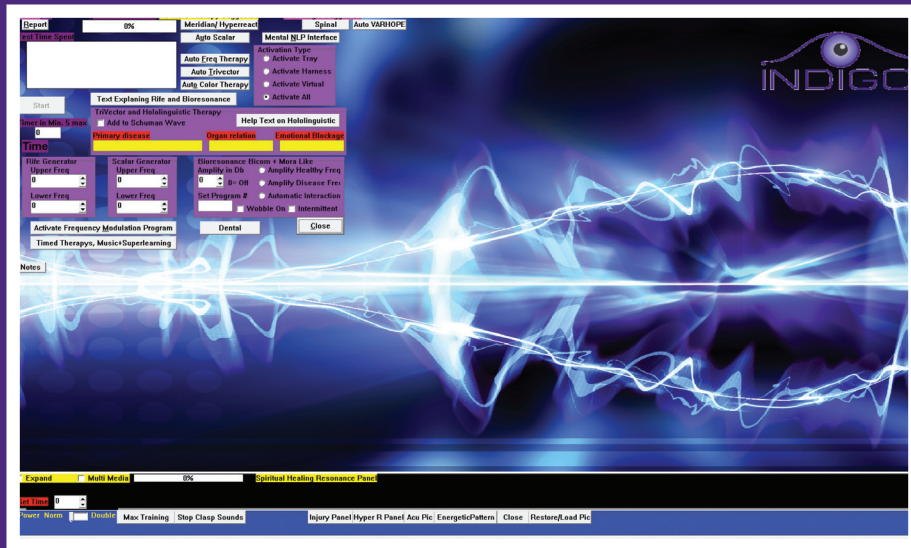


After each session the placebo group's average amperage score decreased between .28 and .88 per session, while the active groups' amperage scores increase by as much as 10.67 points each session. Active group scores from pre-intervention to the end of week four show a significant increase of 14.93. That's 67% over placebo. The efficacy of EPR biofeedback on brain function & neurological issues - like depression, memory, Parkinson's and more is promising and needs further study. (QBAA 2010)



The same strong VARHOPE improvement pattern occurs here with active group scores improving an average range of 8.03 to 11.33 after each session. Over the four week period, the active group averages a 61% greater improvement than the placebo group. Improvements in resistance factors may indicate improved energy flow throughout the body. (QBAA 2010)





INDIGO Programs

The following programs contribute to the INDIGO's ability to retrieve 90,000 different signals that your body is giving out at any given time.

The INDIGO is by far, the most comprehensive biofeedback system on the market today. Pre-designed stress reduction protocols, or programs specifically designed to meet each client's special needs can be utilized. There are hundreds of different training program options that can be implemented in limitless combinations to obtain optimum results.

Additionally, up to four complimentary programs are able to run simultaneously for a highly synergistic and enhanced effect.

Sample of INDIGO Training Programs:

Primary Autofocus Programs

Chakra Balance
Spinal Muscular Re-education
Color
Auto Frequency Balance
Trivector Bioresonance
Biofeedback

Secondary Programs

EEG/ECG
Hormone Balance
Adrenal/Cortisol Balance
Hyperreactivity Desensitization

Mental/Emotional Techniques

Stress Reduction
Neurolinguistic Programming
Emotional Growth
Unconscious Reactivity
Electro-Hypnosis
Music Therapy
Emotional Balance
Neurotransmitter Balance

Sport-Specific

Sport Injury Therapy
Mental Focus Stimulation
Positive Mental Stimulation
Will to Win Stimulation
Will to Prepare Stimulation

Sport-Specific (cont'd)

Dispel Negativity
Hormone Balance
Release Emotional Stress
Mental-Visual Imagery Stim
Reduce Emotional Conflict

Specialized

Metabolic Repair
Hormonal Balance
Neurological Repair
Relaxation and Sleep
Digestion Balance
Feel Good
Muscle Building
Neurological Retraining
Flexibility
Co-ordination
Immune Stimulation
Intellectual Stimulation
Blood Sugar Balance
Parasympathetic Stim
Sympathetic Stim
Vagus Stimulation
Pain Therapy-TENS





The INDIGO can also overlay additional signatures onto a particular training program, for example the overlaying of specific signatures that address inflammatory stress alongside retraining programs for injury or pain. Trained and licensed medical professionals have also found great benefit in the biofeedback guided imagery and visualizations programs for:

- Homotoxicology (Toxic Stress Reduction)
- Oxygenation
- Chiropractic Energy Balance
- Blood Balancing
- Dental
- Degeneration
- Injury
- Pain
- Chronic Fatigue
- Fibrositis
- Electroacupuncture
- And much more...

Program Descriptions

Auto Frequency/ Auto Varhope Training Program

Performs a baseline measurement of stress related imbalances in the polarity of the organ systems, and facilitates retraining for those stress patterns.

Auto Trivector Training Program

Retrains stress patterns in three primary waveforms found in healthy tissues: capacitance, inductance and conductance.

Super Learning Training Program

Re-educates the brain to function for optimal learning.

Autonomic Nervous Training Program

Allows for retraining stress patterns in the sympathetic, parasympathetic and vagus nervous systems.

Spinal Muscular Re-education

Re-educates the muscles and nerves associated with and supporting the spine.

Muscular Re-education for Athletes

Allows for re-education and stress reduction programs specific to performance enhancement.

Nutrition and Homeopathy Feedback Training Program

Sends homeopathic and nutritional signatures for stress reduction.

Stress and Cortisol Rebalancing Training Program

Helps clients redevelop healthy adrenal patterns in relation to stress responses.

NLP- Neuro Linguistic Program Stress Reduction Programs

Re-educates neuro-transmitter reactions and retrains a clients reactions to emotional and mental health factors.

Spiritual Resonance Training Program

Strengthens the clients innate healing abilities, encourages the ability to tolerate higher vibrations and frequencies.

The Auto Color Therapy Training Program

Chooses from 256 potential color frequency patterns choosing the ones that will most harmonize the client's stress.

Auto Scalar Training Program

Provides training protocols and visualizations for balancing stress factors interfering with the subtle energy centers known as the chakras.

Auto Meridian Training Program

Does a baseline assessment of meridians and begins an automatic retraining program for balancing stress/energetic disturbances in the acupuncture meridians.

