Technology

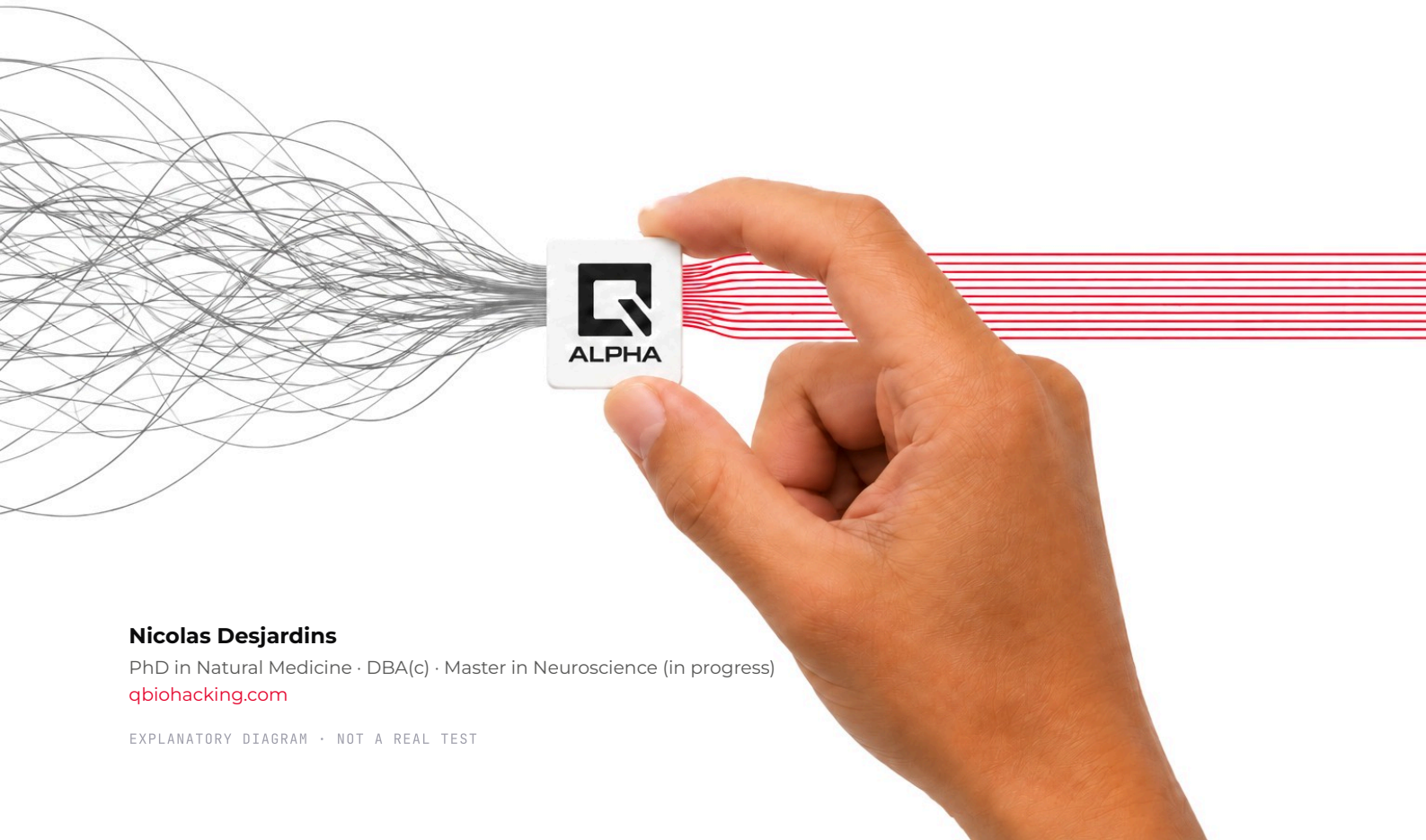
NOVEMBER 2026 EDITION · V2

FREE GUIDE | 10 MINUTES | ALONE OR WITH SOMEONE

5 tests to do at home

Observe your nervous system in 10 minutes.

Posture · balance · rotation · strength · phone test
What standard assessments rarely look at.



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EXPLANATORY DIAGRAM · NOT A REAL TEST

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WRITTEN BY

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PhD in Natural Medicine · DBA(c) · Master in Neuroscience (in progress)

17+ years of clinical and gym experience · taught in 8 schools

“Former disabled kid turned strength athlete, today researcher and international educator.”

