

**The gift from  
Guardenerz to  
humanity**

Guardenerz, with a humanistic mission, presents Quartzen for every person who values their health. This product is packaged with love and care so that everyone can benefit from its unique advantages. It is suitable for people of all ages and lifestyles, designed to support the health of the body, soul, and living environment. A valuable gift for friends and loved ones.

**"Quartzen" – The  
First Health and  
Humanistic  
Product from  
Guardenerz**

Health and balance have never been more valuable in the world. Guardenerz proudly presents its first product – the Quartzen stone. This precious stone, inspired by pure nature, has been crafted and packaged to elevate your quality of life through the combination of science, energy, and health

Guardenerz, with a humanistic mission, has designed the Quartzen stone with everyone's health in mind. This product is packaged with love and precision so that every individual can benefit from its perfect features

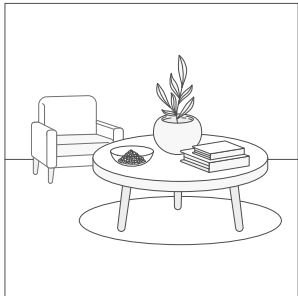
- It is suitable for people of all ages and lifestyles.
- It is designed to bring health to the body, mind, and environment.
- A valuable gift for friends and loved ones.

# Why Quarten?

Quartzen is more than just a simple stone. This product has been specially selected to harness the thousands of healing, vibrational, and physical properties of quartz. From water filtration to regulating body energy, enhancing relaxation, and improving focus, Quartzen is an indispensable companion for anyone seeking health and balance.

# How to benefit Quartzen

Quartzen can have a place in your living room and everyone in the house can benefit from it.

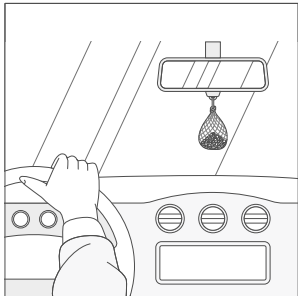




In the bedroom, for a more comfortable and deeper sleep, it can be placed next to the bed



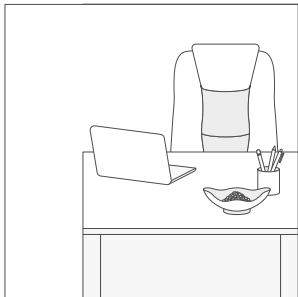
also in the car, to overcome daily traffic stress



It can be with you everywhere you go daily



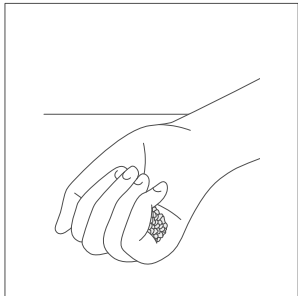
For better focus and a stress-free  
working experience at your  
workplace



Used inside special socks for foot  
sole therapy



Hand therapy



Used in a special eye mask for  
eye and head therapy.



# Water Purification – Purity From Nature

One of the most important uses of the Quartzen stone is water purification. As a part of nature, this stone helps to free water from impurities and regulate its vibrations. Quartz stones have been used from ancient times to the present in filtration systems to enhance water quality and eliminate harmful particles.

**Key Feature:** The ability to filter suspended particles in water and reduce the amount of heavy metals. **Special Tip:** Placing the Quartzen stone in water bottles regulates the molecular vibrations of the water and enhances its positive energy



# Vibration and Energy – Balance of Mind and Body

Due to its crystal structure, Quartzen repels negative energies and enhances positive vibrations. This feature makes it an excellent tool for meditation, stress reduction, and improving sleep quality.

Daily Usage:

- **Keeping Quartzen in the work environment** – enhances concentration and reduces mental tension.
- **Using it during meditation** – balances the chakras and strengthens inner peace.
- **Placing it in the bedroom** – improves sleep quality and reduces anxiety.

## **Quartzen Therapy – For Hands and Feet Perfect Balance**

One of the most effective uses of the Quartzen stone is therapy applied through the hands and feet. The combination of quartz stones in different colors impacts the key points of the body and improves the functioning of the organs.

# Advantages of Quartzen Therapy

**Stimulation of nerve points** – Establishes direct connection with the central nervous system.

**Improvement of organ functions** – Positively affects the eyes, respiratory system, throat, ears, nose, digestion, heart, liver, kidneys, and lungs.

