

# Quantum Reflex Integration (QRI) Cold Laser Protocol



## What is QRI cold laser protocol?

Quantum Reflex Integration (QRI) protocols are programs using the effects of cold laser, sound and reflex integration techniques to incorporate the reflex patterns which may not have integrated in the normal developmental stage.

QRI uses harmonic laser frequencies for each reflex and acupoint. The cold laser's beam penetrates the skin as deep as two inches into the body to promote natural healing. The laser increases the amount of adenosine triphosphate (ATP) within the cell by stimulating the mitochondria.



## What are the effects of the protocol?

The general effects of the cold laser include:

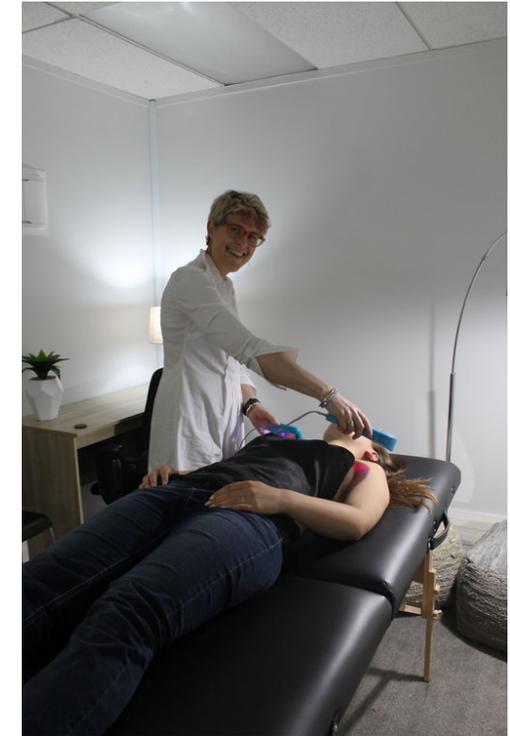
- Increased cell growth
- Increased metabolic activity
- Pain relief
- Fast wound healing
- Increased cellular detoxification
- Increased collagen and elasticity
- Increased vascular activity

## What are primitive reflexes?

Humans are born with many automatic, primitive reflexes (such as the MORO reflex, grasp reflex, etc.). These primitive reflexes are an instinct which are programmed into the human brain. Primitive reflexes "integrate" with the brain so that as a child grows, the reflexes disappear, until they are needed as a quick response in the future.

However, some children and adults are unable to integrate their primitive reflexes and thus have reflex retention which can cause problems with movement and connections. These reflexes are therefore immature and unintegrated and can cause a constant stress on the nervous system.

The constant stress on the nervous system causes the brain to become irritated and tired due to the amounts of energy being used.



## Conditions in which reflexes are immature or unintegrated

- Autism
- Behavioural or psychological disorders
- Cerebral Palsy
- Dementia and Alzheimer's Disease
- Traumatic Brain Injuries (TBI)
- Stroke
- Down Syndrome (T21)
- Learning Disabilities



### What are the benefits of QRI?

A reduction of symptoms in specific areas of pain as reported by patients.

### Is it safe?

Cold lasers are non-invasive and extremely safe, as they have been shown to be free of side effects. There have been many clinical studies carried out that support this.

### More about Integrative Medicine

Here at the Brain Health and Biofeedback Clinic we offer you holistic care as we are an integrative medicine clinic. Integrative medicine consists of a combination of two approaches to health.

Firstly, a functional view of health in which we look at your lifestyle. While we know that diet, sleep, stress management and exercise are all critical for health, many of these areas are difficult to cover in standard care as there often just isn't the time to address lifestyle factors. One solution would be referral to a nutritionist, a psychologist or mindfulness coach and a personal trainer to separately address these areas in a patient's life.

Functional practices include a lifestyle assessment and plan.

At the Brain Health and Biofeedback Clinic we provide the latest technology in stress management assessment including capnometry, galvanic skin response and heart rate variability assessments. Personalised diet, sleep and exercise support is provided.

Added to this is a systems-based approach in which we look to understand the root cause of diseases or symptoms. The person is a whole and in an integrative medicine framework, we treat the person rather than the disease. The latest advances in medical science are supporting a move towards personalized medicine. New technological developments allow us for the first time to offer individualized testing if indicated when no progress is being made with simpler approaches. Genomics (genetic testing), metabolomics (testing of individual biochemistry such as methylation capacity), autonomics assessments (the balance between the "fight and flight" and "rest and digest" systems which is often an issue in chronic disease), and microbiome studies (to identify imbalances in gut organisms which impact our health) are all now possible. Combining this with a person's envirome (their environment including lifestyle) allows for the ability to look across systems to determine an underlying cause behind an individual person's presentation.

Integrative Medicine has gained popularity. Here at the clinic we believe that personalized medicine is without a doubt, the future model of medical care.

### Your Practitioner



Dr. Elizabeth Harris

MBChB, Dip Obs, Dip MSM, Cert Sports Med, FRNZCGP, FRACGP  
Board Certified Neurotherapy (BCN)



8a Broadway Dunedin 9016 New Zealand

Phone: 03 471 9398

Email:

[office@brainhealthandbiofeedback.com](mailto:office@brainhealthandbiofeedback.com)

[www.brainhealthandbiofeedback.com](http://www.brainhealthandbiofeedback.com)

*The Brain Health and Biofeedback Clinic is here to partner with you on your wellness journey. We do this by offering a range of innovative technology, diagnostic tools, and a holistic view to those who are looking to address the root cause of their problem and supplement their experience within the traditional health structure. We are more than a clinic; we are a community who are here to empower you to reach your complete and full human potential, in wellness, happiness and health.*