Functional tests for educational purposes · not a substitute for medical advice · Individual results vary · Not a medical claim

Why these 5 tests

Before reading this, you have probably already had at least one assessment: physio, osteopath, sports doctor or coach. You may have tried classic insoles, regular osteopathy, yoga, breathwork, rigorous core training.

And yet, if you are reading this, something is still missing.

THE REAL PROBLEM

Our tests look like those of a standard assessment: balance, rotation, strength. The difference is in what we conclude from them. A standard assessment records a number and looks for a local cause: a weak muscle, a stiff joint. Here, we look at whether your nervous system gives you access to all your strength and all your balance, on both sides. When one side gives way, it is often not a lack of strength: it is your body compensating, and you no longer see it.

01 **Balance, eyes closed**

02 **Trunk rotation**

03 **Arm hold**

04 **Phone test**

05 **Wall posture**

WHAT YOU WILL SEE IN 10 MINUTES

These 5 tests can be done alone or with someone close, with no special equipment:

- how your eyes, inner ear and feet hold your balance (Test #1);
- which rotation asymmetry your body has come to accept as normal (Test #2);
- how long each arm holds horizontal (Test #3);
- what your strength does when your switched-on phone is against your body (Test #4);
- which postural imbalance across 3 planes has settled in without you noticing (Test #5).

THE FRAME

These tests are functional, for educational purposes. They are not a substitute for medical advice. If a result worries you, talk to your usual practitioner.

“We don't ask you to believe us. We ask you to test, then decide.”

01

Balance with eyes closed

The 3 inputs of balance: eyes, inner ear, feet

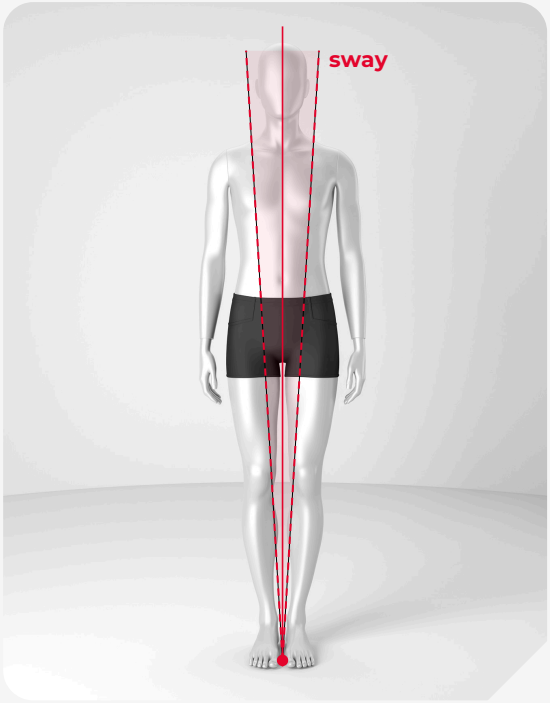
WHAT THIS TEST SHOWS

Whether your balance still holds when you close your eyes. Without sight, your body can only rely on your inner ear and on what your feet feel.

PROTOCOL IN 4 STEPS

01	Standing, feet together (heels and toes touching), arms relaxed by your sides, flat floor, barefoot.
02	Close your eyes. Someone starts the timer; alone, film yourself with your phone.
03	Stay still as long as you can, without moving your arms or opening your eyes.
04	Note the time held until the first foot moves, your arms catch you or your eyes open. Alone, read it back on the video.

Functional tests for educational purposes · not a substitute for medical advice · Individual results vary · Not a medical claim



THE POSITION

01	Feet together: heels and toes touching
02	Arms relaxed by your sides
03	Eyes closed, timer running
-------	The body sways around the ankles: that sway is what we watch.

AI-GENERATED ILLUSTRATION · NOT A REAL TEST

HOW TO READ IT

30 seconds or more
Stable, with small, barely visible sway.

15 to 29 seconds
Small visible sway, but under control.

Under 15 seconds
A signal worth a closer look, especially under 50.

Indicative markers from the author, internal and unsourced.

WHAT IS HAPPENING, IN ONE PARAGRAPH

Your eyes, inner ear and feet continuously send information to your nervous system, which weighs it to hold your balance. With your eyes closed, the two remaining inputs have to carry the whole load. If one of them is less well taken into account, the test shows it right away.

