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HEALY PROGRAMS

Healy is a microcurrent medical device that has been cleared by the U.S. Food and Drug Administration for relief of acute, chronic, and arthritis pain and muscle soreness due to overexertion. Healy also has nonmedical applications that use individualized frequencies to help balance your mind and body and relieve stress. No claims are made that Healy frequency programs can diagnose, treat, cure or prevent any physical, mental or emotional disease or condition. If you believe you may have such a condition, consult a healthcare professional before using Healy programs. Always use your Healy in accordance with its Instructions for Use.



GOLD CYCLE

Available with: Gold Edition, Healy Holistic Health, Healy Holistic Health Plus & Healy Resonance

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 three programs: BALANCE, BEING, and PURE. BALANCE should

energetically balance the physical and BEING the emotional functions, while PURE stimulates the excretory organs to support recovery from environmental causes of energetic imbalances. 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.

The Gold Cycle programs are all applied through the Healy bracelet electrodes or pads.

The recommended usage for each of the programs listed is once daily.

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.

Duration: 52 minutes

BEING

What the program BALANCE is for the body, BEING is for our soul. It should help you regain emotional balance.

Duration: 55 minutes

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.

Duration: 52 minutes

CARE

We see a weakened bioenergetic field as a reason for many acute and chronic diseases. Strengthen your energy field through appropriate exercise, healthy nutrition, and pure water. CARE means “caring”; in other words, preventing a multitude of bioenergetic disorders.

Duration: 46 minutes

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 bio-energetically deal with health problems.

Duration: 55 minutes

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 diseases are caused by continuous stress. Modern life keeps many of us from letting go of our daily sorrows and stress, and endeavor that we think is vital for achieving recovery.

Duration: 55 minutes

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 Goldcycle RELEASE program. In this program, you work systemically in the

bioenergetic field of the body, no matter where the pain is located in the body.

Duration: 46 minutes



PAIN / PSYCHE

Available with: Healy Holistic Health, Healy Holistic Health+, Healy Resonance

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 the Gold Cycle 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.

The recommended usage for each of the programs listed is once daily.

I. PAIN

Relief of chronic pain via the CNS (Central Nervous System).

Duration: 20 minutes

II. PAIN LOCALLY

Local relief of chronic back pain.

Duration: 20 minutes

III. TOOTH – JAW LOCAL

Local supportive treatment of pain in the mouth area.

Duration: 20 minutes

IV. JOINTS LOCAL

Local relief of joint pain.

Duration: 20 minutes

V. MIGRAINE

Cranial (head side) treatment of migraine and pain in head area.

Duration: 20 minutes

VI. **INSOMNIA**

Supportive treatment of sleep issues via the CNS (Central Nervous System).

Duration: 20 minutes

VII. **DEPRESSION**

Supportive treatment of depressed feelings via the CNS (Central Nervous System).

Duration: 20 minutes

VIII. **ANXIETY**

Relief of anxious feelings (stress) via the CNS (Central Nervous System).

Duration: 20 minutes



LEARNING

Available with: Healy Holistic Health Plus & Healy Resonance

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 college/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.

The recommended usage for each of the programs listed is once daily.

LEARNING SYST.

Bioenergetic activation of the CNS (Central Nervous System).

Duration: 57 minutes

LEARNING ACUTE

Supports learning through cranial stimulation.

Duration: 20 minutes

MEMORY

Energetic stimulation of brain metabolism.

Duration: 79 minutes

CONCENTRATION SYST.

Bioenergetic optimization of the oxygen supply.

Duration: 57 minutes

CONCENTRATION ACUTE

Supports concentration via cranial stimulation.

Duration: 20 minutes

EXAM SYST.

Support before exams through cranial stimulation.

Duration: 30 minutes

EXAM ACUTE

Energetic balancing of anxiety before tests.

Duration: 57 minutes

STRESS SYST.

Mental balancing and bioenergetic stimulation of creative power.

Duration: 57 minutes

STRESS ACUTE

Supports mood improvement via cranial stimulation.

