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Healy
Frequency Application
Manual



Frequencies for Your Life

Healy Manual



Disclaimer:

Healy is a medical device for the treatment of pain in chronic pain, fibromyalgia, skeletal pain and migraine, as well as for the supportive treatment of mental illnesses such as depression, anxiety and related sleep disorders. All other applications of Healy are not recognized by conventional medicine due to lack of evidence in the sense of conventional medicine.

The studies for the indications mentioned here were not carried out with Healy, but the parameters used in the Healy are based on the studies mentioned.

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Foreword

Congratulations on the purchase of your Healy. You are now the owner of a medical device that can support you with all kinds of conditions and other objectives. This manual will show you how to get the most out of your Healy with all sorts of conditions and needs. It will inform you about the basics of frequency application and introduce you to all the available Healy App programs. At the end you will also find a summary of studies that describe the effectiveness of frequency applications with microcurrents.



To receive regular information about program updates as well as important announcements, please stay in touch with us via email.



We would also like to ask you to carefully read the Healy manual. There you will find the safety instructions, all aspects concerning the use of Healy, technical details and storage instructions.

**We hope that you will enjoy your Healy
and experience increased wellbeing and vitality!**



Content

| | |
|---|-----------|
| Foreword | 3 |
| 1 Introduction | 6 |
| 1.1 A Strong Cell as a Basis for Health | 6 |
| 1.2 Structure of Healy Programs for Systemic Therapy | 7 |
| 1.2.1 Realtime | 8 |
| 1.2.2 Resonance | 8 |
| 1.2.3 "Indication" | 8 |
| 1.2.4 Contraindications | 8 |
| 1.3 Supporting Factors in Combination with Frequency Applications | 9 |
| 2 Operating Healy | 10 |
| 2.1 Switching on and Starting the Programs | 10 |
| 2.2 Charging the Battery | 11 |
| 2.3 Other Functions of the ON Switch | 11 |
| 2.4 Bluetooth Connection with Healy | 11 |
| 2.5 Stand-Alone Operation | 12 |
| 2.6 Notification Control | 12 |
| 3 Healy Programs | 13 |
| 3.1 Gold Cycle | 13 |
| 3.2 Pain/Psyche | 15 |
| 3.3 Learning | 16 |
| 3.4 Fitness | 17 |
| 3.5 Job | 18 |
| 3.6 Sleep | 19 |
| 3.7 Beauty | 20 |
| 3.8 Skin | 21 |
| 3.9 Mental Balance | 22 |
| 3.10 Bioenergetic Balance 1 | 23 |
| 3.11 Bioenergetic Balance 2 | 24 |

| | |
|--|-----------|
| 3.12 Meridians 1 | 25 |
| 3.13 Meridians 2 | 26 |
| 3.14 Chakras | 27 |
| 3.15 Protection Programs | 29 |
| 3.16 Deep Cycle | 30 |
| 3.16.1 Preparing for the Deep Cycle Programs | 30 |
| 3.16.2 Application of the Deep Cycle Programs | 31 |
| 3.16.3 Short Description of the Deep Cycle Programs | 31 |
| 3.17 Therapist Programs | 33 |
| 4 Additional Functions | 34 |
| 4.1 Therapist TAN | 34 |
| 4.2 Settings | 34 |
| 4.3 Information | 35 |
| 5 Summary of Studies | 36 |
| 5.1 "Pain Treatment" Study Report | 36 |
| 5.2 Studies and Case Reports – Psyche | 37 |
| 5.3 Studies and Case Reports – Infections | 38 |
| 5.4 Studies and Case Reports – Neurology | 38 |
| 5.5 Studies and Case Reports – Skin | 38 |
| 5.6 Studies and Case Reports – Injuries, Wound Treatment | 39 |
| 5.7 Studies and Case Reports – Cardio-Vascular Diseases | 39 |
| 5.8 Studies and Case Reports – Internal Medicine | 39 |
| 5.9 Studies and Conventional Medicine | 40 |

1 Introduction

1.1 A Strong Cell as a Basis for Health

The cell researchers Dr. Robert O. Becker and Dr. Bjorn Nordenstrom, the latter a former president of the Nobel Prize Commission, have discovered that many chronic and acute diseases can develop when the cell membrane tension drops.

According to their model, humans are only as healthy as the health of their cells and their ability to communicate with each other. Cell health can therefore be determined by one simple parameter: the electrical cell membrane voltage.

According to the cell membrane voltage model, a cell ideally has a voltage of -70 mV and thus enough energy to live and communicate with the other cells. In the course of disease, this voltage is often reduced to -50 mV. At -40 mV pain and inflammation can start to occur. At -15 mV, according to Becker and Nordenstrom, is the threshold below which the cell can mutate into a tumor cell, see **Figure 1.1.1**.

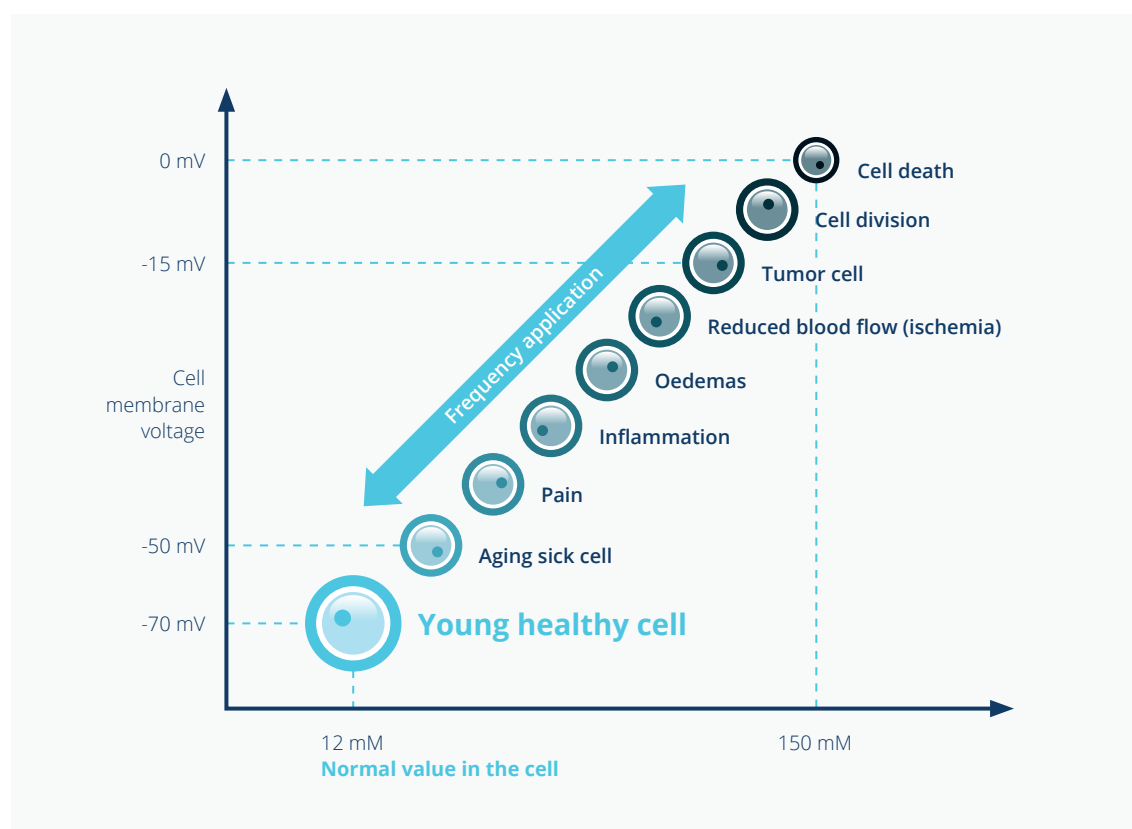


Figure 1.1.1: Cell membrane voltage model

According to this model, electrical frequencies are the language and the key to cell communication. The frequency modulated microcurrent used in the applications communicates with the cells using the “language” of frequencies. Thus, one goal of the applications is to counteract the extracellular hyperacidity and restore natural cell membrane tension.

The knowledge of which frequencies can be used during an application played a significant role in the development of Healy. Through information field controlled frequency application, Healy should optimally support the cellular environment and cell membrane voltage with specific and individually selected frequencies and currents.

In this way, the metabolism and cell division, among other things, should be stimulated in such a way that the ATP synthesis, i.e., the energy production of the cells, and protein synthesis for the construction of the basic building blocks of the human body, are strengthened.

The resonance analysis function of Healy analyzes the duration of the required frequency for the particular user and constantly checks the progress of all the applied frequencies. At the appropriate time, Healy automatically switches to the next frequency and applies it until it is no longer needed or the maximum application duration has been reached.

1.2 Structure of Healy Programs for Systemic Therapy

Healy uses the 144,000 Gold Frequencies, which according to our model should each have specific effects. At the heart of Healy is a quantum sensor that uses these Gold Frequencies to individually analyze the frequencies that are suitable for you at the time of application.

The Gold Frequencies were developed together with the Portuguese clinic director and researcher Nuno Nina. Nuno Nina has in the course of the past 15 years successfully treated thousands of patients in his clinics with his proven therapy protocols. Based on the Gold Frequencies, Healy has more than 100 sequence programs for bioenergetic support of many areas of life and various symptoms. These Healy applications are called systemic programs and their names contain the abbreviation “syst.”. We recommend the systemic programs for almost every purpose because they aim to balance bioenergetic causes. For this reason, the systemic programs are not applied locally, but in most cases systemically via the bracelet electrodes. In this way, the frequencies applied via the upper body affect the organs, glands and the nervous system.

The systemic Healy programs consist of three modes: Realtime, Resonance and Indications.

In Realtime mode, the currently suitable frequency is determined and applied in real time. In Resonance mode, the current resonance frequencies are determined and applied in real time until they are “no longer needed” by the body. In Indications mode, specific frequencies are analyzed and applied in real time from a frequency pool specifically compiled for a field of application until they are “no longer needed” by the body.

1.2.1 Realtime

According to our model, each frequency has a different effect and the condition of the user during application changes after a short time. In our experience, it is therefore important to analyze the frequencies that the user needs during therapy. Healy can determine individual frequencies in real time and thus adapts the application to changing needs.

