

Saturday, April 16, 2005, 12:00 a.m. Pacific

Permission to reprint or copy this article/photo **must** be obtained from The Seattle Times. Call 206-464-3113 or e-mail resale@seattletimes.com with your request.

Getting Started / Linda Knapp

Anti-stress pendant did what it promised

Being tense, tired and overwhelmed is familiar to many these days. Perpetually over-committing and overworking ourselves is pretty common and partly our own doing. Add to that an unexpected and unavoidable challenge, and stress accelerates.

Accelerated stress is what I was feeling a while back when I read about the **Clarus Q-Link pendant** (www.clarus.com).

Clarus describes the Q-Link as a passive device that can strengthen resistance to the harmful effects of stress, and claims that people who wear a Q-Link are calmer, sleep better, think more clearly, are more focused and have greater energy and stamina.

I was sure no necklace could do all that. But because Clarus offered to let me try one, I figured it couldn't make me feel worse, so why not?

When I pulled the Q-Link Classic (\$129) out of its velvet bag, I stared in disbelief at the little square plate with a copper-colored circle and what looks like a bar code in the center. But I put it around my neck and waited to see what would happen.

The next day I felt better, and the day after that I smiled, more than once. A few more days and I caught myself laughing. Gradually, I began to feel more like myself and more able to cope.

Part of the Q-Link promise was proving true as the stress in my life became manageable again. I also felt a little more energetic and generally happier. As for enhanced mental focus and clearer thinking, unfortunately, I noticed no improvement there.

Now, some months later, I'm still wearing the Q-Link, and I feeling good most of the time.

It seems as if the Q-Link is magical, but Clarus claims it's scientific. I'm skeptical, but curious to find out how it works.

Clarus documents say scientists are learning more about a system of subtle energies within and around the human body that supports and nourishes it. This system is called a "biofield," which Clarus describes as a matrix of natural electromagnetic waves that connect cells, tissues and organs and serve as the main communication network and regulator of life processes, including thinking, running, eating, dreaming and so forth.

But, Clarus says, modern high-tech living creates problems for the biofield. According to the company, our computers, TVs, cellphones and other electronic devices emit electromagnetic radiation that can disrupt the biofield and place stress on the body, causing tension, fatigue, headaches and more. A strong biofield helps the body cope with stress, Clarus contends, but a weakened one cannot.

The Q-Link is designed to strengthen the biofield so it can help the body resist stress. But exactly how does the Q-Link do this?

I ask biophysicist Beverly Rubik, who served as an adviser to the Office of Alternative Medicine at the National Institutes of Health and chair and lead author of a report from NIH panels on electromagnetic medicine and manual healing.

To help me understand, Rubik asks me to imagine two wine glasses that are so similar that if you rub a finger around one and make it sing, its sound waves will reach the other, which will start to sing, and they'll resonate.

Rubik explains that the Q-Link contains a crystal treated with a special substance that enables it to resonate with key energy frequencies in the body.

When the Q-Link is worn around the neck it's right in the biofield, Rubik continues. The subtle energies of the biofield are resonating, and similar frequencies within the Q-Link begin to resonate with them. Like the two wine glasses, she says, the body's biofield resonates with the Q-Link and is strengthened.

"I can measure what happens to the biofield when a person is under stress and I can measure how the Q-Link strengthens the biofield and provides more resilience to stress," she says. These measurements include placing electrodes near the brain and heart to measure bioelectric activity, similar to EEGs and EKGs.

The Q-Link isn't magical, religious or philosophical, Rubik emphasizes; it just works.

To double-check my own experience, I try the newest Q-Link model, which looks like a small triangle made of sand with the copper circle underneath. Its effects turn out to be similar to the Classic model.

All in all, I'm still not sure I understand (or believe) the scientific explanation of how the Q-Link works — and I wouldn't be surprised if you didn't either. But it works for me.

Write Linda Knapp at lnapp@seattletimes.com; to read other Getting Started columns, go to www.seattletimes.com/gettingstarted