Duration: 30 minutes



FITNESS

Available with: Healy Holistic Health Plus & Resonance

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 fiber. Fitness is also characterized by the fact 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 psychophysiological constitution must encompass both.

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

The recommended usage for each of the programs listed is once daily.

- **WEIGHT**

Bioenergetic stimulation of the organs that eliminate waste products.

Duration: 60 minutes

- **MUSCLE**

Bioenergetic optimization of cell regeneration.

Duration: 39 minutes

- **CIRCULATION**

Bioenergetic support of the blood supply that supports metabolism.

Duration: 30 minutes

- **PERFORMANCE**

Energetic activation of life energy.

Duration: 60 minutes

- **STRENGTH**

Bioenergetic activation of the musculoskeletal system.

Duration: 60 minutes

- **STAMINA**

Bioenergetic optimization of the capacity for endurance.

Duration: 60 minutes

- **REGENERATION**

Bioenergetic stimulation of vitality.

Duration: 57 minutes

- **DEEP RELAXATION**

Bioenergetic optimization of the relaxation phase.

Duration: 24 minutes



JOB/SLEEP

Available with: Healy Holistic Health, Healy Holistic Health Plus & Healy Resonance

People leading a stressful working life often feel stuck on a treadmill. They might have been in a situation where they have little regard for their own needs and wants. During such a personal crisis, external commitment often seems 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 that have the goal of promoting deep relaxation and physical, psychological, and emotional balance for people leading a stressful everyday life.

The recommended usage for each of the programs listed is once daily.

ACTIVATION

Bioenergetic stimulation of mental clarity.

Duration: 57 minutes

POSITIVE THOUGHTS

Energetic orientation towards positive thoughts.

Duration: 45 minutes

BALANCE NERVES

Bioenergetic promotion of the beta state.

Duration: 60 minutes

FATIGUE

Energetic reduction of stressors.

Duration: 60 minutes

EXHAUSTION SYST.

Bioenergetic balancing of the adrenal hormones.

Duration: 60 minutes

EXHAUSTION ACUTE

Supports stress resistance via cranial stimulation.

Duration: 20 minutes

EXTREME STRESS

Bioenergetic support of mental and physical balance.

Duration: 60 minutes



MENTAL BALANCE

Available with: Healy Holistic Health, Healy Holistic Health Plus & Healy Resonance

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. A disbalance can lead to various disorders that we all want to avoid, such as depression, anxiety, addiction, neuroses, and other symptoms. To bio-energetically support your mental balance with Healy, we have composed the programs below for you.

The recommended usage for each of the programs listed is once daily.

INNER STRENGTH SYST.

Energetic promotion of self-confidence when you feel anxious

Duration: 51 minutes

EMOTIONAL WELL-BEING

Energetic balancing of emotional blockages.

Duration: 51 minutes

FEEL GOOD SYST.

Energetic activation of confidence when you feel dejected.

Duration: 51 minutes

CONTENTMENT SYST.

Energetic balancing of the inner sense of self to help avoid addictive and compensatory behaviors.

Duration: 60 minutes

CONTENTMENT ACUTE

Supports inner balance via cranial stimulation to aid recovery from nicotine addiction.

Duration: 20 minutes

INNER UNITY

“Energetic reorganization of the sense of psychic wholeness.”

Duration: 55 minutes

WELL-BEING SOUL

Energetic balancing to support the avoidance of compulsive behavior.

Duration: 51 minutes

MENTAL BALANCE ACUTE

Supports mental balance via cranial stimulation.

Duration: 20 minutes



BEAUTY/SKIN

Available with: Healy Holistic Health (Skin Only), Healy Holistic Health Plus & Healy Resonance

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 is influenced by factors such as intestinal health, inner balance, and bliss.

Nuno Nina's experience in bio-energetically 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.

The recommended usage for each of the programs listed is once daily.

INNER BEAUTY

Supporting the coherence and expression of the energetic field.

Duration: 45 minutes

HAIR

Bioenergetic stimulation of the follicles.