SCIENTIFIC REFERENCE

Horak F.B. Postural orientation and equilibrium. Age and Ageing, 2006.

REMEMBER

If you didn't hold 30 seconds, it is neither a disaster nor a medical verdict. It is a signal. Tests #2 to #5 will show where to look.

YOUR RESULT

Time held (seconds) ----------

What you noticed ----------

02

Trunk rotation

Rotation asymmetry between right and left

WHAT THIS TEST SHOWS

How far your body turns on each side, feet together. A right/left difference you no longer feel, but that shows.

PROTOCOL IN 5 STEPS

01 Standing, feet together, arms relaxed by your sides, looking straight ahead.

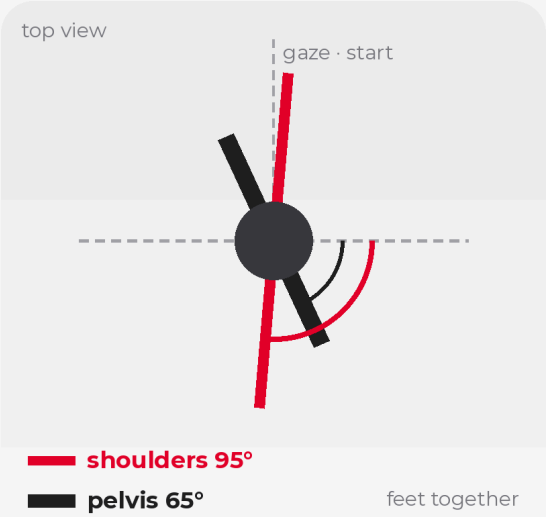
02 Breathe in. As you breathe out, slowly turn your whole body to the right: neck, shoulders and hips together, feet glued to the floor.

03 Aim at a mark behind you and note how far your shoulders and pelvis go.

04 Come back to face forward, then do the same rotation to the left.

05 Compare both sides and estimate the gap in degrees.

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EXAMPLE READING

Right	**95°**
Left	**75°**
Gap	**20°** asymmetry worth a closer look

Shoulder rotation, each side. Markers: pelvis over 60°, shoulders over 90°.

EXPLANATORY DIAGRAM · NOT A REAL TEST

HOW TO READ IT

More than 90° at the shoulders, both sides
Smooth rotation, feet down, no cramp or blocking.

Between 60 and 90°, or one side shorter
Moderate asymmetry, worth watching.

Under 60°, or blocked on one side
Cramp, rib cage or pelvis not following, feet lifting off.

Indicative markers from the author, internal and unsourced.

WHAT IS HAPPENING, IN ONE PARAGRAPH

Trunk rotation involves a chain that starts at the feet and runs through the pelvis, trunk and shoulders. Our hypothesis: if one of your feet is less “present” for your nervous system, the chain starting there works with less information, and the trunk compensates with an asymmetric rotation. This test makes the compensation visible.

SCIENTIFIC REFERENCES

Kavounoudias A., Roll R., Roll J.-P. The plantar sole is a “dynamometric map” for human balance control. NeuroReport, 1998.
Kavounoudias A., Roll R., Roll J.-P. Foot sole and ankle muscle inputs contribute jointly to human erect posture regulation. J Physiol, 2001.

YOUR RESULT

Rotation to the right (°) ----------

Rotation to the left (°) ----------

Difference (°) ----------

03

Arm hold, right and left

A strength asymmetry your body has normalized

WHAT THIS TEST SHOWS

How long each arm holds horizontal with the same load. A small difference between dominant and non-dominant side is normal. Beyond that, it is an asymmetry your nervous system has come to accept.