Hyper- Reactant Training Program

Identifies stress reactions related to foods, microbes, chemicals, solvents and other substances and trains for proper reactions to those stressors.

Acu-Point Program

Allows practitioner to select a specific acupuncture point for retraining; or performs a "super conscious selection" using auto-focus.

DNA Stress Training Program

Helps alleviate stress patterns from signals emitted by DNA.

Internal Enzyme Training Program

Helps clients re-pattern enzymatic pathways affected by stress.

Hormone Stress Rebalancing Training Program

Helps clients retrain stress reactions which may be affecting the endocrine system.





Health Professionals Are Raving About EPR Biofeedback!

Testimonials:

"I have been a RN health care professional for 30 years. My experience over the years has crossed many areas of allopathic and natural health care. I have pursued interests in Integrative Medicine as my passion and have acquired insight and aptitude on integrative approaches that I now utilize with my integrative practice in an independent Wellness Clinic www.wellnessconceptsclinic.com , providing comprehensive alternative care with Chiropractic, Chinese Medicine and Acupuncture. My services are blended utilizing the INDIGO Biofeedback device, Auriculotherapy, Mind/Body/Energy work and electromedicine modalities for pain, stress and addictions. I also have been an instructor for this advanced technology for the past six years and feel that many health professionals are finding this as a tool to add to their practice.

Statistics have shown that more dollars are spent out of pocket on Alternative approaches since 1997 and will continue to be the driving force for health care that is becoming more proactive and preventative with the health conscious public awareness. Over the last five years, integrating biofeedback services for clients with headaches, fibromyalgia, smoking addictions and pain, I have been able to improve the lives of over 10,000 clients."

- **Faith Nelson, RN, Springfield Missouri**

"I am a Professional Nurse (Dipl. General Nursing, Midwifery, Nursing Administration and Community health). I started the biofeedback practice last year and am now doing it fulltime. I have had successes with reducing the stress and symptoms of clients experiencing skin disorders and sinusitis. Attention Deficit/ Learning Disability is also quite common in my practice - adults as well as children benefit with the INDIGO relaxation training of brainwaves protocol.

The following stress related issues have also been successfully balanced for many of my patients as a result of INDIGO stress reduction: Pain, Fibromyalgia, Chronic Fatigue, Circulation, Blood pressure, Menopausal syndrome, Infertility, Nutritional and Sugar imbalances, Addictions, Lung disorders, Shoulder problems, Arthritic disorders, Rheumatism, Digestive problems, Nervous disorders, Weight loss. In general the patients are very happy with the coaching and advice they receive, as well as comforted by the fact that they are referred to other health professionals if necessary."

- **Ronel Newman, RN, Canada**

"I am a holistic chiropractic physician, and have been doing energy work since the 80's. I have used a variety of energetic devices in my practice, and lecture internationally on Fibromyalgia and Chronic Fatigue Syndrome- two areas I have had great successes with for my patients. Using this technology (INDIGO biofeedback) I am able to pick up on stresses and toxins that otherwise I could not find. It assists me in my overall health assessments. As an intervention, the device is able to normalize the body's frequency patterns and give clients a greater potential to heal."

- **Dr Bruce Nelson, Holistic Chiropractic Physician, Big Fork, Montana.**





Physician Sees 90% Improvement Rate with 490 SCIO Patients

"I have been in conventional medicine as an OB-GYN for 24 years in my private solo practice. I had two offices and 18 employees and used to work 80 hours per week. In 2000, I could no longer continue to perform surgeries or deliver babies due to neck and back problems. As I evaluated my options, I discovered holistic medicine, and after re-educating myself, I restarted my new practice and resigned from all insurance plans.

Along the way, I came across various modalities that improved my ability to help my patients. I came across EPR biofeedback four years ago, and I purchased one two years later, after I saw the improvement that my wife had after one session on it. Since then, I have treated 490 patients with a variety of health issues with 90% improvement rate.

Among the issues that I was able to improve were insomnia, vertigo, nightmares, and stress, just to name a few. There have been no side effects. One of my most memorable successes was with a 26 year old female with Interstitial Cystitis, who was able to return to a normal lifestyle after three sessions. In my 32 years in clinical practice, I never came across a better modality."

- **Dr. Moshe Dekel, MD, Obstetrician-Gynecologist, NY, NY**

"I am a Molecular Biologist (University of Delaware graduate), Holistic Nutritionist (Clayton College of Natural Health- B.Sc. , Master's and Ph. D. Program) and Biofeedback Specialist. I use the INDIGO in my practice for Weight Reduction, Weight and Stress Management, Anti-Aging and much more... My clients have excellent results and they all refer me new clients. So, as a result my business keeps on growing and expanding. My clients love the device because it helps them increase their consciousness of their stress issues. They know where they are in their healing pathway and where they need to go."