Duration: 60 minutes

SKIN

Bioenergetic fostering of the epidermis.

Duration: 60 minutes

AGING

Bioenergetic support of the cell organelles (i.e. the "organs" within the cell).

Duration: 57 minutes

NAILS

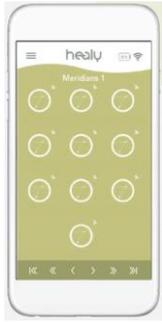
Bioenergetic stimulation of the nail bed.

Duration: 42 minutes

SKIN ELASTICITY

Bioenergetic promotion of the lymphatic system.

Duration: 51 minutes



MERIDIANS 1

Available with: Healy Holistic Health, Healy Holistic Health Plus & Healy Resonance

Traditional Chinese medicine (TCM) says that 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, therefore, thread themselves 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 bio-energetically stimulate the individual meridians and to harmonize existing blockades.

The recommended usage for each of the programs listed is once daily.

ALLERGY MERIDIAN

Energetic desensitization of the energy flow.

Duration: 60 minutes

CONNECTIVE TISSUE

Energy regulation of the connective tissue.

Duration: 51 minutes

BLADDER

Regulation of the bladder energy control.

Duration: 51 minutes

LARGE INTESTINE

Harmonizing the energy field of the large intestine.

Duration: 51 minutes

SMALL INTESTINE

Harmonizing the energy control of the small intestine.

Duration: 51 minutes

FATTY DEGENERATION

Energetic regulation of cell update.

Duration: 51 minutes

GALL BLADDER

Energetic regulation of the digestion of fat.

Duration: 51 minutes

JOINTS

Energetic balancing of the flexibility.

Duration: 51 minutes

SKIN

Energetic promotion of the energy pathways of the skin.

Duration: 51 minutes

HEART

Energetic stimulation of the heart energy.

Duration: 63 minutes



MERIDIANS 2

Available with: Healy Holistic Health, Healy Holistic Health Plus & Healy Resonance

Traditional Chinese medicine (TCM) says that 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, therefore, thread themselves 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 bio-energetically stimulate the individual meridians and to harmonize existing blockades.

The recommended usage for each of the programs listed is once daily.

HORMONAL BALANCE

Energetic hormone balancing.

Duration: 51 minutes

CIRCULATION

Energetic regulation of blood circulation.

Duration: 51 minutes

LIVER

Energetic metabolism regulation.

Duration: 54 minutes

LUNGS

Energetic balancing of the respiratory system.

Duration: 51 minutes

LYMPHATIC SYSTEM

Energetic regulation of the lymphatic system.

Duration: 51 minutes

STOMACH

Energetic harmonization of the gastric function.

Duration: 51 minutes

SPLEEN / PANCREAS

Stimulation of the energy field of the spleen and pancreas.

Duration: 51 minutes

NERVE MERIDIAN

Energetic harmonization of the nerve function.

Duration: 51 minutes

KIDNEY

Energy control of the fluid balance.

Duration: 54 minutes

ORGAN MERIDIAN

Harmonizing the energy flow of the organs.

Duration: 54 minutes



BIOENERGETIC BALANCE 1

Available with: Healy Holistic Health, Healy Holistic Health Plus & Healy Resonance

Bio-energetic Balance 1 contains a compilation of the most common applications in everyday life, selected according to the experience of our users.

The recommended usage for each of the programs listed is once daily.

IMMUNE SYSTEM

Activation of the body's bioenergetic defense system.

Duration: 60 minutes

COLD

Bioenergetic calming of the mucous membranes.

Duration: 51 minutes

ALLERGIES

Bioenergetic balancing to help relieve allergic reactions.

Duration: 60 minutes

EYES

Energetic balancing of visual ability.

Duration: 65 minutes

HORMONES

Bioenergetic balancing of the hormonal system.

Duration: 57 minutes

INTESTINE

Bioenergetic stimulation of intestinal functioning.

