



# THE QX MERIDIAN LINK PRACTITIONER MANUAL

DIRECTED FREQUENCY TRANSMISSION  
FOR LOCALIZED BIOFEEDBACK APPLICATION



meridian : link



## Overview

The **QX Meridian Links** are professional-grade accessories developed for use with the QUEX S and QUEX ED biofeedback systems. They are also compatible with earlier models such as SCIO, EDUCTOR. These links are designed to support targeted energy work through **directed frequency transmission**.

By placing the links directly on meridian points or localized areas, practitioners can refine their biofeedback sessions to deliver more focused stimulation and support the body's natural energetic balance.

# Key Features

- **Directed Frequency Transmission**

Transmits biofeedback frequencies directly to specific meridian points or localized areas for enhanced wellness benefits.

- **Device Compatibility**

Works perfectly with:

- QUEX S
- QUEX ED
- SCIO, EDUCTOR (with adapter if required)

- **Multiple Link Sizes**

A variety of link shapes and dimensions to accommodate diverse body areas and session goals.

- **Easy Connectivity**

Meridian Links connect directly to the Limb harness **cable snap** connected to your device, for quick setup.

## Biofeedback Applications

Use of the QX Meridian Links support:

- **Energy Pathway Activation**

Applying frequencies directly to meridian points can help stimulate energy flow and enhance client responsiveness.

- **Support for Pain & Stress Management**

Biofeedback training has shown tremendous results in addressing:

- Stress and anxiety
- Chronic or localized pain
- Muscle tension and fatigue
- Neurological imbalances

- **Enhanced Circulatory & Nervous System Response**

Localized stimulation may assist with improved circulation, inflammation reduction, and nervous system modulation.

# PLACEMENT GUIDELINES

## Preparation Before Use

### Skin Preparation:

Before electrode placement, ensure that the skin surface is clean, dry, and free from lotions, oils, or other residues.

For cleaning, use alcohol wipes intended for human skin, and apply according to the manufacturer's instructions. Do not use industrial cleaning agents, solvents, or cosmetic wipes, as these may damage the skin or impair electrode adhesion and signal quality. Allow the skin to dry completely before applying the electrode.

### How to Connect

- Before use, insert the Limb Harness plug into the blue connector socket on the QUEX device, by aligning the grooves at the bottom. Push the plug forward in a straight line until it clicks into place.
- Snap the black limb connector (LA) onto any limb strap or watch and attach it into left ankle.
- Snap the contacts of the blue (RA), yellow (LW), or red (RW) limb connectors onto the meridian links and put them into designated place (check placement information below).
- To disconnect after use, carefully slide back the plastic cover of the Limb harness plug and pull back in a straight line.

Make sure the cable does not twist or become entangled.

### Conductive Gel:

Always apply an even layer of a professional-grade bioelectric examination conductive gel to the electrode's contact surface before placement. This improves:

- Electrical conductivity
- Skin adhesion
- Client comfort

Position the electrode with the gelled surface directly onto the designated skin area. The conductive gel provides adequate adhesion between the electrode and the skin, allowing it to remain in place during normal use.

After placement, gently press the electrode to ensure full contact with the skin and confirm that it remains stable and does not shift from its position.

### Precautions

Use the Meridian Links only on healthy, intact skin.

Do not apply Links to broken, inflamed, or irritated skin.

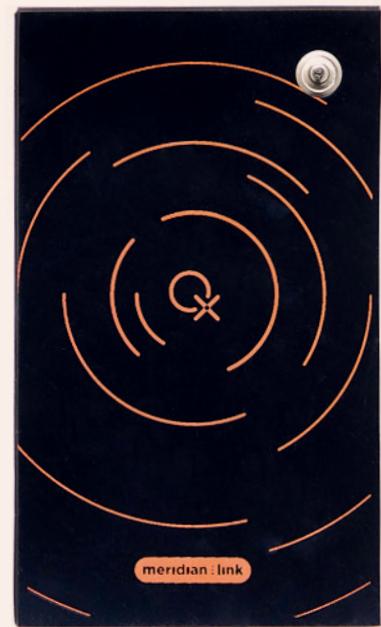
Discontinue use if skin irritation or discomfort occurs.

## 1. Rectangular Meridian Links – General Application

Used for larger muscle groups, joint areas, and broad meridian coverage.

### Sizes & Placement

- **7 cm x 12 cm** – *Focused or smaller zones*
  - Over the wrist or ankle for peripheral meridian points
  - Over the temporalis muscle for tension headache protocols
  - Along the forearm for localized nerve pathway stimulation
- **10 cm x 20 cm** – *General therapeutic use*
  - Across the lumbar spine for back tension relief
  - Over the abdomen for digestive meridian balancing
  - Over the trapezius for neck/shoulder muscle relaxation
- **15 cm x 25 cm** – *Large coverage*
  - Over the thigh for quadriceps muscle activation
  - Across the upper back for postural muscle re-education
  - Over the abdomen for broad organ/meridian work



## 2. Oval Meridian Links – Mouthpiece Design

Shaped for facial and oral-region application; curved for comfort.

