

## Instruction manual Harmonic Quantum Resonance Card (HQR Card)

With the HQR Card you have a practical tool to reduce the negative effects of so-called EMF emitters (that are, 3G, 4G, 5G masts, Wi-Fi, mobile phones, smart meters, etc.).

The HQR Card has a large effective range of approximately 3 meters. You can carry this Card all the time with you. Any place that falls within the effective range of the HQR Card is in principle suitable.

The HQR Card has two so-called power boost strips on the sides. Tests have shown that finger contact with these strips increases the power of the HQR Card. This means that the HQR Card can also be used for local complaints.

### Operating & safety instructions:

The HQR Card has been tested for a long time with various test subjects. As far as we know, no relevant complaints have occurred. If that is different or feels different for you, then it might be useful to build up the use of the card slowly. Experiment with the card in that sense, and act on what feels right to you.

Do not leave the card in the sun for a long period of time. Also prevent the card from becoming excessively wet, and avoid temperatures below 0° C.

If necessary, clean the card with a damp cloth.

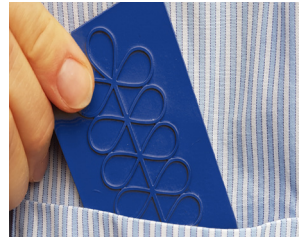
Never open the HQR Card, subtle connections in the HQR Card will be permanently and irreparably damaged.

### 1 Card, 4 application options:

- 1: personal EMF protection
- 2: power boost
- 3: spatial EMF protection
- 4: EFM location protection

#### personal EMF protection

Carry the HQR Card with you every day, for example in your pocket (not backpocket), chest pocket, handbag, backpack, or put the card, while working, on your desk etc ..



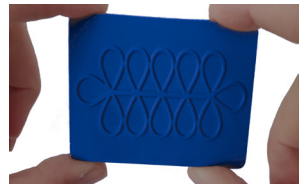
#### personal EMF protection

At night, you can place the card on your nightstand, flat, or placed on the side. Give the card support, to prevent it from falling over.



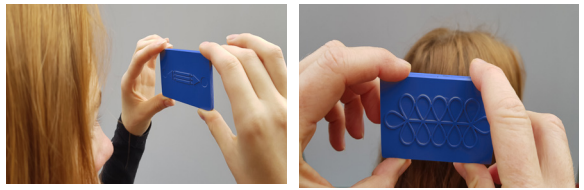
#### power boost

Make contact with the thumb and forefinger with the power boost strips on the side of the Card. (see example).



### power boost

Aim the Card immediately at a distance of 15 to 20 cm from where you are experiencing problems. Depending on the nature of the problem, the Card can provide relief.



### spatial EMF protection

The HQR Card can also be used in a spatial setup. This is a useful method, where several people stay in the same room for a longer period of time, for example office and other workplaces.

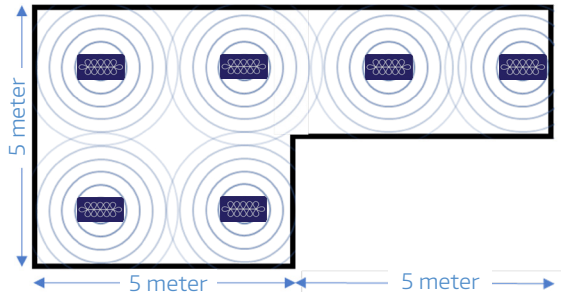
To achieve a sufficient „coverage ratio“, of course, several HQR cards are required for this. The rule of thumb here is the effective scope of the card, taking into account an overlap of 50 cm between the separate Cards.

Spatial EMF protection can improve the living atmosphere in the room.

#### example spatial EMF protection

Card distribution in an area of almost 40 m<sup>2</sup>. In this example, 6 HQR Cards are required (radius is 3 meters, with  $\pm$  50 cm overlap).

Cards can, if desired, be placed invisibly in spaces under various objects, or by sticking HRQ Cards with double-sided adhesive tape under or behind, tables, benches, cupboards, devices etc.



### EMF location protection

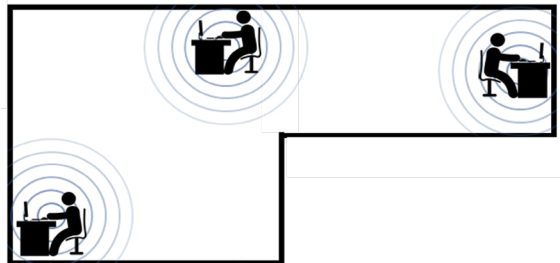
Another approach is EMF location protection. This method can be useful for permanent workplaces. Every workplace, desk etc. is provided with an HQR Card and offers local protection within a 3 meter radius.

EMF location protection can of course also be considered in a home setting. Also take your bedroom in account, where usually 1/3 of the time is spent.

#### example EMF location protection

Advantage (compared to spatial protection): usually fewer HQR cards are needed.

Disadvantage (compared to spatial protection): no full coverage of the space in which people work.



*We do not claim in any way to cure a disease with this device or to offer full radiation protection. The information and / or products are offered without any form of guarantee and / or claim to correctness.*