Duration: 51 minutes

NERVES

Bioenergetic regulation of the nervous system.

Duration: 45 minutes

FLEXIBILITY

Bioenergetic mobilization of the joints.

Duration: 51 minutes

CIRCULATORY SYSTEM

Bioenergetic stimulation of the body's energy supply.

Duration: 55 minutes

POTENCY

Bioenergetic stimulation of the reproductive organs.

Duration: 60 minutes

MENOPAUSE

Bioenergetic regulation of hormonal balance.

Duration: 66 minutes

MENSTRUATION LOCAL

Local relaxation of the lower abdomen.

Duration: 20 minutes



BIOENERGETIC BALANCE 2

Available with: Healy Holistic Health, Healy Holistic Health Plus & Healy Resonance

Bio-energetic Balance 2 contains a compilation of the most common applications in everyday life, selected according to the experience of our users.

The recommended usage for each of the programs listed is once daily.

GASTROINTESTINAL

Energetic balancing of the gastrointestinal tract.

Duration: 60 minutes

BACTERIA / INFECTIONS

Balancing of the bioenergetic defense system.

Duration: 60 minutes

TONSILS

Energetically balancing the immune system in cases of infection.

Duration: 60 minutes

LIVER FUNCTION

Bioenergetic promotion of liver metabolism.

Duration: 52 minutes

INTOLERANCES

Bioenergetic fostering of food tolerance.

Duration: 60 minutes

TOXINS

Bioenergetic stimulation of the body's excretory processes.

Duration: 60 minutes

HEAD

Bioenergetic reduction of tensions.

Duration: 72 minutes

PROSTATE

Energetic support of the prostate gland.

Duration: 60 minutes

LUNG FUNCTION

Bioenergetic optimization of the lung function.

Duration: 51 minutes

THYROID GLAND

Bioenergetic regulation of the thyroid function.

Duration: 60 minutes

JOINTS / BONES

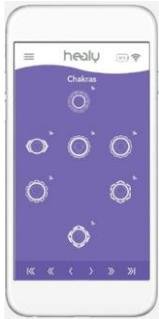
Bioenergetically stimulation the excretion of metabolites.

Duration: 72 minutes

SCIATICA LOCAL

Local stimulation of the sciatic nerve area.

Duration: 20 minutes



CHAKRAS

Available with: Healy Holistic Health Plus & Healy Resonance

CROWN CHAKRA

Harmonization of the energies of the crown chakra and connection to the higher Self.

THIRD EYE CHAKRA

Harmonization of the energies of the third eye chakra and strengthening of intuition.

THROAT CHAKRA

Harmonization of the energies of the throat chakra and promotion of constructive communication.

HEART CHAKRA

Harmonization of the energies of the heart chakra and stimulation of balanced empathy.

SOLAR PLEXUS CHAKRA

Harmonization of the energies of the solar plexus chakra and strengthening of self-confidence.

SACRAL CHAKRA

Harmonization of the energies of the sacral chakra and stimulation of creativity.

ROOT CHAKRA

Harmonization of the energies of the root chakra and activation of basic trust.



PROTECTION PROGRAMS

Available with: Healy Holistic Health, Healy Holistic Health Plus & Healy Resonance

GENERAL PROTECTION

Energetic shielding

ELECTROSENSITIVITY

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.



DEEP CYCLE

Available with: Healy Gold, Healy Holistic Health, Healy Holistic Health Plus & Healy Resonance

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 esteemed 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 intricately connected to the integrative thinking of Nuno Nina

and his Gold Frequency sets. The Depp Cycle programs have a special position in applications in the bio-energetic 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 a bio-energetic balancing.

In his clinic for integrated medicine in Oslo, Jan Fredrik Poleszynski treats several 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 bio-energetic 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.

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 bio-energetically stimulate the kidneys and lungs and induce relaxation and balance. Furthermore, the program includes frequencies that should bio-energetically 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 bio-energetic 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 THURD APPLICATION aims to bio-energetically stimulate the detox process even more and helps to integrate the heart on the 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 bio-energetic 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 bio-energetic 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 bio-energetically 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.