### Sizes & Placement

- **3 cm x 5 cm** – *Compact facial points*
  - On the chin or jawline for TMJ-related protocols
- **4 cm x 7 cm** – *Extended facial coverage*
  - Along the cheek over the masseter for bruxism protocols
  - Over the eyebrow area for frontal headache relief



### 3. Round Facial Nodes

Gentle contact for sensitive areas, ideal for cosmetic or delicate stimulation.

#### Sizes & Placement

- **5 cm Diameter** – *Small-area therapy*

- Over the temples for stress release protocols
- On the periorbital region for cosmetic rejuvenation
- On acupuncture points along the face (e.g., ST6, LI20)



#### Sizes

#### Rectangular Link

#### General Application

7 cm x 12 cm

10 cm x 20 cm

15 cm x 25 cm

#### Oval Link

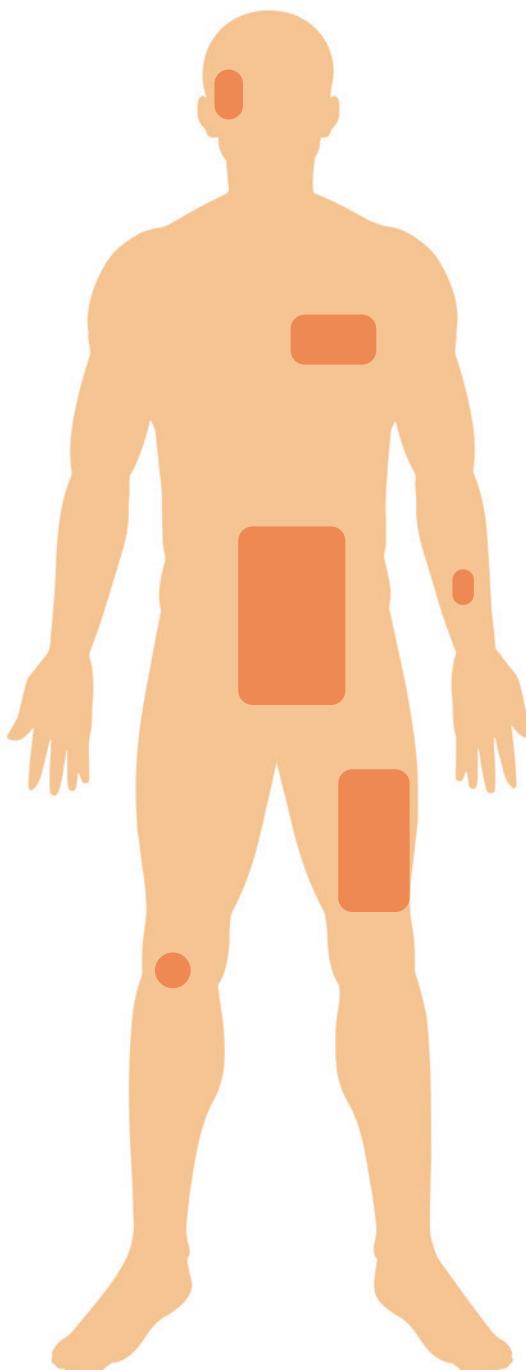
#### Mouthpiece Design

3 cm x 5 cm

4 cm x 7 cm

#### Round Facial Nodes

5 cm Diameter



#### Placement Examples

- Over the wrist or ankle

- Over the temporalis muscle

- Along the forearm

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- Across lumbar spine

- Over abdomen

- Over trapezius

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- Over thigh

- Across upper back

- Over abdomen

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- Over the temples

- On periorbital region

- On acupuncture points

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- On acupuncture points

## Additional Considerations

- For **meridian work**, align links along the primary meridian line segment relevant to the session goal.
- For **musculoskeletal applications**, position links so the targeted muscle or joint is fully covered within the conductive area.
- For **neurological or stress-related protocols**, smaller links may be placed near nerve-rich zones (e.g., cervical spine, occipital region) for focused modulation.

## Cleaning Instructions

- Clean and disinfect all electrodes thoroughly after each use. This practice maintains proper hygiene and ensures consistent performance over time.
- Follow these steps:
  - After use, wipe off the gel from the electrode surface with a damp cloth.
  - Clean with an alcohol-free disinfectant wipe or a 70% isopropyl alcohol solution designed for disinfecting contact electrodes.
  - Allow to dry completely before storing in a clean, dry place.
- Avoid the use of undiluted alcohol or oil-based cleaning solutions. This includes the use of essential oils, as all these products can lead to the breakdown of the rubber and eventually ruin conductivity.
- The impregnated graphite is just below the surface of the Meridian Links electrodes and any aggressive cleaning, will affect the overall conductivity of the rubber.
- Avoid the use of strong cleaning material that may damage the Meridian Links.

## Enhancing Your Practice

The **QX Meridian Links** are a simple yet powerful enhancement to any biofeedback session. With their **directed frequency transmission**, ergonomic design, and compatibility across systems, they enable practitioners to deliver highly localized and effective energetic support.

Use them to fine-tune your approach, improve outcomes, and deepen your clients' experience of biofeedback.



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