In Realtime mode, the following frequency bands are used to determine the frequencies:

- 0.1 Hz – 1 kHz
- 15 kHz – 1 MHz

1.2.2 Resonance

With the Resonance Analysis function, Healy analyzes how long a frequency should be applied and checks the progress of the currently applied frequency every 10 seconds. As in Realtime mode, these frequencies are individually determined during application. The respective frequencies are applied until the progress, which can be between -100 % and +100 %, reaches 95 % or the maximum time for the resonance application has passed. The current progress value is displayed on the Healy application screen.

In Resonance mode, the following frequency bands are used to determine the frequencies:

- 0.1 Hz – 1 kHz
- 15 kHz – 1 MHz

1.2.3 “Indication”

Specific frequencies for certain areas of life are stored in the indication blocks. For example, certain frequencies used to bioenergetically support the kidneys can be stored in a special indication block. Frequencies are then determined from this specified frequency pool during the application and, as in resonance applications with progress analysis, applied until the progress has reached 95% or the maximum time for the indication application has expired. A frequency program within Healy can contain up to 400 different frequencies.

1.2.4 Contraindications

Microcurrent treatment must not be performed when metallic foreign bodies are in the area of treatment, pace-makers or implanted defibrillators are present, bleeding, risk of bleeding or embolism are present. Treatments must not be performed on areas of the skin which have been treated radiotherapeutically or have a sensory disorder or if the user has a fever.

- Not for use by pregnant women
- Not for use by those with epilepsy
- Do not place the electrodes directly on the eyes, covering the mouth, on the front of the neck (especially the carotid sinus), or on the chest and the upper back or crossing through the heart.

Consult a medical professional before using if you have any of these contraindications.

Within the framework of holistic healing approaches, certain interactions (e.g., strengthening of the body's own mechanisms) are possible through frequency applications. Therefore, we recommend checking the following issues before the first application:

- If amalgam fillings are present in the teeth, the application can lead to a mobilization of heavy metals in the cells of the body - not directly from the dental fillings themselves - and thus to a temporary deterioration of the state of health. We therefore recommend that you drink plenty of water in addition to the application and take appropriate measures to support the removal of heavy metals.
- If you are taking medication at the same time, we recommend that you have the dose checked by your doctor at least once a month, especially if you are taking the following medications:
 - Blood thinners
 - Antidiabetics
 - Blood pressure lowering medication
 - Hormones (especially thyroid hormones)
 - Beta blockers

Healy and its applications are only suitable for adults. Too little data is available for the treatment of minors. Any treatment of minors is the responsibility of the parents or legal guardian or of the attending physician.

1.3 Supporting Factors in Combination with Frequency Applications

In order to further enhance the positive effects of frequency applications, we recommend that you integrate the following routines into your everyday life:

- Drink at least one litre of pure, healthy water in the morning and 1/2 litre in the afternoon (do not drink water 30 minutes before and after meals).
- If possible, release bioenergetic potential by earthing: walking barefoot outside for at least 15 minutes (this ensures natural electrical potential equalisation).
- Exercise in fresh air to activate the energy flow - you can use your Healy while doing this.
- Natural and balanced nutrition
- Mindful and conscious use of frequency programs
- Avoid extremes - do not exceed two to three frequency applications per day

2 Operating Healy

2.1 Switching on and Starting the Programs

You switch on Healy by briefly pressing the ON button (see **Figure 2.1.1**). The right LED should now flash continuously. After switching on, the last program that you transferred from your smartphone to your Healy starts automatically. The intensity – i.e. the transferred current strength – is automatically regulated to 15%. The low initial intensity of 15% is required by law for patient safety, which is based on the safe use of medical devices in which microcurrent is applied.

To increase the intensity of a Healy program or to transfer another program to your Healy, start the Healy App and connect to your Healy. Now you will see a screen like the one in **Figure 2.2.1**, which tells you how to use the electrodes correctly. This is a guideline according to the medical device safety standard.

After confirming this message, you can increase the intensity of the currently running program so that the current is slightly noticeable, but not unpleasant.

Alternatively, you can cancel the program and transfer a new program to your Healy. To pause and then quit the currently running program, simply tap on the program icon in the middle and then on the “X” that is now visible in the upper left corner of the program icon, see **Figure 2.2.2**. If you tap on the program icon again instead, the currently running program will continue.



Figure 2.1.1: Healy front view

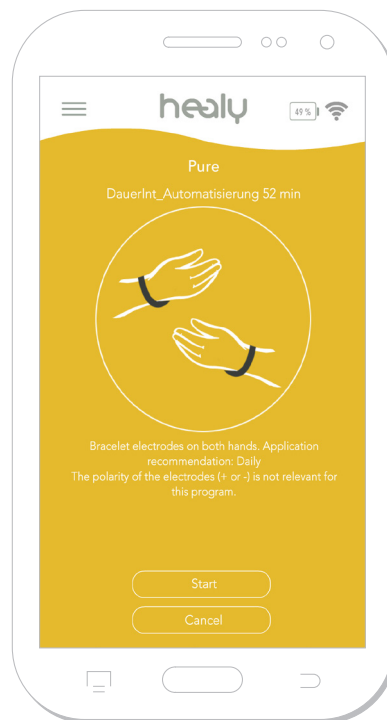


Figure 2.2.1: Note on electrode placement

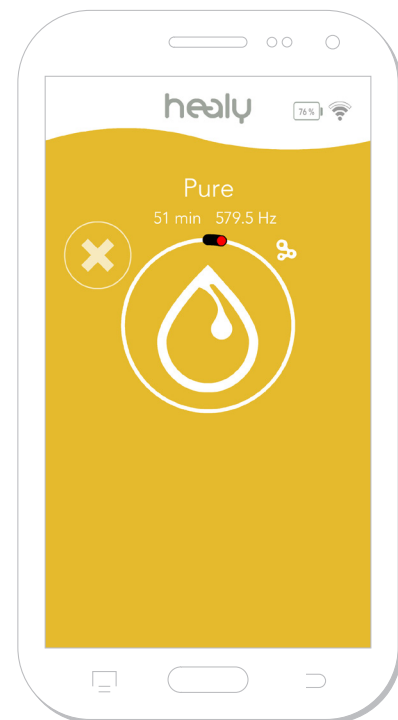


Figure 2.2.2: Exit application program

2.2 Charging the Battery

If the right LED flashes rapidly several times in succession and then goes out again, the battery charge level is low. In this case, please recharge your Healy. During charging, the right LED lights up permanently until the battery of your Healy is fully charged. As soon as the maximum charge of the battery is reached, the LED automatically goes out.

2.3 Other Functions of the ON Switch

If you briefly press the ON switch while a program is running, the program pauses. Pressing the ON switch again resumes the program.

If you keep the ON switch pressed for about 10 seconds, the microprocessor of the Healy will be reset. This causes a standard program to be loaded from the microprocessor's memory and played back at the next start. All programs in the program groups of your Healy are of course still available on your smartphone after a reset.

2.4 Bluetooth Connection with Healy

After you have switched on Healy and started the Healy App, the Healy App automatically scans for Bluetooth devices in the vicinity.

After the Healy App has found your Healy for the first time, a screen appears, see **Figure 2.4.1**, where you need to enter the serial number of your Healy. You will find the serial number on its back. You can either enter the serial number manually or use the integrated QR code scanner by pressing the scan button. After successfully connecting to your Healy you can use the functions of the Healy App.

If you connect your smartphone to your Healy again, the connection will be made automatically.

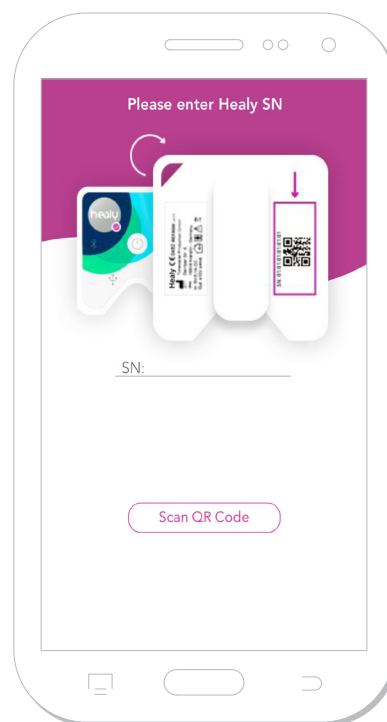


Figure 2.4.1: Screen for entering the serial number and QR Code Scan

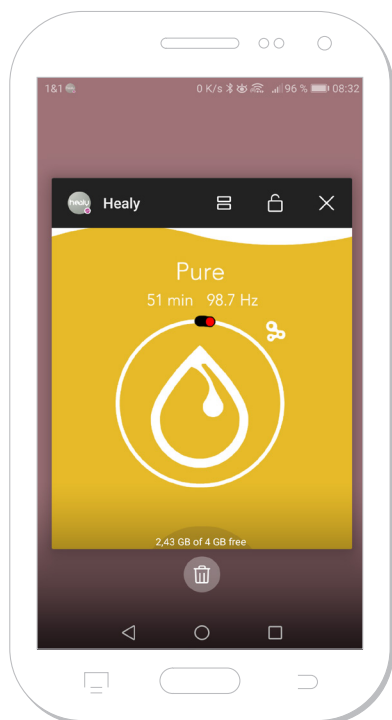


Figure 2.5.1: Exit Healy App

2.5 Stand-Alone Operation

When you quit the Healy App, you have the choice to continue running it in the background or close the app completely. If you decide to continue running the app in the background, the Bluetooth connection to your Healy will remain and you can always open the Healy App again to see the application screen with the current status of the program progress.

Alternatively, you can exit the app completely, see **Figure 2.5.1**. The Bluetooth connection to your Healy will be interrupted and the currently started program will continue to run with the intensity you have chosen. After the application program is finished, Healy will automatically switch off.

2.6 Notification Control

If you move the Healy App to the background, the Bluetooth connection to your Healy will be maintained. From now on, the application will send periodic notifications to your smartphone. The notification shows you the currently applied frequency and the remaining time of the program, see **Figure 2.6.1**. You can also use the notification to pause, stop or resume the current program on your Healy, see **Figure 2.6.2** and **Figure 2.6.3**.