**Increase in physical energy** – Beneficial for muscles, joints (especially knees), and the immune system.

Placing the feet or hands on the Quartzen stone not only enhances the feeling of comfort but also provides a deep therapeutic effect for the entire body

# **Connection of Hand and Foot Soles with Meridians – Their Role in Chinese Medicine and Energy Therapy**

## **1. Soles of the Feet and Meridians**

According to Chinese medicine, the soles of the feet are one of the most important energy centers of the meridians. The six main meridians passing through the soles are:

**Kidney Meridian** – Starts at the sole and moves upward.

**Liver Meridian and Spleen Meridian** – Pass through the sole and connect to the internal organs.

**Stomach Meridian** – Passes through the front part of the foot and influences the digestive system.

**Yongquan (K1) Point** – Located in the center of the sole, it is considered one of the most powerful points for the flow of "Qi" energy.

## 2. The Palm and Its Connection to Meridians

- The palm contains key energy points connected to the heart, lungs, and intestines. The three Yin and three Yang meridians passing through the hand:

**Heart Meridian and Lung Meridian** – are influenced by points located in the palm.

**Lao Gong (P8) Point** – located at the center of the palm, is used for brain relaxation and energy balance.

## **The Scientific Validation of This Information**

Modern studies have shown that reflexology can stimulate the functions of internal organs.

Research on acupressure and acupuncture indicates that stimulating specific points on the hands and soles of the feet can reduce stress, pain, and energy blockages.

Although a direct scientific connection between meridians and the nervous system is not fully confirmed in Western medicine, the positive effects of these methods on health have been observed.

## **How Can This Information Be Used?**

**Massage and Acupressure:** Massaging the hands and soles of the feet helps to open energy flow and restore balance.

**Acupuncture and Acupressure:** Stimulating meridian points with gentle needles or pressure.

**Stone Therapy and Quartz:** Some specialists believe that placing specific stones (such as quartz) under the hands and feet can regulate energy flow.

## **Conclusion**

The palms and soles of the feet contain important energy points and are connected to the body's meridian systems. Chinese medicine and energy therapy methods, including acupuncture, reflexology, and acupressure, confirm this connection. Many people have experienced positive changes in health and energy balance by using these methods



# Aesthetic Appearance and Lifestyle Usage

Quartzen is not only significant for health but also holds an important place in interior design and lifestyle. Throughout history, people have used this stone in jewelry, decorations, and even skincare.

Lifestyle Usage:

**Home Decoration:** Creates harmony and positive energy in the space.

**Jewelry:** Enhances inner peace and attracts positive energy.

**Massage Therapy:** Used in stone massages to reduce stress and muscle tension.

# **Quartzen's Most Important Feature – A Lifetime Investment**

**Durable Quality:** No need for replacement, no expiration date – always top quality!

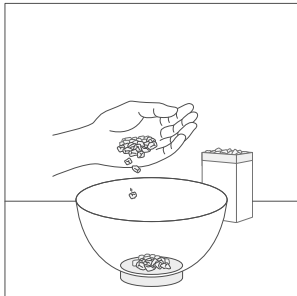
**Long-term Investment:** A lasting investment in your health and energy without ongoing costs!

# **An Experience with Nature – Connection with Guardenerz**

By choosing Quartzen, you are not only acquiring a natural and functional product, but also joining Guardenerz's global mission of health and humanism. This is not just a stone; it is a gift from the depths of the earth that brings comfort, balance, and health

# How to prepare for use

Take all the pebbles out of their packaging and pour them into a bowl.

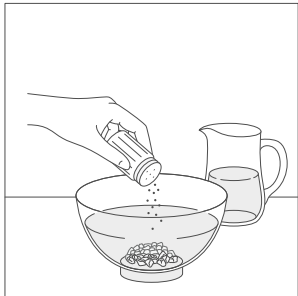


add some water

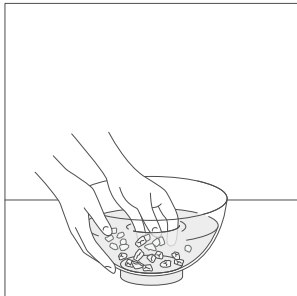




add some salt



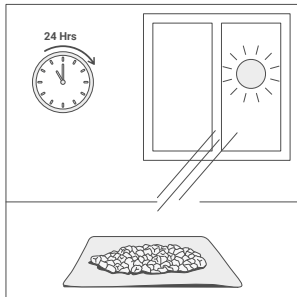
Stir the salty water well together with the stones.



After stirring a little with the salty water and washing, drain the water.



Spread them on a clean towel  
and wait 24 hours for them to dry  
and recharge under the sun light



take the pebbles and put them in  
a desired container, its ready to  
use.

