

# Healy® App Guide

Individualized Microcurrent Frequency (IMF) Applications

Information for Healy Users



Frequencies for Your Life

[www.healy.world](http://www.healy.world)

# Healy App Guide



## **Notice:**

“Individualized Microcurrent Frequencies” (“IMF”) is a proprietary technology of Healy World. It uses the data from a physical noise generator to assign a priority to frequencies that professional user experience indicates have the highest relevance for the user.

The duration, frequencies, intensity, frequency, naming, and the descriptions of the Individualized Microcurrent Frequency (IMF) programs are based on the practical experience of Nuno Nina and other experts and our understanding of the interaction of frequency modulated microcurrent with the Bioenergetic Field. They have not been confirmed by independent studies.

The Healy Individualized Microcurrent Frequency (IMF) programs are designed to support wellbeing through harmonization of the Bioenergetic Field. We have conducted unblinded before/after surveys in controlled and randomized groups of participants. These surveys suggest that the participants’ wellbeing was higher after the application. We attribute this to the harmonization of the Bioenergetic Field, which we refer to as the energy flow of life, traditionally also called chi (or qi) and prana. This has not been confirmed by independent studies.

The Individualized Microcurrent Frequency (IMF) programs of the Healy device are not medical applications. They are not intended to cure, treat, mitigate, diagnose, or prevent any disease or medical condition. The terms used in the programs do not constitute statements concerning their effects. The purpose of the programs is to provide the user with a tool to explore application options. Healy programs should not be treated as a substitute for professional medical advice, diagnosis or treatment. You should always seek such advice from a qualified medical professional. If you have or suspect you may have a medical condition, or if you are under the care of a healthcare practitioner, you should consult your practitioner before using Healy. Always use your Healy according to the Instructions for Use.

## **Disclaimer:**

Science does not acknowledge the existence of the Information Field, its analysis, harmonization and other importance due to the lack of scientific evidence.

Individualized Microcurrent Frequency (IMF) programs are not acknowledged by conventional medicine due to the lack of scientific evidence in the sense of conventional medicine.

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# Foreword

This document will guide you through the frequency applications in the Healy App that you can use with your Healy to improve your wellbeing and harmonize your Bioenergetic Field. It explains the basics of frequency applications and introduces the Individualized Microcurrent Frequency (IMF) programs in the Healy App. The Healy App frequency programs are delivered through the Healy microcurrent device using the electrodes that came with your Healy.



Please be sure to also read the Instructions for Use that came with your Healy. They contain important Safety Notes as well as instructions for properly operating, cleaning and storing your Healy.

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





# Content

<b>Foreword</b> .....	<b>3</b>
<b>Content</b> .....	<b>4</b>
<b>1. Introduction</b> .....	<b>6</b>
1.1. Healy Program Functions for Systemic Harmonization of the Bioenergetic Field	6
1.1.1. Realtime Mode	6
1.1.2. Resonance Mode	6
1.1.3. Selection Mode	6
1.1.4. Warnings	7
1.2. Supporting Factors in Combination with Frequency Applications	7
<b>2. Healy IMF Programs</b> .....	<b>8</b>
2.1. Gold Cycle	8
2.2. Learning	9
2.3. Fitness	10
2.4. Job	11
2.5. Sleep	12
2.6. Beauty	13
2.7. Skin	14
2.8. Mental Balance	15
2.9. Bioenergetic Harmony 1	16
2.10. Bioenergetic Harmony 2	17
2.11. Meridians 1	18
2.12. Meridians 2	19
2.13. Chakras	20
2.14. Bioenergetic Defense	22
2.15. Deep Cycle	23
2.15.1. Short Description of the Deep Cycle Programs	23
2.15.2. Preparatory Programs	24
2.15.3. The Deep Cycle Programs	24
2.15.4. Deep Cycle H	25
2.16. Healy Watch Programs	26
2.16.1. Healy Watch Meridian Programs	26
2.16.2. Healy Watch Digital Nutrition Programs	27
2.17. Digital Nutrition App Programs	28
2.17.1. Digital Nutrition Mixtures	28
2.18. Bioenergetic Vitalization Programs	32
2.19. Healy Animal Programs	33
2.20. Wellbeing	34



2.21. The Power of Three	34
2.21.1. Bioenergetic Rebalance	34
2.21.2. Universal Frequencies	36
2.21.3. Digital Ayurveda	37
2.22. Bioenergetic Support	38
2.23. Natural Cycle	39
2.24. Soul Cycle	42
2.25. Expert Programs	43
<b>3. Additional App Functions</b>	<b>44</b>
3.1. Info Center	44
3.2. Settings	44
3.3. Expert Area	45
<b>4. Change the Current Level of your Healy</b>	<b>46</b>
<b>5. Healy Coil</b>	<b>47</b>

# 1. Introduction

## 1.1. Healy Program Functions for Systemic Harmonization of the Bioenergetic Field

The Healy App uses the 144,000 “Gold Frequencies”, which were developed together with the Portuguese clinic director and researcher Nuno Nina, who has applied them to thousands of clients. The Healy App contains more than 200 Individualized Microcurrent Frequency (IMF)<sup>1</sup> programs that use these frequencies for harmonizing the Bioenergetic Field. These Healy applications are called “systemic programs,” and their names contain the abbreviation “syst.”.

The systemic frequency programs in the Healy App function in three modes, designated “Realtime,” “Resonance” and “Selection.”

Once you select and start a particular program, usually in the first step the Realtime mode is engaged and the frequency with the highest current resonance is analyzed in the Information Field with the help of the quantum sensor and applied in real time. When the App automatically switches to Resonance mode, the currently resonant frequencies are determined and applied in real time until they are “no longer needed” by the body. In Selection mode, specific frequencies are analyzed and applied in real time from a frequency pool specifically compiled for the program you selected until they are “no longer needed” by the body.

### 1.1.1. Realtime Mode

Healy analyzes frequencies in the Information Field to find the best resonance with the user in the moment.

### 1.1.2. Resonance Mode

Healy uses the Resonance analysis function every 10 seconds to determine the progress of the currently applied frequency. 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 set for the application step. The current progress value is displayed on the Healy App screen.

### 1.1.3. Selection Mode

Specific frequencies for particular topics are stored in the Selection steps. For example, certain frequencies used to harmonize the Bioenergetic Field of the kidneys are contained in a Selection step.

Frequencies from this specified frequency pool are selected in real time based on the Resonance analysis applied for as long as it takes for the resonance progress analysis to reach 95% or the maximum time set for the application step. A frequency pool can contain up to 400 different frequencies.

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1) “Individualized Microcurrent Frequencies” (“IMF”) is a proprietary technology of Healy World. It uses the data from a physical noise generator to assign a priority to frequencies that our experience shows have the highest relevance for the user.

### 1.1.4. Warnings

The Healy App frequencies are delivered through the Healy microcurrent device using the electrodes that came with your Healy. Do not use microcurrent stimulation if you:

- have a pacemaker or an implanted defibrillator, or have any metallic foreign objects in the area of application
- have an open wound or bleeding, a sensory disorder, or have had radiation therapy near the location of the electrodes
- have a fever, new scar tissue, a history of uncontrolled seizures, epilepsy
- are or may be pregnant

Consult a qualified healthcare professional before using Healy if you have any of these contraindications.

**Do not place the electrodes directly on the eyes, covering the mouth, on the front or sides of the neck (especially the carotid sinus), on irritated, infected or broken skin, or on the chest and the upper back or crossing through the heart. These could cause a dangerous condition.**

During the application mood changes can occur, such as a feeling of heaviness or lightness. In such cases, you should continue the application for a few minutes until you feel normal again. If the disturbing symptoms persist even after a few minutes, you should discontinue the application.

If you are using Healy while taking medication, we recommend that you have the dose periodically checked by your doctor, 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 over the age of 18. Insufficient data is available for use by minors. Always use your Healy in accordance with the Instructions for Use, and pay particular attention to the Safety Notes they contain.

## 1.2. Supporting Factors in Combination with Frequency Applications

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

- Drink at least 8 glasses of pure, healthy water in the morning and 4 glasses in the afternoon (avoid drinking water 30 minutes before and after meals).
- If possible, release bioelectric potential by earthing: walking barefoot outside for at least 15 minutes (this ensures natural electrical potential equalization).
- Exercise in fresh air to activate the energy flow - you can use your Healy while doing this.
- Enjoy natural and balanced nutrition
- Make mindful and conscious use of frequency programs. Avoid extremes - do not exceed two to three frequency applications per day

# 2. Healy IMF Programs

## 2.1. Gold Cycle



The Gold Frequencies were developed together with the Portuguese clinic director and researcher Nuno Nina, who has applied them to thousands of clients for over 15 years. The Gold Cycle is based on three programs: Balance, Being and Pure. Balance is designed to harmonize the Bioenergetic Field of the physical, Being the emotional body, while Pure promotes recovery from environmental causes of energetic imbalance. In our experience these three programs can be used alternately every day to harmonize your Bioenergetic Field. The Care program can be used when you feel your system is particularly challenged.

