

## **What is QRA?**

QRA stands for Quantum Reflex Analysis, a comprehensive clinical tool used by trained practitioners to get to the root cause of any problem. The body is controlled by an intricate biochemical electrical system governed by a biofield (plasma energy field) that QRA is able to tap into. By testing these frequencies, the practitioner can pinpoint where exactly the organ/gland system are weak due to nutritional deficiencies, infection or sedation from scar or trauma sites. Once these sites are identified, the practitioner can precisely determine which supplement or treatment is needed to strengthen that organ/gland system. By using QRA you are essentially letting the body tell you exactly what remedy it needs. By using this method, there is absolutely no guess work and nothing is missed. Based on this precision of QRA it has been termed a pre-pathology neurological exam. This is because it can find things before they turn into symptom or problem.

## **Has the O Ring Test that QRA Uses Been Scientifically Proven?**

Yes, the method of the bi-digital O ring test has been scientifically proven and was created by Dr. Omura. Dr. Omura applied for a patent in 1985, but the U.S. Patent Office took more than seven years of vigorous evaluation before officially granting a patent for Dr. Omura's Bi-Digital O- Ring Test in 1993. After 3 years of extensive research, additional supporting evidence was presented to the Patent Office. Upon review, the Patent Office agreed Dr. Omura obtained enough evidence and the clinical results he had claimed on his patent application; however, they wanted further evidence that other qualified medical doctors, dentists and scientists could obtain the same results. Therefore, unlike most U.S. patent applications, independent evaluations of the validity of the methods of Dr. Omura's BDORT were conducted by M.D.s and D.D.S.s with well established reputations in their specialties and by professors in medical and dental schools. These independent evaluations took another 3 years to complete. After studying and repeating the experiments, the 11 experts confirmed the validity of Dr. Omura's patent claim, and his patent was granted on February 23, 1993- Patent 5,188,107. Since then there have been 23 university studies proving its efficacy.

## **How Does the QRA Testing Work?**



Each cell has DNA that vibrates at a particular frequency that causes it to emit a glow of light. You can imagine this glow of light to resemble an aura as seen above. These frequencies create an energy field that make up what is known as the biofield. Through these frequencies, messages are transmitted throughout the body, instructing cells how to function properly. However, if blockages occur in the field, due to nutritional deficiency, infection or foreign electromagnetic frequencies, the information is unable to properly instruct the cells, and physical as well as mental illness can result. Therefore, it is the job of the QRA practitioner to identify the weakened sites and utilize supplements and various detoxification methods to strengthen and restore the ideal frequency.

## **How Are the Frequencies Tested?**

QRA is a kinesiological testing system that evaluates structural, chemical, and mental aspects of health using manual muscle testing. It is an effective system of testing the bio-energetic status of the body's organ and gland systems using a university-proven muscle testing technique, called the bi-digital O ring, on acupuncture reflex points. Because the body is electrical, the frequencies of the organ and gland systems can be tested to see how weak or strong they are being emitted. Much like how a cardiologist tests your heart using an EKG, a QRA practitioner tests your heart using your hand. The reason why QRA is using the hand rather than an arm, which is typically used in kinesiological exams, is because 1/3 of the cerebral cortex of the brain alone controls the hand. With this fact, the dedicated portion of brain to the hand for "eye hand coordination " needed for every sport and to the simple act of threading a needle or rapid text messages – is the demonstration of the hand having very little physical mass yet having a HUGE percentage of "fine motor control " by the cerebral cortex. Therefore, the precision and accuracy is much more defined than that of the gross motor movement by the muscle of an arm. This form of testing allows the practitioner to get to the root cause of the issue by directly testing the energetic frequencies of the body without being invasive or causing any pain.

## **How was QRA (quantum reflex analysis) developed?**

QRA was developed by Dr. Robert Marshall, PhD, CCN, DACBN, CEO of Premier Research Labs, as a system that cohesively merged the science of the quantum physics with acupuncture and kinesiology. Dr. Marshall was able to apply his knowledge as a biophysicist with the patented bi-digital o ring test created by Dr. Yoshiaki Omura, in order to create an elegant mode of testing that is able to get to "the root of the root" of any problem. In a fashion you are utilizing this energy grid pattern within the biofield to now connect the polarity or lack of it at each organ/gland or tissue within the body.