If you briefly tap on the notification, the Healy App interface opens again.

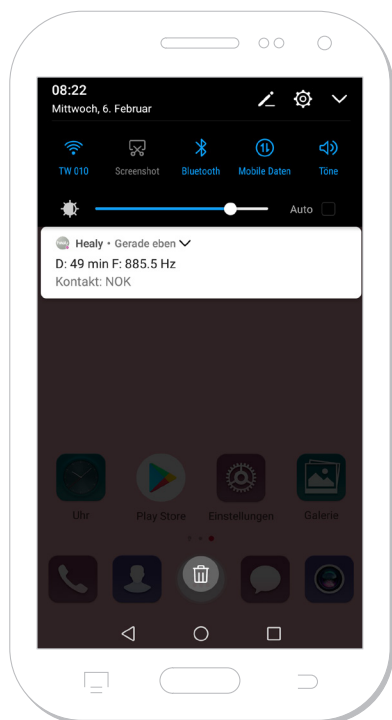


Figure 2.6.1: Notification with duration, frequency and contact status

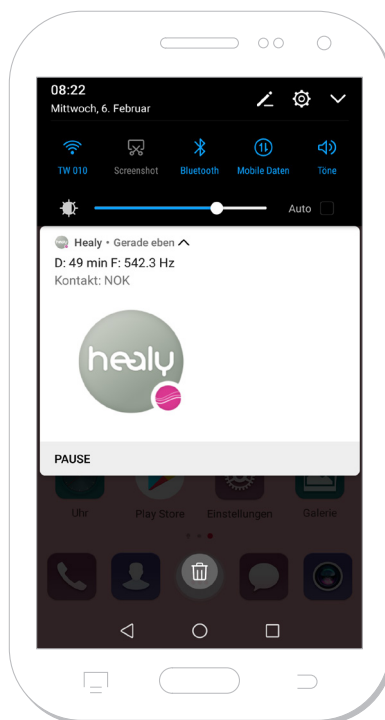


Figure 2.6.2: Program pause

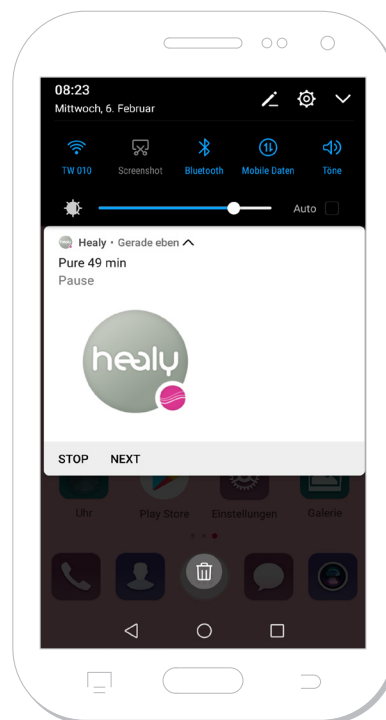


Figure 2.6.3: Exit or continue program

3 Healy Programs



3.1 Gold Cycle

The Gold Frequencies were developed together with the Portuguese clinical director and researcher Nuno Nina. Nuno Nina has successfully treated thousands of patients in his clinics with his proven therapy protocols for over 15 years. The Gold Cycle is based on the three programs: Balance, Being and Pure. Balance should energetically balance the physical, Being the emotional functions, while Pure stimulates the excretory organs to support recovery from environmental causes of energetic imbalance. These three programs can be used alternately every day to strengthen your bioenergetic field. The Care program can be used when you feel your system is particularly challenged.

With Healy, the technology, expertise and experience of Nuno Nina are now available to you at all times.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|--------------|----------|-------------|----------|-----------|
| 1 | Pure | NN | BE | 52 min | 1 x Daily |
| 2 | Care | NN | BE | 46 min | 1 x Daily |
| 3 | Balance | NN | BE | 52 min | 1 x Daily |
| 4 | Being | NN | BE | 55 min | 1 x Daily |
| 5 | Energy | NN | BE | 55 min | 1 x Daily |
| 6 | Relax | NN | BE | 55 min | 1 x Daily |
| 7 | Release | NN | BE | 46 min | 1 x Daily |

BE = Bracelet Electrodes

NN = Nuno Nina

| Program name | Description |
|--------------|---|
| Pure | The Pure program is the ideal starting point for anyone using Healy for the first time. It should help the energy field of the organism to recover from the bioenergetic effect of environmental pollutants, toxins, an unhealthy diet and other negative factors. |
| Care | We see a weakened bioenergetic field as a reason for many acute and chronic imbalances. Strengthen your energy field through appropriate exercise, healthy nutrition and pure water. Care means "caring"; in other words, preventing a multitude of bioenergetic disorders. |
| Balance | The fine balance of the various bodily functions is very important for our well-being and health. Balance refers to the bioenergetic balance of the kidneys, circulation, lymphatic system and hormones. It is an ideal program for a deep bioenergetic balancing of the body's energy field. |
| Being | What the Balance program is for the body, Being is for our soul. It should help you regain emotional balance. |
| Energy | Performance needs support. No matter whether you are a well-trained competitive athlete, a stressed-out manager or a busy mother, Energy should help you to bioenergetically deal with health challenges. |
| Relax | Relax stands for a relaxing anti-stress effect. Stress is often the cause of hyperacidity and imbalances in the body. According to our understanding, many problems are caused by continuous stress. Modern life keeps many of us from letting go of our daily sorrows and stress, an endeavor that we think is vital for achieving recovery. |
| Release | There are many different causes of pain. For example, pain can be a symptom of hyperacidity of the tissue. As an alternative or in addition to the classic pain applications in Healy you can use the Nuno Nina Gold Cycle Release program. This program works systematically in the bioenergetic field of the body, no matter where the pain is located. |

3.2 Pain/Psyche

Pain can have various causes and is basically a warning signal from the body that something is physically or psychologically wrong. Since pain often affects muscles, joints, the head, organs or tissue, pain therapy is one of the largest areas in modern medicine. Pain is often a complex entity of physical trauma and trauma memory, tissue acidification, tissue toxicity, cell energy reduction or lack of regeneration. Pain has a bilateral effect, which means that information flows in two directions: physical pain influences emotions and the psyche – conversely, emotions and the psyche clearly influence pain.

The programs of this program page are the basis for the approval of Healy as a medical device.

In order to support you in the treatment of pain and mental distress with Healy, we have prepared the following programs for you.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|-------------------|----------|-------------------|----------|-----------|
| 1 | Chronic Pain | CES | EE; AE on mastoid | 20 min | 1 x Daily |
| 2 | Chronic Back pain | MCT | AE | 20 min | 1 x Daily |
| 3 | Tooth-Jaw local | MCT | AE | 20 min | 1 x Daily |
| 4 | Joints local | MCT | AE | 30 min | 1 x Daily |
| 5 | Migraine | CES | EE; AE on mastoid | 20 min | 1 x Daily |
| 6 | Insomnia | CES | EE; AE on mastoid | 20 min | 1 x Daily |
| 7 | Depression | CES | EE; AE on mastoid | 20 min | 1 x Daily |
| 8 | Anxiety | CES | EE; AE on mastoid | 20 min | 1 x Daily |

AE = Adhesive Electrodes

EE = Ear Electrodes

CES = Cranial Electrical Stimulation

MCT = Microcurrent Therapy

| Program name | Description |
|-------------------|---|
| Chronic Pain | Relief of chronic pain via the CNS (central nervous system) |
| Chronic Back pain | Local relief of chronic back pain |
| Tooth-Jaw local | Local supportive treatment of pain in the mouth area |
| Joints local | Local relief of joint pain |
| Migraine | Cranial (head side) treatment of migraine |
| Insomnia | Supportive treatment of sleep issues via the CNS |
| Depression | Supportive treatment of depressed feelings via the CNS |
| Anxiety | Relief of anxious feelings via the CNS |

3.3 Learning

Learning succeeds particularly well when it is fun, easy and relaxed.

Today, even young people face big challenges: examination stress, mental strain, grade pressure, social anxiety and others. Whether at school or at university, young people experience stress and immense pressure to perform even before entering working life. This often manifests itself in concentration problems, burnout, addiction, compulsions or depression.

Healy offers programs to support memory, concentration, stress reduction and creativity.

Students can particularly profit from Healy technology during exam time. Healthy and deep sleep should be bio-energetically promoted as well as learning and concentration.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|---------------------|----------|-------------------------|----------|-----------|
| 1 | Learning syst. | NN | BE | 57 min | 1 x Daily |
| 2 | Learning acute | CES | EE; AE on mastoid | 20 min | 1 x Daily |
| 3 | Memory | NN | BE | 79 min | 1 x Daily |
| 4 | Concentration syst. | NN | BE | 57 min | 1 x Daily |
| 5 | Concentration acute | CES | EE; AE on mastoid | 20 min | 1 x Daily |
| 6 | Exam syst. | CES | EE; AE on mastoid | 30 min | 1 x Daily |
| 7 | Exam acute | NN | BE | 57 min | 1 x Daily |
| 8 | Stress syst. | NN | BE | 57 min | 1 x Daily |
| 9 | Stress acute | CES | AE on forehead and neck | 30 min | 1 x Daily |

EE = Ear Electrodes

EE = Ear Electrodes

AE = Adhesive Electrodes

CES = Cranial Electrical Stimulation

NN = Nuno Nina

| Program name | Description |
|---------------------|---|
| Learning syst. | Bioenergetic activation of the central nervous system |
| Learning acute | Supports learning through cranial stimulation |
| Memory | Energetic stimulation of the brain metabolism |
| Concentration syst. | Bioenergetic optimization of the oxygen supply |
| Concentration acute | Supports concentration via cranial stimulation |
| Exam syst. | Support before exams through cranial stimulation |
| Exam acute | Energetic balancing of anxiety before tests |
| Stress syst. | Mental balancing and bioenergetic stimulation of creative power |
| Stress acute | Supports mood improvement via cranial stimulation |

3.4 Fitness

In today's predominantly sedentary and unhealthy society, fitness is a good means of balance for physical, mental and emotional well-being. Regular physical activity should always be followed by a recovery phase. In addition, it is essential to maintain a healthy, balanced diet rich in nutrients and fibre. Fitness is also characterized by the fact that we become balanced and centered within ourselves.