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

Order No.	Program name	Technology	Duration	Frequency
1	Pure	IMF	52 min	1 x Daily
2	Care	IMF	46 min	1 x Daily
3	Balance	IMF	52 min	1 x Daily
4	Being	IMF	55 min	1 x Daily
5	Energy	IMF	55 min	1 x Daily
6	Relax	IMF	55 min	1 x Daily
7	Release	IMF	46 min	1 x Daily

Program name	Description
Pure	The Pure program is the ideal starting point for anyone using the Healy App IMF programs for the first time. It is designed to help your body's energy field to recover from the bioenergetic effects of environmental factors.
Care	A weakened Bioenergetic Field is frequently associated with poor health. Strengthening your energy field through appropriate exercise, healthy nutrition and pure water, and restoring bioenergetic harmony are all ways of caring for your inner and outer health.
Balance	The fine balance of the various bodily systems is very important for our wellbeing and health. The Balance program refers to bioenergetic harmony. It is an ideal program for a deep bioenergetic harmonization of the body's overall energy field.
Being	What the program Balance is for the body, Being is for our soul. It is designed to help you remain centered during life's turmoil.
Energy	Performance needs support. Whether you are a well-trained competitive athlete, a stressed-out manager or a busy mother, Energy increases your ability to respond to life's demands.
Relax	Relax stands for harmonizing your stress response. Stress can be both the result and the cause of imbalances in the mind and body that can undermine your health and wellbeing. Modern life keeps many of us from letting go of our daily sorrows and stress, so support for you in this area can help you restore your sense of balance.
Release	There are many different causes of discomfort. In this program you work systemically to address the energetic source of the discomfort in the Bioenergetic Field.

## 2.2. Learning



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

Today, even young adults face big challenges: examination tension, mental strain, grade pressure, social anxiety and others. This can manifest itself in concentration problems, burnout, compulsive and self-defeating behaviors, lack of motivation or unpredictable moods.

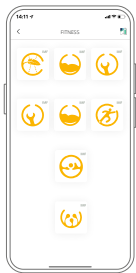
Healy provides IMF programs for harmonizing the Bioenergetic Field, which in our experience can support creativity.

University and career training students can particularly profit from Healy frequency technology during exam time. Healthy habits can be supported in the Bioenergetic Field as well as learning and concentration.

Order No.	Program name	Technology	Duration	Frequency
1	Learning syst.	IMF	57 min	1 x Daily
2	Learning acute	MC	20 min	1 x Daily
3	Memory	IMF	79 min	1 x Daily
4	Concentration syst.	IMF	57 min	1 x Daily
5	Concentration acute	MC	20 min	1 x Daily
6	Exam syst.	IMF	57 min	1 x Daily
7	Exam acute	MC	30 min	1 x Daily
8	Stress syst.	IMF	57 min	1 x Daily
9	Stress acute	MC	30 min	1 x Daily

Program name	Description
Learning syst.	Harmonization of the Bioenergetic Field for learning activities
Learning acute	Specific harmonization of the Bioenergetic Field for learning
Memory	Harmonization of the Bioenergetic Field for learning regardless of age
Concentration syst.	Harmonization of the Bioenergetic Field for achievement
Concentration acute	Specific harmonization of the Bioenergetic Field to enhance focusing.
Exam syst.	Harmonization of the Bioenergetic Field during exam preparation
Exam acute	Harmonization of the Bioenergetic Field before exams
Stress syst.	Harmonization of the Bioenergetic Field for creative power
Stress acute	Harmonization of the Bioenergetic Field for stress situations

## 2.3. Fitness



With today's frequently sedentary lifestyles, maintaining fitness is a good means of balance for physical, mental and emotional wellbeing. 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 a sense of becoming balanced and centered within ourselves.

It is always important to feel supported and centered, and all the more so during times of need, burnout or grief. 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 IMF programs therefore concentrate on the harmonization of the Bioenergetic Field in four essential areas: muscles, performance, weight and relaxation. In our experience this combination is therefore suitable for everyone who enjoys sports and fitness activities.

Order No.	Program name	Technology	Duration	Frequency
1	Weight	IMF	60 min	1 x Daily
2	Muscle Harmony	IMF	39 min	1 x Daily
3	Circulation	IMF	30 min	1 x Daily
4	Performance	IMF	60 min	1 x Daily
5	Strength	IMF	60 min	1 x Daily
6	Stamina	IMF	60 min	1 x Daily
7	Regeneration	IMF	57 min	1 x Daily
8	Deep relaxation	IMF	24 min	1 x Daily

Program name	Description
Weight	Harmonization of the Bioenergetic Field for your body's energy balance (not a weight-loss program)
Muscle Harmony	Harmonization of the Bioenergetic Field of muscles
Circulation	Harmonization of the Bioenergetic Field for demands of exercise
Performance	Harmonization of the Bioenergetic Field that supports your desire to excel
Strength	Harmonization of the Bioenergetic Field of strained muscles
Stamina	Harmonization of the Bioenergetic Field for optimization of the capacity for endurance
Regeneration	Harmonization of the Bioenergetic Field to stimulate vitality
Deep Relaxation	Harmonization of the Bioenergetic Field to optimize the relaxation phase

## 2.4. Job



People leading a stressful working life often feel stuck on a treadmill. They may be in a situation where they have little opportunity to focus on their own needs and wants. External commitments may seem more important than their 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 disruption and hypersensitivity.

Healy IMF applications are designed to provide valuable harmonization of the Bioenergetic Field when leading an active professional life, offering programs for people leading a stressful everyday life.

Order No.	Program name	Technology	Duration	Frequency
1	Activation	IMF	57 min	1 x Daily
2	Positive Thoughts	IMF	45 min	1 x Daily
3	Balance Nerves	IMF	60 min	1 x Daily
4	Fatigue	IMF	60 min	1 x Daily
5	Exhaustion syst.	IMF	60 min	1 x Daily
6	Exhaustion acute	MC	20 min	1 x Daily
7	Extreme Tension	IMF	60 min	1 x Daily

Program name	Description
Activation	Activation of the Bioenergetic Field
Positive Thoughts	Energetic orientation towards positive thoughts
Balance Nerves	Harmonization of the Bioenergetic Field to promote calmness
Fatigue	Harmonization of the Bioenergetic Field to promote energetic balance
Exhaustion syst.	Harmonization of the Bioenergetic Field for recreation
Exhaustion acute	Harmonization of the Bioenergetic Field to protect against various influences
Extreme Tension	Harmonization of the Bioenergetic Field for mental balance

## 2.5. 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 IMF applications are designed to harmonize your Bioenergetic Field to prepare for sleep by quickly resting after a long day or after the stress of everyday life.

Order No.	Program name	Technology	Duration	Frequency
1	Sleep syst.	IMF	51 min	1 x Daily
2	Bed rest	IMF	55 min	1 x Daily
3	Balanced Sleep	IMF	52 min	1 x Daily
4	Fine flow	MC	20 min	1 x Daily

Program name	Description
Sleep syst.	Harmonization of the Bioenergetic Field for optimizing the sleep phase
Bed Rest	Harmonization of the Bioenergetic Field to promote a relaxed mood
Balanced Sleep	Bioenergetic harmonization of the sleep phase
Fine Flow	Bioenergetic activation through supporting the flow in the body

## 2.6. Beauty



The skin forms the physical boundary between the inner and outer worlds. It is not only a respiratory organ, 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 harmonizing the Bioenergetic Field for inner balance and relaxation as well as his expertise in defining the appropriate frequencies for harmonizing the Bioenergetic Field of the skin have been integrated into the Healy Beauty programs.

Order No.	Program name	Technology	Duration	Frequency
1	Inner Beauty	IMF	45 min	1 x Daily
2	Hair	IMF	60 min	1 x Daily
3	Skin Harmony	IMF	60 min	1 x Daily
4	Aging	IMF	57 min	1 x Daily
5	Nail Harmony	IMF	42 min	1 x Daily
6	Skin Energy	IMF	51 min	1 x Daily

Program name	Description
Inner Beauty	Harmonization of the coherence and expression of the Bioenergetic Field
Hair	Harmonization of the Bioenergetic Field of the hair
Skin Harmony	Harmonization of the Bioenergetic Field of the skin
Aging	Harmonization of the Bioenergetic Field of expressions
Nail Harmony	Harmonization of the Bioenergetic Field of the nails
Skin Energy	Harmonization of the Bioenergetic Field for firm skin

## 2.7. Skin



The skin is our largest organ and fulfills many vital functions. It serves as a storage center for lipids and water and has metabolic and protective capabilities.

In our experience Healy IMF applications can help you obtain harmonization of the Bioenergetic Field for different tissues.

The skin of your face may reflect an inner conflict, which can be a mental imbalance or a possible food sensitivity. Healy frequency applications are designed to harmonize the Bioenergetic Field for skin purity.

If an injury does not heal smoothly, scar tissue develops and we believe this can act as a source of disturbance. An untreated scar can create bioenergetic blockages, which can strain both the body and the soul of the affected person. Healy frequency applications are designed to support the harmonization of your Bioenergetic Field to help you to overcome these stresses.