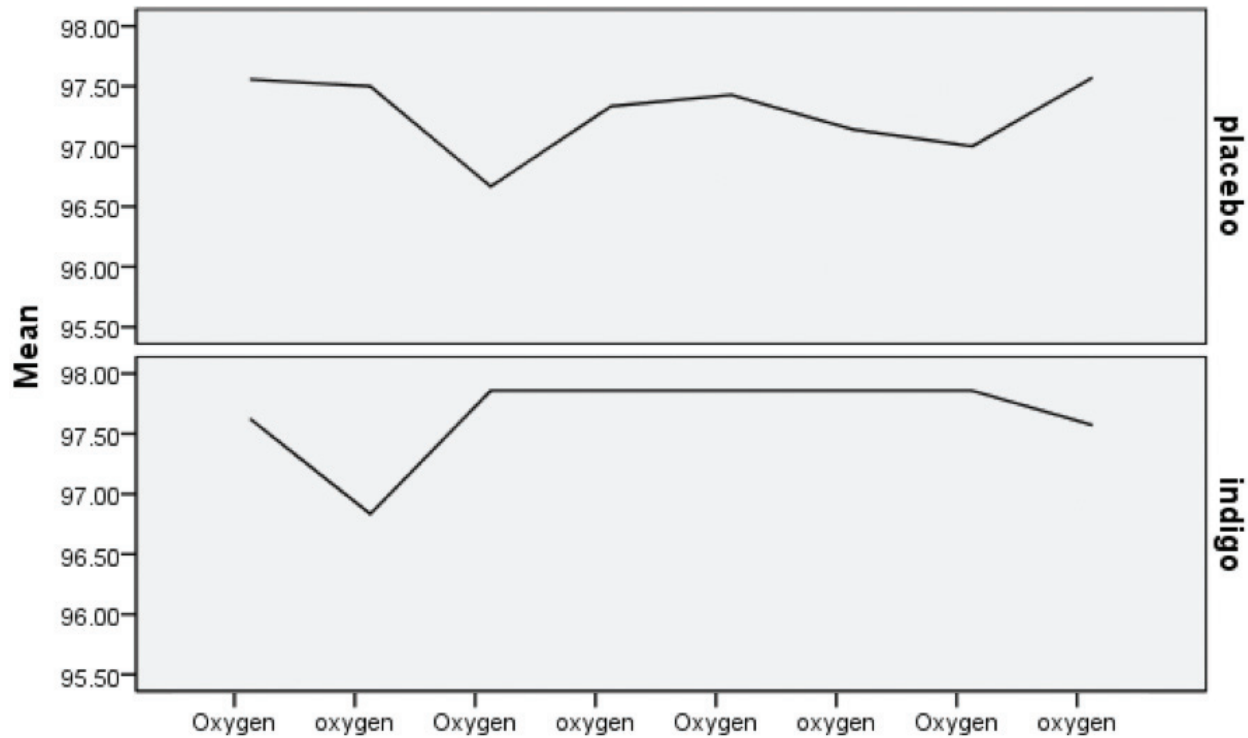
- **Dr. Violetta Anninou, Greece**



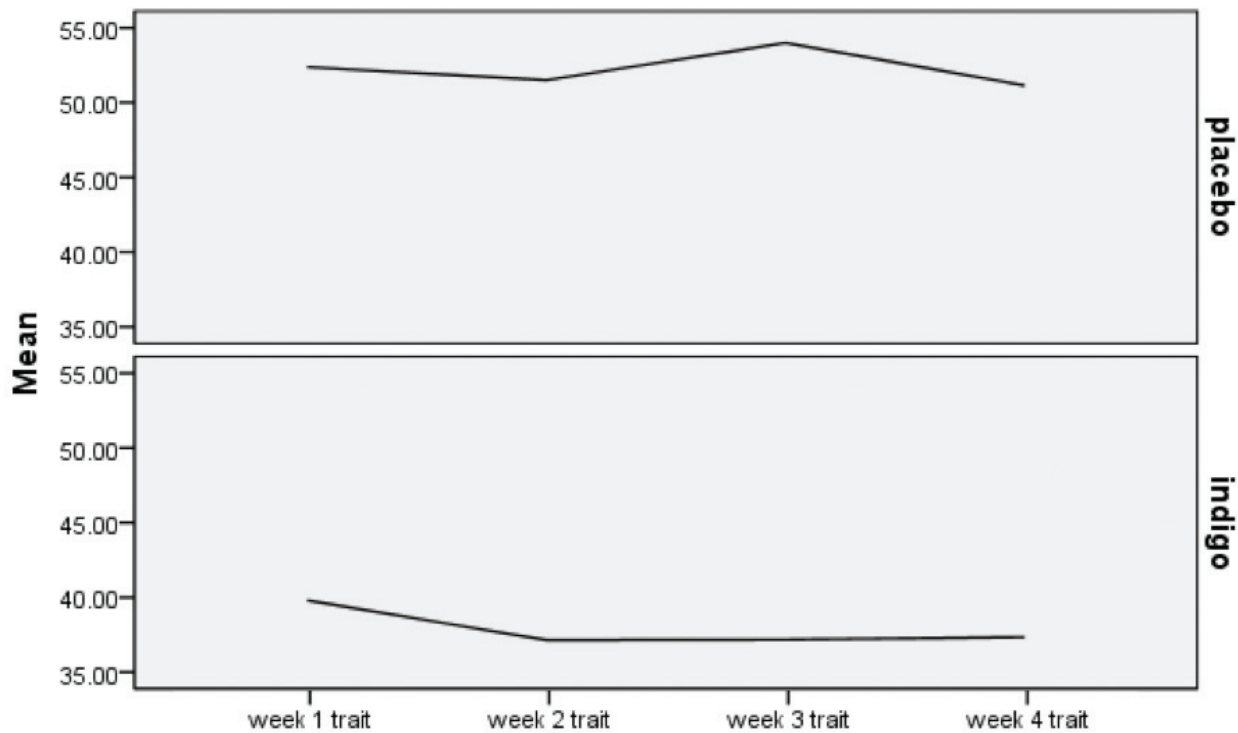


Peak Performance

Quantum Biofeedback Advocacy Association Clinical Findings 2010



Recent findings of INDIGO versus placebo, double-blind, random and controlled clinical trials show that the INDIGO has a steady influence on increasing oxygenation in the physical body over a four week interval, while placebo shows no pattern. (QBAA 2010)



Recent findings of INDIGO versus placebo, double-blind, random and controlled clinical trials show that the placebo group pain severity measures increase over time, while INDIGO pain severity decreases consistently over the four week interval. (QBAA 2010)



INDIGO Applications For Professional Athletes:

By Jeff Sutton, H.B.Sc., C.S.C.S. Calgary, AB

Biofeedback has been used with professional and Olympic-level athletes for over 30 years.

The ability of Biofeedback to improve mental focus, mind-body control, and overall sport performance is well documented. EPR Biofeedback made its Olympic debut in 2008 at the Federal Sports Hospital in Beijing. For four months prior to the Beijing Games, over 1000 sessions were performed with 50 physicians and over 200 athletes of the Chinese National and Olympic Teams. Thirty two of China's record 100 medalists were participants in the biofeedback health management program.

Subtle factors like diet, minerals, emotions, allergies and air pollution can separate Olympic-class competitors that are compared by inches and fractions of a second. For instance, sub-clinical dietary deficiencies may reduce endurance, affect sleep, cause muscle cramps and impair performance and recovery in countless ways. The earliest signs of distress are exhibited by the body's bio-field, and only Electrophysiological Reactivity (EPR) testing is capable of this kind of subtle measurement. The INDIGO measures the athlete's own reactions, using their own baselines as the control, rather than comparing them with a "norm", though results correlate well with standard diagnostic tests when cases are more advanced. This way, each athlete's individual needs can be ascertained and corrected proactively. The program also includes high-end 3D graphics intended to allow the athlete to visually interact with the program, which triggers a mind-body connection.