Especially in times of stress, burnout or depression, it is all the more important to find your own center. The Healy Fitness programs have been developed with this basic idea in mind. These programs include the body as well as the mind; we strongly believe that a balanced, sustainable and holistic psycho-physiological constitution must encompass both of them.

Our Healy Fitness programs therefore concentrate on the holistic bioenergetic support of four essential areas: muscles, performance, weight and relaxation. This combination is therefore suitable for everyone who enjoys sports and wants to remain active well into old age.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|-----------------|----------|-------------|----------|-----------|
| 1 | Weight | NN | BE | 60 min | 1 x Daily |
| 2 | Muscle | NN | BE | 39 min | 1 x Daily |
| 3 | Circulation | NN | BE | 30 min | 1 x Daily |
| 4 | Performance | NN | BE | 60 min | 1 x Daily |
| 5 | Strength | NN | BE | 60 min | 1 x Daily |
| 6 | Stamina | NN | BE | 60 min | 1 x Daily |
| 7 | Regeneration | NN | BE | 57 min | 1 x Daily |
| 8 | Deep relaxation | NN | BE | 24 min | 1 x Daily |

BE = Bracelet Electrodes

NN = Nuno Nina

| Program name | Description |
|-----------------|--|
| Weight | Bioenergetic stimulation of the organs that eliminate waste products |
| Muscle | Bioenergetic optimization of cell regeneration |
| Circulation | Bioenergetic support of the blood supply that supports metabolism |
| Performance | Energetic activation of life energy |
| Strength | Bioenergetic activation of the musculoskeletal system |
| Stamina | Bioenergetic optimization of the capacity for endurance |
| Regeneration | Bioenergetic stimulation of vitality |
| Deep relaxation | Bioenergetic optimization of the relaxation phase |

3.5 Job

People leading a stressful working life often feel stuck on a treadmill. They might for quite some time have been in a situation where they have little regard for their own needs and wants. During such a personal crisis, external commitments often seem more important than our inner voice calling for a break or a change of direction. If this call is ignored for too long and if one's own limits are permanently exceeded, the body may adopt a „refusal attitude“ that can lead to the deactivation of entire functional areas. This in turn can lead to prolonged fatigue, exhaustion, sleep disorders and hypersensitivity to stress.

In our experience, Healy provides valuable bioenergetic support when leading an active professional life, offering programs which have the goal of promoting deep relaxation and physical, psychological and emotional balance for people leading a stressful everyday life.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|-------------------|----------|-------------------|----------|-----------|
| 1 | Activation | NN | BE | 57 min | 1 x Daily |
| 2 | Positive Thoughts | NN | BE | 45 min | 1 x Daily |
| 3 | Balance Nerves | NN | BE | 60 min | 1 x Daily |
| 4 | Fatigue | NN | BE | 60 min | 1 x Daily |
| 5 | Exhaustion syst. | NN | BE | 60 min | 1 x Daily |
| 6 | Exhaustion acute | CES | AE on the temples | 20 min | 1 x Daily |
| 7 | Extreme Stress | NN | BE | 60 min | 1 x Daily |

BE = Bracelet Electrodes

AE = Adhesive Electrodes

CES = Cranial Electrical Stimulation

NN = Nuno Nina

| Program name | Description |
|-------------------|---|
| Activation | Bioenergetic stimulation of mental clarity |
| Positive Thoughts | Energetic orientation towards positive thoughts |
| Balance Nerves | Bioenergetic promotion of the beta state |
| Fatigue | Energetic reduction of stressors |
| Exhaustion syst. | Bioenergetic balancing of the adrenal hormones |
| Exhaustion acute | Supports stress resistance via cranial stimulation |
| Extreme Stress | Bioenergetic support of mental and physical balance |

3.6 Sleep

We spend about one third of our life sleeping. The need for sleep varies for each individual, but on average it is about 7.5 hours per day. Depending on the age and life situation, 4-12 hours of sleep may be required, in one go or spread over the day. Sleep is vital and serves to regenerate the body and process the impressions of the day. Disturbed sleep can throw us off balance and even make us sick in the long run. Longer lasting sleep disturbances can lead to physical fatigue, health deficits and a weakening of the immune system. In addition, poor sleep quality can also have a negative emotional effect and strain our psyche.

Healy should bioenergetically support you to quickly calm down after a long day or after the stress of everyday life and promote deep and restful sleep.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|----------------|----------|-------------|----------|-----------|
| 1 | Sleep syst. | NN | BE | 51 min | 1 x Daily |
| 2 | Bed rest | NN | BE | 55 min | 1 x Daily |
| 3 | Balanced Sleep | NN | BE | 52 min | 1 x Daily |
| 4 | Fine flow | GCT | BE | 20 min | 1 x Daily |

BE = Bracelet Electrodes

GCT = Galvanic Current Therapy

NN = Nuno Nina

| Program name | Description |
|----------------|--|
| Sleep syst. | Bioenergetic optimized changing into delta state (deep sleep) |
| Bed rest | Bioenergetic promotion of parasympathetic functions (recovery, relaxation) |
| Balanced Sleep | Bioenergetic balancing of the deep sleep phase |
| Fine flow | Bioenergetic activation through ionic movement in the body |

3.7 Beauty

The skin, being the outer covering of our body, forms the physical boundary between the inner and outer world. It is our largest organ, fulfilling many vital functions. It is not only a respiratory, metabolic and protective organ in one, but also a visible „showpiece“ representing beauty, youthfulness and health. The outer beauty is decisively influenced by the inner beauty, which in turn is influenced by factors such as intestinal health, inner balance and bliss.

Nuno Nina's experience in bioenergetically supporting inner balance and relaxation as well as his expertise in defining the appropriate frequencies for sustainable bioenergetic support of the skin have been integrated into the Healy Beauty programs.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|-----------------|----------|-------------|----------|-----------|
| 1 | Inner beauty | NN | BE | 45 min | 1 x Daily |
| 2 | Hair | NN | BE | 60 min | 1 x Daily |
| 3 | Skin | NN | BE | 60 min | 1 x Daily |
| 4 | Aging | NN | BE | 57 min | 1 x Daily |
| 5 | Nails | NN | BE | 42 min | 1 x Daily |
| 6 | Skin elasticity | NN | BE | 51 min | 1 x Daily |

BE = Bracelet Electrodes

NN = Nuno Nina

| Program name | Description |
|-----------------|--|
| Inner Beauty | Supporting the coherence and expression of the energetic field |
| Aging | Bioenergetic support of the cell organelles (i.e., the "organs" within the cell) |
| Hair | Bioenergetic stimulation of the follicles |
| Skin | Bioenergetic fostering of the epidermis |
| Nails | Bioenergetic stimulation of the nail bed |
| Skin elasticity | Bioenergetic promotion of the lymphatic system |

3.8 Skin

Wounds can occur anywhere inside and outside our body. An external violent, accidental or targeted action leads to an injury, which can manifest itself in a separation of the tissue or the destruction of the skin, mucous membrane or organs. Using Healy, you can provide bioenergetic support for a wide range of abrasions, cuts, bruises, and surgical wounds during regeneration, as well as disease-related wounds resulting from a lack of blood circulation.

Acne mainly occurs on the face of the affected person. In addition to the external "flaw", there is usually also pain. The inner conflict, which can be a mental imbalance or a possible food intolerance, is literally written on the face of the affected person. Healy should offer you the right bioenergetic support for damaged skin.

If an injury does not heal smoothly, scar tissue develops and can act as a source of disturbance. An untreated scar can cause a variety of sometimes serious complaints, which can strain both the body and the soul of the affected person. In our experience, scars can trigger or aggravate chronic pain, osteoarthritis, hormone disorders, limited mobility, depression, allergies, fatigue, and neurological disorders. It can be observed that the disorder rarely occurs directly in the scar area, but instead in the weakest part of the body.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|----------------------|----------|-------------|----------|-----------|
| 1 | Support Wounds syst. | MCT | AE | 30 min | 1 x Daily |
| 2 | Support Wounds local | NN | BE | 60 min | 1 x Daily |
| 3 | Acne syst. | NN | BE | 60 min | 1 x Daily |
| 4 | Scars syst. | NN | BE | 60 min | 1 x Daily |
| 5 | Scars local | MCT | AE | 20 min | 1 x Daily |

BE = Bracelet Electrodes

MCT = Microcurrent Therapy

AE = Adhesive Electrodes

NN = Nuno Nina

| Program name | Description |
|----------------------|--|
| Support Wounds syst. | Supports the cells through local stimulation |
| Support Wounds local | Bioenergetic stimulation of the cell metabolism |
| Acne syst. | Bioenergetic promotion of toxin transport |
| Scars syst. | Balancing energetic interference fields in scars |
| Scars local | Local stimulation of scar tissue |

3.9 Mental Balance

The mental balance and the subconscious of the human being are complex and host all feelings and thoughts, as well as all mental characteristics and the specific personality traits of a person. The human being is a unity consisting of body, mind and soul. Thus, as psychosomatics shows, one can have physical complaints caused by mental imbalances. This influence also works in the opposite direction, so that the body, for example the intestine, has a great influence on a person's mental balance. If this colloquially called inner or soul life is intact, an individual is balanced and vital. Trauma experiences are partly unconscious experiences that can reach from the past into the present. They continue to have an effect on the physical as well as the mental and spiritual level, because the trauma has not been processed, integrated or dissolved. Dysbalances can lead to various disorders like depression, anxiety, addiction, neuroses and other symptoms. To bioenergetically support your mental balance with Healy, we have created the following programs for you:

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|----------------------|----------|-------------------|----------|-----------|
| 1 | Inner Strength syst. | NN | BE | 51 min | 1 x Daily |
| 2 | Emotional Well-being | NN | BE | 51 min | 1 x Daily |
| 3 | Feel good syst. | NN | BE | 51 min | 1 x Daily |
| 4 | Contentment syst. | NN | BE | 60 min | 1 x Daily |
| 5 | Contentment acute | CES | EE; AE on mastoid | 20 min | 1 x Daily |
| 6 | Inner Unity | NN | BE | 55 min | 1 x Daily |
| 7 | Well-being Soul | NN | BE | 51 min | 1 x Daily |
| 8 | Mental balance acute | CES | EE; AE on mastoid | 20 min | 1 x Daily |