Order No.	Program name	Technology	Duration	Frequency
1	Skin Harmony local	MC	30 min	1 x Daily
2	Skin Harmony syst.	IMF	60 min	1 x Daily
3	Skin impurity syst.	IMF	60 min	1 x Daily
4	Scar Harmony syst.	IMF	60 min	1 x Daily
5	Scar Harmony local	MC	20 min	1 x Daily

Program name	Description
Skin Harmony local	Harmonization of the Bioenergetic Field of the skin cells
Skin Harmony syst.	Energetic balancing of the skin
Skin impurity syst.	Harmonization of energetic impurities
Scar Harmony syst.	Harmonization of the Bioenergetic Field to balance interference fields
Scar Harmony local	Harmonization of the Bioenergetic Field of scar tissue

## 2.8. 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, people 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. We believe if this colloquially called inner or soul life is intact, an individual is balanced and vital. Traumatic 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, if the trauma has not been processed, integrated or dissolved. To bioenergetically harmonize your mental harmony with Healy IMF applications, we have developed the following programs for you:

Order No.	Program name	Technology	Duration	Frequency
1	Inner Strength syst.	IMF	51 min	1 x Daily
2	Emotional Wellbeing	IMF	51 min	1 x Daily
3	Feel good syst.	IMF	51 min	1 x Daily
4	Contentment syst.	IMF	60 min	1 x Daily
5	Contentment acute	MC	20 min	1 x Daily
6	Inner Unity	IMF	55 min	1 x Daily
7	Wellbeing Soul	IMF	51 min	1 x Daily
8	Mental balance acute	MC	20 min	1 x Daily

Program name	Description
Inner Strength syst.	Energetic harmonization of self-confidence when you feel uncertain or insecure
Emotional Wellbeing	Energetic harmonization when you feel emotionally blocked
Feel Good syst.	Energetic activation of confidence when you feel down
Contentment syst.	Energetic harmonization of the inner sense of self and contentment
Contentment acute	Supports your sense of inner balance leading to an independent way of life
Inner Unity	Energetic harmonization of the sense of psychic wholeness
Wellbeing Soul	Energetic harmonization to support you while developing new habits
Mental Balance acute	Supports positive thinking

**Note:** Healy IMF programs are not intended to diagnose, treat, cure, prevent or mitigate any mental illness or condition. If you have frequent or prolonged periods of feeling sad, overly tired, agitated or any other sign of significant mental distress, discontinue use and consult a qualified medical or mental health professional.

## 2.9. Bioenergetic Harmony 1



The categories “Bioenergetic Harmony 1” and “Bioenergetic Harmony 2” contain frequency program compilations of the most common applications in everyday life, selected based on the experiences of our users. The Healy IMF programs are designed to address disharmonies in the Bioenergetic Field.

Order No.	Program name	Technology	Duration	Frequency
1	Defense	IMF	60 min	1 x Daily
2	Shiver	IMF	51 min	1 x Daily
3	Sensitivity	IMF	60 min	1 x Daily
4	Eyes Harmony	IMF	65 min	1 x Daily
5	Hormone Harmony	IMF	57 min	1 x Daily
6	Intestine Harmony	IMF	51 min	1 x Daily
7	Nerve Harmony	IMF	45 min	1 x Daily
8	Flexibility	IMF	51 min	1 x Daily
9	Circulation	IMF	55 min	1 x Daily
10	Potency	IMF	60 min	1 x Daily
11	For Mature Women	IMF	66 min	1 x Daily
12	For Women local	MC	20 min	1 x Daily

Program name	Description
Defense	Harmonization of the Bioenergetic Field of the energetic defense system
Shiver	Harmonization of the Bioenergetic Field of the mucous membranes
Sensitivity	Harmonization of the Bioenergetic Field in case of overreactions to irritants
Eyes Harmony	Harmonization of the Bioenergetic Field of the eyes
Hormone Harmony	Harmonization of the Bioenergetic Field of the body’s “messengers”
Intestine Harmony	Harmonization of the Bioenergetic Field of the intestine
Nerve Harmony	Harmonization of the Bioenergetic Field to promote relaxation
Flexibility	Harmonization of the Bioenergetic Field to ease movement
Circulation	Harmonization of the Bioenergetic Field of the circulation
Potency	Harmonization of the Bioenergetic Field of the reproductive organs
For Mature Women	Harmonization of the Bioenergetic Field for the care of older women
For Women local	Harmonization of the Bioenergetic Field of the lower abdomen

## 2.10. Bioenergetic Harmony 2



Order No.	Program name	Technology	Duration	Frequency
1	Gastrointestinal Harmony	IMF	60 min	1 x Daily
2	Bacteria Harmony	IMF	60 min	1 x Daily
3	Tonsil Harmony	IMF	60 min	1 x Daily
4	Liver Harmony	IMF	52 min	1 x Daily
5	Food Imbalance	IMF	60 min	1 x Daily
6	Impurities	IMF	60 min	1 x Daily
7	Head Harmony	IMF	72 min	1 x Daily
8	Prostate Harmony	IMF	60 min	1 x Daily
9	Lung Harmony	IMF	52 min	1 x Daily
10	Thyroid Gland Harmony	IMF	60 min	1 x Daily
11	Joints-Bones Harmony	IMF	72 min	1 x Daily
12	Sciatic Nerve Harmony local	MC	20 min	1 x Daily

Program name	Description
Gastrointestinal Harmony	Harmonization of the Bioenergetic Field of digestion
Bacteria Harmony	Harmonization of the Bioenergetic Field of the energetic defense system
Tonsil Harmony	Harmonization of the Bioenergetic Field of the tonsils
Liver Harmony	Harmonization of the Bioenergetic Field of the liver
Food Imbalance	Harmonization of the Bioenergetic Field for food consumption
Impurities	Harmonization of the Bioenergetic Field in case of impurities
Head Harmony	Harmonization of the Bioenergetic Field to reduce tension
Prostate Harmony	Harmonization of the Bioenergetic Field of the prostate
Lung Harmony	Harmonization of the Bioenergetic Field of the lungs
Thyroid Gland Harmony	Harmonization of the Bioenergetic Field of the thyroid gland
Joints-Bones Harmony	Harmonization of the Bioenergetic Field of the joints and bones
Sciatic Nerve Harmony local	Harmonization of the Bioenergetic Field of the sciatic nerve

## 2.11. 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 endeavors to positively influence the state of the organ.

The Healy IMF programs are designed according to the meridian system of Dr. Reinhold Voll for the harmonization of the Bioenergetic Field of the individual meridians.

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

Program name	Description
Allergy Meridian	Harmonization of the Bioenergetic Field of the allergy meridian
Connective Tissue	Harmonization of the Bioenergetic Field of the connective tissue meridian
Bladder	Harmonization of the Bioenergetic Field of the bladder meridian
Large Intestine	Harmonization of the Bioenergetic Field of the large intestine meridian
Small Intestine	Harmonization of the Bioenergetic Field of the small intestine meridian
Fatty Degeneration	Harmonization of the Bioenergetic Field of the fatty degeneration meridian
Gall Bladder	Harmonization of the Bioenergetic Field of the gall bladder meridian
Joints	Harmonization of the Bioenergetic Field of the joints meridian
Skin	Harmonization of the Bioenergetic Field of the skin meridian
Heart	Harmonization of the Bioenergetic Field of the heart meridian

## 2.12. Meridians 2



Order No.	Program name	Technology	Duration	Frequency
1	Hormonal balance	IMF	51 min	1 x Daily
2	Circulation	IMF	51 min	1 x Daily
3	Liver	IMF	54 min	1 x Daily
4	Lungs	IMF	51 min	1 x Daily
5	Lymphatic system	IMF	51 min	1 x Daily
6	Stomach	IMF	51 min	1 x Daily
7	Spleen-pancreas	IMF	39 min	1 x Daily
8	Nerve Meridian	IMF	51 min	1 x Daily
9	Kidney	IMF	54 min	1 x Daily
10	Organ Meridian	IMF	54 min	1 x Daily

Program name	Description
Hormonal Balance	Harmonization of the Bioenergetic Field of the hormonal balance meridian
Circulation	Harmonization of the Bioenergetic Field of the circulation meridian
Liver	Harmonization of the Bioenergetic Field of the liver meridian
Lungs	Harmonization of the Bioenergetic Field of the lungs meridian
Lymphatic System	Harmonization of the Bioenergetic Field of the lymphatic system meridian
Stomach	Harmonization of the Bioenergetic Field of the stomach meridian
Spleen-Pancreas	Harmonization of the Bioenergetic Field of the spleen-pancreas meridian
Nerve Meridian	Harmonization of the Bioenergetic Field of the nerve meridian
Kidney	Harmonization of the Bioenergetic Field of the kidney meridian
Organ Meridian	Harmonization of the Bioenergetic Field of the organ meridian

## 2.13. 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 energy practitioner circles have adopted these teachings as the basis of many 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 are connected with the different aura layers and the meridians (energy paths) of the body and are also able to absorb energies of the cosmos and the ethereal world. Absorbed energies (vibrations) can be either a “positive” influence (beneficial and useful) 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 upwards through this assumed energy channel (called sushumna or hara line).