Injury Prevention And Treatment

When athletes are healthy, balanced and have good stress management strategies, like EPR biofeedback, then the probability for injury is decreased. By monitoring the athlete for the earliest signs of distress, it is easier to identify and treat overtraining, poor recovery, insomnia, nutritional imbalance, or other factors that increase the chance of injury. Of course, not all injuries can be prevented. When an injury occurs, INDIGO bioresonance programs should be used in conjunction with standard medical interventions to dramatically accelerate healing and recovery. Results are surprising, especially when done frequently.

Training Recovery

The excessive demands of world-class training require quality rest and recovery. All current EPR biofeedback athletes are impressed with the improved recovery time they experience when using the device regularly. Quick recovery translates into better training, tolerance and improved contest preparation (particularly between heats or events). During high-volume training cycles and as athletes get closer to peaking, they often struggle more with sleep, digestion and rejuvenation. As the body becomes more stressed, the autonomic nervous system gets stuck in a "sympathetic-dominant" state, which increases the likelihood of injury, infection and emotional distraction.



Mental Emotional

One of the most intriguing abilities of the INDIGO is in providing insight into mental and emotional states. With a skilled operator, very specific emotional stress and historical information can be uncovered with uncanny accuracy and effectiveness. Discussing relevant emotional stress with athletes helps to validate their emotions and helps them to consciously comprehend the impact that emotional factors have on performance. All athletes have full lives, and athletics are only a part. Their ability to deal with concerns about family, peers and coaches, finances, relationships, competition pressure and other events in their lives have profound impact on competitiveness. This capability serves as a perfect complement for sport psychology and mental conditioning performed by the athletes' trained counselors and coaches.





Business Of Biofeedback

A Journey Begins

Like any trip, having a road map to where you are headed is essential to arrive at your destination safely and on time. Here are four distinct ways to integrate the INDIGO biofeedback system into your life or business. We welcome you to take advantage of these possibilities and see what value they may hold for you and your investment. Choose the path that is right for you. There are many different systems of implementation, we offer these four plans to assist you with insight into how the INDIGO Biofeedback System can best work for you.

- A) Personal Use
- B) Professional Private Practice
- C) Joint Venture Partnership
- D) Biofeedback Consulting Services

For example, there are biofeedback technicians working in Germany who see four clients a morning, four days a week, thus making 4,000 Euros each week. In Switzerland there are medical doctors charging 450 Euros per session and their practices are completely booked. Many INDIGO Biofeedback Specialists and consultants make an excess of \$100,000 dollars a year helping people manage stress. With the right advertising and promotion, people flock to drugless therapy using a hi-tech means of analyzing the body electric. Insurance companies will reimburse about 100 dollars for 90876 Psycho-Physiological therapy incorporating biofeedback (45 to 60 minutes). Most doctors charge much more.

For answers to your Business/Investment Planning or Financing Questions, please contact one of our Sales Representative for more details pertaining to our financing Options.

Call toll free – 1877-388-3005

www.thequantumalliance.com



Personal Use

48



The INDIGO Biofeedback System's safe, non-invasive approach to stress management is now available to you and your family for home use with its advanced, integrative and effective approach to well-being for the entire family. Even if you never intend to earn a single penny using the INDIGO, consider how valuable it is to have such a comprehensive stress reduction system at your fingertips. Let's face it- life is stressful. When symptoms of stress arise, it is a huge relief to know that you have the ability to help them. For many people with chronic stress and stress related illnesses, owning an INDIGO device allows them to regularly practice on themselves, which in turn enables them to function in the world on a daily basis. Sometimes making the investment is an obvious necessity and a wise investment.

Take action toward your New Vision for Well Being Today!

Personal Story #1 – “Finding the Ultimate Win-Win Solution”

One example, of the INDIGO's cost effectiveness is Lorraine's personal experience. As a single mom and graduate student, Lorraine had been seeing a biofeedback therapist regularly for several months, paying \$150 per session twice each month, when her son was diagnosed with Tourette's Syndrome. At first she thought she would have to stop her sessions in order to afford sessions for her son's stress related neurological diagnosis. Upon further exploration she discovered that purchasing her own system would cost almost the same amount as what she had been paying her Biofeedback specialist for just two sessions each month! AND she would be able not only to use it on herself more frequently, but also have it on hand to help other loved ones whenever necessary! Today her son is happy, healthy and free of any neurological disorders.

Personal Story #2 – “The Invaluable Gift of Elevated Awareness”

Another example demonstrating the benefits of implementing the INDIGO Biofeedback for home use is illustrated by Ryan's Story. Growing up with a father who used the system regularly on family members , Ryan received great benefits from regular stress reduction sessions, as well as education on multiple strategies when it came to managing stress in all parts of his life. From decisions about what foods were most healthy for him to eat, to which emotional factors were most in need of release, Ryan's participation in regular biofeedback sessions were the catalyst for establishing good decision making. With this constant access to the family's “home stress care system”, Ryan was able to apply his understanding of how the body's natural healing process takes place, thus avoiding secondary stressors like emotional anxiety from multiple acute sport related injuries and traumas. To this day Ryan receives regular stress reducing sessions from his father. His gratitude for the gift that was given is only expressed through living an abundant and fulfilled life. “Priceless” is the only value worthy of display.