PROTOCOL IN 6 STEPS

01 Take a full 1.5 L water bottle (about 1.5 kg). Standing, arm stretched out to the side, horizontal, shoulder down.

02 Dominant side first: start the timer and hold the position.

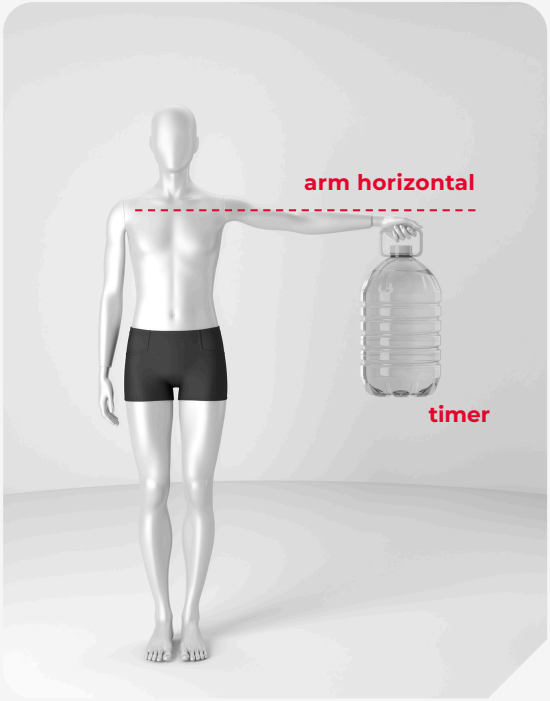
03 Stop when the arm drops below horizontal. Note the time.

04 Rest 2 minutes, then the same move with the non-dominant arm.

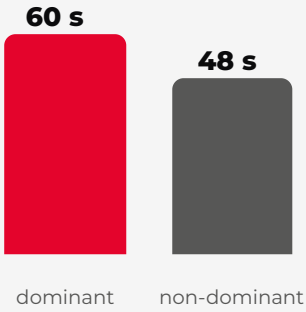
05 Calculate the gap as a percentage: (dominant time − non-dominant time) ÷ dominant time × 100.

06 Alone? Film yourself, the time can be read on the video. What gives way first is rarely the hand: it is usually the shoulder or the trunk.

Functional tests for educational purposes · not a substitute for medical advice · Individual results vary · Not a medical claim



EXAMPLE READING



20% gap: marked asymmetry. Same bottle, same position, on each side.

AI-GENERATED ILLUSTRATION · NOT A REAL TEST

HOW TO READ IT

Difference under 12%
Natural dominant-side asymmetry.

Difference of 12 to 18%
Moderate asymmetry.

Difference over 18%
Marked asymmetry, worth a closer look.

Indicative markers from the author, internal and unsourced.

WHAT IS HAPPENING, IN ONE PARAGRAPH

Your strength depends as much on your muscles as on how your nervous system drives them. You can train your absolute strength: if the asymmetry comes from the information your nervous system receives on one side, it stays. That is our hypothesis, and it is what we look at in the test.

Q-TECHNOLOGY INTERNAL OBSERVATION

Weaker side: +39% strength on average over 7 instrumented measurements, with the circuit worn (internal studies, not audited). Caveat: a less-used side may have more room to improve on a second attempt.

Passive · Non-invasive · No battery · No electrode | Functional observations from internal tests | Individual results vary | Not a medical claim.

FURTHER READING

Schmidt R.A., Lee T.D. Motor Control and Learning: A Behavioral Emphasis. Human Kinetics.

YOUR RESULT

Dominant arm (seconds) _____

Non-dominant arm (seconds) _____

Difference (%) _____

04

The phone test

What your strength does when your switched-on phone is against you

THIS TEST IS DIFFERENT FROM THE OTHER 4

The previous tests show how your nervous system organizes your body. This one shows a factor you can change in 5 seconds: the distance between your phone and you.

THE CONTEXT

We live surrounded by electronic devices: phones, chargers, screens, wearables worn against the skin for hours a day. We can't isolate ourselves from them. We can, however, look at what they do to us.

This test does not prove any mechanism. It shows you one simple thing: does your strength hold, or does it give way, when your switched-on phone is close to you?

YOUR RESULT

Phase 1 · strength out of 10 _____

Phase 2 · strength out of 10 _____

Phase 3 · strength out of 10 _____

PROTOCOL IN 3 PHASES

PHASE 1 · PHONE CLOSE TO THE BODY

01 Phone on, with Wi-Fi, data and Bluetooth enabled, as usual.

02 Put it in your trouser pocket or against your hip.

03 A partner pushes down on your opposite arm held out horizontally, for 2 to 3 seconds. Alone: hold a full water bottle out horizontally.

