

## FUNCTIONS

- 435 energy treatment programs
- Program selection on the device (keypad and display)
- 3 different intensities (corresponding to body weight)
- Up to 4 applicators can be connected
- Treatment duration of 10-30 minutes, automatically preset
- Device automatically turns off at end of treatment session
- Simple and quick to use, easy to learn
- Can be combined with all treatments/applications in conventional medicine and physical therapy
- Easily transportable with included carrying case
- Expandable, using programmed chip cards



## PACKAGE CONTENTS

- System unit: QuintStation 125 "Wellness & Sport"
- 2 applicator pads, elastic band set
- Carrying case for portable use Detailed handbook
- Electronic tester for applicators Optional accessories:
  - extra applicator pads
  - Smart card with additional programs
  - Applicator pad M1



QuintSysteme

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This data sheet serves exclusively as information for medical professionals. Although we have carefully reviewed and checked this information, we can make no guarantee of its completeness or correctness.

This information is valid at the time of publication of this product data sheet. QuintSysteme GmbH is constantly developing its products, and product features are subject to change without previous express notification. Therefore, actual available products may differ from the information printed here.

The devices and procedures presented in this product information sheet rely on Holopathy. Holopathy is a form of biophysical information therapy and is therefore considered alternative medicine. It considers diseases to be disturbances of an overarching regulatory system which for years has been researched successfully in the field of biophotonics by Fritz-Albert Popp, and is understood in its essential elements. To a certain extent, the ideas at its foundation go well beyond the current, generally accepted views of science, or in part stand in contradiction to them.

**Therefore, Holopathy, as well as all other methods of complementary medicine (homeopathy, acupuncture, traditional Chinese medicine, ...) are currently not recognized by scientific medicine.**

All statements in this folder reflect experiences with Holopathy itself or other methods of regulatory medicine; for the most part they have not been verified by independent studies. As far as designations of medical indications are used, these are not to be understood as actual claims of effects in a conventional medical sense, but as descriptions specifically for the particular case of application of optimized energetic support for the attainment of a balanced condition of the body's own regulatory system according to the principles of Holopathy. Unless otherwise expressly stated, the term "therapy" when used in this folder is not to be understood in a conventional medical sense, but means the application of specific substance vibrational spectra by means of weak electromagnetic fields according to the principles of Holopathy.

As with all other methods of energy medicine, treatment with Holopathy cannot replace treatment by a medical doctor. Whether and to what extent treatment with Holopathy is sensible can be decided only by a doctor.

**The QuintStation 125-2 is not intended for medical use.**

## USER TESTIMONIALS

### MARTINA GLAGOW (BIATHLON)

"In world-class sports it is enormously important to find the correct rhythm between the training and recovery phases. This rhythm is crucial to the quality and intensity of your regeneration: whoever can replenish their energy stores more quickly and by natural means, will come out ahead in the end."

I myself have been working since May 2005 with the QuintStation 125 and mainly use the "Regeneration" and "Mental Conditioning" therapy programs and beverage energizing to improve recovery, deepen relaxation, and sharpen concentration. And I am completely convinced by the effects of the system."

*Martina Glagow won in 2006 three Olympic silver medals at the Winter Games in Turin and the overall world cup in the mass start competition.*

### DR.GERNOT KRAMMER (SOCCER)

"Thanks to the support of the QuintSysteme company, we were able to thoroughly test the QuintStation 125 "Sport" with a national soccer club from February to June 2005. It was first used in training camp in Turkey. Here the system was used in the day-to-day treatment of small wounds, mainly bruises and muscle strains. Its acceptance by the players was very gratifying."

After returning from training camp, the device was tested in everyday operation. Colds, sniffles, sinus infections, etc. could be cured in a shorter time, without medication, than had been possible without this treatment. We also experienced good results with the treatment of chronic stress injuries, for example tendonitis. Through (often daily) therapy sessions, individual players were able to participate in training sooner, and recover in time for important games. All this, as I said, without the use of medication.

After diagnosis by a doctor, it was possible to delegate treatment by a masseur who was trained to use the system. In this way it was possible to maintain very short treatment cycles. The average length of treatment was 30 to 45 minutes, once or twice daily. On average, four to six treatments were necessary to successfully complete therapy. Altogether, the QuintStation 125 "Sport" provided excellent service in the care of professional soccer/football players."

*Dr. Gernot Krammer is head of emergency surgery at Wiener Neustadt hospital (Austria) and operates his own sports medicine practice.*

### SINISA PISMESTROVIC (SOCCER)

"Patellar tendon inflammation. The pain slowly became worse for almost four weeks, before I started using your treatment method. Before treatment, the pain was in the entire patellar tendon area. After treatment, almost 90% of the pain went away, and after a training session I can feel just a small spot of pain, but during physical activity it does not hurt at all. I thank you for your effective treatment."

