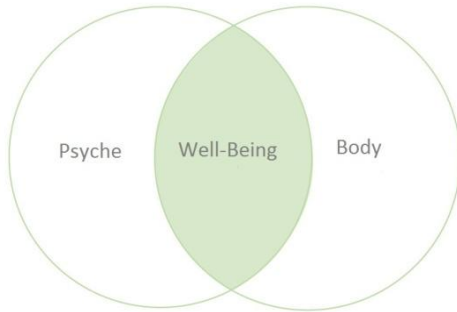


## Body and mind at one?

Numerous scientific studies show that there is an relationship between body and mind. Our autonomous nervous system forms the link between body and mind and consists of the parasympathetic ('inner brake') and the sympathetic ('accelerator') nervous systems.



An intact and active parasympathetic nervous system is responsible for inner peace, self-healing and regeneration. It is actually possible to train this 'inner brake'. The activity of the parasympathetic nervous system can be measured by means of the heart rate variability (HRV); the higher your HRV, the healthier your autonomous nervous system is (see illustration).



## Your benefits at a glance

The Qiu is a biofeedback system developed as a result of intense research by German medical professionals to improve the interaction between the heart and the brain. The Qiu is there to help you benefit comfortably and reliably from the latest medical findings with a long-lasting effect.

The benefits:

For those whose reduced heart rate variability presents an increased health risk (high blood pressure, heart diseases, depression ...)

For those aiming to activate their body's own regeneration and self-healing abilities (post-operative therapeutic support, following trauma, or during illness)

For those who are subjected to emotional pressure (athletes, business professionals, mothers, school children...)

- ☞ Specific training of the parasympathetic nervous system (autonomic nervous system, "inner brake")
- ☞ Developed and produced in Germany
- ☞ Dermatologically tested materials
- ☞ Recommended by medical doctors and therapists

**BioSign**  
SCIENCE FOR A BETTER LIFE



## HRV-Biofeedback



Improve and maintain your health

[www.qiu-online.de](http://www.qiu-online.de)

Product  
Novelty

## How the Qiu works

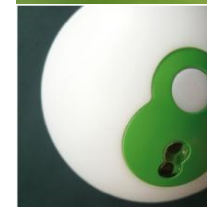
The Qiu is an innovative HRV biofeedback device developed by German medical professionals involving years of research. The Qiu measures the heart rate variability (HRV), which reflects the vital connection/interaction between the heart and the brain. The patient's current HRV status is displayed in form of a colour-coded visual feedback (red/green). The biofeedback effect will strengthen the user's heart-brain axis (heart rate variability), which will lead to several positive changes in both body and mind.

## Who will benefit from the Qiu?

A low heart rate variability (HRV) indicates a significant increase in health and mortality risk. Improving your HRV by using HRV biofeedback is a new approach in medical science for the prevention and therapeutic support of common diseases and disorders such as heart diseases, high blood pressure, diabetes, and depression. The biofeedback-effect strengthens the emotional well-being and eases emotional pressure. Top athletes, business professionals, parents and school children can benefit from using the Qiu.

## How to use the Qiu

The Qiu operates with battery power. In order to measure the heart rate variability, you need to hold it in your hand. With the aid of its optical pulse sensors, the Qiu measures the pulse on the hand or the fingers - there is no need for cables. After the Qiu has recognized and analysed your pulse, a red or green light shows your biofeedback on the upper half of the Qiu. Individually adjustable blue LED signals provide you with the breathing frequency which will help you to obtain a green biofeedback.



Optical sensor  
for pulse  
measurement



USB interface and  
socket for an  
external pulse  
sensor



Upper casing:  
Biofeedback  
(red/green); blue  
LEDs: Target  
breathing rhythm