04 Rate how strong you feel out of 10.

PHASE 2 · PHONE AWAY FROM THE BODY

01 Put the phone at least 3 metres away (another room, a distant table).

02 Repeat exactly the same test (same arm, same position, same push).

03 Rate how strong you feel out of 10.

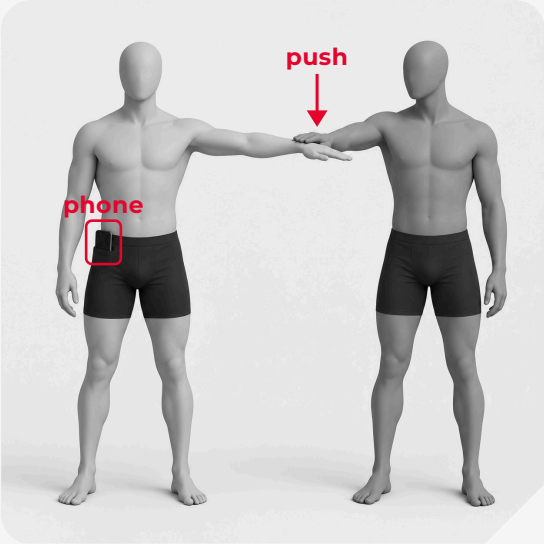
PHASE 3 · AIRPLANE MODE, CLOSE TO THE BODY

01 Switch your phone to airplane mode, Bluetooth off too.

02 Put it back in your pocket, as in phase 1.

03 Repeat the same test and rate how strong you feel out of 10.

Functional tests for educational purposes · not a substitute for medical advice · Individual results vary · Not a medical claim



THE 3 PHASES

01	Phone **on**, close to the body
02	Phone on, **3 m or more away**
03	**Airplane** mode, close to the body

Same arm, same position, same push in every phase. Rate your strength out of 10.

AI-GENERATED ILLUSTRATION · NOT A REAL TEST

WHAT WE OFTEN OBSERVE IN DEMONSTRATIONS

- Phase 1 (phone on, against the body): strength gives way faster.
- Phase 2 (phone away): strength holds better.
- Phase 3 (airplane mode, same distance): close to phase 2.

Field observation, not audited · individual results vary.

WHAT IT MEANS, AND WHAT IT DOESN'T

What you felt is your strength. Phase 3 is interesting: the phone is there, in the same place, but not transmitting. The why remains a hypothesis. The result, you saw on yourself.

Knowing what you are doing changes what you feel: redo the test with someone who changes the phase without telling you. That is why, in demonstrations, we test blind.



A NOTE ON Q-TECHNOLOGY

Q-Technology designed Q-Go, a passive resonant circuit (coil, capacitor, resistor), with no battery and no electrode. It captures the ambient electromagnetic energy present within its resonance band (chargers, power supplies, screens) and returns a coherent low-frequency signature, read by the nervous system: that is our hypothesis. It does not use Wi-Fi, 5G or Bluetooth. Its design reference is cardiac coherence (0.1 Hz), a reference and not an emitted frequency.

With Q-Go worn, we observe a better hold on this test: that is what we call EMF hygiene.

Want to see this test with and without Q-Go? Test 10 of the 120-second demo, on video: **youtu.be/xXeg1lVgHJg**

Want to go further? The Perfect Posture Test (15 minutes, with a certified tester) identifies your profile and calibrates Q-Pro to reach perfect posture. It is the next step, not an obligation.

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TEST 05 / 05

05

Wall posture, 3 planes

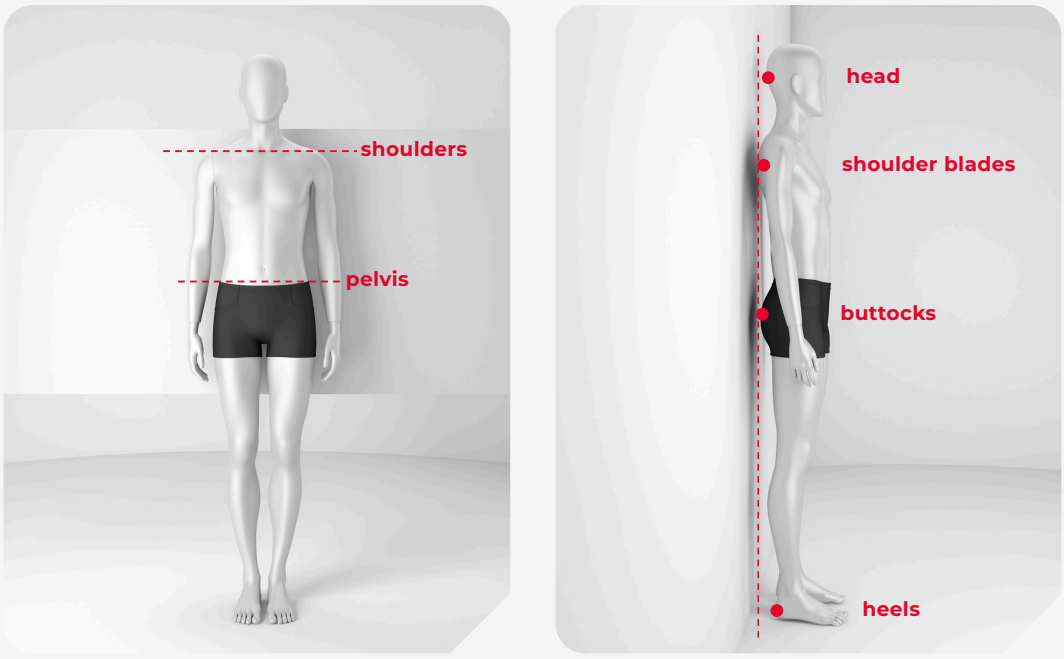
The postural imbalance that has settled in over time