### WOLFGANG KROMP (ICE HOCKEY)

"With the QuintStation 125 "Sport" I was able to dramatically reduce the duration of my injuries, especially with bruises and strains. And with regular regeneration- and performance improvement therapies, I was able to maintain my level of performance throughout the grueling championship."

*Wolfgang Kromp is a member of the Austrian champion team Villacher SV (2006).*

### PATRICK PILLONI (ICE HOCKEY)

"After CT I was diagnosed with an impingement syndrome. After three weeks of physical therapy I was not seeing any improvement in my symptoms. But after a short treatment with the QuintStation 125 I could train again, pain-free."

*Patrick Pilloni is a three-time Austrian champion and has competed 100 times on the national team, including the 1998 Olympic Games and six world championships.*



### KLAUS FISCHER (BADMINTON)

"When at the beginning of March, after a 29-year intensive badminton career, I tore my ACL and meniscus. I was very depressed, as it was my first serious injury. Nevertheless, despite being 39 years old I took it upon myself to undergo surgery on April 5, 2002 at LKH Klagenfurt. After consulting a doctor it became clear to me that returning to the national league, and hence to competitive sports, would not be possible for ten to twelve months. Then and there, my chance to participate in the world championship for my age bracket in Melbourne was eliminated."

Unfortunately, if I had known... I was able to become familiar with therapy with the QuintStation 125 "Sport". The bottom line: in mid-October, just six and a half months after the operation, I played my first tournament, and on the previous week- end my first tough matches on the national league A-team as number one. It is going sensationally well... what has convinced me is that therapy with the device has ensured me a great advantage over the usual recovery time."

### BETINA GERMANN (TRACK AND FIELD)

"Achilles' tendon operation. Both operation sites were treated with the QuintSystem, and immediately after treatment I noticed a clear improvement in pain sensitivity. During pain treatment over several consecutive days I noticed a substantial reduction in stiffness in my Achilles' tendon in the mornings, and on some days it was completely gone. After several treatments I can attest that I am completely pain-free in the area of the operation. I also saw a positive result after a minor tendon injury in my knee. After hyperextending a tendon in my right knee during strength training, the pain prevented me from walking normally. After just three pain treatments with the QuintStation 125, my knee pain was completely gone! I was also treated during breaks in high-intensity training sessions, which led to quick regeneration and excellent training results."

*Betina Germann is a 2006 Austrian national champion in the 400 m.*

### WERNER HÖLLER (WEIGHTLIFTER)

"On February 11, 2010, in the middle of training for the upcoming season, while lifting a 110-kg weight I caused a 10-15 cm tear in my left thigh muscle. After a thorough examination by doctors I had to interrupt training for at least six weeks. My colleagues who had sustained similar injuries predicted that I would have persistent pain during this time."

Since I wanted to try everything possible, on February 12 I began to treat myself with the QuintSport system which had been recommended to me. Twice a day I ran the programs "muscle tear" and "muscle scar" for two hours, and in the first week also "bleeding injury". In addition, I drank a liter of water throughout the day, which I treated on alternate days with the "muscle-building" and "regeneration" programs.

Then, something astounding happened: after only a few days the pain lessened, and I was even completely pain-free immediately after the therapy session. Every day, climbing stairs or even standing up from a couch became less agonizing. After two weeks I already felt so much better that I began training with light dumbbells. In the following 1-2 weeks I carefully increased the weight and resumed my normal strength training.

Finally, on March 20 – just five weeks and two days after my injury – I was able to compete again and even perform a feat of lifting of 259 kg - under these circumstances a sensational achievement. I did it completely pain-free, and with my leg feeling bulletproof!"

*Werner Höller – Junior European Champion 1997, third place in the Junior World Championship 1997, 31-time national champion, winner of several international tournaments, and Austria's most decorated weightlifter of all time.*



# QUINTSTATION 125 „WELLNESS & SPORT“

*Clinic and home use*

*The QuintStation 125 unit offers a gentle and effective way of support in both the body and mind.*



## Highlights

- Easy to use
- Fast results
- Energetic support of common sports injuries
- Energetic support for joints, muscles, ligaments and tendons
- Faster regeneration
- Improved performance
- Immune system support
- Improved mental clarity
- Stress reduction
- Non-invasive
- No side-effects



QuintSysteme



In the development of the QuintStation 125 we incorporated our experience of more than 20 years with a comprehensive method of informational medicine – Holopathy. The treatment principle involves the transmission of specific, digitally stored bio-information over weak electromagnetic fields. The result is gentle, effective, and harmless to the body.