The seven main chakras are characterized by certain functions and colors. For example, the lowest of the seven chakras, the red root chakra, indicates the basic trust level of a person. It stands for a fundamental part of the developmental process, because the basic trust level is established at the beginning of the child’s life. 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 colors 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. In our experience physical and mental challenges often lead to changes in these energy fields.

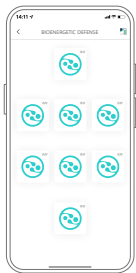
We believe that with the help of intuition, one can perceive the existence and the position of the chakras and explore one’s own energy field. In principle, anyone can learn how to feel energy fields under professional guidance and with practice by attending appropriate seminars. Often more and more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



Order No.	Program name	Technology	Duration	Frequency
1	Crown chakra	IMF	33 min	1 x Daily
2	Third eye chakra	IMF	33 min	1 x Daily
3	Throat chakra	IMF	33 min	1 x Daily
4	Heart chakra	IMF	33 min	1 x Daily
5	Solar plexus chakra	IMF	33 min	1 x Daily
6	Sacral chakra	IMF	33 min	1 x Daily
7	Root chakra	IMF	33 min	1 x Daily

Program name	Description	Traditional Themes
Crown Chakra	Harmonization of the energies of the crown chakra	Higher Self
Third eye Chakra	Harmonization of the energies of the third eye chakra	Intuition
Throat Chakra	Harmonization of the energies of the throat chakra	Communication
Heart Chakra	Harmonization of the energies of the heart chakra	Empathy
Solar Plexus Chakra	Harmonization of the energies of the solar plexus chakra	Self-confidence
Sacral Chakra	Harmonization of the energies of the sacral chakra	Creativity
Root Chakra	Harmonization of the energies of the root chakra	Trust

## 2.14. Bioenergetic Defense



These IMF programs are designed to energetically harmonize negative influences and protect you from energetic breakdowns. In our experience the Bioenergetic Defense program group unfolds its effect directly in the Information Field. The Information Field has many different names, such as Morphogenic Field, Akashic Record etc. According to our understanding, the Information Field is the non-material area through which spirit and matter communicate. It reflects what we consider to be the spiritual meaning of life events.

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

Order No.	Program name	Technology	Duration	Frequency
1	General protection	IF	77 min	1 x Daily
2	Electrosensitivity	IF	86 min	1 x Daily
3	Cell Harmony	IF	77 min	1 x Daily
4	Mental	IF	77 min	1 x Daily
5	Sleeping	IF	77 min	1 x Daily
6	Geopathy	IF	77 min	1 x Daily
7	Subtle	IF	77 min	1 x Daily
8	Planets	IF	77 min	1 x Daily

IF = Information program

Program name	Description
General Protection	Energetic shielding
Electrosensitivity	Energetic harmonization of the tolerance for so-called "electrosmog".
Cell Harmony	Energetic harmonization of the Bioenergetic Field of the cell
Mental	Energetic harmonization of the Bioenergetic Field of the mind
Sleeping	Energetic harmonization during sleep
Geopathy	Harmonization of the energetic sensitivity to interference fields
Subtle	Energetic harmonization of the sensitivity to interference fields
Planets	Harmonizing the influences of planets

## 2.15. Deep Cycle



The Deep Cycle IMF programs have been developed by Jan Fredrik Poleszynski (Oslo, Norway) and are in daily use by him in his professional practice. Many of his clients also use them at home as well. The Deep Cycle IMF programs are a variation and further development of the popular Nuno Nina Gold Cycle IMF programs and can be beneficially combined with them for harmonizing the Bioenergetic Field. The development of the Deep Cycle IMF programs is the result of Jan Fredrik Poleszynski's experience in microcurrent frequency applications since 2009 and is closely connected to the integrative thinking of Nuno Nina and his Gold Frequencies. The Deep Cycle IMF programs have a special position in applications in the Bioenergetic Field and are generally more comprehensive than the Gold Cycle IMF programs.

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

### 2.15.1. Short Description of the Deep Cycle Programs

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

Based on 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 purification, harmonization of the Bioenergetic Field and working with the energetic root cause. It can therefore be very helpful to find out which "cycle" you are currently in, so that you can select the appropriate program.

### 2.15.2. Preparatory Programs

Program	When	Affirmation and intention
First Application	At the first application, to establish a connection and to get a feeling for frequency applications.	Feel good and be touched.
Second Application	At the second application, unless the first application was too intense.	My journey has begun.
Third Application	As soon as you're ready for a more intense application.	Powerful waves of change are coming to me.

### 2.15.3. The Deep Cycle Programs

Program	When	Affirmation and intention
Breath of life	There are energetic issues associated with lungs and their surrounding organs, including the breast, along with feelings related to weakness and occasional sad feelings.	My breath is a reflection of the breath of the universe.
Clean all	Appropriate for follow up after energetic purification as energetic support for all purification 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 purification. To release old blockages from the energetic body and mind.	My body is pure, I feel comfortable in it.
Digest all	Recommended for disharmonies in the Bioenergetic Field of the digestion that block further progress. For this program, the adhesive electrodes can be used. They should be placed at the level of the ankle on the front side of the foot (acupuncture point ST 42).	I accept my past, digest and integrate it.
Go to the roots	Only use when the energetic symptoms have subsided and the energetic recovery process has begun. All essential energetic functions should work normally. The energetic causes on the mental level and emotional patterns 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.
Free flow	To energetically harmonize the Bioenergetic Field of the circulation. It is suitable for use after basic harmonization of the Bioenergetic Field of the kidneys and lungs, as well as for general energetic stiffness.	My movement, blood flow and circulation are powerful.
Kidney Harmony female & Kidney Harmony male  Hering's law states that: "All improvement occurs from inside out, from the head down, and in the reverse order in which the symptoms have appeared."	To harmonize the Bioenergetic Field of the kidneys and harmonize energetic processes which are related to the kidneys. 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.	My energy flows freely.
<b>Caution:</b> 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.	I am connected to everything.
Renewal	If energetic harmonization is desired.	Energy is restored, pain is temporary.



### 2.15.4. Deep Cycle H

Deep Cycle H (Harmonic) is a holistic system for all levels of your existence. It is designed to help you flow with the cycles in your life and to support and adapt to changes. In our experience everything in nature and the universe is developing in cycles! Everything is interconnected; nature seeks harmony on every level. There are some key elements that must be in place to flourish and adapt to the ever changing and developing universe around us and inside of us.

Every program of the Deep Cycle H contains harmonic frequencies, which are the result of 10 years of research and application by Jan Poleszynski in his practice, including frequencies and harmonics that originate from nature, from our planet, from the sun as well as fundamental cosmic frequencies, frequencies that connect you to the earth and basic resonances of the atmosphere and surrounding planets. According to the experience of Jan Fredrik Poleszynski these frequencies are informational “highways” helping to bring you in harmony with yourself and with nature.

The Deep Cycle first, second and third application programs are not contained in Deep Cycle H; instead, we recommend using the Sensitive IMF program for users who are new to frequency modulated microcurrent applications.

Program	When	Affirmation and intention
Sensitive	Well suited for sensitive people, including those affected with electro sensitivity. If you are particularly sensitive to your environment, it is a good idea to run this program for a period of several days until you feel some relief. If you are new to frequency application, this would be a good program to start your journey. If you do not perceive any changes on the day after application, it is time to move on to the next program. Many users report that they sometimes feel the need to revert to the Sensitive program, and this may indeed be a good idea, specifically during periods of high physical stress that may be caused by traveling or by exposure to electromagnetic noise.	The environment is my soil.
Energy Work	The main purpose of the Energy Work program is to increase the energetic harmony. It is recommended to use it in the morning.  <b>Note:</b> This program should not be used if you are under a lot of tension; you should feel a certain level of balance before using it.	An abundance of energy is flowing.
Pure Energy	The main part of the Pure Energy program is focused on balancing emotions, spiritual balance and supporting wellbeing.	All is energy.

## 2.16. Healy Watch Programs

The Healy Watch is designed to measure your bioenergetic status by analyzing BRA (Bioenergetic Rhythm Analysis), HRV (Heart Rate Variability), sleep and other parameters. The evaluation of these parameters in the Healy Watch App yields recommendations for Individualized Microcurrent Frequency (IMF) programs that in our experience support the harmonization of your Bioenergetic Field.

Order No.	Program name	Technology	Duration	Frequency
1	Rigidity Harmony	IMF	36 min	1 x Daily
2	Rigidity Activate	IMF	27 min	1 x Daily
3	HR Harmony	IMF	36 min	1 x Daily
4	HR Activate	IMF	36 min	1 x Daily
5	HRV Harmony	IMF	45 min	1 x Daily
6	HRV Activate	IMF	45 min	1 x Daily
7	Stress Harmony	IMF	27 min	1 x Daily
8	Stress Activate	IMF	27 min	1 x Daily
9	Tension Harmony	IMF	44 min	1 x Daily
10	Tension Activate	IMF	27 min	1 x Daily
11	Pressure Harmony	IMF	36 min	1 x Daily
12	Pressure Activate	IMF	27 min	1 x Daily

### 2.16.1. Healy Watch Meridian Programs

The concept of the Organ Clock goes back thousands of years and is based on Traditional Chinese Medicine (TCM). Its basic idea is that every function of the body is linked to a specific time of day on an organism's "internal clock:" i.e., each organ is at the peak of its functioning during a two-hour time period every day.