## **What Does QRA Reveal?**

- Infection (viral, bacteria, fungal, parasitic)-- especially those that are unable to be detected by laboratory tests
- Nutritional Deficiencies
- Food, Environmental, Electromagnetic Stressors
- Toxic Nature of any product- including food, supplements, skin care or household care
- Interference Fields- toxic and stagnant energy due to scar and trauma sites
- Vaccine Interference
- Weakened Teeth

## **Why Do I Need to Take So Many Supplements?**

Studies show that there has been a 50% decline in antioxidants and minerals in our food from 1950- 1984. Furthermore, you would have to eat 53 peaches to get the same amount of vitamin A in 1 peach from 1950.<sup>1</sup> These two statistics show you how grossly nutrient deprived we are and how the correlative rise in chronic disease is not a surprise. In addition to the rapid decline in nutrition, we are being faced with more toxic exposure than ever before. An exorbitant amount of chemicals are being released into the environment every year, from our air, water, food, and environment and even from the very products we use on our body. This constant flux of toxins overwhelms our liver, which has over 4,000 functions to perform every day in addition to clearing toxins. With the lack of nutrition to support our toxic exposure, it is inevitable that our bodies become overwhelmed leading to illness. Therefore, we need far more nutrition than ever before just to get us back to a base level and one of the only ways to do this is from supplements. While eating a balanced diet is necessary, the nutrition is still not adequate enough to meet our body's

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<sup>1</sup> Block, Jerome MD and Steven Evans MS. "Clinical Evidence Supporting Cancer Risk Reduction with Antioxidants and Implications for Diet and Supplementation." JANA Vol 3. No.3 2000.

needs. Therefore, supplementation must become our “food,” as we use this as our raw materials for regaining back health and balance in the body.

In addition, to the basic nutritional products that serve as your “food,” such as Greens Mix, Pink Salt and EFA or Cod Liver Oil, you will be on an array of other organ/gland specific or immune specific products. These products might seem like a lot of product to take initially, but they will in fact decrease as you regain your health. You must stay diligent in taking them in order to get the results you deserve as quickly as possible.

### **How Long Will it Take to See Results?**

Results vary from patient to patient based on the status of their health, the issues they are faced with, and how diligent they are in the healing process. Some people will see results within one day while other might not see any results for up to a month. If you do not see results quickly, this does not mean that you are not getting better. Sometimes the body is so toxic that it takes awhile to clear infections, inflammation and waste and strengthen the organ/gland systems to a place where results can be seen. It is up to you to remain faithful and to stick to your program.

It is also important to realize that supplements do not work on the same model as pharmaceutical drugs. Supplements do not work to mask symptoms but rather provide nutritional support and therefore they might take longer to be effective.

### **What Happens if I Forget to Take a Supplement?**

If you forget to take a supplement, take it as soon as you remember. All of the supplements will be effective whether you take them with or without a meal- it is just ideal to take them based on your practitioner’s recommendations. There are a few supplements that do have guidelines though on usage:  
Adaptogen- should only be taken in the morning  
Adrenal- should not be taken past lunch hour  
EFA Oil, Cod Liver Oil, D3- being fats, should be taken with a food containing protein  
If you are sensitive or a light sleeper, do not take the following past 4 pm:  
Max Stress B  
Super Nano Green Tea  
Kidney Complex

### **What if I Cannot Swallow a Capsule?**

This is a very common problem that most people find to be remedied by taking the supplements with tomato juice. The tomato juice (puree organic tomatoes in a blender adding 1 tablespoon of PRL Tomato Concentrate) will provide a thick base that allows the supplements to be swallowed with ease. If this method remains ineffective for you, feel free to open the capsules and empty them into any food, drink or smoothie. Mixing them in a smoothie, applesauce or raw nut butter is a great method for children.

### **What Should I Do to Prepare for My QRA Exam?**

- Be sure to be hydrated and not hungry
- Be sure you took the time to fill out the 1<sup>st</sup> EVALUATION forms
- Do not take any supplements the day of the exam
- Try to wear loose clothing that does not have any zippers or buttons
- If possible, please cut your fingernails short
- Bring in your 1<sup>st</sup> morning urine which is most accurate in measuring your pH (if you have been instructed to do so by your practitioner)

## **What is an Interference Field?**

An interference field is any scar or trauma that has disrupted the normal, healthy energetic flow of energy. This disruption can not only be at the site itself but it can also disrupt flow to neighboring organ/gland systems as well, including the brain. As a result, organ/gland systems as well as tissues can become overburdened with toxic materials that lead to nutritional deficiencies, infections, inflammation and pain. Interference fields are a major underlying cause of many disorders and are often an overlooked player in the role of disease. Therefore, it is imperative to clear these interference fields in order to restore the natural flow of energy in the body, so that ultimately the body can achieve limitless health.