*The QuintStation 125 is not merely the latest remake of a conventional magnetic field therapy device - it operates on a completely new concept in energy medicine – Holopathy.*

The QuintStation 125 supports athletes of all disciplines in achieving their high expectations.



We have built, optimized, and refined the system over years of intensive trials with athletes of various disciplines. Qualified therapists use it to develop and strengthen the energy systems of athletes with targeted individual therapy.

*With the QuintStation 125 you can achieve unbelievable success, often with minimal effort and without side effects.*

## USE IN PRACTICE

A physician makes a diagnosis and supervises a patient's therapy. In some cases, after a brief training he can delegate treatment to support staff or the athlete him/herself.

This unique combination offers athletes several key advantages:

### IMPROVED PERFORMANCE

The QuintStation 125 optimizes the body's energy system, leading to more efficient use and management of its available energy reserves. Athletes begin to feel fresher, stronger, more energetic, more aggressive (or calmer, depending on user's age), and ultimately more confident. In this way they can push themselves to their limit while also reducing the risk of injury. So their performance capabilities improve measurably.

The treatment occurs on a purely energetic basis (i.e. without affecting body chemistry). Thus, it presents no problems for laboratory or doping tests.

### REGENERATION SUPPORT

Faster recovery after grueling training or competition makes it possible to increase the intensity and scope of training, and thus increase performance. Even between individual competitions or training sessions, after total fatigue and acidosis, athletes can again be at their best for another competition or round of training. In addition, the QuintStation 125 strengthens and stabilizes the immune system, which is often weakened by intensive training.

### MENTAL CONDITIONING

On the mental side, several of the programs help with stress reduction, promoting deep relaxation, increased aggressiveness, or sharper concentration. A combination of these mental programs, tailored to an athlete's training and competition schedule, promotes a more stable, balanced mental state.

### INJURY THERAPY

Many conventional medications are on the list of prohibited doping substances. Even if they are only employed for a short time to treat injuries or illnesses (e.g. infections, asthma, or allergies), there is a significant danger of violating doping regulations. Many prominent examples show how easily an athlete can be barred from competition because of doping violations, due to the careless use of medications. And the longer the involuntary break in competition, the more difficult a comeback becomes.

*Therapy with QuintStation 125 shortens injury- and pain-related down time and breaks in training by up to 60% - without the use of medication.*

It accelerates the healing and recovery process after illness, injury, or surgery, and sometimes even renders invasive surgery unnecessary.

## THE PROGRAMS

### IMPROVED PERFORMANCE

- Stamina – with endurance sports (cycling, distance running, cross-country skiing, triathlon...).
- Muscle development – for an increase in peak power and muscle mass (sprinters, decathletes, weightlifters...). Should be used to complement therapy during rehabilitation after injuries.
- Speed – for the development of quickness and responsiveness (track and field, tennis, soccer, handball, ice hockey...).

For best results, use for 10-30 minutes, ½ hour before training. Effects: besides an (intended) increase in aggressiveness, the product causes no known undesired reactions.

### REGENERATION AND DEACIDIFICATION

- Regeneration - faster and more complete recovery after training and competition.
- Anaerobic threshold – elevated during stronger, sustained muscular stress (e.g. muscle soreness).

For best results, ideally use for 10-30 minutes after training. Effects: faster regeneration and strong de-acidification effect allow for an enhanced, more intensive training schedule.

### MENTAL CONDITIONING

- Increased aggressiveness – used several hours before competition, it adds more punch and explosiveness.
- Stamina – achieved by consuming energized beverages - for greater endurance.
- Stress reduction and deep relaxation – to be used after competition or training.

For best results, use for 30 minutes.

Effects: With the exception of increased aggressiveness, which serves as immediate preparation for competition, mental therapy works to calm, relax, and improve sleep.

### INJURIES AND ORTHOPEDICS

- Spinal column
- Joints
- Tendons and bursae
- Injuries

For best results, use for 30-60 minutes to treat wounds and injuries before and after training.

Effects: In 90% of users, QuintSport therapy shortens the duration of injuries by up to 60%. Pain and mobility improve immediately after treatment.

### ENERGIZING BEVERAGES

Includes programs specially optimized for energizing beverages. For best results, use to support therapy, as a preventative, to assist healing, and for home therapy.

### GENERAL MEDICINE

For the treatment of acute and sub-chronic conditions, which can be exacerbated by training and competition schedules, you will find the most important programs for general medicine.

For best results, Your physician makes a diagnosis and supervises therapy; sessions are typically 10-30 minutes.

## TREATMENT RESULTS FOR VARIOUS SPORTS INJURIES

In a field study conducted in 2009, by the practice of Dr. Gernot Krammer (sports physician of Wiener Neustadt), the following results were obtained.