AE = Adhesive Electrodes

BE = Bracelet Electrodes

EE = Ear Electrodes

CES = Cranial Electrical Stimulation

NN = Nuno Nina

| Program name | Description |
|----------------------|---|
| Inner Strength syst. | Energetic promotion of self-confidence when you feel anxious |
| Emotional Well-being | Energetic balancing of emotional blockages |
| Feel good syst. | Energetic activation of confidence when you feel dejected |
| Contentment syst. | Energetic balancing of the inner sense of self to help avoid addictive and compensatory behaviors |
| Contentment acute | Supports inner balance via cranial stimulation to aid recovery from nicotine addiction |
| Inner Unity | Energetic reorganization of the sense of psychic wholeness |
| Well-being Soul | Energetic balancing to support the avoidance of compulsive behavior |
| Mental balance acute | Supports mental balance via cranial stimulation |

3.10 Bioenergetic Balance 1

The categories „Bioenergetic Balance 1“ and „Bioenergetic Balance 2“ contain a program compilation of the most common applications in everyday life, selected according to the experiences of our users.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|--------------------|----------|-------------|----------|-----------|
| 1 | Immune system | NN | BE | 60 min | 1 x Daily |
| 2 | Cold | NN | BE | 51 min | 1 x Daily |
| 3 | Allergies | NN | BE | 60 min | 1 x Daily |
| 4 | Eyes | NN | BE | 65 min | 1 x Daily |
| 5 | Hormones | NN | BE | 57 min | 1 x Daily |
| 6 | Intestine | NN | BE | 51 min | 1 x Daily |
| 7 | Nerves | NN | BE | 45 min | 1 x Daily |
| 8 | Flexibility | NN | BE | 51 min | 1 x Daily |
| 9 | Circulatory System | NN | BE | 55 min | 1 x Daily |
| 10 | Potency | NN | BE | 60 min | 1 x Daily |
| 11 | Menopause | NN | BE | 66 min | 1 x Daily |
| 12 | Menstruation local | MCT | AE | 20 min | 1 x Daily |

BE = Bracelet Electrodes

NN = Nuno Nina

AE = Adhesive Electrodes

MCT = Microcurrent Therapy

| Program name | Description |
|--------------------|---|
| Immune system | Activation of the body's bioenergetic defense system |
| Cold | Bioenergetic calming of the mucous membranes |
| Allergies | Bioenergetic balancing to help relieve allergic reactions |
| Eyes | Energetic balancing of visual ability |
| Hormones | Bioenergetic balancing of the hormonal system |
| Intestine | Bioenergetic stimulation of intestinal functioning |
| Nerves | Bioenergetic regulation of the nervous system |
| Flexibility | Bioenergetic mobilization of the joints |
| Circulatory System | Bioenergetic stimulation of the body's energy supply |
| Potency | Bioenergetic stimulation of the reproductive organs |
| Menopause | Bioenergetic regulation of hormonal balance |
| Menstruation local | Local relaxation of the lower abdomen |

3.11 Bioenergetic Balance 2

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|------------------|----------|-------------|----------|-----------|
| 1 | Gastrointestinal | NN | BE | 60 min | 1 x Daily |
| 2 | Infections | NN | BE | 60 min | 1 x Daily |
| 3 | Tonsils | NN | BE | 60 min | 1 x Daily |
| 4 | Liver function | NN | BE | 52 min | 1 x Daily |
| 5 | Intolerances | NN | BE | 60 min | 1 x Daily |
| 6 | Toxins | NN | BE | 60 min | 1 x Daily |
| 7 | Head | NN | BE | 72 min | 1 x Daily |
| 8 | Prostate | NN | BE | 60 min | 1 x Daily |
| 9 | Lung function | NN | BE | 51 min | 1 x Daily |
| 10 | Thyroid gland | NN | BE | 60 min | 1 x Daily |
| 11 | Joints-Bones | NN | BE | 72 min | 1 x Daily |
| 12 | Sciatica local | MCT | AE | 20 min | 1 x Daily |

BE = Bracelet Electrodes

NN = Nuno Nina

AE = Adhesive Electrodes

MCT = Microcurrent Therapy

| Program name | Description |
|------------------|--|
| Gastrointestinal | Energetic balancing of the gastrointestinal tract |
| Infections | Balancing of the bioenergetic defense system |
| Tonsils | Energetically balancing the immune system in cases of infections |
| Liver function | Bioenergetic promotion of liver metabolism |
| Intolerances | Bioenergetic fostering of food tolerance |
| Toxins | Bioenergetic stimulation of the body's excretory processes |
| Head | Bioenergetic reduction of tensions |
| Prostate | Energetic support of the prostate gland |
| Lung function | Bioenergetic optimization of the lung function |
| Thyroid gland | Bioenergetic regulation of the thyroid function |
| Joints-Bones | Bioenergetically stimulating the excretion of metabolites |
| Sciatica local | Local stimulation of the sciatic nerve area |

3.12 Meridians 1

Traditional Chinese medicine (TCM) claims that the life energy (Qi) flows in channels, or meridians. According to this concept, there are twelve main channels and each meridian is assigned to a functional circle (organ system). The corresponding acupuncture points are therefore threaded onto the meridians like pearls on a string. Furthermore, acupuncture points have relationships or connections to organs or parts of organs which the acupuncturist activates by stimulation and thus attempts to influence the healing of the organ.

The individual programs according to the meridian system of Dr. Reinhold Voll have the aim to bioenergetically stimulate the individual meridians and to harmonize existing blockades.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|--------------------|----------|-------------|----------|-----------|
| 1 | Allergy Meridian | NN | BE | 60 min | 1 x Daily |
| 2 | Connective Tissue | NN | BE | 51 min | 1 x Daily |
| 3 | Bladder | NN | BE | 51 min | 1 x Daily |
| 4 | Large intestine | NN | BE | 51 min | 1 x Daily |
| 5 | Small intestine | NN | BE | 51 min | 1 x Daily |
| 6 | Fatty degeneration | NN | BE | 51 min | 1 x Daily |
| 7 | Gallbladder | NN | BE | 51 min | 1 x Daily |
| 8 | Joints | NN | BE | 51 min | 1 x Daily |
| 9 | Skin | NN | BE | 51 min | 1 x Daily |
| 10 | Heart | NN | BE | 63 min | 1 x Daily |

BE = Bracelet Electrodes

NN = Nuno Nina

| Program name | Description |
|--------------------|--|
| Allergy Meridian | Energetic desensitization of the energy flow |
| Connective Tissue | Energy regulation of the connective tissue |
| Bladder | Regulation of the bladder energy control |
| Large intestine | Harmonizing the energy field of the large intestine |
| Small intestine | Harmonizing the energy control of the small intestine |
| Fatty degeneration | Energetic regulation of cell uptake |
| Gallbladder | Energetic regulation of the digestion of fat |
| Joints | Energetic balancing of flexibility |
| Skin | Energetic promotion of the energy pathways of the skin |
| Heart | Energetic stimulation of the heart energy |

3.13 Meridians 2

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|------------------|----------|-------------|----------|-----------|
| 1 | Hormonal balance | NN | BE | 51 min | 1 x Daily |
| 2 | Circulation | NN | BE | 51 min | 1 x Daily |
| 3 | Liver | NN | BE | 54 min | 1 x Daily |
| 4 | Lungs | NN | BE | 51 min | 1 x Daily |
| 5 | Lymphatic system | NN | BE | 51 min | 1 x Daily |
| 6 | Stomach | NN | BE | 51 min | 1 x Daily |
| 7 | Spleen-pancreas | NN | BE | 51 min | 1 x Daily |
| 8 | Nerve Meridian | NN | BE | 51 min | 1 x Daily |
| 9 | Kidney | NN | BE | 54 min | 1 x Daily |
| 10 | Organ Meridian | NN | BE | 54 min | 1 x Daily |

BE = Bracelet Electrodes

NN = Nuno Nina

| Program name | Description |
|------------------|--|
| Hormonal balance | Energetic hormone balancing |
| Circulation | Energetic regulation of blood circulation |
| Liver | Energetic metabolism regulation |
| Lungs | Energetic balancing of the respiratory system |
| Lymphatic system | Energetic regulation of the lymphatic system |
| Stomach | Energetic harmonization of the gastric function |
| Spleen-pancreas | Stimulation of the energy field of the spleen and pancreas |
| Nerve Meridian | Energetic harmonization of the nerve function |
| Kidney | Energy control of the fluid balance |
| Organ Meridian | Harmonizing the energy flow of the organs |

3.14 Chakras

The chakra system is thousands of years old and references to it can be found in many cultures all over the world. The Hopi, Inca and Maya cultures, for example, make references to the chakras.

A large part of Asian teachings and religions are based on the principles of the Indian chakra teachings. The influence of the Indian chakra teachings reaches so far that they form the foundation for Buddhism and Hinduism, as well as for various techniques of energy and body work, such as Yoga, Tai Chi, Ayurveda, TCM and spiritual healing.

Furthermore, spiritual as well as the energy practitioner circles have adopted these teachings for themselves, thus they serve as the basis of most methods of energy and healing work.

The chakras serve the physical body and the subtle body (the aura) as mediators and it is thought that they function as a kind of transformer.

According to this model, the chakras should be connected with the different aura layers and the meridians (energy paths) of the body and also be able to absorb energies of the cosmos and the ethereal world. Absorbed energies (vibrations) can be either beneficial and useful ("positive" influence) or a "negative" influence.

The chakra teachings say that there are seven main chakras which are located along the spine or in the vertical central axis of the body, following the Kundalini energy, from the root chakra to the crown chakra. According to the chakra system, the Kundalini power rises through this assumed energy channel (called sushumna or hara line) upwards.

The seven main chakras have certain functions and colours that characterize them. For example, the lowest of the seven chakras, the red root chakra, indicates the basic trust in a person. It stands for a part of the developmental process, because the basic trust is established as the basis of the life process in the child. The crown chakra, the highest of the chakras, which is usually depicted in white or slightly violet, reflects, among other things, the knowledge about the universe that a person has collected with age. The colours of the chakras correspond to their individual vibration frequencies.

