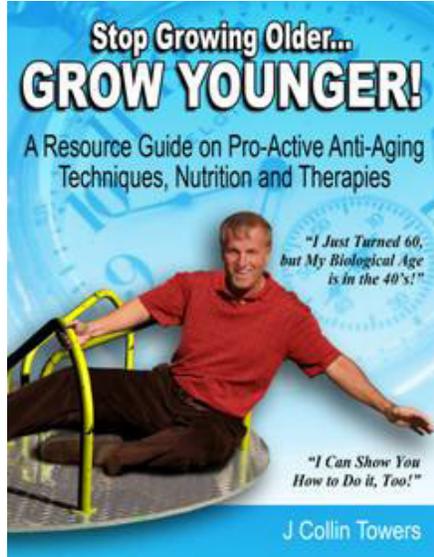


# “Stop Growing Older, Grow Younger” - “A resource guide on reverse-aging techniques, nutrition and therapies”

By J Collin Towers



## Space Age Technology

Since 1996, PEMF therapy has been tested in the Russian MIR space station program. It was installed to counteract calcium depletion in the cosmonauts' bones. Men and women who engaged in long-term space missions faced decreasing bone density because they could not exercise properly in a weightless state. Weightlessness produces no-impact aerobics.

There are many well-known physiological problems of prolonged weightlessness with the lack of earth's constant background 0.5 Gauss magnetic field. While there are gravitational issues with prolonged stays in space, there are magnetic problems too. When QRS was used, not only did it stimulate the magnetic field needs of the Cosmonauts, it also improved circulatory problems, increased amounts of oxygen in the bloodstream, boosted cell metabolism, and gave the cosmonauts additional energy. Using the QRS for eight minutes, twice a day, will give you the same benefits and improve your cell metabolism, bringing this space age technology right down to earth.

The QRS has been shown to increase the performance for both professional athletes and individuals that make exercise a part of their daily activities. The strenuous training involved in competition and exercise often results in torn muscles and muscle tension. Using the pulsating electromagnetic fields of the QRS, torn and tense muscles become relaxed and a quicker recovery is achieved due to the increased blood flow and oxygen to the cells. With the QRS, the body is capable of improving physical performance. The QRS eliminates toxic waste, while factors such as asthma, pain, and injury that could interfere with training are positively influenced.



Electromagnetic energy, manipulated into precise, completely-natural pulsed-magnetic fields, is the new face of medicine.

J Collin Towers turned 60 years young on January 3, 2009. But his biological age is only in the 40's.

At the age of 60, Collin has the body, inside and out, biologically of a 40 year old man. He has no chronic disease and is in perfect physical and mental health. Collin shares his secrets in his newest health book, Stop Growing Older...Grow Younger.

Stimulate ATP production to provide more energy for the cells. ATP is estimated to provide 95% of all cellular energy throughout the body.

## The Quantron Resonance System helps to:

1. Improve circulation and the delivery of oxygen to the brain, vital organs, and virtually every cell of your body.
2. Increase blood oxygen levels 80 to 90%, thus creating an alkaline state in the body.
3. Dilate blood vessels and increase blood flow.
4. Stimulate ATP production to provide more energy for the cells. ATP is estimated to provide 95% of all cellular energy throughout the body.
5. Enhance strength, stamina, flexibility, concentration, and aid recovery in athletic individuals.
6. The regeneration of the body's cells, promoting faster healing of strained muscles and sprained ligaments accelerating the healing of post-operative healing of tissues and scars.
7. Enhance the healing of muscle injuries from strains, sprains, tendonitis and bursitis.
8. Improve regeneration and speeds recovery from physical exertion and strenuous workouts.
9. Reduce pain from arthritis, lower back pain, bursitis, muscle stress, etc.
10. Decrease pain and inflammation in the joints, joint tenderness, and joint discomfort.
11. Improve blood circulation and micro-circulation by reducing blood platelet adhesion.
12. Strengthen the bone structures. Providing a measurable increase in bone density with daily use of the QRS.
13. Balance blood sugar and cholesterol levels.
14. Regulate high and low blood pressure, stimulating the natural release of nitric oxide to relax and expand blood vessels.
15. Balance the body's acupuncture meridians in just eight to ten minutes.
16. Provide nerve regeneration. Damaged cells can be stimulated to regenerate by suitable pulses from a magnetic field.
17. Cause a type of electric current pulse, which stimulates the nerve cells to grow.
18. Acts as a calmatime on the nervous system to relieve stress and aid in relaxation.
19. Normalize the heart rate. Tests have shown that the heart rate can be influenced in a positive sense through the regulatory effect of a magnetic field on the autonomic nervous system.
20. Restore neuron-transmitters, cellular communications, and brain function.
21. Give cells energy as to boost and revitalize the immune system.
22. Reduce the damaging effects of electro-smog. The low pulsating electromagnetic field intensify interferes with electromagnetic smog-eliminating their polluting effect.
23. Provide your body with a restorative cleansing affecting your health with no adverse reactions.
24. Deepen restful sleep by increasing circulation throughout the body which creates an overall feeling of relaxation and improv-

Strengthen the bone structures. Providing a measurable increase in bone density with daily use of the QRS.