WHAT THIS TEST SHOWS

Your static postural imbalance across the 3 planes (frontal, sagittal, transverse): the sum of the compensations your body has built up over the years.

PROTOCOL IN 5 STEPS

01	Back to a flat wall (no skirting board or furniture), feet parallel at hip width, 1 cm from the wall.
02	Look for 5 contact points: heels, buttocks, shoulder blades, head, hands flat with palms forward.
03	Have someone take 2 photos (or use the timer): from the front and from the side.
04	Look at your photos and compare them with the guides on the next pages.
05	Note the differences you see.



FRONT SIDE

AI-GENERATED ILLUSTRATION · NOT A REAL TEST

SIDE VIEW GUIDE

All 5 points in contact, slight lower-back curve (1 to 2 cm)
Correct sagittal alignment.

Marked lower-back curve (over 3 cm) or head forward
Moderate sagittal imbalance.

Several points off the wall, marked curve, head clearly forward, rounded shoulders
Marked sagittal imbalance.

Indicative markers from the author, internal and unsourced.

FRONT VIEW GUIDE

- [ ] Shoulders level, or one higher than the other
- [ ] Pelvis level, or tilted to one side
- [ ] Knees in line with foot and hip, or turned in / out
- [ ] Feet parallel, or one turned in or out more than the other

THE LINK WITH THE PREVIOUS TESTS

If your test #1 showed fragile balance with eyes closed, your test #2 a rotation asymmetry and your test #3 a strength asymmetry, there is a good chance your test #5 shows an imbalance across several planes. Our hypothesis: it is not a coincidence, it is the same nervous system compensating everywhere.

SCIENTIFIC REFERENCE

Peterka R.J. Sensorimotor integration in human postural control. J Neurophysiol, 2002.

YOUR RESULT

Front view differences .....

Side view differences .....

What your 5 tests showed you

TICK WHAT APPLIES TO YOU

- [ ] Test #1 · balance with eyes closed: under 15 seconds
- [ ] Test #2 · trunk rotation: under 90° at the shoulders, or one side shorter
- [ ] Test #3 · arm hold: more than 18% gap between the two sides
- [ ] Test #4 · phone: your strength gives way with the phone on against you
- [ ] Test #5 · wall posture: imbalance across several planes

THE QUESTION THAT MATTERS

Did you tick at least one box? If so, you are not ill, and it is not a medical verdict. It means your nervous system is compensating silently, maybe for years, without you seeing it.

“The body compensates. Under fatigue, it gives itself away. What is happening to you isn't bad luck: it's predictable. And measurable.”

What to do now

You have done the 5 tests. You have spotted signals. You now have 2 options, one free and one paid. They don't exclude each other.

OPTION A · FREE, YOU KEEP GOING ON YOUR OWN

The 120-second demo, on video (10 tests)
You see each test with and without Q-Technology, on real people: youtu.be/TshswH2CSig

The Science page
What we know, what we assume, and the sources: qbiohacking.com/the-science-2/

OPTION B · YOU WANT TO GO FURTHER: PERFECT POSTURE

Perfect Posture Test · 15 minutes
In person, with a certified tester. You see your posture reorganize in centimetres across three planes, your neck rotation before and after, your strength and stability tests hold or give way. The test identifies your profile (Alpha, Theta or Omega) and calibrates Q-Pro.