## **What is a Medi Body (Mud) Pack?**

A mud pack is an ancient exogenous detoxification method that uses volcanic clay, peat magma, shilajit and many botanical agents to cleanse waste bioaccumulation at scar and trauma sites. The packs are composed of highly dense minerals that are able to attach themselves to the toxic charges in the targeted tissues. By doing so you are able to allow the natural flow of energy to be reintroduced to the area allowing the body to heal itself at that site.

## **Is it Necessary to Go Outside or Do a Foot Bath After a Mud Pack?**

Yes, you cannot underestimate the power of a mud pack and its abilities to move toxins out of the body. The foot bath is necessary to not only further draw out toxins from the body but it is also imperative for replacing lost minerals. Finally, by going outside you are recharging the body with natural earth frequencies that help the body to recover from the detoxification. Therefore, these two steps should not be missed if you want to reap the true benefits of the mud packs while avoiding any detoxification reactions.

## **What Do I Do if I Have Any Detoxification Reactions?**

If you have any detoxification reactions such as a headache, rapid heart beat, fatigue etc. do not be alarmed. Please contact your practitioner because they will be able to guide you out of this situation. If you have recently done a mud pack, try doing an extra foot bath for at least 15 minutes and taking CoQ Quinol. Finally, it is always helpful to take extra Immunocidin, Kidney Complex as well as minerals such as Coral Legend with Aloe Drink. These are a few things that usually will help to relieve any detox reactions that you might have so go ahead and try these quick fixes at the first sign of a detox reaction.

## **What is Expected of Me in My Healing Program?**

As a patient of a QRA practitioner you are as much a part of this healing process as your practitioner. You are going to be working on healing yourself in a very dynamic way, one that you probably have never been faced with previously. You are not only going to be working on rebuilding your health by taking supplements but you are also going to be healing yourself through new methods as well. These are going to include; clearing interference fields with mud packs, protecting yourself from electromagnetic frequencies, increasing the energetic field of your home/office with vastu techniques, working to clear emotional impasses with ERT as well as working with various detoxification and cleansing methods such as enemas, castor oil packs and liver/gallbladder flushes. You may ask why all of these components are necessary to heal but you must realize that you are not only a body but also a mind and soul, and you are a living and breathing active participant in your surroundings. Therefore, if you want to have limitless healing you must address all components of what it is to be human.

## **What is Encoding?**

Being encoded is the result of being in contact with electromagnetic frequencies from everything ranging from cell phones, microwaves to airport, market and store scanners. These EMF's interfere with your own body's natural frequencies and cause them to become "stuck"- almost like a "static cling you find in drying clothes" this artificial charge impairs normal functions. When the cell's frequency gets "stuck," it is unable to efficiently intake nutrients, release toxins or communicate. This leads to impaired healing, as well as the further progression of the disease state. Therefore, in order to "unstick" the cell's frequencies we use a laser. The laser has the ability to break this static charge which allows the cells to act properly.

In order to avoid becoming encoded in the future, it is imperative to protect yourself by using tektite. Tektites are rare, naturally occurring formations of molten, glass-like mineral compounds that have been formed by the impact of meteorites. Due to their unique composition, tektites emit a beneficial, high frequency radiation that protects you from electromagnetic frequencies and therefore from being encoded. It is most beneficial to wear one on each side of the body at all times. When taking them off before bedtime, place them on your night table so you still remain protected. The most convenient places to wear them are either in a pocket or in a bra.

\* Size of tektite should be chosen by your practitioner.

- Note: Just like humans can become encoded, so can your food. This decreases the value gained from eating the food so it is always important to laser your food items after you purchase them at the store.
- The encoding also creates electrical competition during the food absorption process at the brush border cells of the intestine. This means that the food is not as efficiently absorbed when it is encoded.

## **Who is QRA Used By?**

- Medical Doctors –MD's
- Osteopathic Doctors- DO's
- Registered Nurses
- Naturopathic Doctors
- Chiropractors
- Acupuncturists
- Clinical Nutritionists
- Holistic Health Care Practitioners

## **If I Am Pregnant is it Okay to Take Supplements?**

Most of the Premier Research Lab's product line is perfectly safe to take during pregnancy or breastfeeding but you will want to check with your physician. It is though best to avoid the following supplements:

- Allercleanse
- ParaStat
- Paracidin
- DHEA
- Pregnenolone
- Liver Detox
- Allicidin
- Immunocidin
- Estro Complex
- Tranquinol
- Melatonin

- Immune Complex
- Testosterone Complex
- Liver Flushes
- Heavy Metal Nano Detox/ Heavy Metal Detox
- Nanos in alcohol: put in very warm water (not too hot) for 10 minutes to allow the alcohol to gas off before consuming.