	HEALING PROCESS WITH CONVENTIONAL TREATMENT METHODS AND DIAGNOSIS BY A PHYSICIAN	HEALING PROCESS WITH QUINTSTATION 125
Bruises	Pain for at least 3 weeks	54% pain-free within 6 days, an additional 45% within 12 days
Strains	Long-lasting pain	87% pain-free within 6 days, an additional 13% within 12 days
Tension	Treatment with pills or injections for at least 6 days	100% tension-free within 3 days
Achilles' tendon problems	Min. 14-day break in training, very painful	Pain-free training after 4 days
Tendon lacerations	No training for at least 3 weeks	8% resume training within 6 days, an additional 75% within 12 days, an additional 7% within 20 days
Torn muscles and tendons	No training for 4-6 weeks	13% resume some training within 6 days, an additional 26% within 12 days, an additional 58% within 20 days
Shin splints	Very painful, duration of at least 5 weeks	After 2 treatments, 85% experience less severe, isolated pain (with full training)
Shoulder injuries	Very long-lasting and painful, typically no training for 3 weeks	Noticeable improvement after 3 treatments; 100% pain-free after 5-10 treatments (with full training)

## HOME THERAPY

As home-based therapies, energy drinks and lotions have proven themselves – by energizing (electrolyte) drinks and body lotions. This is simple to do: simply place the drink or lotion container on an applicator and let the desired program run for one minute – done. The QuintStation 125 has programs optimized for this purpose.

Lotions are most sensible for supporting injury treatment; drinks work well for mental conditioning, performance improvement, and de-acidification.



## SIMPLE, EFFECTIVE, PORTABLE

435 built-in programs for different applications make handling the unit simple. Position both flexible applicator pads in the desired area and start the treatment program of your choice – done!

A detailed handbook shows you optimal positioning of the applicators. And with the convenient carrying case, the QuintStation 125 is always ready for portable use.



## OVERVIEW OF PROGRAMS\*)

### Improved performance and regeneration

- Increased overall energy
- Color therapy (6 colors in 4 shades, plus white)
- Stamina – speed – muscular development – regeneration (in 4 stages)
- Mental conditioning (increased aggressiveness, stamina, stress reduction, deep relaxation)
- Acidosis (3 stages)

### Sports Injuries

- Inflamed Achilles' tendon
- Groin pain / Adductor syndrome
- Arthritis (for 11 different joints/limbs)
- Osteoarthritis (for 11 different joints/limbs)
- Torn ligaments (general, and for 11 different joints/limbs/ligaments)
- Spinal disc problems (cervical, thoracic, and lumbar)
- Shin splints
- Skin blisters
- Bruise/hematoma (for 10 different joints/limbs)
- Concussion
- Joint problems (non-specific)
- Skin irritation (dermatitis)

- Capsule laceration (general, and for 8 different joints)
- Carpal tunnel syndrome
- Bone fractures
- Muscle problems, tears, injuries, and strains
- Scars (joint capsule, skin, bone, muscle, tendon)
- Bruises
- Rheumatism (joint/muscle)
- Rotator cuff impingement syndrome
- Bursitis (general and for 3 different joints/limbs)
- Tendon tears and injuries
- Tendonitis (general and for 4 different joints/limbs)
- Tennis elbow
- Bleeding wounds
- Sprains (general and for 10 different joints/limbs)
- Lymph congestion
- Sciatica
- Spinal column: cervical-, thoracic-, and lumbar spine syndrome
- Spinal column: cervical, thoracic, and lumbar spine tension
- Spinal column: cervical, thoracic, and lumbar disc problems

- Allergies (dust, 3 seasonal pollen types, animal hair, leather)
- Angina (acute tonsillitis)
- Conjunctivitis (allergic, suppurative, viral)
- Bronchitis, coughing
- Flu-like infections
- Hoarseness (laryngitis)
- Tachycardia
- Immunodeficiency (exhaustion)
- Maxillary sinusitis
- Middle ear inflammation (otitis)
- Irritable bladder
- Sniffling
- Tonsillitis
- Sunburn
- Frontal sinusitis
- Testosterone activation
- Ganglion cyst (joint fluid leakage)
- Tooth infections

### Beverage Energizing

- Stamina – speed – muscular development – relaxation mix (4 stages)
- Mental mix (increased aggressiveness, stamina, stress reduction, deep relaxation)
- De-acidification mix (3 stages)
- Allergy mix (5 types)
- Immune mix (12 types)

### General Medicine

- Abscess, boils

\*) The program designations listed here are not to be taken as actual claims of effects in the sense of conventional medicine, but as energetic support for balancing the body's own regulatory system, optimized for use in the corresponding listed area, on the basis of our experience (also see detailed explanations on the reverse side of this folder).