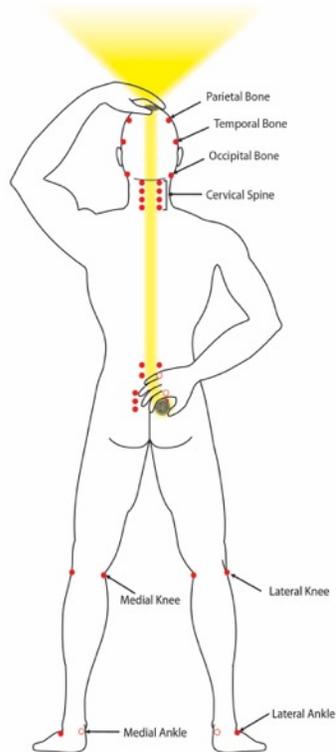


SELF-TREATMENT ROUTINE 2

TREATING MUSCLES

Self-Treatment of Spinal and Peripheral Joints



Self-Treatment Summary

- ➔ Hold 1 disc on the top of your head.
- ➔ Place a 2nd disc on the joints represented by the red dots on both charts. Correcting the cranium and neck will help the lower back. Always treat the knee and ankle points
- ➔ QAT discs reconnect the nervous system in one-second.
- ➔ They are infused with a specific energy pattern called "NeuroConnect" which makes the discs fast acting.
- ➔ Treat the muscles around the joint using the muscle routine.

Hold a disc on the top of your head with your thumb, and another between your eyes with the little finger of the same hand.

These two discs will now allow your nervous system to reconnect any muscle you touch with a third disc. Hold the third disc over the sore muscles for at least 10 seconds. Drag it along the muscles to ensure you are influencing muscle spindle cells. For example, if you have a locked neck, treat the neck joints, skull points and TMJ first, using routine 1, and then treat the muscles. Always treat sore points in muscles in the vicinity of the pain.



QAT discs are available with instructions.

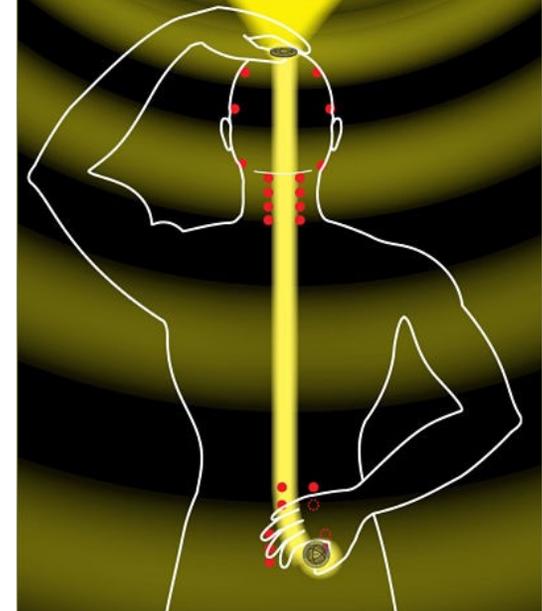
Please contact:

Dr Mark Metus 705 443 8777

The **Quantum Alignment Technique** book is available on Amazon.ca

gatechnique.com

The Intersection of Quantum Physics and Neurology



QUANTUM ALIGNMENT TECHNIQUE

QAT is a self-treatment procedure that anyone can use.

It will help you to keep your spine functioning normally and reduce your need for chiropractic treatment.

How does it work?

Spinal restrictions are often referred to as vertebral subluxations and are treated successfully by a number of chiropractic techniques. The act of manipulation articulates the joint and stimulates the nerve receptors in the joint thereby restoring the connection to the Central Nervous System (CNS). When the subluxation is removed, the CNS responds by switching on the muscles that support the joint and, hopefully, if it remains functional, the person will be restored to health.

I explain to patients that they can use a simple procedure with QAT instruments to reset their nervous system daily at home which will lessen the need for treatment. This is especially helpful for patients with chronic or frequently recurring spinal or peripheral joint issues due to past injury or repetitive strain in a work environment. If they reset their CNS to the joints each night before they go to bed there is a better chance the neuropathways to the involved joint will remain open. As a result, the muscles around the affected joint will begin to support the joint instead of being in a perpetual state of low function. This means there will be less recruitment by other muscles in the body trying to compensate for the weakness.

