

*Just for the health of it!*

*Sharon Wright CBS RHN*

*Expert Health & Nutrition Specialist*

**Holistic Nutritionist  
Biofeedback, Stress & Pain  
Management Specialist**

CSNN Certified, Registration No. RHN-0106B  
NTCB Certified, Registration No. 2765 CBS

*at the* **Clinic of Distinctive Therapies**

306, 638 - 11 Avenue SW  
Calgary, Alberta T2R 0E2

**403-660-5546**  
[info@sharnegetic.ca](mailto:info@sharnegetic.ca)  
[www.sharnegetic.ca](http://www.sharnegetic.ca)



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health of it!**

Sharnegetic's *Nutrition - Quantum Biofeedback Technique* gives you a 'one-two punch combination' towards achieving your health goals.

*Nutrition* seeks to connect diet and health. Dietary imbalances can produce positive or negative influences on our health.

*Quantum Biofeedback* enables us to 'scan' the body (much like running a virus scan on a computer) to 'see' its highest stress reactions, then affecting change by attempting to reduce or neutralize those very stressors.

## *Nutrition*

The purpose of nutrition is to explain metabolic and physiological responses of the body to our diet. With advances in molecular biology, biochemistry and genetics, nutrition is developing into the study of metabolism, which seeks to connect diet and health through the lens of biochemical processes. The more we take it upon ourselves to learn about nutrition, the better prepared we will be to take an active role in the maintenance or improvement of our health.

## *Quantum Biofeedback*

Let's first set the stage. Biofeedback is a technique that uses monitoring instruments to measure and feed back information about muscle tension, heart rate, sweat responses, skin temperature, or brain activity. Biofeedback is an important part of understanding the relationship between physical state and thoughts, feelings and behaviors. For example, stepping on a scale to see if you have gained or lost weight or using a thermometer to check body temperature are both simple forms of biofeedback.

What is stress? Stress is defined as a nonspecific response of the body to any demand which results in a rise in blood pressure, release of hormones, quickness of breath, tightening of muscles, perspiration, increased cardiac activity. Stress is not entirely negative; it keeps us motivated and alert, though too little stress or too much stress can trigger problems with mental and physical health especially over time. The National Institute of Health reports that 80% of all medical conditions are caused by stress.

Quantum Biofeedback, a system comprised of a biofeedback device and accompanying software application, identifies and optimizes both the quality and quantity of the body's stress reactions through electrical parameters. The body is electric, therefore reactivity in the body can indeed be measured electrically. Quantum Biofeedback works by measuring minute electromagnetic signals of our bodies at the cellular level.

All matter has its own, very specific vibrational frequency. Everything – bacteria, viruses, neurotransmitters, emotions, thought forms, sound, color, etc. – all have resonant frequencies, a specific characteristic electromagnetic waveform. A multitude of substances and chemicals have been identified by measuring their electrical charge and catalogued into the system.

Working through 16 different electrical factors of the body, the system calculates combinations of impedance, amperage, voltage, capacitance, inductance and resistance for the electro-physiological reactivity ('Xrroid Process'). Reactions create a better understanding, painting us a picture, of factors pertinent to lifestyle and wellness.

The system then affects change by delivering select, specific frequencies back into the body in an attempt to reduce or neutralize those very stressors. The body is innately intelligent and has the ability to heal itself, if the right conditions or stimuli are provided.

Quantum Biofeedback is a very safe, relaxing, soothing and beneficial experience! When my clients become more aware of that which has been unknown to them, they can then make changes to improve their health and wellness on many levels.

Do you wonder  
what's going on  
inside your body?

Have the most advanced biofeedback  
technology in the world scan your body,  
then deliver focused 'energetic therapy'

## *The Benefits*

Improved general health • heightened muscle mobility • better focus of attention  
• ability to relax and relax more quickly • easier to fall and stay asleep • ability to enter deeper state of relaxation during sleep • reduction of stress and hypertension  
• increase in amount of calmness and peacefulness • reduction of anger • less fearfulness • fewer anxiety attacks • amelioration of sorrow • reduction of the depth of depression • enhanced mental clarity • deeper concentration and enhanced memory • less attention and feelings on pain and stressors • more able to manage stress and pain.