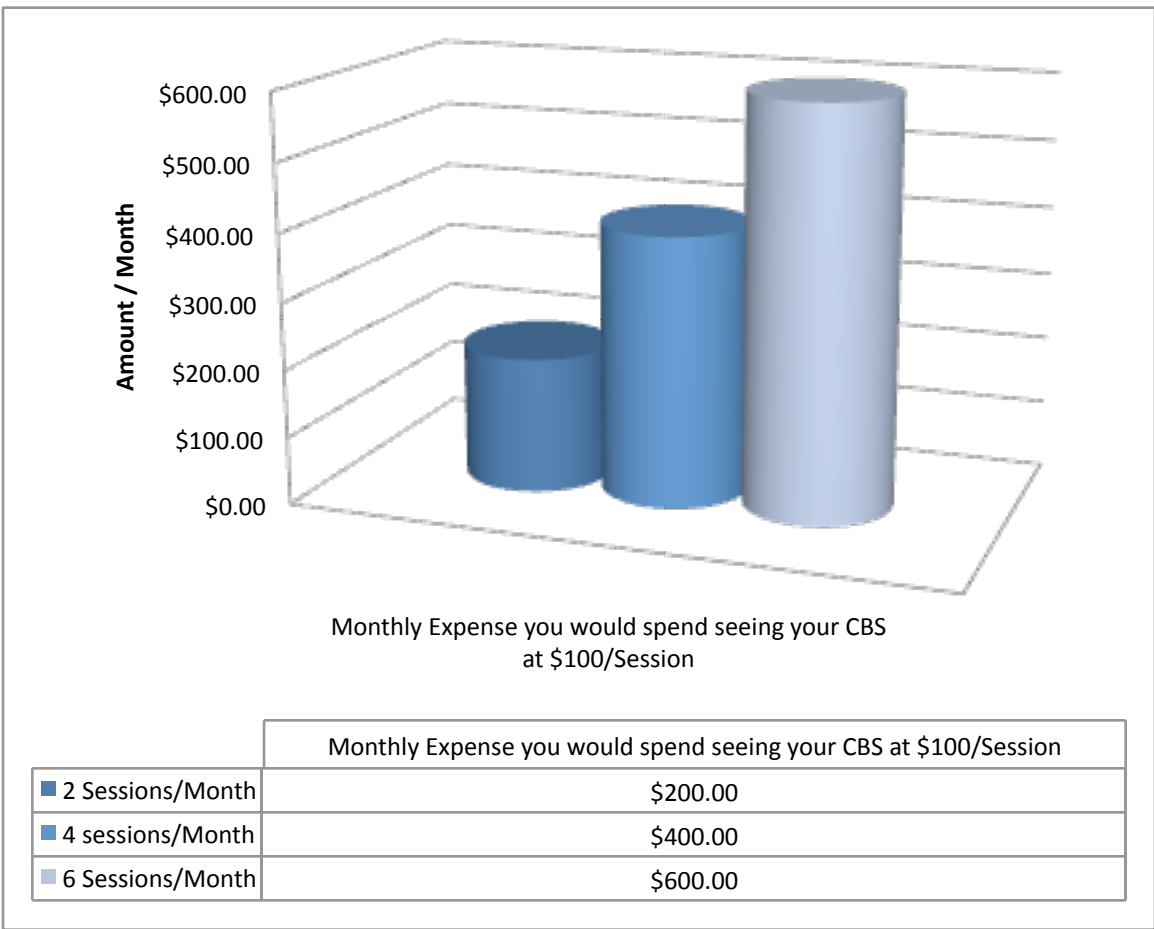
Does owning your own INDIGO Biofeedback System make sense for you and your family?

Paying for external professional biofeedback services can be costly, ranging anywhere from \$90.00 - \$250.00 per session. In the following example, we will be using an average session cost of \$100.00 USD for a one hour session.

Let's do the math to explore the point at which owning your personal INDIGO Biofeedback System would be a cost effective solution for you. After calculating the cost vs. reward, the decision is easy.

Example: Monthly Expense you would spend seeing your CBS at \$100.00/Session

- From four – six sessions / month, you would be gaining a positive ROI
- You and one significant other, receiving just two sessions within the Personal Home Use INDIGO Biofeedback Technology would be covering the same 'value' of the Avg. Monthly Financing Fee of \$500.00 USD.
- You do the math.



Private Practice

50



Many who have experienced great results using the INDIGO decide they would like to help others achieve the same great outcomes in their lives. For some, it is an adjunct to an already fulfilling career; for others it means embarking on something entirely new and exciting! Many practitioners begin in private practice offering sessions out of a home office (with great tax benefits!) while they build up a clientele. Others lack the space, or wish to keep separate their professional work and home lives. All of the necessary training and certification to begin a viable business as a biofeedback specialist is provided with the purchase of the INDIGO education package. Below is an example of typical monthly expenditures in launching a professional private biofeedback practice, with an external office rental.

Estimated Start-up Cost: Professional Private Practice

*1st year expenses will vary based on many ONE TIME EXPENSES such your choice of financing, how much funds are put down and travel arrangements for The Quantum Academy trainings.

Note: This is an estimated expense summary.

*INDIGO Down Payment / Financing 20% *\$5,100.00 initial investment

Estimated Fixed Monthly Expenses: Private Practice

Rent	\$500.00
Liability Insurance	\$20.00
Utilities	\$250.00
Office Supplies.....	\$50.00
Monthly payment for device.....	\$500.00
Marketing/Website/Brochures/Business cards.....	\$200.00
Travel for Training.....	\$150.00
Professional Licenses/Tests/Assoc	\$60.00

Total: \$1,730.00/mo. | \$20,760.00/yr.

Professional Private Practice: Monthly Potential Income Model

Rate: / hr	20 Hrs / Month	40 Hrs / Month	60 Hrs / Month	80 Hrs / Month
\$ 75.00	\$ 1,500.00	\$ 3,000.00	\$ 4,500.00	\$ 6,000.00
\$ 100.00	\$ 2,000.00	\$ 4,000.00	\$ 6,000.00	\$ 8,000.00
\$ 150.00	\$ 3,000.00	\$ 6,000.00	\$ 9,000.00	\$ 12,000.00
\$ 200.00	\$ 4,000.00	\$ 8,000.00	\$ 12,000.00	\$ 16,000.00

- The current stated figures are not including previously stated fixed expenses of \$1,730/mo. / Month
- Even at the rate of \$100/hr, and a very part time schedule of just 5 client hrs each week (20/month) your practice is making a small income each month.
- At 20 clients each week (80/month), charging the more standard rate of \$150/hr, your annual income for this part time practice is nearly \$150K after expenses!



Joint Venture Partnership

Many busy health professionals are beginning to see the value of integrative medicine and love the idea of offering INDIGO biofeedback services to help their clients. They don't however have the time to spend an hour with each client, and rarely do they have the time to invest in the training to become certified to use the INDIGO. In Joint Venture Partnership, a health professional with an established practice makes the investment for the INDIGO and "hires" the biofeedback technician or specialist to run sessions for their clients.

