

Marcus Schmieke

QUACEBO

**A NEW  
DIMENSION  
of PLACEBO**

**Intention Meets  
Quantum Resonance**

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Intention Meets  
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by

Marcus Schmiede

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## A NOTE TO READERS

*The QUACEBO app is not a medical device. The contents of this book and the accompanying app are explicitly not intended as a substitute for medical advice, diagnosis, or treatment by physicians, therapists, or other healthcare practitioners.*

*QUACEBO is designed to promote consciousness processes, self-perception, and mental self-regulation. The effects described are based on subjective user experiences and scientific findings on the role of attention, intention, and resonance within the framework of individual self-efficacy.*

*All information in this book is to be understood as intention-focusing support for personal development. It does not constitute a system of healing and should not be interpreted as instructions for treating physical or mental health conditions. Please always consult qualified healthcare professionals for any health concerns.*

## CHAPTER 1

# What Is QUACEBO?

We often speak of the placebo effect as a marginal phenomenon in medical studies – something to be discounted because it seemingly doesn't belong to the actual effect. But what if this effect is not a side note, but the starting point for a new perspective on self-efficacy<sup>1</sup> and the experience of one's own capacities? What if we no longer had to hide it, but could activate it openly – consciously, transparently, and without deception?

QUACEBO is precisely that: an invitation to see the placebo effect not as an illusion, but as a form of conscious self-regulation. It is a digital ritual that combines intention, structure, and a focus on random stimuli to evoke deeper meaning within us – and thus self-efficacy.

The word “QUACEBO” is a neologism that unites two worlds. “Quantum” stands for true randomness generated by quantum noise – an stimulus that is neither calculable nor controllable. “Placebo” refers to what is traditionally viewed as a sham treatment – yet in truth can open a window

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1 Self-efficacy is the belief in one's ability to succeed, to accomplish one's goals, to be resilient in the face of adversity or stress, to lead a healthy and fulfilling lifestyle. (Bandura, 1997)

into deeper layers of self-efficacy. But QUACEBO is not based on deception; it is grounded in conscious choice:

“Yes, it is a placebo – and precisely because of that, it can help you. Because you choose it.”

The system is built on three pillars: conscious intention, structured ritual, and true random noise. It begins with the user choosing a topic – such as clarity, trust, or letting go. This choice is not prescriptive, but energetic: it sets a direction, opens an inner space. The app then structures this space – with breathing, symbols, sounds, and words. Finally, a response emerges, not generated by an algorithm, but by quantum-generated randomness – a moment that feels synchronous, not because it was planned, but because it was open.

The efficacy of placebo is not mystical – it is neurobiologically plausible. Studies show that expectation, context, and meaning can have real, measurable effects on the body: endorphins are released, pain is relieved, inflammation reduced (e.g., Levine et al., 1978; Bingel et al., 2011; Wegner et al., 2019). And the more consciously people are involved in these processes, the stronger the effect. These findings cannot be attributed to QUACEBO. QUACEBO does not claim them, but draws on them conceptually.

QUACEBO translates these insights into a digital language: it makes the power of the placebo accessible, transparent, and consciously usable – in a format that fits our modern lives.

QUACEBO is not a replacement for medical treatment – but it opens a new dimension of self-efficacy. It reminds us that well-being is not just something that comes from the outside, but begins where we give attention to inner meaning (Moerman 2002). In a world increasingly focused on the measurable, QUACEBO invites us to make room again for meaning. And sometimes, that alone is enough to initiate a profound inner shift.

In the end, it comes down to the individual's decision: Am I willing to attribute efficacy to what is happening within me? Am I open to a tool that doesn't guide me, but reminds me? If the answer is yes, a new path begins.



## CHAPTER 2

# **QUACEBO Matters Now**

We live in a time when external systems are becoming increasingly complex, while many people feel internally disconnected from their own strength. The global health crisis we face today – manifesting as chronic stress, burnout, exhaustion, or psychosomatic conditions – is not primarily a medical challenge. It is, above all, the expression of a deeper crisis of consciousness.

More and more people feel powerless in relation to their health and contentment. The body is no longer perceived as an ally, but as a potential problem. Symptoms appear as adversaries, and the hope for improvement is often placed in systems that feel impersonal and opaque. What is lost in this process is the experience of self-efficacy – the knowledge and felt sense that we can influence our own well-being.

At the same time, in this hyper-complex world, a new longing is growing: for simplicity, for meaning, for authentic access to inner balance. Many people no longer want to choose between pills and therapy plans, but are seeking a place

where meaning matters again. They long for a system that not only analyzes but touches – not just measures, but connects.