In addition to the subtle interpretation of the chakras, the main chakras can be assigned physically to the organs and glands with which they are supposed to be connected. Every chakra can give energy to the organs and glands and support them energetically. Physical and mental illnesses often lead to changes in these energy fields.

Using intuition, one can perceive the existence and the position of the chakras and explore one's own energy field. In principle, anyone can learn how to feel energy fields under professional guidance and with practice by attending appropriate seminars. Often more and more sensitive abilities are developed in the process of an energetic initiation and with progressive use of the different methods of energy work. The Healy chakra programs aim to bioenergetically strengthen these central energy centers and bring them back into their natural balance.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|---------------------|----------|-------------|----------|-----------|
| 1 | Crown chakra | NN | BE | 33 min | 1 x Daily |
| 2 | Third eye chakra | NN | BE | 33 min | 1 x Daily |
| 3 | Throat chakra | NN | BE | 33 min | 1 x Daily |
| 4 | Heart chakra | NN | BE | 33 min | 1 x Daily |
| 5 | Solar plexus chakra | NN | BE | 33 min | 1 x Daily |
| 6 | Sacral chakra | NN | BE | 33 min | 1 x Daily |
| 7 | Root chakra | NN | BE | 33 min | 1 x Daily |

BE = Bracelet Electrodes

NN = Nuno Nina

| Program name | Description |
|---------------------|--|
| Crown chakra | Energetic harmonization of the topics of the crown chakra and connection to the higher Self |
| Third eye chakra | Energetic harmonization of the topics of the third eye chakra and strengthening of intuition |
| Throat chakra | Energetic harmonization of the topics of the throat chakra and promotion of constructive communication |
| Heart chakra | Energetic harmonization of the topics of the heart chakra and stimulation of balanced empathy |
| Solar plexus chakra | Energetic harmonization of the topics of the solar plexus chakra and strengthening of self-confidence |
| Sacral chakra | Energetic harmonization of the topics of the sacral chakra and stimulation of creativity |
| Root chakra | Energetic harmonization of the topics of the root chakra and activation of basic trust |

3.15 Protection Programs

These energetic programs should energetically balance electrosmog, stress, geopathic disturbances or negative influences and protect you from bioenergetic breakdowns. The protection programs unfold their effect directly in the Information Field. The information field has many different names, such as Morphogenetic Field, Akashic Record, etc. The Information Field is a field surrounding us everywhere at all times, interacting between the mental and physical world.

In principle, no electrodes are required when using the programs. However, you can intensify the effect of the programs by using electrodes.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|--------------------|----------|-------------|----------|-----------|
| 1 | General protection | IF | unlimited | Daily | 1 x Daily |
| 2 | Electrosmog | IF | unlimited | Daily | 1 x Daily |
| 3 | Cell | IF | unlimited | Daily | 1 x Daily |
| 4 | Mental | IF | unlimited | Daily | 1 x Daily |
| 5 | Sleeping | IF | unlimited | Daily | 1 x Daily |
| 6 | Geopathy | IF | unlimited | Daily | 1 x Daily |
| 7 | Subtle | IF | unlimited | Daily | 1 x Daily |
| 8 | Planets | IF | unlimited | Daily | 1 x Daily |

IF = Information program

| Program name | Description |
|--------------------|---|
| General protection | Energetic shielding |
| Electrosmog | Energetic balancing of the tolerance for so-called "electrosmog". |
| Cell | Bioenergetic strengthening of the cell |
| Mental | Energetic promotion of clear perceptual capacity |
| Sleeping | Energetic protection during sleep |
| Geopathy | Energetic reduction of sensitivity to interference fields |
| Subtle | Energetic protection against external influence |
| Planets | Harmonizing the influences of planets |

3.16 Deep Cycle

The Deep Cycle programs are in daily use in the Uno Vita - Klinik for Integrert Medisin (Integrated Medicine) in Oslo, Norway, and many of its clients use them at home too. The Deep Cycle programs are a variation and further development of the popular Nuno Nina Gold Cycle programs and can be very well combined with them. The development of the Deep Cycle programs is the result of Jan Fredrik Poleszynski's experience in microcurrent frequency therapy since 2009 and is closely connected to the integrative thinking of Nuno Nina and his Gold Frequency sets. The Deep Cycle programs have a special position in applications in the bioenergetic field and are generally more comprehensive than the Gold Cycle programs.

The systemic therapy by Nuno Nina and the Deep Cycle programs belong to alternative medicine and represent bioenergetic balancing.

In his clinic for integrated medicine in Oslo, Jan Fredrik Poleszynski is treating a number of clients with chronic fatigue or impaired cell metabolism. Clients with chronic health problems use other additional programs, such as Clean All, along with a more concrete program like Digest All if they still have digestive issues after a longer period of applications. If the digestion issues are directly linked to stress, Pure Calm can be helpful for bioenergetic balancing.

The Deep Cycle programs work on various levels and should not be used in the beginning. You need to gradually adjust to this frequency application.

3.16.1 Preparing for the Deep Cycle Programs

There are three programs that can be used in preparation for the Deep Cycle programs: First Application, Second Application and Third Application. The First Application aims to gently touch the biofield, softly and bioenergetically stimulate the kidneys and lungs and induce relaxation and balance. Furthermore, the program includes frequencies that should bioenergetically reduce sensitivity to electromagnetic and chemical stimuli.

Most clients feel calmer and more balanced after using this program. Usually the clients react gently to the application. In case the bioenergetic detoxification process is too strong and unpleasant, continue with the program First Application until the symptoms decrease.

The Second Application works in almost the same way as the first, however, it is longer and more intense. If it is well tolerated, you can begin with the Third Application. The Third Application is more powerful and comprehensive. It includes everything that has been used up to now and induces the next level. The Third Application aims to bioenergetically stimulate the detox process even more and helps to integrate the heart on an energetical level. The heart and blood system often need support after a series of applications so that the changes in the body can be applied. Now is the time for deep work and focus on the energetic sources. The main causes should be worked on, as well as bioenergetic pH regulation (kidneys and lungs).

The other Deep Cycle programs are designed for subsequent use after completion of the described preparation of the first 3-9 basic bioenergetic applications (kidneys, lung, detox, relaxation and general acceptance for frequency applications). A suitable next step could be Kidney All (for alternatives, please see below), which goes even deeper and includes the bioenergetically related organs and issues as well as the sexual organs, divided into Kidney All Female and Kidney All Male. This program can be applied if you are a "kidney person", which means the kidney issue is more dominant than those of the other organ systems (lungs, etc.). If you are a "lung person" (including breast issues), you would choose Breath of Life.

| Order No. | Program name | Technol. | Application | Duration | Frequency |
|-----------|--------------------|----------|-------------|----------|-----------|
| 1 | First Application | NN | BE | 42 min | 1 x Daily |
| 2 | Second Application | NN | BE | 42 min | 1 x Daily |
| 3 | Third Application | NN | BE | 39 min | 1 x Daily |
| 4 | Breath of life | NN | BE | 52 min | 1 x Daily |
| 5 | Clean all | NN | BE | 59 min | 1 x Daily |
| 6 | Digest all | NN | BE | 48 min | 1 x Daily |
| 7 | Go to the roots | NN | BE | 47 min | 1 x Daily |
| 8 | Free flow | NN | BE | 42 min | 1 x Daily |
| 9 | Renewal | NN | BE | 45 min | 1 x Daily |
| 10 | Kidney all female | NN | BE | 49 min | 1 x Daily |
| 11 | Kidney all male | NN | BE | 52 min | 1 x Daily |
| 12 | Pure calm | NN | BE | 39 min | 1 x Daily |

BE = Bracelet Electrodes

NN = Nuno Nina

3.16.2 Application of the Deep Cycle Programs

All programs are designed to have a balancing effect on the energetic field. In addition, one should always bear in mind that one's own active participation in the therapy as well as one's own positive intention can have a very positive influence on the effect of the programs, the reason being that, according to Jan Fredrik Poleszynski's experience, it is possible for our mind to influence matter. In this way, the positive effects of the frequencies can have an energetic effect more easily.

3.16.3 Short Description of the Deep Cycle Programs

Here is a short description of the Deep Cycle programs. However, you should not feel limited by these descriptions, because the programs offer many more possibilities on an energetic level.

According to Jan Fredrik Poleszynski's experience, clients go through certain cycles during applications. There are daily, weekly and monthly cycles as well as the classic application cycles like energetic detoxification, support of key organ systems, and working with the energetic root cause. It can therefore be very helpful to find out in which „cycle“ you currently are, so that you can select the appropriate program.