The nice thing about this arrangement is that it provides a win – win – win opportunity. The doctor gets to earn additional income for their practice while offering a needed new integrative service to their clients, the clients get to receive gentle non-invasive and effective (and often have insurance pay for) biofeedback sessions, and the practitioner gets to become certified to work in this exciting profession with very little personal investment and very little risk!

For many who are new to the health and wellness industry this also has the added benefit of providing the security and legitimacy of working closely with a licensed health professional. For others, the goal of furthering the cause of bringing forth more integrative medicine approaches into the current health care model is also very appealing. Here is an idea of how the financial picture looks with this arrangement:

Estimated Fixed Monthly Expenses: Joint Venture Partnership

Rent	\$0.00
Liability Insurance	\$20.00
Utilities	\$0.00
Office Supplies.....	\$50.00
Monthly payment for device.....	\$0.00
Marketing/Website/Brochures/Business cards.....	\$50.00
Travel for Training.....	\$150.00
Professional Liscences/Tests/Assoc	\$60.00

Total: \$330.00/mo. | \$3960.00/yr.

Income Potential – Joint Venture Partnership

Rate: / hr	20 Hrs /Month	40 Hrs /Month	60 Hrs /Month	80 Hrs /Month
\$ 75.00 - 70/30 Split	\$ 1,050.00 / \$ 450.00	\$ 2,100.00 / \$ 900.00	\$ 3,150.00 / \$ 1,350.00	\$ 4,200.00 / \$ 1,800.00
\$100.00 - 70/30 Split	\$ 1,400.00 / \$ 600.00	\$ 2,800.00 / \$ 1,200.00	\$ 4,200.00 / \$ 1,800.00	\$ 5,600.00 / \$ 2,400.00
\$150.00 - 70/30 Split	\$ 2,100.00 / \$ 900.00	\$ 4,200.00 / \$ 1,800.00	\$ 6,300.00 / \$ 2,700.00	\$ 8,400.00 / \$ 3,600.00
\$200.00 - 70/30 Split	\$ 2,800.00 / \$ 120.00	\$ 5,600.00 / \$ 2,400.00	\$ 8,400.00 / \$ 3,600.00	\$ 11,200.00 / \$ 4,800.00

- If your Joint Venture Partner refers just five clients each week for biofeedback (billing at a rate of \$100/hr) - you would earn just over \$1,000/month after expenses (not bad for a day's work!). The practice would bring in an additional \$600/month. (this would cover their investment on the device)
- A half time partnership venture (20 client referrals each week) could yield as much as \$11,200 for biofeedback practitioner each month (\$130,000 annually) and almost \$5,000/month additional income for the professional practice.



Biofeedback Consultant – Sales Representative

Many people experience the INDIGO and immediately see the viability and potential it holds for improving health and shifting current health care paradigms. Even if you don't have the inclination for a clinical biofeedback practice, you can still be involved in this exciting industry. The Quantum Alliance is always looking for motivated individuals who want to work with us to bring this amazing technology into the mainstream of health care across the globe! In fact, it has been the experience of many of our practitioners over the years that this technology "sells itself". In fact, many start off with no intention what so ever of "selling" INDIGO's wind up paying their devices off in the first year because their clients experience such great results they immediately saw the benefits of owning systems themselves!

Clients who train with the INDIGO Biofeedback System immediately understand the value of it. Health Professionals appreciate how comprehensive it is, and value the accuracy and ability to identify thousands of stress reactions and offer effective, drug-free therapeutic interventions. Baby boomers and others experience it and often view it as a great option for maintaining their health and quality of life as they age; as well as a service oriented career possibility after retirement. Our Star Plan consultants make top dollar referral fees for introducing the technology to others.

Sharing The Alliance Rewards

Quantum Alliance has created an excellent earning opportunity for people interested in the sales and marketing end of our business. We call it the STAR plan, or SHARING THE ALLIANCE REWARDS. The compensation structure is available to registered owners of Indigo or Eternale and who have signed a contract.

New Paradigms For Prosperity

During this time of human evolution it is imperative that we develop new business models which reflect an efficient use of resources, more cooperative “win-win” scenarios emphasizing mutual benefit, along with collaborative efforts and community service.

- For many people, purchasing an INDIGO makes perfect sense, but the investment at first may seem prohibitive.
- The following models have been successful in helping people shift gears and enter a realm of infinite possibilities and potential. By getting creative and stepping outside the box we generate needed support for the investment.
- Each of these models allows INDIGO biofeedback practitioners to be of service in unique and important ways to bring about a change in consciousness and a change in community health awareness as well as creative ways to pay off their INDIGO in a year or less

Remember that infinite bounty, blessings, opportunities and prosperity are offered to us in every moment when we choose to create them.

The following are a few of the new paradigm models for your review:

- Community Supported Stress Management
- Multi-Family stress Reduction Plan
- Community Health Clinic Model
- Volunteer Days

Community Supported Stress Management

- 20 colleagues, neighbors, friends and family agree to utilize biofeedback services once each month for one year. These supporters are stakeholders for your first year in business.
- One day each week your INDIGO is devoted to your CSSM Stakeholders.
- Monthly Stakeholder Membership is \$100.
- Set up with simple consents, baselines and surveys, this allows for a built in participation in a 12 month longitudinal research study.

Stakeholder Financial Benefits

- Typically- new practitioners may charge \$75/hr during their first 3-6 months of training.
- Once training is complete fees rise to \$150/hr
- First half of the year; $\$75 \times 6 \text{ mos} = \450
- Second half of the year; $\$150 \times 6 \text{ mos} = \900
- Total CSSM Value for the year = \$1,350
- Annual CSSM Stakeholder payment is only \$1,200
- CSSM Stakeholder Members save \$150 annually

Stakeholder Benefits

- Monthly Stress Reduction Services
- Supporting your local community small business
- Reliable Priority Scheduling
- Coherent tracking of Progress over a full year
- Reduced fees for purchasing services in bulk
- And most importantly contributing to biofeedback best practices research





Practitioner Benefits

- Ability to pay off the INDIGO in one year
- Local financing assistance
- Business investment insurance
- Steady client base with referrals
- Hours worked in just one day each week makes your monthly payments
- Active contributor of biofeedback research studies
- Potential sales of devices at end of first year

Practitioner Financial Benefits

- \$24,000 initial investment financed
- Payments \$2000/ month to pay off the device in one year
- One day each week dedicated for working with Stakeholders (5 sessions each day=20 stakeholder sessions/mo)
- 20 sessions/mo x 12 mo/yr= \$24,000 at the end of the first year
- The remaining four days each week could be utilized to earn income
- Personal investment \$3000 (down payment and travel to trainings)

Multi-Family Stress Reduction Plan

Four neighboring families invest in the technology together.