The Healy Watch Meridian programs are Individualized Microcurrent Frequency (IMF) programs for the respective organ that is active at the current time of day, supporting the harmonization of its Bioenergetic Field.

Order No.	Program name	Technology	Duration	Frequency
1	Gallbladder	IMF	39 min	1 x Daily
2	Liver	IMF	39 min	1 x Daily
3	Lung	IMF	39 min	1 x Daily
4	Large Intestine	IMF	48 min	1 x Daily
5	Stomach	IMF	39 min	1 x Daily
6	Spleen - Pancreas	IMF	39 min	1 x Daily
7	Heart	IMF	48 min	1 x Daily
8	Small Intestine	IMF	39 min	1 x Daily
9	Bladder	IMF	48 min	1 x Daily
10	Kidney	IMF	39 min	1 x Daily
11	Pericardium	IMF	48 min	1 x Daily
12	Triple Heater	IMF	48 min	1 x Daily

### 2.16.2. Healy Watch Digital Nutrition Programs

The Healy Watch Digital Nutrition programs are Individualized Microcurrent Frequency (IMF) programs supporting the harmonization of the Bioenergetic Field. The recommended programs are based on the evaluation of parameters measured by the Healy Watch. They contain combinations of several resonant frequencies for certain substances, optimized according to the 6 balance parameters, which are determined from the measured values in the Healy Watch.

Order No.	Program name	Technology	Duration	Frequency
1	DN Rigidity Harmony	IMF	60 min	1 x Daily
2	DN Rigidity Activate	IMF	42 min	1 x Daily
3	DN HR Harmony	IMF	33 min	1 x Daily
4	DN HR Activate	IMF	24 min	1 x Daily
5	DN HRV Harmony	IMF	24 min	1 x Daily
6	DN HRV Activate	IMF	42 min	1 x Daily
7	DN Stress Harmony	IMF	60 min	1 x Daily
8	DN Stress Activate	IMF	33 min	1 x Daily
9	DN Tension Harmony	IMF	60 min	1 x Daily
10	DN Tension Activate	IMF	33 min	1 x Daily
11	DN Pressure Harmony	IMF	51 min	1 x Daily
12	DN Pressure Activate.	IMF	24 min	1 x Daily

## 2.17. Digital Nutrition App Programs

The Digital Nutrition Individualized Microcurrent Frequency (IMF) programs support the harmonization of your Bioenergetic Field, containing resonant frequencies for the individual substances; these frequencies should be applied directly after a meal. In the Digital Nutrition module of the HealAdvisor App you will find recommendations, based on expert knowledge from the HealAdvisor Cloud, for Healy IMF programs covering the topics that you selected or searched for. Subsequently you can select a topic and create an IMF schedule for the HealAdvisor App, showing you which Healy IMF programs you need to apply at what time of the day over the course of a week.

### 2.17.1. Digital Nutrition Mixtures

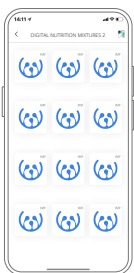
The Digital Nutrition Mixtures are Individualized Microcurrent Frequency (IMF) programs that contain specific combinations of several resonant frequencies in one frequency program. There are Digital Nutrition IMF programs for 72 frequency combinations covering the following topics:

#### Digital Nutrition Mixtures 1



Order No.	Program name	Technology	Duration	Frequency
1	Brain Harmony	IMF	60 min	1 x Daily
2	Hair Harmony	IMF	60 min	1 x Daily
3	Skin Harmony	IMF	87 min	1 x Daily
4	Heart Harmony	IMF	33 min	1 x Daily
5	Head Harmony	IMF	42 min	1 x Daily
6	Gastrointestinal System Harmony	IMF	33 min	1 x Daily
7	Muscle Harmony	IMF	60 min	1 x Daily
8	Nail Harmony	IMF	24 min	1 x Daily
9	Nerve Harmony	IMF	51 min	1 x Daily
10	Kidney Harmony	IMF	96 min	1 x Daily
11	Ear Harmony	IMF	33 min	1 x Daily
12	Thyroid Harmony	IMF	24 min	1 x Daily

#### Digital Nutrition Mixtures 2



Order No.	Program name	Technology	Duration	Frequency
1	Age	IMF	105 min	1 x Daily
2	Amino Acids	IMF	60 min	1 x Daily
3	Alkaline Powder	IMF	24 min	1 x Daily
4	Connective Tissue Harmony	IMF	24 min	1 x Daily
5	Blood Harmony	IMF	33 min	1 x Daily
6	Weight	IMF	69 min	1 x Daily

Order No.	Program name	Technology	Duration	Frequency
7	Liver Harmony	IMF	102 min	1 x Daily
8	Minerals	IMF	33 min	1 x Daily
9	Trace Elements	IMF	42 min	1 x Daily
10	Vegan	IMF	78 min	1 x Daily
11	Vitamin B Complex	IMF	51 min	1 x Daily
12	Vitamin Intake	IMF	69 min	1 x Daily

### Digital Nutrition Mixtures 3



Order No.	Program name	Technology	Duration	Frequency
1	Alcohol Intake	IMF	69 min	1 x Daily
2	Antioxidants	IMF	69 min	1 x Daily
3	Lymphatic System Harmony	IMF	60 min	1 x Daily
4	For Women	IMF	24 min	1 x Daily
5	Spirituality	IMF	87 min	1 x Daily
6	Impurities	IMF	87 min	1 x Daily
7	Birth	IMF	33 min	1 x Daily
8	Hormonal System Harmony	IMF	96 min	1 x Daily
9	Libido	IMF	24 min	1 x Daily
10	Sensitivities	IMF	42 min	1 x Daily
11	Defense	IMF	69 min	1 x Daily
12	2ry Plant Substances	IMF	60 min	1 x Daily

### Digital Nutrition Mixtures 4



Order No.	Program name	Technology	Duration	Frequency
1	Energy	IMF	42 min	1 x Daily
2	Fatigue	IMF	96 min	1 x Daily
3	Eyesight	IMF	15 min	1 x Daily
4	Sports	IMF	114 min	1 x Daily
5	Men	IMF	78 min	1 x Daily
6	Regeneration	IMF	51 min	1 x Daily
7	Women	IMF	96 min	1 x Daily
8	Children	IMF	78 min	1 x Daily
9	Psyche	IMF	87 min	1 x Daily
10	Sleep	IMF	24 min	1 x Daily
11	Growth	IMF	24 min	1 x Daily
12	Skin Harmony	IMF	42 min	1 x Daily

### Digital Nutrition Mixtures 5



Order No.	Program name	Technology	Duration	Frequency
1	Breath	IMF	60 min	1 x Daily
2	Motion	IMF	69 min	1 x Daily
3	Competition	IMF	60 min	1 x Daily
4	Structure	IMF	51 min	1 x Daily
5	Mobility	IMF	78 min	1 x Daily
6	Activation	IMF	78 min	1 x Daily
7	Reduction	IMF	105 min	1 x Daily
8	Exertion	IMF	60 min	1 x Daily
9	Circulation	IMF	78 min	1 x Daily
10	Rigidity	IMF	69 min	1 x Daily
11	Lifestyle	IMF	69 min	1 x Daily
12	Energetic	IMF	78 min	1 x Daily

**Digital Nutrition Mixtures 6**



Order No.	Program name	Technology	Duration	Frequency
1	Tissue Harmony	IMF	60 min	1 x Daily
2	Bioinformation	IMF	69 min	1 x Daily
3	Comfort	IMF	87 min	1 x Daily
4	Exhaustion	IMF	60 min	1 x Daily
5	For Mature Women	IMF	78 min	1 x Daily
6	Passion	IMF	42 min	1 x Daily
7	Balance	IMF	60 min	1 x Daily
8	Relief	IMF	69 min	1 x Daily
9	Joy of Life	IMF	69 min	1 x Daily
10	Recreation	IMF	60 min	1 x Daily
11	Rest	IMF	69 min	1 x Daily
12	Teeth Harmony	IMF	60 min	1 x Daily

## 2.18. Bioenergetic Vitalization Programs



The Bioenergetic Vitalization IMF programs are designed to support revitalization by harmonizing your Bioenergetic Field, thus activating your energy and vitality. The Regeneration I, II and III programs are based on each other; each of them should be used for one week, three weeks in total.

In the Bioenergetic Vitalization module of the HealAdvisor App you will find recommendations, based on expert knowledge from the HealAdvisor Cloud, for Healy IMF programs covering the topics that you selected or searched for. You can then select a topic and create an IMF schedule for the HealAdvisor App, showing you which Healy IMF programs you need to apply at what time of the day over the course of a week, based on our experience.