Deepen restful sleep by increasing circulation throughout the body which creates an overall feeling of relaxation and improving melatonin production.

ing melatonin production.

25. Relieve pain by stimulating the body to produce increases amounts of natural pain inhibitors.
26. Improve metabolism and improved circulation; therefore, medication can reach the target cells quicker and easier.
27. Increase energy production by 500 percent, by decreasing inflammation thereby improving circulation.

PEMF's combined with whole food supplements, maintain a healthy metabolism and also help promote the general feeling of wellness by avoiding the chronic illnesses related to insulin resistance, such as diabetes, heart disease, and even depression. PEMF's are well documented to increase cellular uptake due to a gating of the cell membrane.



### **Some examples of illnesses that have been treated successfully with the Quantron Resonance System:**

1. Rheumatism and arthritis: pain reduction and improvement of mobility. Positive changes can be expected after six to eight weeks of continuous use.
2. Osteoporosis: increased bone density by calcium cascade, while consuming additional water and calcium supplements.
3. Chronic fatigue syndrome: improvement of well-being by increased energy—resulting in more restful sleep.
4. Migraine headaches: relief of pain and frequency of occurrence, while consuming sufficient water.
5. Bone and wound healing: acceleration of the healing process of both bone fractures and wound healing.
6. Pain: general pain relief associated with any kind of illness.
7. Skin diseases like psoriasis and acne: improvements can be reached after long term application.
8. Reverse-aging: general regeneration and vitalization, normal blood pressure, and preventative healthcare; thus improvement of resistance to disease.

Quantron Resonance System therapy has been successfully used to support the healing of: Allergies, arthritis, asthma, back pain, chronic diseases, depression, diabetes, fibromyalgia, joint pain, MS, osteoporosis, rheumatism, herniated disc, depressed immune system, lack of energy, and sleep disorders.

QRS therapy has been successfully used to support the healing of:

Allergies, arthritis, asthma, back pain, chronic diseases, depression, diabetes, fibromyalgia, joint pain, MS, osteoporosis, rheumatism, herniated disc, depressed immune system, lack of energy, and sleep disorders.

The QRS imitates the low magnetic fields that occur naturally in your body, has varying and adjustable frequencies so treatments are effective in only eight minutes twice a day.

The Quantron Resonance System supports healing of every cell in your body simultaneously. The use of pulsed magnetic fields allows your body to function normally despite heightened environmental stresses.

## Static Magnetic Devices

Magnetic therapy is a huge market. You can find static magnet-imbedded devices such as bracelets, chair cushions, shoe pads, backrests, mattress pads, and various Velcro strap-on applications everywhere, even at your local drug store. There has been an explosion in the use of these magnets in the US over the past ten years. These items come in different strengths and can be very helpful, but they only produce one frequency, one constant magnetic field, which over time, the body can become accustomed to. Static magnets do not have the research that pulsed magnetic fields have. Static magnets cannot stimulate the metabolism, increase membrane potential, or help with microcirculation because the field strength ranges from 10 to 1000 Gauss. Static magnets can be very beneficial with localized pain, but pulsed magnetic fields do a better job.

In contrast, the leading-edge Quantron Resonance System in-home appliance has many advantages over static magnetic devices. The Quantron Resonance System pulsating electromagnetic field has frequencies and wave shapes vary regularly from time to time so your body cannot become accustomed to the magnetic fields.



The Quantron Resonance System imitates the low magnetic fields that occur naturally in your body, has varying and adjustable frequencies

so treatments are effective in only eight minutes twice a day, and addresses the whole body by simply lying down on a designated mattress. The pulsed electromagnetic fields of the Quantron Resonance System are low strength, imitating those produced naturally in the body and in the earth's environment. Pulsed electromagnetic fields produce resonance and thus influence cell membranes of your body and so enhance the blood flow. After twenty years of widespread clinical testing, no negative side effects have been found. It is a safe and easy self-managed healthcare solution. The Quantron Resonance System therapy is gentle and has been found to be safe for babies and pets too.

Pulsed electromagnetic fields produce resonance and thus influence cell membranes of your body and so enhance the blood flow. After twenty years of widespread clinical testing, no negative side effects have been found. It is a safe and easy self-managed healthcare solution. The Quantron Resonance System therapy is gentle and has been found to be safe for babies and pets too.

## Quantron Resonance System for Personal Health Maintenance

You have heard the expression "You are only as healthy as your last meal" right? One meal can make you healthy...or quite the opposite, according to a review of recent dietary research. Eating junk food instantly causes inflamed tissue and creates molecules that damage cells. Most people and most doctors do not

understand this. Your health and vigor, at the very basic level, are as good as your last meal.