Each family invests \$6000 (\$500/mo) for one year and the four families, timeshare the device for one week each month, or specific days each week as previously agreed upon.

Biofeedback Technician training for one member of each family will require an additional \$1500.00.

During the period of time each family has the device they may also book sessions for paying clients, family, friends to earn back their investment. They may also book showcases to sell devices that will make the investment back in a little more than one STAR Plan referral fee!

Community Health Clinic Model

Every community needs health care providers who provide discounted services for low income/ high risk members. Studies show that low income populations suffer from stress, and stress related illnesses, in inordinate proportions, compared with middle classes. These folks NEED our services, and can not afford them. Imagine how good it would feel to pay off your device in one year by addressing this important unmet need for care in your community! Here's one model:

Let's say you decide to hold "sliding scale clinic hours" twice each week for four hours each.

(for ex. Thurs eve 5-9, Sat 9am-1pm)

Providing 30 minute services for a "comfort scale" of between \$20-\$35/session would yield nearly enough to pay off your device within a year while working just 8 hrs each week

$8 \text{ hours/wk} \times 16 \text{ sessions} \times \$27 \text{ (average fee)} = \$432/\text{wk} \text{ or } \$1728/\text{mo} (\$22,464/\text{yr})$

Think of the free publicity for your regular private pay practice as well!

Volunteer Day

Let's say that once each month you volunteer your time to provide biofeedback to needy groups (Cancer, Autism, FBM, CFM etc.) on a Saturday from 10-4 (six hrs).

In those six hours you could see as many as 12 clients for 30 minute sessions, for FREE.

Imagine then if those 12 people left your session feeling more relaxed, stress and pain free, educated about their health, and 25% decided to book a package of four sessions with you each month. Three people paying \$350 for the package is \$1050/mo. Let's say another 25% leave with referral coupons that you gave them and are actively sending people to you, out of goodwill. (\$ unknown)

More importantly, think about the effects of being of service to different groups each month, and how that will circulate interest, excitement, PR, referrals and goodwill amongst the clients themselves, as well as the health professionals who are providing care for them. This will result in broader knowledge about the biofeedback industry and more cash flow for your business!



Biofeedback Research

The following published articles support the general science of biofeedback, and its applications as effective therapies for a host of clinical ailments:

Biofeedback in the Treatment of Phantom Limb Pain: A Time-Series Analysis

Harden, N.R., Houle, T.T., Green, S., Remble, T.A., Weinland, S.R., Colio, S., et al. (2005).
Applied Psychophysiology and Biofeedback, 30(1), 83-93.

Summary: Researchers at the Center for Pain Studies located in the Rehabilitation Institute of Chicago/ Northwestern University Medical School performed a study of nine individuals with Phantom Limb Pain to assess the effects of biofeedback on pain. The participants received biofeedback treatments over the course of four to six weeks. The results of the study showed that eight of the nine patients experienced reductions in pain that varied from 25-66 percent.

Biofeedback in the Treatment of Headache and Other Childhood Pain

Hermann, C., & Blanchard, E.B. (2002).
Applied Psychophysiology and Biofeedback, 27(2), 143-162.

Summary: Much research has been conducted on the subject of the effects of biofeedback on childhood pain, mainly headaches. Empirical data was studied and reassessed by researchers at both the Central Institute of Mental Health in Mannheim, Germany and the Center for Stress and Anxiety Disorders in Albany, New York. The findings have shown evidence that approximately two thirds of the children experienced a 50% pain decrease regarding headaches. The studies concerning biofeedback on related pain such as arthritis and recurrent abdominal pain have shown to be inconclusive due to a lack of research.

Combined Heart Rate Variability and Pulse Oximetry Biofeedback for Chronic Obstructive Pulmonary Disease: Preliminary Findings

Giardino, N.D., Chan, L., & Borson, S. (2004).
Applied Psychophysiology and Biofeedback, 29(2), 121-133.

Summary: A study done was conducted at the University of Washington Medical Center to test the likelihood of an intervention that included heart rate variability biofeedback and walking with pulse oximetry feedback to improve quality of life for patients suffering from chronic obstructive pulmonary disease. Twenty participants were studied over the course of nine sessions using the Six Minute Walk Distance Test. Outcomes. The outcome showed a statistically and clinically significant improvement in walking distance and overall quality of life.

Biofeedback of R-Wave-to-Pulse Interval Normalizes Blood Pressure

Rau, H., Buhner, M., & Weitkunat, R. (2003).
Applied Psychophysiology and Biofeedback, 28(1), 37-46.

Summary: Doctors in Munich, Germany explored the way biofeedback treatment affected patients with problematic blood pressures. Twenty-two participants received three individual sessions over the course of two weeks. Twelve of the participants had high blood pressure while the other ten experienced low pressures. The findings concluded that both high and low pressures were modified in a significant and positive way after three sessions of biofeedback.

Biofeedback Treatment for Asthma

Lehrer, P.M., Vaschillo, E., Vaschillo, B., Lu, S., Scardella, A., Siddique, M., et al. (2004).
Chest Journal, 126(2), 352-361.

Summary: Research was conducted at the University of Medicine and Dentistry of New Jersey and the Robert Wood Johnson Medical School to evaluate the effectiveness of biofeedback as a complimentary treatment for asthma. Ninety-four adult volunteers with asthma participated. Results suggested that the participants required less steroid medications and averaged a decrease in one full level of asthma severity.





Comparison of the Efficacy of Electromyography, Cognitive-Behavioral Therapy, and Conservative Medical Interventions in the Treatment of Chronic Musculoskeletal Pain

Flor, H., Birbaumer, N. (1993).

Journal of Consulting and Clinical Psychology, 61, 653-658.

Summary: Researchers at the University of Tübingen in Germany compared three different types of treatments for chronic musculoskeletal pain to evaluate which would be most effective. The treatments compared were EMG biofeedback, cognitive-behavioral therapy, and conservative medical treatment. At the 24-month follow-up, only the biofeedback group maintained significant reductions in pain severity.