Order No.	Program name	Technology	Duration	Frequency
1	Regeneration I	IMF	36 min	1 x Daily
2	Regeneration II	IMF	36 min	1 x Daily
3	Regeneration III	IMF	36 min	1 x Daily
4	Bone Harmony	IMF	32 min	1 x Daily
5	Tissue Harmony	IMF	36 min	1 x Daily
6	Stability	IMF	22 min	1 x Daily
7	Holistic Support	IMF	37 min	1 x Daily
8	Nerve Harmony	IMF	38 min	1 x Daily
9	Pineal Gland Harmony	IMF	36 min	1 x Daily
10	Youth	IMF	25 min	1 x Daily
11	Epigenetic Harmonization	IMF	36 min	1 x Daily
12	Cell Harmony	IMF	41 min	1 x Daily

Program name	Description
Regeneration I	Harmonization of the Bioenergetic Field to stimulate vitality first phase
Regeneration II	Harmonization of the Bioenergetic Field to stimulate vitality second phase
Regeneration III	Harmonization of the Bioenergetic Field to stimulate vitality third phase
Bone Harmony	Harmonization of the Bioenergetic Field of the bones
Tissue Harmony	Harmonization of the Bioenergetic Field of the tissue
Stability	Harmonization of the Bioenergetic Field for stability
Holistic Support	Harmonization of the Bioenergetic Field for holistic support
Nerve Harmony	Harmonization of the Bioenergetic Field of the nerves
Pineal Gland Harmony	Harmonization of the Bioenergetic Field of the pineal gland
Youth	Harmonization of the Bioenergetic Field for optimization of the capacity for activity
Epigenetic Harmonization	Harmonization of the Bioenergetic Field of the cell epigenetics
Cell Harmony	Harmonization of the Bioenergetic Field of the cells



## 2.19. Healy Animal Programs

The Healy Animal programs are a careful selection of Individualized Microcurrent Frequency (IMF) programs supporting the harmonization of the Bioenergetic Field of animals.

In the Animal module of the HealAdvisor App you can find recommendations, based on expert knowledge from the HealAdvisor Cloud, for Healy IMF programs covering the topics that you selected or searched for. You can add these recommended programs to the list of IMF programs in the profile that you created for a specific animal.

Order No.	Program name	Technology	Duration	Frequency
1	Eyes	IMF	36 min	1 x Daily
2	Irritant Reactions	IMF	70 min	1 x Daily
3	Hormones	IMF	52 min	1 x Daily
4	Suffering	IMF	52 min	1 x Daily
5	Sensitivity	IMF	66 min	1 x Daily
6	Microbiota	IMF	43 min	1 x Daily
7	Rest	IMF	52 min	1 x Daily
8	Cleaning	IMF	52 min	1 x Daily
9	Emotions	IMF	52 min	1 x Daily
10	Power	IMF	52 min	1 x Daily
11	Defense	IMF	52 min	1 x Daily
12	Joints	IMF	69 min	1 x Daily

## 2.20. Wellbeing



The Wellbeing program group consists of three well-aligned Healy IMF programs. They contain frequency spectra, each of which, in our experience, relates to the body, mind and spirit and is intended to bring them into harmony with each other. The frequencies of the Body program are based on a well-used database of basic resonances of the body's Bioenergetic Field.

In our experience the Mind program is developed on the basis of the traditional Solfeggio frequencies, which are intended to harmonize the mind and communicate with the cosmic spirit. The Spirit program contains octavated resonant frequencies of the spectral colors of light.

The three Wellbeing programs can be used individually, but also together for optimal synergy: for example, Wellbeing-Body on Mondays, Wellbeing-Mind on Wednesdays, and Wellbeing-Spirit on Fridays. For a more intensive application, all three programs can also be used together on the same day. This procedure is also suitable for an intensive 21-day Healy Wellbeing experience.

Order No.	Program name	Technology	Duration	Frequency
1	Body	IMF	42 min	1 x Daily
2	Mind	IMF	66 min	1 x Daily
3	Spirit	IMF	66 min	1 x Daily

## 2.21. The Power of Three



The Power of Three is a set of Healy IMF program groups, each containing three programs. It is based on the ancient system of three natural energetic forces expressed in the bioenergies of Ayurveda. In our experience, the three programs in each group support and enhance each other and create a strong bioenergetic synergy if used alternately. Simply use the first of the three programs in a group on Monday, the second one on Wednesday and the third one on Friday to experience the bioenergetic Power of Three. They are designed for a 9 week protocol in total.

The Bioenergetic Rebalance Group is particularly designed to be applied at difficult energetic times. Followed by Universal Frequencies and then Digital Ayurveda, they create Power of Three-Square synergy. Use each program group for three weeks in addition to the Healy IMF programs you are currently using.

### 2.21.1. Bioenergetic Rebalance

These Power of Three Healy IMF programs are designed to rebalance your energy field after a bioenergetic event, or anything that might negatively affect or challenge your Bioenergetic Field. In our experience, not only energetic or emotional causes can cause disturbances in the Bioenergetic Field, but also physical events like accidents, loud sounds, vaccinations, or physical assaults. One by one, these three programs are designed to harmonize the underlying energetic conflicts, the energetic defense mechanisms and the bioenergetic ambience that constitute the energetic foundation of the intestinal flora, which in turn affects the psychic and energetic balance. We believe that in this manner, energetic balance and wellbeing can be restored.

Order No.	Program name	Technology	Duration	Frequency
1	Conflict Balance	IMF	54 min	1 x Daily
2	Defense Support	IMF	66 min	1 x Daily
3	Friendly Flora	IMF	66 min	1 x Daily

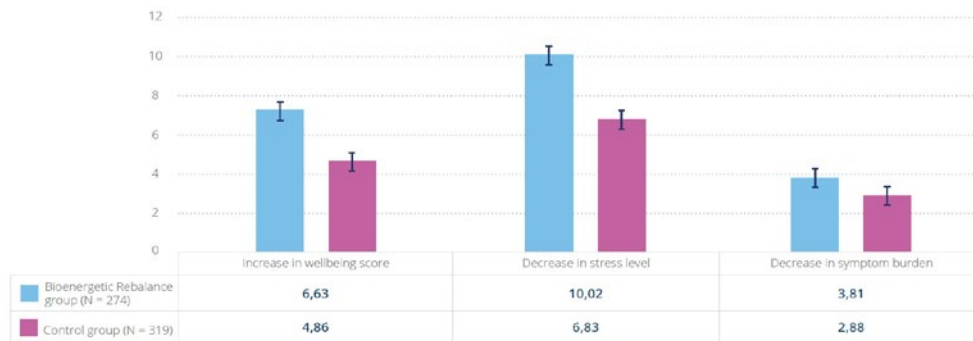
Program name	Description
Conflict Balance	Conflicts can cause emotional, mental and physical stress. In our experience, not only the bioenergetic, but also the physical field can react to stressors by hidden and permanent conflicting processes. This program is designed to harmonize these conflicts on different levels.
Defense Support	According to our experience, conflicts and external stressors activate our bioenergetic defense system and may cause it to get out of balance, overreact or be weakened. Harmonization can rebalance the Bioenergetic Field to find the appropriate response to external challenges and change.
Friendly Flora	According to our experience, the Bioenergetic Field consists of the fields of the organism and the Bioenergetic Field of all its microorganisms. We believe that a synergistic energetic relationship between these fields is the basis for bioenergetic harmony and wellbeing. Additionally, this program is designed to support emotional and mental balance.

The Healy IMF Rebalance program was designed to support the harmonization of the Bioenergetic Field after stressful events. To measure the effect of the Bioenergetic Rebalance program group including the Rebalance program, we conducted a Randomized Controlled Trial (RCT). This trial encompassed approximately 600 healthy Healy users and employed three internationally recognized survey methods on wellbeing (WHO-5), stress level and concern burden to evaluate the subjective wellbeing of the participants. The group of nearly 300 participants who applied the Bioenergetic Rebalance Healy IMF programs in addition to their usual Healy programs had statistically relevant better performance in wellbeing and stress reduction than the control group, which continued to apply their Healy devices as usual. This is particularly significant because many of the participants in the control group already were using their Healy programs primarily to improve their sense of wellbeing. This demonstrates the additional value of the Bioenergetic Rebalance program group including the Rebalance program, especially after stressful events.

The study also revealed another benefit of the Bioenergetic Rebalance programs: Participants who underwent the emotional stress of vaccination in the past year benefited more from using the Bioenergetic Rebalance programs than individuals who were unvaccinated. For all parameters measured, average effect size (Cohen's d) was much higher in vaccinated than in unvaccinated participants, see **Figure 1** below<sup>1</sup>.

1) This has not been confirmed by independent studies.

Overall Comparison Bioenergetic Rebalance Group versus Control Group



Effect size of Bioenergetic Rebalance versus Control Group (Cohen's d)\*



\*Randomized, controlled two arm study (Bioenergetic Rebalance Healy IMF programs and standard Healy IMF programs control group) with 593 participants, who received the "The Power of Three" program group

Figure 1: Study results and effect size of the randomized controlled trial with the four Bioenergetic Rebalance programs

In this study the Bioenergetic Rebalance programs were used according to the following protocol for three weeks:

	In the Morning	In the Afternoon / Evening
Monday	Conflict Balance	Rebalance
Tuesday	Defence Support	Rebalance
Wednesday	Friendly Flora	Rebalance
Thursday	Conflict Balance	Rebalance
Friday	Defence Support	Rebalance
Saturday	Friendly Flora	Rebalance
Sunday	"One day rest"	

	Program name	Technology	Duration	Frequency
1	Rebalance	IMF	102 min	1 x Daily

Program name	Description
Rebalance	In our experience, physical events can cause severe imbalances to the Bioenergetic Field. This program is designed specifically to harmonize those imbalances.