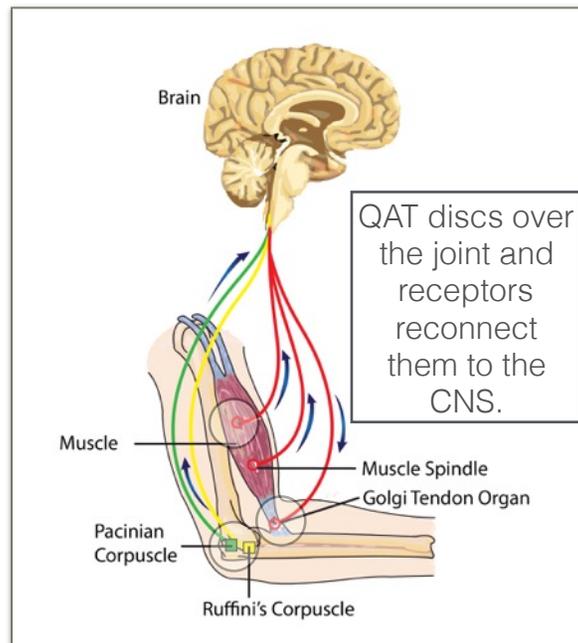
QAT does not replace the need for assessment, diagnosis and treatment by a licensed healthcare practitioner. It will help you to maintain neurological and biomechanical balance between visits and prevent the need for crisis care. Normal joint function lessens the potential for you to hurt yourself when you carry out your daily routines.

HOW ARE QAT DISCS MADE?

QAT devices are manufactured from pure Titanium. They are treated by the renowned physicist Dr. Yury Kronn who developed Vital Force Technology (VFT) which is a three-part process that infuses substances with Subtle Energies. The energies are first mapped using a plasma-based generator. Then the energy formula is stored and afterwards it can be infused into the titanium discs. Our understanding is that the titanium is changed at the subatomic level by VFT. During the process subquarks in the nucleus of every atom making up the titanium are altered in such a way that the protons and neutrons interrelate to each other in vastly different ways.

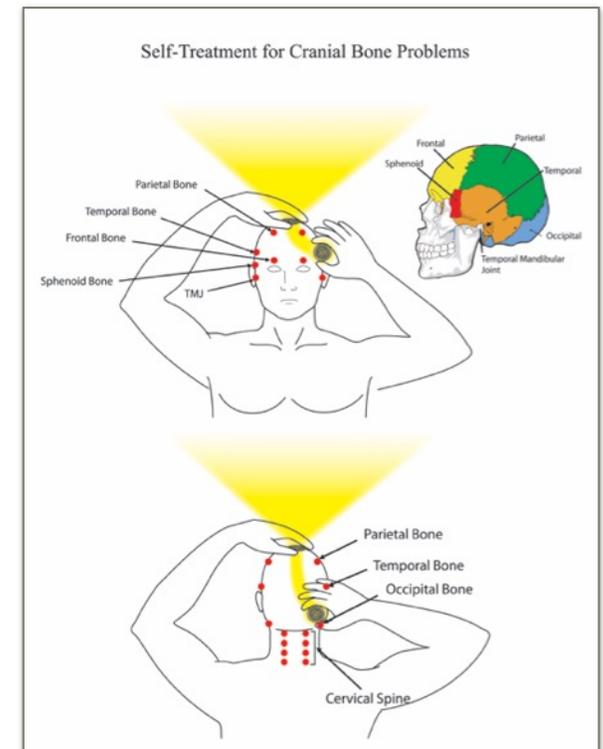
The energetic pattern infused into the QAT device is called NeuroConnect. There are many energetic patterns available but NeuroConnect has a particularly strong influence on the CNS. The result is similar to a Chiropractic manipulation but without any physical impact. It safely provides a reconnection of the joint receptors to the CNS and normal function is restored.

QAT treatment has the same influence on the **nerve receptors** imbedded in muscles, tendons and joints as Chiropractic manipulation.



SELF-TREATMENT ROUTINE 1

The Quantum Alignment Technique will help you keep the neurological pathways of your central nervous system to your joints, muscles and organs functioning optimally. I recommend this self-treatment system to my patients so they don't have to be manipulated as often. They can perform their own spinal alignment with the easy two-minute procedure I have outlined below. For some people, it results in a dramatic lessening of symptoms. It is preventative maintenance for your nervous system.



Start by treating the cranial bones and TMJ's, then the upper neck, followed by the points for your lower back, knees and ankles. These areas have the most influence on your central nervous system. **Always start by holding one disc on the top of your head. With your other hand place a second disc on your head, neck and lower spine, following the red dots on the treatment charts.**