Biofeedback for Hypertension

Health and Public Policy Committee, American College of Physicians. (1985).

Annals of Internal Medicine, 102, 709-715.

Summary: The Health and Public Policy Committee has reported that biofeedback is a constructive tool to decrease the use of medication in patients with hypertension. The research is based on 10-20 thirty-minute sessions, which have been proven to lessen blood pressure levels.

Biofeedback-Assisted Relaxation in Migraine Headache: Relationship to Cerebral Blood Flow Velocity in the Middle Cerebral Artery

Vasudeva, S., Claggett, A.L., Tietjen, G.E., & McGrady, A.V. (2002).

Medical College of Ohio, Toledo.

Summary: The departments of Psychiatry and Neurology at the Medical College of Ohio tested 20 patients experiencing migraines with and without auras. After being treated with 20 sessions of biofeedback the patients experienced a reduction in pain, depression, and anxiety. Patients with and without aura experienced equally positive outcomes.

Evaluating the Efficacy of a Biofeedback Intervention to Reduce Children's

Wenck, L.S., Leu, P.W., D'Amato, R.C. (1996).

Journal of Clinical Psychology, 52, 469-473.

Summary: Over a six-week period, one hundred and fifty 7th and 8th grade children with high anxiety were assigned to 12 sessions of biofeedback to determine if the treatments would aid in a reduction of symptoms. Students received six sessions of thermal training and six sessions of EMG training. The research showed that there was a significant decline in both state and trait anxiety.



Biofeedback in the treatment of heart failure.

McKee MG, Moravec CS. Department of Psychiatry and Psychology, Cleve Clin J Med. 2010 Jul;77 Suppl 3:S56-9.

Abstract

Biofeedback training can be used to reduce activation of the sympathetic nervous system (SNS) and increase activation of the parasympathetic nervous system (PNS). It is well established that hyperactivation of the SNS contributes to disease progression in chronic heart failure. It has been postulated that underactivation of the PNS may also play a role in heart failure pathophysiology. In addition to autonomic imbalance, a chronic inflammatory process is now recognized as being involved in heart failure progression, and recent work has established that activation of the inflammatory process may be attenuated by vagal nerve stimulation. By interfering with both autonomic imbalance and the inflammatory process, biofeedback-assisted stress management may be an effective treatment for patients with heart failure by improving clinical status and quality of life. Recent studies have suggested that biofeedback and stress management have a positive impact in patients with chronic heart failure, and patients with higher perceived control over their disease have been shown to have better quality of life. Our ongoing study of biofeedback-assisted stress management in the treatment of end-stage heart failure will also examine biologic end points in treated patients at the time of heart transplant, in order to assess the effects of biofeedback training on the cellular and molecular components of the failing heart. We hypothesize that the effects of biofeedback training will extend to remodeling the failing human heart, in addition to improving quality of life.

Biofeedback for headaches.

Schmerz. 2010 Jun;24(3):279-88; quiz 89.

Kropp P, Niederberger

Abstract

Biofeedback is a direct feedback of a physiological function. The aim of biofeedback is to change the physiological function into a required direction. To manage this, the physiological function has to be fed back visually or acoustically and it has to be perceived consciously. Biofeedback as a therapeutic practice derives from behavioural therapy and can be used in the context of behavioural interventions. Biofeedback has proved to be successful in non-medical treatment of pain. According to more recent meta-analyses biofeedback reveals high evidence in the treatment of migraine or tension-type headache. In these headaches biofeedback procedures are considered highly effective.

PMID: 20563685 [PubMed - in process]

Virtual reality in the treatment of generalized anxiety disorders.

Stud Health Technol Inform. 2010;154:39-43. Gorini A, Pallavicini F, Algeri D, Repetto C, Gaggioli A, Riva G.

Abstract

Generalized anxiety disorder (GAD) is a common anxiety disorder characterized by 6 months of "excessive anxiety and worry" about a variety of events and situations. Anxiety and worry are often accompanied by additional symptoms like restlessness, being easily fatigued, difficulty concentrating, irritability, muscle tension and disturbed sleep. GAD is usually treated with medications and/or psychotherapy. In particular, the two most promising treatments seem to be cognitive therapy and applied relaxation. In this study we integrated these approaches through the use of a biofeedback enhanced virtual reality (VR) system used both for relaxation and controlled exposure. Moreover, this experience is strengthened by the use of a mobile phone that allows patients to perform the virtual experience even in an outpatient setting. This paper describes the results of a controlled trial (NCT00602212) involving 20 GAD patients randomly assigned to the following groups: (1) the VR and Mobile group (VRMB) including biofeedback; (2) the VR and Mobile group (VRM) without biofeedback; (3) the waiting list (WL) group. The clinical data underlined that (a) VR can be used also in the treatment of GAD; (b) in a VR treatment, patients take advantage of a mobile device that delivers in an outpatient setting guided experiences, similar to the one experienced in VR.

Prolonged Electromyogram Biofeedback Improves Upper Extremity Function in Children With Cerebral Palsy.

Bloom R, Przekop A, Sanger TD.

Stanford University, Stanford, California. J Child Neurol. 2010 Jun 4.

Abstract

Biofeedback of muscle activity is commonly used as an adjunct to physical therapy, but it has not previously been used for long-term treatment of movement disorders. The authors hypothesized that chronic daily use of biofeedback of muscle electrical activity might promote improved use of the upper extremity in children with cerebral palsy and upper extremity motor deficits. They constructed a portable electromyography (EMG) unit that includes a surface EMG sensor and amplifier, microcontroller-based nonlinear signal processing, and vibration feedback of muscle activity. A total of 11 children ages 6 to 16 years, with cerebral palsy or acquired static brain injury, wore the device at least 5 hours per day for 1 month. Changes in upper extremity function were assessed using an individualized Goal Attainment Scale. Results showed significant clinical improvement in all 10 children who completed the study. These results suggest that further testing of prolonged surface EMG biofeedback is warranted.



You have seen the importance of stress management, learned about the history of energetic and electro-medicine technologies and reviewed the results of our INDIGO's scientific clinical trials.

The benefits of INDIGO Biofeedback Systems speak loudly!

To order an INDIGO now, book an Insight presentation or locate a practitioner, please call us at 1-877-388-3005 or visit us at www.thequantumalliance.com!