### 2.21.2. Universal Frequencies

Universal Frequencies is a universal Power of Three program group which combines classical frequencies, as defined by frequency pioneers, with frequencies analyzed in the Information Field. This set of programs is designed to harmonize your Bioenergetic Field when it is negatively influenced.

Order No.	Program name	Technology	Duration	Frequency
1	Classical Physical	IMF	53 min	1 x Daily
2	Classical Energetic	IMF	44 min	1 x Daily
3	Zapper Protocol	IMF	79 min	1 x Daily

Program name	Description
Classical Physical	Classical basic frequencies combined with Individualized Microcurrent Frequencies (IMF).
Classical Energetic	Additional classical frequencies combined with Individualized Microcurrent Frequencies (IMF).
Zapper Protocol	The classic 7-20-7-20-7 minutes Zapper protocol to harmonize the Bioenergetic Field and the parasitic bioenergetic fields.



### 2.21.3. Digital Ayurveda

The group of three Healy IMF programs Kapha, Pitta and Vata are a prime example of the Power of Three principle. Applying each of them once a week, in our experience, harmonizes the main aspects of the Bioenergetic Field. You can also choose one or two of them according to your Ayurvedic personality type or according to a specific bioenergetic imbalance.

#### Kapha

According to the tradition of Ayurveda, Kapha is located in bones, muscles, and tendons. When in balance, Kapha is synonymous with love, calmness and forgiveness.

#### Pitta

According to the tradition of Ayurveda, Pitta is responsible for stability of the body and mind. It gives vitality and the ability to understand. It nourishes the body.

#### Vata

According to the tradition of Ayurveda, Vata is located in the abdomen below the navel; it encompasses the colon, pelvis, the pelvic organs, the thighs, skin, ears, nervous system and lungs. It is responsible for movement of body and mind. Sensory impulses, breath, excretion and speech are some of its main functions.

Order No.	Program name	Technology	Duration	Frequency
1	Kapha	IMF	54 min	1 x Daily
2	Pita	IMF	42 min	1 x Daily
3	Vata	IMF	42 min	1 x Daily

Program name	Description
Kapha	Harmonizes the Bioenergetic Field if Kapha is imbalanced.
Pita	Harmonizes the Bioenergetic Field if Pita is imbalanced.
Vata	Harmonizes the Bioenergetic Field if Vata is imbalanced.

## 2.22. Bioenergetic Support



The Bioenergetic Support program group contains programs that were developed based on frequency research and in connection with current global issues. We at Healy World are continuously conducting clinical and scientific research together with our international team and our worldwide research partners. Our goal is to find answers to today's global problems, to open up new application opportunities and to further increase the effectiveness of the Healy IMF programs. This approach keeps delivering new Healy applications, some of which we consider so essential that we make them available to all Healy users free of charge. We are including these programs in the Bioenergetic Support group of programs so that everyone can use them.

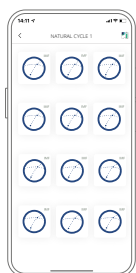
In recent research, Dutch scientists who conducted a comprehensive data analysis from the disciplines of physics, biology and cosmology; discovered a universal frequency pattern that, according to their theory, is the basis of all matter and life. These frequencies are largely based on the Tetraktys, the cosmological and mathematical universal key that the ancient Greek philosopher and mathematician Pythagoras is said to have discovered over 2,500 years ago and which also forms the basis of ancient harmonic theory.

We have combined the 214 coherent principal frequencies from these patterns into the Healy Coherence IMF program.

Order No.	Program name	Technology	Duration	Frequency
1	Bioenergetic Support	IMF	78 min	1 x Daily
2	Coherence	IMF	54 min	1 x Daily

Program name	Description
Bioenergetic Support	Supporting, balancing and harmonizing the Bioenergetic Field
Coherence	In our experience, coherence is the ability of a person to respond flexibly and as a whole to the stimuli of their environment, while also vigorously pursuing the meaning of their existence. Coherence is a measure of inner consistency and balance as well as the ability to communicate and interact with the external world. We believe that it corresponds to a strong sense of purpose and the power to be able to create an inner and outer order. The interaction between the parts of an organism, the harmonious relationship between organism, mind and spirit, and of the individual to the community – this is what we call coherence. The application of the Healy Coherence program is designed to strengthen the sense of coherence.

## 2.23. Natural Cycle



Our life is profoundly influenced by the phases of the moon, the sun and the earth. In our experience, the frequencies of these celestial bodies determine our bodies, our emotions and perhaps our destiny since the moment of our birth.

But most of us today are leading lives that are moving too fast and causing us to drift away from our natural rhythms. Our body and our mind are sensing these conflicts and many of us experience physical and emotional imbalances.

According to our experience, with the Healy Natural Cycle program group, we can address these challenges by bringing our lives back into alignment with the natural cycles and flow. The Healy Natural Cycle programs contain completely new frequencies, developed and compiled by Nuno Nina, the creator of the Healy Gold Cycle.

The application of the Natural Cycle program must begin on so-called trigger dates (e.g., a change of seasons, an equinox, etc.), when ideal energetic conditions occur in the solar and lunar cycles. At the beginning it is also necessary to determine the organ meridian with which the application should be started. These calculations are conveniently and automatically performed by the HealAdvisor Natural Cycle module, which also reminds the user at the right time for the application when the organ of a particular meridian is active.

Drinking a glass of pure water 30 and 15 minutes prior to the meridian activation program and 15 minutes afterwards will optimally prepare you to use the frequency programs.

In the first weeks of a Natural Cycle, the daily stabilization program is applied. When the stabilizing effect becomes noticeable (easy and refreshed waking up, no problems with bowel movements, timely and easy falling asleep), you switch to the stabilizing program according to the solar cycle. The HealAdvisor Natural Cycle module adjusts this automatically as well.

Likewise, the HealAdvisor Natural Cycle module determines the respective change to the next organ on the Organ Clock; the application takes place each Tuesday and Friday. If the predetermined time for an organ falls within the usual sleeping time, you can skip this session.

Natural Cycle should also be terminated on a trigger date as soon as you feel that you are in harmony with your natural cycle. The calculation of this date is also performed by the HealAdvisor Natural Cycle module.

You can start a Natural Cycle protocol again on each trigger date; Nuno Nina recommends repeating it at least twice a year.

### Activation Programs

Order No.	Program name	Meridian	Technology	Duration	Frequency
1	3AM-5AM	Lung	IMF	18 min	1 x Daily
2	5AM-7AM	Large Intestine	IMF	18 min	1 x Daily
3	7AM-9AM	Stomach	IMF	18 min	1 x Daily
4	9AM-11AM	Spleen/Pancreas	IMF	18 min	1 x Daily
5	11AM-1PM	Heart	IMF	18 min	1 x Daily
6	1PM-3PM	Small Intestine	IMF	18 min	1 x Daily
7	3PM-5PM	Bladder	IMF	18 min	1 x Daily
8	5PM-7PM	Kidneys	IMF	18 min	1 x Daily
9	7PM-9PM	Pericardium	IMF	18 min	1 x Daily



Order No.	Program name	Meridian	Technology	Duration	Frequency
10	9PM-11PM	Triple Heater	IMF	18 min	1 x Daily
11	11PM-1AM	Gallbladder	IMF	18 min	1 x Daily
12	1AM-3AM	Liver	IMF	18 min	1 x Daily

**Stabilization Programs**

Order No.	Program name	Technology	Duration	Frequency
1	Stabilization Daily	IMF	30 min	1 x Daily
2	Stabilization Solar	IMF	30 min	1 x Daily

Program name	Description
03:00-05:00 寅	The Lung meridian is called the “Master of Qi”, meaning that it can balance the flow of biological energy and breath in the whole body. It supports the cells as they engage in the energetic exchange of taking in oxygen and releasing waste. The time of regeneration for this important qi modulating meridian is between 3am and 5am. The distribution of qi and ying allows a good lymphatic and energetic flow that happens in the middle of the night when the body is in a very passive or Yin state.
05:00-07:00 卯	The Large Intestine meridian is called the “Water Purifier” since it supports elimination of waste during the day. The large intestine regulates the health of skin, joints and mucosae and regenerates every morning between 5am and 7am. This particular time is very important to rebalance our microbiome and redistribute fluids that will be then eliminated during the day or reabsorbed as hydration.
07:00-09:00 辰	The Stomach meridian is also called the “Great Granary” or grain storage due to its connection with ingested food. It is not only very important to balance digestion, but also supports good sight and eye coordination as well as alertness. The stomach needs to regenerate every morning between 7am and 9am and if well reactivated, it produces enough yang energy to maintain a good body temperature.
09:00-11:00 巳	The Spleen meridian relates to Yi or “Thought and Memory” and is traditionally associated with assimilation. It plays a role in regulating GuQi or digestive energy, allowing a long-lasting energy supply for the day. The spleen energy is regenerated every day between 9am to 11am. During this time, it is important to allow the energy to flow from the inside to the outside and not vice versa, therefore heavy meals are to be avoided.
11:00-13:00 午	The Heart meridian is considered the body’s “Emperor Spirit”, the source of consciousness and pure self. The typical state of vacuity dear to the Taoists and Buddhists is historically represented by the empty resonant heart, devoid of stress and passion. The opportunity to empty the heart and brain and favor the transit of energy to the digestive organs is every day between 11am and 1pm. This short break for the brain allows the Heart meridian to promote balance of cognitive and energetic functions.
13:00-15:00 未	The Small Intestine meridian is the seat of “Fire” and digestive energy. It is in the small intestine that the energy for attention and concentration is produced. During this part of the day the Yang Qi has an increased opportunity to circulate in order to better assimilate food and transform it into GuQi or the energy from food and drinks. The regeneration time for the Small Intestine meridian is every day between 1pm to 3pm.