- Refunded if nothing moves (request on the same day).
- 199 people out of 200 reach perfect posture with the calibrated Q-Pro (field observation, not audited).
- More than 80 certified testers in 11 countries, one per 100,000 inhabitants.

Book your test: shop.qbiohacking.com/book-your-test/

ARE YOU A PRACTITIONER?

The Certified Tester program may interest you: an exclusive zone, a tool you can show in your practice, a complementary income. Commissions are an opportunity, never a guaranteed income. qbiohacking.com/become-a-tester/

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Q-Technology and the 4 biophysical profiles

THE TECHNOLOGY

A passive resonant circuit, with no battery and no electrode, worn in the shoe or on the body. Circuits and insoles made in France. Neither a medical device nor a treatment. 2-year technical warranty on circuits; actual lifespan still unknown (the founder has worn his original circuits for nearly 6 years).

Support, not cure: wear it, the effect is there; take it off, you return to your starting point. Like glasses.

THE 4 BIOPHYSICAL PROFILES

A discovery by Nicolas Desjardins. Indicative observation times, by profile.



Alpha
Inspired by the embryonic frequency · about 1 second



Theta
Reference: Schumann resonance (7.83 Hz) · about 12 seconds



Omega
Synergy of both registers · about 12 seconds



Harmonia
The tested person who matches none of the three Q-Pro profiles (about 1 in 200). Q-Go is recommended; its design reference is cardiac coherence (0.1 Hz).

7.83 Hz and 0.1 Hz are design references, not frequencies emitted by the circuit.

THE 2 RANGES

Q-Go · universal access, no test (observation time: about 20 s).

Q-Pro · calibrated at the Perfect Posture Test (Q-Alpha, Q-Theta or Q-Omega).

Insoles and chips, current prices, options and shipping: shop.qbiohacking.com

More than 30 years of measurements in the patents, and 21 different instruments in our pilot research. Science does not yet explain every mechanism of action: instruments precise enough to measure, in biophysics, what happens in the body are still missing.

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About the author



Nicolas Desjardins

PhD in Natural Medicine · DBA(c) · Master in Neuroscience (in progress). Does not present himself as a medical doctor.

BACKGROUND

17+ years of clinical and gym experience. Taught in 8 schools, including Ce2, Kiné-Lille Formation, LaboRNP (France), Applied Movement Neurology Academy (England) and 4 Canadian institutions. Q-Technology presented in 30+ countries; more than 80 certified testers in 11 countries. Designer of the Q-Technology system and author of the discovery of the 4 biophysical profiles.

PERSONAL STORY

Excused from sport as a teenager because of a disability, in rehabilitation until 25. Former disabled kid turned strength athlete: former Quebec national team in buhurt, former amateur powerlifter. Founder of the Primal Camp Athletic Development Center in Canada, coach of Canadian strength and MMA champions. Today a researcher and international educator.

TALKS

International Conference on the CNS and Therapeutics, Paris 2018 (plantar skin rehabilitation). Virtual Neurology Summit, with Professor Carrick. HoloLife Summit, Estonia. FIBO Cologne 2026. Among others: talks in 30 countries.

Scientific references

These references describe general mechanisms (balance, postural control, cardiac coherence). They are not about Q-Technology. That Q-Technology acts through the nervous system is our hypothesis.

BALANCE AND POSTURAL CONTROL

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More than 30 years of measurements in the patents, and 21 different instruments in our pilot research. Science does not yet explain every mechanism of action: instruments precise enough to measure, in biophysics, what happens in the body are still missing.

Legal notice

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COMPLIANCE

- Q-Technology is a functional performance and wellness tool, not a medical device. It does not cure, treat or relieve any disease.
- The tests in this guide are functional, for educational purposes, and are not a substitute for medical advice. If in doubt, see your usual practitioner.
- Passive · Non-invasive · No battery · No electrode | Functional observations from internal tests | Individual results vary | Not a medical claim.
- Circuits and insoles made in France.

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Written by Nicolas Desjardins · Edition: November 2026 · Version 2 (replaces v1 of October 2026)

Thank you for reading to the end. — Nicolas

Technology

We don't ask you to believe us.
We ask you to test, then decide.

SEE THE 10 TESTS ON VIDEO

youtu.be/TshswH2CSig

BOOK YOUR PERFECT POSTURE TEST

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UNDERSTAND THE SCIENCE

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