3.16.3.1 Preparatory Programs

| Program | When | Body | Affirmation and intention |
|--------------------|---|---|--|
| First Application | At the first application, to establish a connection and to get a feeling for the frequency application. | The kidneys and lungs should be energetically stimulated, hypersensitivity can be reduced and balance should increase. | Feel good and be touched. |
| Second Application | At the second application, unless the first application was too intensive. | The kidneys and lungs should be energetically stimulated, hypersensitivity should be reduced and balance should continue to increase. | My journey has begun. |
| Third Application | As soon as you're ready for a more intensive application. | Kidneys, lungs, heart and an accelerated energetic detoxification. | Powerful waves of change are coming to me. |

3.16.3.2 The Deep Cycle Programs

| Program | When | Body | Affirmation and intention |
|-----------------|---|---|--|
| Breath of life | There are energetic issues associated with lungs and their surrounding organs, including breast and surrounding tissue, along with feelings related to weakness and depression. | Lungs and all energetic afflictions in the surrounding area related things. | My breath is a reflection of the breath of the universe. |
| Clean all | Appropriate for follow up after detoxification as energetic support for all detoxification pathways. It is advisable to include this program in a sequence of applications, as any release on any level of the system often causes a need for detoxification. To release old toxins from the energetic body and mind. | Complete energetic detoxification of various systems, such as kidneys, lungs, liver, digestive system, lymph, and circulation system. | My body is pure, I feel comfortable in it. |
| Digest all | Recommendable with digestive issues that block further progress (e.g., if stomach issues continue even after stress is reduced and the kidneys work well). For this program, the adhesive electrodes can be used as an alternative to bracelet electrodes. They should be placed at the level of the ankle on the front side of the foot acupuncture point ST 42. | Intestines, stomach, pancreas, gallbladder. | I accept my past, digest and integrate it. |
| Go to the roots | Only use when the symptoms have subsided and the recovery process has begun. All essential bodily functions should work normally. The energetic causes on the mental level, emotional patterns and biochemical processes associated with these levels will now be addressed. This program is suitable as the conclusion of a series of applications. | | I feed my roots and grow into a strong tree. |

| Program | When | Body | Affirmation and intention |
|--|--|---|--|
| Free flow | To energetically support the circulation and the supply of oxygen to the cells. It is suitable for use after basic kidney and lung balancing, as well as for general energetic stiffness and circulatory imbalance. In addition to supporting the circulation, it can bioenergetically promote muscle relaxation. | | Movement, blood flow and circulation are powerful. |
| Kidney all female & Kidney all male Hering's law states that: „All improvement occurs from within out, from the head down, and in the reverse order in which the symptoms have appeared.“ | When it is necessary to energetically support kidneys or kidney energy and promote their ability to regulate (electrolytes, pH and the like), or for any symptom that originates from the "superior organ" and manifests itself in the "subordinate organ", such as energetic problems with the bladder, urinary system, ovaries, and vagina, menstruation with women or prostate and impotence with men. This program aims to bioenergetically support the kidneys and the sexual organs for men and women. The acupuncture point K5 to K6 (below the ankle on the inside of the foot) is suitable for electrode placement. K5 to K6 (or SP6) are close to the tibial nerve, which can also be indirectly stimulated. | Kidney, adrenals, bladder, urinary system, ovaries, genitals, prostate and related bioenergetic problems. | My energy flows freely. |
| Caution: Do not use SP6 or K5-K6 stimulation during bleeding, which also includes menstruation. | | | |
| Pure Calm | It should contribute to inner peace, emotional and spiritual balance. | Energetic Muscle relaxation. The other parts of the program are intended to support the non-physical aspects of life. | I'm connected to everything. |
| Renewal | In case of injuries or after operations, if an energetic regeneration is desired. It should energetically stimulate bone recovery. Also suitable for athletes. | Bones, skin, tendons, vessels, nerves, muscles and DNA | Everything is restored, pain is temporary. |

3.17 Therapist Programs

The „Therapist Programs“ category offers space for 12 programs individually created for you by your therapist. Your therapist can transfer them to your Healy, regardless of their, or your, location. The Holistic Health Cloud enables secure data transfer between Healy and the TimeWaver Frequency system of your therapist through the Therapist TAN. The detailed description of the Therapist TAN procedure is described below.

4 Additional Functions

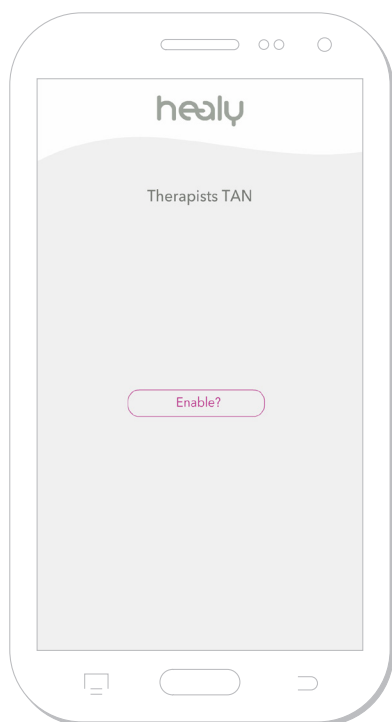


Figure 4.1.1: Creating Therapist TAN for therapists

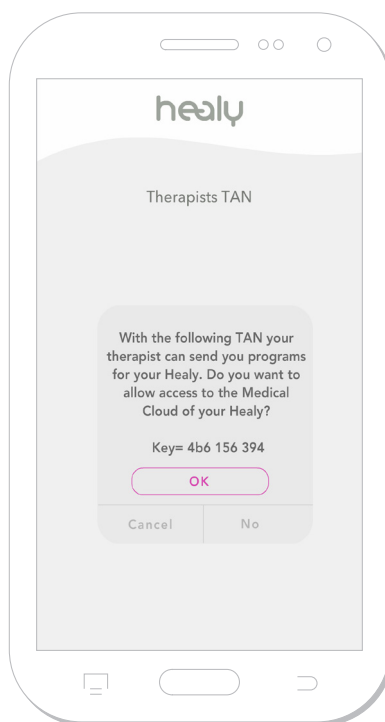


Figure 4.1.2: Example of a Therapist TAN

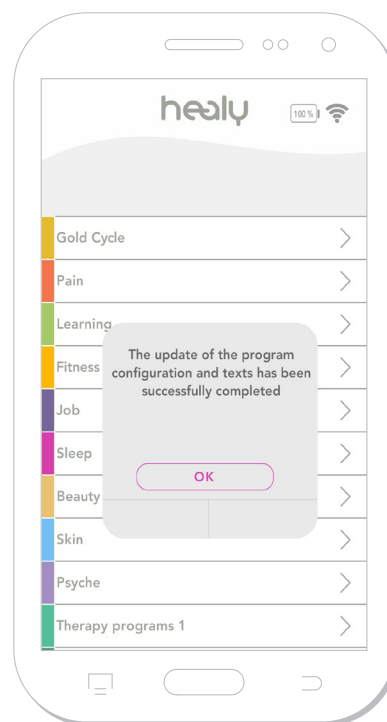


Figure 4.1.3: Confirmation for therapists access

4.1 Therapist TAN

Using the Therapist TAN function you can let your therapist transfer individual programs from their TimeWaver Frequency system to your Healy or to delete already transferred programs.

To create the Therapist TAN, your smartphone needs a connection to the Internet. Generate the Therapists TAN by clicking on the button "Enable?" in the Therapists TAN menu, see **Figure 4.1.1** and **Figure 4.1.2**. Then you send the Therapist TAN to your therapist, see **Figure 4.1.3**, who can then transfer your therapist's programs to you.

If "No connection" is displayed in the Therapist TAN menu, see **Figure 4.1.4**, please check your Internet connection.

4.2 Settings

In the settings menu you can activate logging using the menu item "Activate Logging", see **Figure 4.2.1**. With the menu item "Check for updates" you can download the Healy program set you purchased, see **Figure 4.2.2**. The menu item "Choose language" allows you to change the language in which the Healy App is displayed.

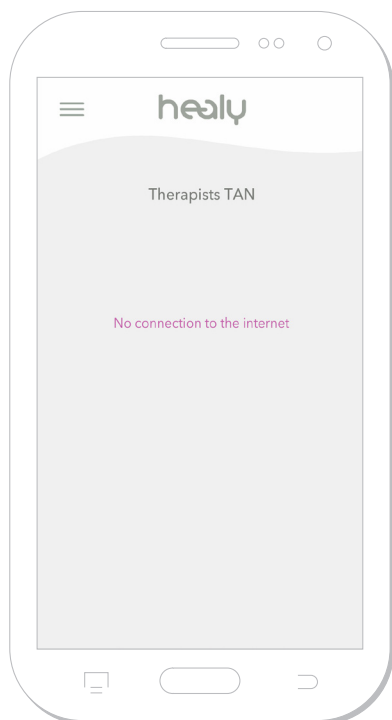


Figure 4.1.4: Therapist TAN – No internet connection available

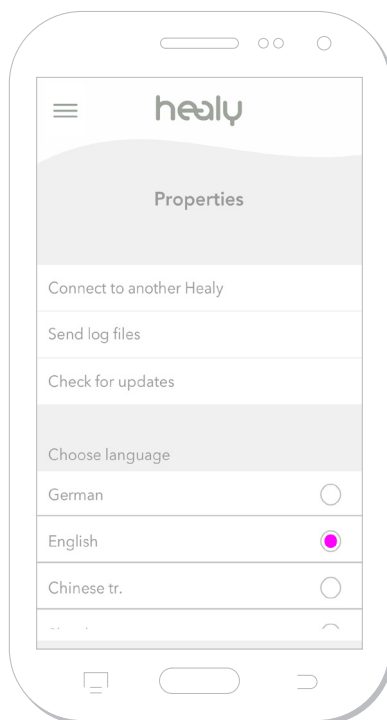


Figure 4.2.1: Settings menu

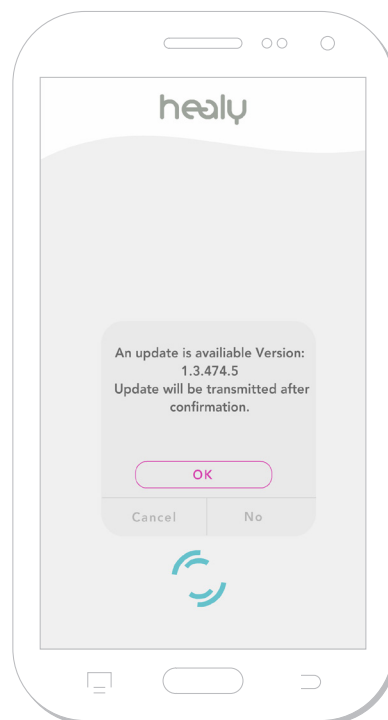


Figure 4.2.2: Healy program update

4.3 Information

The "Information" menu contains all the relevant information about your Healy and the Healy App. You can also open the Instructions for Use and the Manual as PDFs. On the bottom there are the links to "Website", "Privacy", "Contact" and "Imprint".

5 Summary of Studies

Healy is a medical device for the treatment of pain in chronic pain, fibromyalgia, skeletal pain and migraine, as well as for the supportive treatment of mental illnesses such as depression, anxiety and related sleep disorders. All other applications of Healy are not recognized by conventional medicine due to lack of evidence in the sense of conventional medicine.

The studies for the indications mentioned here were not carried out with Healy, but the parameters used with Healy are based on the studies mentioned.

