

# Is this hi-tech pendant the answer to stress? We tested it ...



They say this pendant can improve your health. Journalist STEPHEN FENECH decided to try it himself, and now he's hooked

**C**hampion golfer Ernie Els wears one. So does motivational guru Anthony Robbins and Deepak Chopra. Bart Cummings never takes his off and is hoping for permission for his stable of thoroughbreds to get their own version.

Texas model Jerry Hall has also managed to include it as jewellery and one of her main fashion accessories.

What they all have in common is the QLink. It is a pendant containing technology, which helps your body cope with stress to enable it to function at its maximum capacity.

This it aims to achieve using a non-invasive technique called Sympathetic Resonance Technology (SRT).

It was invented by university music teacher Robert Williams in 1979 while researching subtle energy physics. He worked with more than 50 scientists at Stanford University and the University of California refining and trying to perfect the technology.

The original goal was to improve chemical and electrical processes but, almost by accident, Williams saw the enormous biological benefits. From then he decided that health applications would be his priority.

Since that time he produced more than 2000 prototypes before coming up with the final form we see today.

Eastern science has always believed the body is made of energy systems, which include the acupuncture points.

Western research has confirmed these systems exist and also found that each system controls different parts of the body.

The National Institutes of Science in the US accepted the term "biofield" in 1990 based on the strong evidence for this type of energy.

Modern science tells us that constant stress can disrupt your immune system. That disruption leads to breakdown and a vulnerability to sickness and disease. A study by the American Stress Institute found that 43 per cent of all adults suffer adverse health effects because of stress.

The same study also found that between 75 and 90 per cent of visits to general practitioners were for stress-related complaints.

And we're not just talking about sleepless nights and headaches either.

Stress has been linked to the major causes of death including cancer, heart disease, lung ailments and suicide.

Stress can come from emotional, mental and physical sources.

Some of the physical stressors are lack of sleep, poor nutrition, flying long distances and pollutants.

Another serious physical stressor is electromagnetic fields (EMF).

No chance of me coming into contact with them, you might be thinking.

Think again — EMF are emitted by mobile phones, computers and electrical appliances.

Working in an office full of computers can leave you feeling drained at the end of the day even though you spent most of the day sitting down and off your feet. Mobile phones can also affect you in an adverse way and not just when you make or receive a call.

Having a phone in your pocket or even near you can seriously affect your energy systems. All of the above is what a bunch of scientists at a bell of a lot smarter than me have concluded



Testing times: writer Stephen Fenech was tested for stress by osteopath Kerry Harrison

through extensive research. The QLink promoters claim the pendant can reduce the effect of these stressors so your body can function in a normal and healthy way.

Sealed within each QLink's casing is a special resonating coil, which has been programmed to the human body's optimum energy frequencies.

There is also a tuning board to protect the resonating coil from outside interference and an induction loop made of 20m of tightly wound copper wire that is designed to create the optimal energy field.

The theory goes that all of these components combine to work like a tuning fork for your body and align your cells and energy systems into balance.

After hearing all of this it was time to try this out for myself.

The first thing I did was volunteer for a stress test with osteopath Kerry Harrison.

She began the test by hooking me up to a computer monitor.

I had to hold a conductor in one hand and, by pressing a probe on various parts of my hands and feet, she shot a tiny charge through my body to test the condition of my energy systems.

Each system relates to a specific part of the body like the nervous system, heart, lungs, joints, allergies, small and large intestines and circulation.

She tested each pressure point on my hands and even my feet which related to different systems in my body.

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runs on the other days so I was shocked to see that my body was in a weakened state. According to the results, my body would be vulnerable to health problems, my immune system and my organs wouldn't function as they should.

It was time to repeat the test, this time wearing the QLink pendant.

The pendant I was given was the size of a 30 cent coin hung by a plain black cord.

I slipped it on and tucked it under my shirt and waited a minute before starting the test again. I was amazed to see that every meridian that was compromised minutes ago, was now in perfect balance.

It looked good on paper and that was impressive enough but I wanted to test it in the real world. For the purposes of this story I started wearing the pendant 24 hours a day.

As I said I am in good physical condition but I have been troubled by regular neck and back pain — a legacy from my rugby league career. It's not unusual for me to get two or three headaches a week as well as lower back pain. There are also regular occasions where severe headaches have woken me from sleep and stayed with me for much of the day.

In the four weeks I have been wearing it I haven't suffered a single headache.

I also found that I was a lot more energetic after a long day in the office.

I have noticed I am even sleeping better. Coincidence?

Maybe. But take a look at some other wearers who have benefited.

Ernie Els was given a QLink three weeks before his British Open win at Muirfield in 2002.

He went on to win six tournaments in a row from the end of 2002 to the early part 2003 including the World Matchplay, Sun City Nedbank Challenge, the Mercedes Championship, the Sony Open, the Johnnie Walker Classic and the Heineken Classic.

On February 8 he won the Heineken Classic for the third time. Today there are more 300 male and female professional golfers on the tour who wear the QLink pendant to help them cope with pressure and maintain their concentration and focus.

QLink wearers have made more cuts and won more than 100 tournaments worldwide.

Fourteen players have won a tournament within 5-10 days of first trying the QLink including Mark Calvochechia, Scott McCarron and Swede Jesper Parnerik.

Other athletes and sporting identities who have acknowledged the QLink benefits are Olympic Beach Volleyball Gold medalist Natalie Cook, well-known disabled athlete John MacLean, 2002 Australian senior golf champion Mike Ferguson and leading horse trainers Bart Cummings and John Morish.

While I'm still a way off winning my first major golf tournament or training a Melbourne Cup winner I have noticed a change for the better as has my family.

While I am a huge fan of technology I don't want to become a victim of it.

The QLink pendants start at \$198 for the 'Sports Classic', \$498 for the Sterling Silver and \$1248 for 14 carat Gold QLink. All come with a 100-day money back guarantee.

For more info check out the official website: [www.qlink.com.au](http://www.qlink.com.au) or call 1-800-175-485. The writer is using QLink on a 100-day trial offer and, at this stage, intends to buy the \$1248 Gold QLink.