\*There are many safe alternatives as well as supplements to benefit pregnancy so please contact your practitioner for details.

### **What if I Cannot Take Alcohol?**

If you are not able to take alcohol put the nano supplements in a pot with water and heat on low heat for about 20 minutes until the alcohol smell is gone. Do not boil. We also have certain version of nutrients that are in a dry capsulated form that does not have any alcohol, purposely for those challenged in this area.

### **Is Using a Surrogate for Testing Accurate?**

Yes, a surrogate is just as accurate as testing the body directly. When a patient is weak, whether due to illness, dehydration, emotional stress or physical injury, they are unable to be tested directly. In this case we use a surrogate. A surrogate is just as accurate because the electrical frequencies have the ability to travel unimpaired through another person who simply acts as a vehicle of energy transmission.

### **What Is a QCI Vial?**

A QCI is a proven, bio-energetic, balancing technique that can rapidly “re-polarize” the whole body to help re-establish its full health potential. When the body’s biofield loses coherence due to various causes (such as physical trauma and emotional trauma, nutritional deficiencies, toxicity, infection, etc.), the body’s internal operating system begins to weaken.

It can be used to rapidly reset the weakened cell energy frequencies by transferring high-frequency, beneficial earth fields to the body when it is placed in contact with the head for a few seconds. This is essential to your program because it will increase the ability of your body to intake your supplements therefore rapidly increasing the healing time.

The QCI is also a very valuable tool utilized by QRA practitioners to decipher the possible reflected pathways of a scar or trauma (interference field) that may have been created within your natural energy grid pattern. This technology allows the practitioner to manipulate the plasma energy back to coherence (high level of energy) and recognition by the CNS (central nervous system).

Use: place on the top of your head, lying flat, for 20 seconds before taking supplements. It can also be used throughout the day if feeling tired.

### **Special Protocols for Product:**

**Nano Liquids:** must be put into 16- 32 oz of water and “sipped and swirled under the tongue” throughout the day from 10 am- 4 pm. This is done to mimic an I.V. effect, therefore not allowing the therapeutic levels drop off.

You may add juice concentrates if desired for taste.

**Neem Oil and Neem Bark:** Brush your teeth thoroughly (preferably with baking soda) and then towel dry them. Next, place a few drops of neem oil in the palm of your hand and mix with ¼ tsp of neem bark. Scoop up the mixture and apply under the lip directly onto the gum between the tooth and the gum line. Do not drink or eat anything after application. Do this at bedtime, so that you have the entire night for it to penetrate deeply into the dentin, pulp and tooth root.

**Stomach/Adaptogen Tea:**

High boil 1-2 cups water.

Empty 2-4 Stomach Complex Capsules into a tea cup, not a coffee cup (we want a concentration).

Pour boiling water into cup using caution.

Cover and let steep for 10 minutes.

Drink entire cup prior to meals.

**Parasite Protocol with ParaStat:** when on this protocol you must make sure that you are doing 3 castor oil packs on your abdomen a week. During this time it is also necessary to wash your bed linens (1-2x week) as well as underwear in oxygenated bleach. Remember: parasitic infections can also be transmitted by a household pet.

**With Paracidin:** when taking paracidin its imperative that you are taking half to two thirds the dose of paracidin of gallbladder complex. Example: 30 paracidin and 15 gallbladder complex

**Royal Jelly:** Cut the jelly in half, placing half in the freezer and half in the refrigerator. This is a major stimulus to the endocrine/neuronal system. This super food should be taken in a stair-step fashion.  $\frac{1}{4}$  teaspoon, morning, noon and dinner time for (3) days, then upgrade to a  $\frac{1}{2}$  teaspoon same times /days. Now upgrade to  $\frac{3}{4}$  tsp another (3) days, until you reach a FULL teaspoon (3) times a day. If a patient is a known VATA type, you may want to reduce the amounts mentioned above as well the length of days, from every (3) to every (7) days upgrade.

**Aloe Drink and Aloe Arborescens:** both need to kept refrigerated once opened.