5.1 "Pain Treatment" Study Report

Pain, Myalgia, Fibromyalgia

Chronic:

Stephen I. Zimmerman, R. P. T., Fred N. Lerner; Biofeedback and electromedicine: Reduce the cycle of pain-spasm-pain in low-back patients; American Journal of Electromedicine; 1989 Jun, S. 108- 120

Jerry T. Holubec; Cumulative Response from Cranial Electrotherapy Stimulation (CES) for Chronic Pain; Practical Pain Management; 2009 Nov-Dec (n=525)

Acute:

Rockstroh G., Schleicher W., Krummenauer F.; The advantage during a stationary follow-up-treatment applying microcurrents on patients after implantation of a knee totalendoprosthesis - a prospective randomised clinical case study; Rehabilitation 2010, 49: p. 173-179

Daniel L. Kirsch; Cranial Electrotherapy Stimulation in the Treatment of Fibromyalgia; Practical Pain Management, Electromedicine; Sept. 2006; S. 60-64

A. S. Lichtbroun, M. M. Raicer, R. B. Smith; The treatment of fibromyalgia with cranial electrotherapy stimulation; Journal of clinical rheumatology; 2001 Apr; 7(2): S. 72-8; discussion 78

Postoperative:

T. M. Sarhan; Doghem; Effect of microcurrent skin patch on the epidural fentanyl requirements for post operative pain relief of total hip arthroplasty; Middle East Journal of Anesthesiology; 2009; S. 411-415

Back Pain

Joseph S. H. A. Koopman, Dorien H. Vrinten M. D., Albert J. M. van Wijck; Efficacy of microcurrent therapy in the treatment of chronic nonspecific back pain: a pilot study; Lippincott Williams & Wilkins; 2009

Muscle Pain

D. Curtis; S. Fallows; M. Morris; C. McMakin; The efficacy of Frequency Specific Microcurrent therapy on delayed onset muscle soreness; Journal of bodyworkand movement therapies; 2010 Juli; Elsevier

TMJ Pain

Degenerative disease of the temporomandibular joint:

L. E. Bertolucci, T. Grey; Clinical comparative study of microcurrent electrical stimulation to mid-laser and placebo treatment in degenerative joint disease of the temporomandibular joint; Cranio: the journal of craniomandibular practice, 1995 Apr; 13(2): S. 116- 120

Headache, Migraine

Tension headache:

Seymour Solomon, Arthur Elkind, Fred Freitag, R. Michael Gallagher, Kenneth Moore, Bernard Swerdlow, Stanley Malkin; Safety and Effectiveness of Cranial Electrotherapy in the Treatment of Tension Headache; Headache-The Journal of Head and Face pain; July 1989, Vol. 29, Nr. 7, S. 445– 450

D. L. Kirsch; Electromedical Treatment of Headaches; Practical pain management, Electromedicine; 2006 Nov/Dec, S. 58-65

Migraine:

P. Brotman; Transcranial Electrotherapy, Low-intensity transcranial electrostimulation improves the efficacy of thermal biofeedback and quieting re-ex training in the treatment of classical migraine headache; American Journal of Electromedicine; 1989 Sep, S. 120-123

5.2 Studies and Case Reports – Psyche

Depression

Marshall F. Gilula; Daniel L. Kirsch; Cranial Electrotherapy Stimulation Review: A Safer Alternative to Psychopharmaceuticals in the Treatment of Depression; Journal of Neurotherapy; 2005, Vol. 9(2), S. 7-26; The Haworth Press

Anxiety States

Ray B. Smith; Frank N. Shiromoto; The Use of Cranial Electrotherapy Stimulation to Block Fear Perception in Phobic Patients; Life Balance International, Current Therapeutic Research; 1992, Vol. 51, Nr. 2, S. 249-254

Stress

Ronald R. Mellen et al.; Cranial Electrotherapy Stimulation (CES) and the Reduction of Stress Symptom in a Sheriff's Jail Security and Petrol Officer Population: A Pilot Study; American Jails, 2008 Nov/Dez, 22, 5, Docstoc, S. 32

Aggression

A. Childs; Cranial electrotherapy stimulation reduces aggression in a violent retarded population: a preliminary report; The Journal of Neuropsychiatry and clinical Neurosciences; 2005 Herbst; 17(4): S. 548-51

Insomnia

Marshall F. Gilula; Daniel L. Kirsch; Cranial electro therapy (CES) in the Treatment of Insomnia: A Review and Meta-analysis; Journal of Neurotherapy; 2005, Vol. 9(2), S. 7-26; the Haworth Press

Lack of Concentration

S. Southworth; The family institute and Associates; A study of the effects of CES on attention and concentration; Integrative physiological and behavioural science; Jan-Mar 1999, Vol. 34, No. 1, S. 43-53

Withdrawal from Smoking

William S. Eidemann; Control of cigarette cravings with cranial electrotherapy stimulation; Townsend letter; 2009, June

5.3 Studies and Case Reports – Infections

Shingles

C. McMakin; Non-pharmacologic treatment of shingles; Mai 2010; Practical Pain Management; S. 24-29

5.4 Studies and Case Reports – Neurology

Tinnitus

C. H. Chouard, B. Meyer, D. Maridat; Transcutaneous electrotherapy for severe tinnitus; Acts Otolaryngol; 1981; 91: S. 415-22

M. Engelberg, W. Bauer; Transcutaneous electrical stimulation for tinnitus; Laryngoscope 1985; 95: S. 1167-72

Ronald L. Steenerson, Gave W. Cronin; Treatment of tinnitus with electrical stimulation; Otolaryngology - Head and Neck Surgery; 1999 Nov; Vol. 121, S. 1-4

Parkinson

Pain in Parkinson:

H. D. Rintala; G. Tan; P. Willson; S. Bryant Mon; E. C. H. Lail; Feasibility of Using Cranial Electrotherapy Stimulation for Pain in Persons with Parkinson Disease; Research Article, SAGE-Hindawi access to research, Parkinson´s Disease 2010 Vol., 2010 Article ID 569154 S. 1-8

Neuritis

Neuropathic pain:

Soler, H. Kumru, R. Pelayo, J. Vidal, J. M. Tormos, F. Fregni, X. Navarro, A. Pascual-Leone; Effectiveness of transcranial direct current stimulation and visual illusion on neuropathic pain in spinal cord injury; Brain: A Journal of Neurology; 2010 Sep, 133(9): S. 2565-77. Epub 2010 Aug 4

Multiple Sclerosis

Ray B. Smith; The use of cranial electrotherapy stimulation in the treatment of multiple sclerosis; The original internist, Sep 2002, Vol. 9, Nr. 3, S. 25-28

5.5 Studies and Case Reports – Skin

Psoriasis

A. Philipp; G. K. Wolf; B. Rzany; H. Dertinger; E. G. Jung; Interferential current is effective in palmar psoriasis: an open prospective trial; European Journal of Dermatology; 2000, 10: 195-8

5.6 Studies and Case Reports – Injuries, Wound Treatment

Wound Treatment, Burns

M. O. Ullah; A study to detect the efficacy of microcurrent therapy on pressure ulcers; Proceedings of Pakistan Academy of Sciences; 2007; 44(4): S. 281-287

S. Young; S. Hampton; M. Tadej; Study to evaluate the effect of low-intensity pulsed electrical currents on levels of oedema in chronic non-healing wounds; Journal of wound care; 2011 Aug, Vol. 20, Nr. 8, S. 368-373

Edema

S. Young; S. Hampton, BSc; M. Tadej; Study to evaluate the effect of low-intensity pulsed electrical currents on levels of oedema in chronic non-healing wounds; Journal of wound care; 2011 Aug, Vol. 20, Nr. 8, S. 368-373

5.7 Studies and Case Reports – Cardio-Vascular Diseases

Hypertension

A. Vlasov, A. Safronov, V. Vladimirsky, A. Vladimirskaia, M. Umnikova; Efficiency of dynamic electroneurostimulation in patients with arterial hypertension; Ural state Medical Academy, Yekaterinburg, Russia; 2006; S. 1-2

V. I. Podzolkov; T. S. Mlnikova; I. A. Suvorova; L. I. Churganova; S. P. Starovoitova; Cranial electrostimulation - a new nondrug method of treating the initial stage of hypertension 1992; Terapeuticheskii Arkhiv; 64(1): S. 24-27

5.8 Studies and Case Reports – Internal Medicine

Diabetes Mellitus, Hypertension, Chronic Wounds

Bok Y. Lee, Noori AL-Waili, Dean Stubbs, Keith Wendell, Glenn Butler, Thia AL-Waili, Ali AL-Waili; 2010; Ultra-low microcurrent in the management of diabetes mellitus, hypertension and chronic wounds: Report of twelve cases and discussion of mechanism of action; International Journal of medical sciences; 7(1): S. 29-35

5.9 Studies and Conventional Medicine

About the Studies and Case Collections Mentioned

Perhaps you are wondering about the notes on some pages. These are a legal requirement. They are meant to protect consumers from misleading or suggestive advertising statements (which they are unable to verify due to lack of specialist knowledge) or statements making explicit promises or suggesting a specific outcome. Among other things, this includes mentions of studies, indications or particularly treatment successes.

All this is why we provide the respective notes for the sources mentioned. Many studies, case collections and investigations exist and are mentioned here. These are also the basis for the medical product approval of Healy and define its intended use; they do not all comply, however, with the gold standard defined by conventional medicine. We therefore would like to explain briefly where exactly the differences lie in the study evaluations.

The Gold Standard

For the indications mentioned in these studies, there are many studies, case collections and individual case reports that suggest possible effectiveness of a treatment. Among others, these studies also include placebo-controlled, randomized, double-blind studies. What distinguishes these from the generally recognized evidence in respect to conventional medicine? Conventional medicine is based upon the so-called gold standard, which requires at least two studies on a specific topic to exist in addition to the above criteria (placebo-controlled, randomized, double-blind study), no studies making statements to the contrary being available and specialist literature to recognize and mention the effectiveness of the studies.

It is important to us for you to understand that there are many serious studies in the application areas mentioned which just do not comply with the standards just mentioned. In conventional medicine as well, some treatments are often applied that are based on simpler study designs not conforming to the gold standard. It is our wish that conventional and integrative medicine shall complement each other positively.



Frequencies for Your Life

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