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.

Short Descriptions of the Deep Cycle Programs

Below are short descriptions 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 extremely helpful to find out in which “cycle” you currently are so that you can select the appropriate program.

Preparatory Programs

FIRST APPLICATION

When: At the first application to establish a connection and to get a feeling for the frequency application.

Body: The kidneys and lungs should be energetically stimulated, hypersensitivity can be reduced and balance should increase.

Duration: 42 minutes

SECOND APPLICATION

When: At the second application, unless the first application was too sensitive.

Body: The kidneys and lungs should be energetically stimulated; hypersensitivity should be reduced and balance should continue to increase.

Duration: 42 minutes

THIRD APPLICATION

When: As soon as you're ready for a more intensive application.

Body: Kidneys, lungs, heart, and an accelerated energetic detoxification.

Duration: 39 minutes

The Deep Cycle Programs

BREATH OF LIFE

When: There are energetic issues associated with lungs and their surrounding organs, including breast and surrounding tissue, along with feelings related to weakness and depression

Body: Lungs and all energetic afflictions in the surrounding area.

Duration: 52 minutes

CLEAN ALL

When: Appropriate for follow-up after detoxification as an 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.

Body: Complete energetic detoxification of various systems, such as kidneys, lungs, liver, digestive system, lymph, and circulation system.

Duration: 59 minutes

DIGEST ALL

When: 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.

Body: Intestines, stomach, pancreas, gallbladder.

Duration: 48 minutes

GO TO THE ROOTS

When: 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.

Body: Intestines, stomach, pancreas, gallbladder.

Duration: 47 minutes

FREE FLOW

When: 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 bio-energetically promote muscle relaxation.

Body: Intestines, stomach, pancreas, gallbladder.

Duration: 42 minutes

RENEWAL

When: In case of injuries or after operations, of an energetic regeneration is desired. It should energetically stimulate bone recovery. Also suitable for athletes.

Body: Bones, skin, tendons, vessels, nerves, muscles, and DNA.

Duration: 45 minutes

KIDNEY ALL FEMALE & KIDNEY ALL MALE

When: 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 bio-energetically 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 tinal nerve, which can also be indirectly stimulated.

Body: Kidney, adrenals, bladder, urinary system, ovaries, genitals, prostate and related bio-energetic problems.

Caution: Do not use SP6 or K5-K6 stimulation during bleeding, which also includes menstruation.

Duration KIDNEY ALL FEMALE: 49 minutes

Duration: KIDNEY ALL MALE: 52 minutes

PURE CALM

When: It should contribute to inner peace, emotional and spiritual balance.

Body: Energetic Muscle relaxation. The other parts of the program are intended to support the non-physical aspects of life.

Duration: 39 minutes

DIGITAL NUTRITION



Healy Digital Nutrition is unlike any other nutrition program in the world.

The Healy Digital Nutrition App (also known as DNA) is a revolutionary nutrition program that will forever change how you view nutrition.

- **No more supplements!** Using the Digital Nutrition Application (DNA) will eliminate your need to purchase supplements!
- **Deficiencies identified!** Individual Healy DNA frequency programs will be recommended for you to use based on what your body needs.
- **Personalized list of foods!** A list is created of foods that naturally contain the nutrients that you need to maintain optimal health and wellness
- The DNA programs (and, this is REALLY COOL!) contain the resonant frequencies for individual vitamins, minerals!!

- The DNA programs are designed to support you bioenergetically in better absorbing these nutrients from your foods making them more bioavailable to your system!

DNA is a monthly subscription! With this subscription you receive:

- Frequency programs for 48 substance combinations for topics such as hair, performance, flexibility, etc.
- Frequency programs for 72 individual substances such as vitamins, proteins, minerals, etc.
- The HealAdvisor Digital Nutrition module with personality type determination, search function and determination of your personal Digital Nutrition Application recommendations and programs.
- Creation of personalized shopping lists for suitable foods.