QUACEBO is a response to this longing. It does not replace medicine in the classical sense – rather, it offers an independent experiential space where something essential has been missing: access to conscious inner participation. By no longer hiding the power of the placebo effect but instead revealing it and making it consciously usable, QUACEBO enables a new form of relationship between humans and their inner self-regulation.

Research has long shown how powerful the placebo effect can be. In specific areas such as depression, pain, or irritable bowel syndrome, studies show that placebo effects can account for up to 80 percent of the observed outcomes (Kirsch 2008; Benedetti 2014)<sup>2</sup>. And yet we continue to treat this effect as a disturbance, a noise to be filtered out. Why is that? Because it has traditionally been tied to deception. But what if effects are possible without lying? What if we could say: “Yes, this is a placebo. And precisely because of that, it works – if you’re willing to give it meaning”?

QUACEBO is a system that functions not through suggestion, but through openness. It makes no false promises. It uses no tricks. Instead, it creates a structured space in which effects can

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<sup>2</sup> These findings refer to classical clinical studies and cannot be directly transferred to QUACEBO. QUACEBO is not a medical product and makes no therapeutic claims.

unfold through intention, attention, and true random stimuli.

In a world where many health apps collect data, count steps, or monitor heart rates, QUACE-BO has a different purpose. It does not measure. It does not control. It remembers. It invites. It asks: “What does this moment mean to you?” And it leaves the answer to you.

Thus, every session becomes a small return – to yourself, to your inner voice, to your creative power. Not as a spiritual escape, but as a concrete practice. Because now, in this time, we need tools that do not analyze even more – but reconnect us. With ourselves. With what strengthens us. With what brings order. With what carries us from within.



## CHAPTER 3

# **From Healy to QUACEBO**

QUACEBO did not emerge from nowhere. It is the result of a journey that evolved over many years – a next step in a movement exploring the connection between technology and consciousness. QUACEBO complements Healy, a device that uses frequencies to support physical and energetic balance. But Healy was never just about technology – it has always been an instrument for consciousness processes. It has helped hundreds of thousands of people worldwide to connect with themselves on a deeper level, to experience well-being, and to rediscover inner balance.

Despite its impact, one insight remained unaddressed: every person may benefit from frequencies – but every person also needs meaning. This realization became the seed of QUACEBO. Through years of working with frequencies, it became increasingly clear that the effectiveness was not just dependent on the signal, but on the inner state of the receiver – on expectation, openness, intention. And so, a force came into focus that is scientifically documented, yet still culturally underestimated: the placebo effect.

For a long time, the placebo effect was considered a problem in research – a nuisance, a deception, a psychological artifact. But therein lies its power. What it truly reveals is this: consciousness has an effect. Meaning has an effect (Moerman 2002). The belief in an effect – embedded in a meaningful context – creates real, measurable changes in the body and mind. The only catch: traditionally, the placebo effect has relied on deception. The patient had to believe they were receiving an effective remedy, even though it was just a sugar pill. But what if this effect were possible even without deception?

QUACEBO gives a clear answer to this question. It does not use the placebo effect covertly, but consciously – openly, transparently, integratively. It does not say, “Here is an active substance.” Instead, it says: “Here is a moment that can carry meaning. Are you ready to receive it?”

A shift is taking place – from device to app, from frequency to meaning, from external control to inner openness. Healy sends – QUACEBO receives. Healy speaks to the body – QUACEBO speaks to consciousness. Healy works with technological signals – QUACEBO with symbols, rituals, and true randomness.

This turn toward meaning is not a departure from science but its expansion. QUACEBO is based on solid insights from placebo research, neuroscience, and quantum physics. It shows that there is another kind of reality – one in which the

subject, the moment, and the inner attitude are decisive. What is transmitted is not the most important element – what matters is what happens when a person enters into resonance with it.

While earlier systems such as TimeWaver or Healy actively transmitted frequencies or information, QUACEBO takes a new path. It sends nothing. It transmits nothing. It allows something to emerge. It is empty – in the best sense. A silent space that becomes meaningful through intention and randomness. In this emptiness lies its strength. For when nothing is predetermined, something essential can arise: an experience that does not come from the outside, but emerges from within.

Thus, QUACEBO is not a product in the classical sense. It is an invitation. A structure that only works if the person opens to it. A system that wants nothing – except to bring you back to your own source of meaning and self-efficacy.