Cell malfunction is the basis for all illness and disease. Stress, environmental pollution, insufficient exercise, lack of proper minerals and vitamins, and improper diet all rob us of our personal energy. Our cells are no longer functioning correctly. This situation leads to poor circulation, declining performance, premature aging, and degenerative diseases.

A low pulsating electromagnetic field produces one main effect: stimulating your cell metabolism. This effect initiates a chain of processes in your body that leads to improvement of your health without the side effects experienced by all drugs and medications.

Your cell produces its own energy, called ATP (adenosine triphosphate). This energy is necessary for the movement of your body, building up and breaking down molecules, and transporting substances across



cell membranes. To produce this energy, your cell needs oxygen and about ninety other substances, including enzymes, glucose, and nutrients. In addition to this energy, cells also produce carbon dioxide, water, and waste products. To be able to execute and control all of these processes properly, good cell metabolism is required. Therefore, the cell needs a membrane potential of about 70 to 90 mV (millivolt). Whenever this electrical cell membrane potential drops down to 40-50 mV, active cell metabolism is impaired and low performance levels and chronic disease are the results. Cancer cells only have a voltage of 20 mV and are not able to

regenerate anymore. They are fermenting and need 16 times more energy from their environment, so it is easy to understand that every illness is the consequence of impaired cell metabolism.

The QRS appliance builds up energy within your cells and keeps it at a constant level via the specific magnetic fields. At the same time, slag and toxic waste are extracted from your cells. So, use of the QRS, daily in your home, is considered a prevention or health maintenance program.

### **QRS Treatment for Reverse-Aging**

Since chronic stress is a major component of modern living and chronic stress produces a myriad of civilization's ills, stress reduction on a regular basis, through a simple passive, non-invasive, non-pharmacologic approach is highly desirable. This factor alone, by using the QRS appliance over a long period of time has incredible reverse-aging benefits.

A low pulsating electromagnetic field produces one main effect: stimulating your cell metabolism. This effect initiates a chain of processes in your body that leads to improvement of your health without the side effects experienced by drugs.

The Delta frequency of brain wave sleep is 3 Hz. (Hz is an abbreviation for hertz, a unit of frequency). The QRS produces the physiologic simulation equivalent of a short duration of deep sleep by reaching deep into the central nervous system tissues non-invasively.

The Delta frequency of brain wave sleep is 3 Hz. (Hz is an abbreviation for hertz, a unit of frequency). The QRS produces the physiologic simulation equivalent of a short duration of deep sleep by reaching deep into the central nervous system tissues non-invasively and reduces the frequency of their firing to the level of 3 Hz for a short period of time.

Stress reduction is useful to almost everyone on a daily basis. QRS therapy has many stress-reducing effects. They act in basic and fundamental ways in tissues so they can be helpful across a vast array of health conditions as we have seen above. QRS is useful for personal health maintenance—not just for treatment for a certain condition or medical illness.

### Five reverse-aging physiological effects of QRS:

1) Blood circulation increases because friction and flow resistance in your blood vessels are reduced. At the same time, the diffu-



sion rate for oxygen and carbon dioxide increases and oxygen content of the blood goes up.

2) Cell membrane potential is normalized due to QRS magnetic energy, which restores the balance of positive and negative ions.

3) Calcium is released from the protein layer of cell membranes, triggering many reactions including macrophage activation—the eating of foreign particles. Calcium influx enlarges the blood

vessels and sets off the production of new cells.

4) The acidity and viscosity of the blood is reduced, therefore improving blood circulation. This also regulates blood pressure, as high blood pressure will become lower, and low blood pressure will become higher. This regulation of blood pressure will take place during the first two minutes of application.

5) Since your body is electro-magnetic in nature, adding a balancing charge to your cells improves your health because your cells become calibrated. With continued use of the QRS you will feel more energized because your cells are better utilizing the water, food and air you take in. Increased elimination of waste by-products also occurs. With QRS therapy, your body receives support both in preventing aging and in fighting illness.

I was introduced to the Quantron Resonance home system by Dr. David Bowman of Quantron Resonance Systems, located in Cambridge, MA. Dr. Bowman believes that the QRS is the best researched and most effective of all the energy medicine devices currently on the market today and the best device invented to slow down and even reverse the aging process. He has been working recently with Frank Zane, three times Mr. Olympia Body builder and the Detroit Pistons, specifically Richard Hamilton and the coach, Arnie Kander. He has a wealth of information on pulsating electromagnetic field therapy. You can reach him at 1-800-646-3622 or go to: [www.quantronresonancesystems.com](http://www.quantronresonancesystems.com). Please tell him you were introduced to the QRS through this book.

Since your body is electro-magnetic in nature, adding a balancing charge to your cells improves your health because your cells become calibrated. With continued use of the QRS you will feel more energized because your cells are better utilizing the water, food and air you take in. Increased elimination of waste by-products also occurs. With QRS therapy, your body receives support both in preventing aging and in fighting illness.

Frank Zane, three time Mr. Olympia Body builder and the Detroit Pistons, specifically Richard Hamilton and the coach, Arnie Kander.