Program name	Description
15:00-17:00 申	The Bladder meridian is thought to balance both the output of fluids and the external flow of energy in the nerves. The Bladder meridian in fact produces the largest distribution of qi along the spine and from the head to the toes. The regeneration time for the Bladder meridian is every day between 3pm to 5pm.
17:00-19:00 酉	The Kidney meridian is called the "Root of Life", as water is its element and the most vital component of life and youth. It is the storage of dense energy called Jing, the type of less-flowing energy that constitutes glands and tissues. A loss of Jing is visible through a lower quality of hair, bones and teeth. Between 5pm and 7pm the Kidney meridian can be calmed through the use of juices, activated water or a warm non-caffeinated beverage.
19:00-21:00 戌	The Pericardium meridian supports the microcirculation of qi through the body's vascular system. Due to the daily chrono-biorhythm, the effect of the qi in the periphery begins to travel towards the inner organs at 7pm, thus allowing for an inner energetic nourishment of dense organs.
21:00-23:00 亥	The Triple Heater meridian is comparable to the metabolism in the western view. A healthy triple heater helps maintain a normal temperature and regulate a good balance between O2 and CO2 through breathing. The Triple Heater meridian reduces its functions between 9pm and 11pm. A typical sign of the need to recuperate is when you yawn during this 2-hour period.
23:00-01:00 子	The Gallbladder meridian is called the "General" and thought to be the organ of focused energy. It is related to brain function, magnetic energy (from iron metabolism) and willpower. It is thought to be related to energetically balanced eyes and reflexes. The regeneration time for the Gallbladder meridian is between 11pm and 1am.
01:00-03:00 丑	The Liver meridian is the organ of "Life and Energy" and needs a restful night's sleep to recover. The liver is hosting both the Wei Qi (defensive energy) and the blood. Both get purified during the night around 1am and 3am. The Liver meridian also controls the healthy qi of tendons and blood circulation in the eyes and head.

## 2.24. Soul Cycle



When we experience the first heartbeat in our mother’s womb, we are in a state of being connected to everything. When we are born, we experience the first separation of our life, being separated from our mother. Then, in our first months and years, we experience the separation between ourselves and everything around us. Later, we are going to experience the separation between body and mind. In this way we are increasingly separating ourselves from everything that surrounds us, accumulating along the way a variety of blockages, fears, traumas and beliefs that often manifest themselves in hatred, envy and anger. Still, we are unconsciously trying all our life to find our way back into connectedness with everything. The cycle of our soul is coming full circle eventually.

Every human being possesses their own spectrum of unique frequencies. Every negative influence that comes our way is leaving small or big disharmonies in our frequency spectrum. The Soul Cycle programs are designed to re-harmonize these negative frequencies and to help us find peace within ourselves, let go of our fears, feel connected with everything again, feel loved at all times and thus allow us to develop our full inner potential.

The Soul Cycle program group was created by Martina Kondritz, a professional TimeWaver Frequency user with her own practice and years of experience. She is the co-founder of the professional association “Gesellschaft für Bio-Elektro-Therapie e.V.” (Society for Bio-Electro Therapy) and a lecturer at the TimeWaver Academy in the field of TimeWaver Frequency. Her approach is based on a deep knowledge of the use of frequencies to support personal integration and restore a sense of connectedness with self and nature.

Order No.	Program name	Technology	Duration	Frequency
1	Acceptance	IMF	51 min	1 x Daily
2	Aura Pure	IMF	60 min	1 x Daily
3	Power Reserve	IMF	51 min	1 x Daily
4	Serenity	IMF	60 min	1 x Daily
5	Happy	IMF	51 min	1 x Daily
6	Self-Confidence	IMF	60 min	1 x Daily
7	Burden	IMF	69 min	1 x Daily
8	Confidence	IMF	51 min	1 x Daily
9	Energy Balance	IMF	69 min	1 x Daily
10	Emotions	IMF	60 min	1 x Daily
11	Inner Balance	IMF	51 min	1 x Daily
12	Stimulation	IMF	60 min	1 x Daily



Program name	Description
Acceptance	Energetic harmonization of the ability to accept ourselves the way we are
Aura Pure	Purifying the energetic field
Power Reserve	Stimulating the Bioenergetic Field
Serenity	Stimulating the inner balance of the energetic field
Happy	Positive alignment of the energetic field
Self-Confidence	Inner centering of the energetic field
Burden	Energetic support for releasing
Confidence	Energetic stimulation of the inner connection to yourself
Energy Balance	Balancing the energy centers
Emotions	Energetic support for processing emotions
Inner Balance	Energetic stimulation of the inner unity
Stimulation	Stimulating energetic regeneration

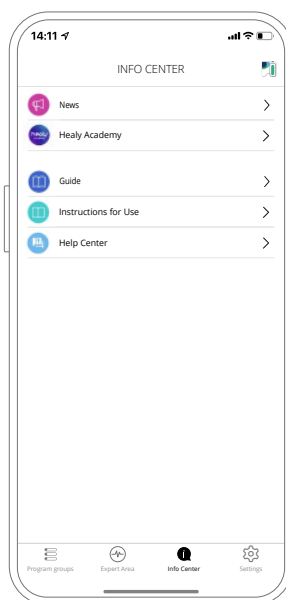
## 2.25. Expert Programs

The “Expert Programs” category offers 12 slots for programs individually created for you by your expert user. Your expert can transfer them to your Healy, regardless of your location. The HealAdvisor Cloud enables secure data transfer between the Healy and the professional system of your expert through the Expert TAN. The Expert TAN procedure is described below.

# 3. Additional App Functions

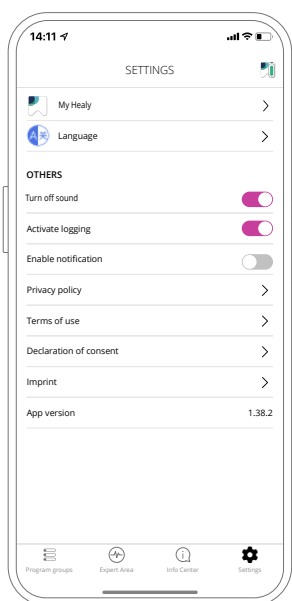
## 3.1. Info Center

The Info Center menu contains all the relevant information about your Healy and offers you additional support options.

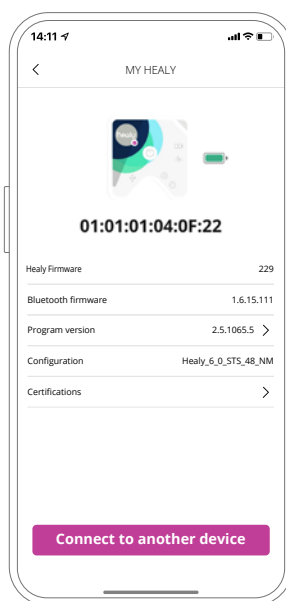


## 3.2. Settings

In the Settings menu you can find all the information about the app and your Healy device and customize the app configuration.

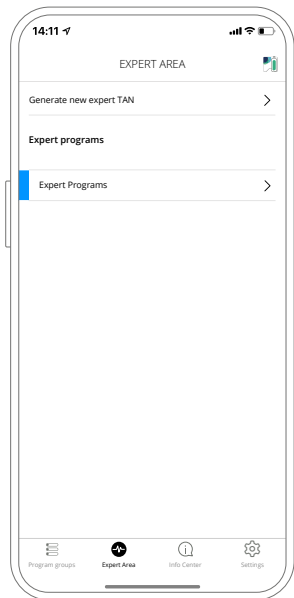


When you click on "My Healy", you can update the firmware of your device, update the configuration of your programs and connect to another device.



### 3.3. Expert Area

In the Expert Area you can generate a unique TAN for your app in the HealAdvisor Cloud and share it with an expert user. With the expert TAN, an expert can transfer individual programs from their professional system to your Expert Programs page or delete programs that have already been transferred.



# 4. Change the Current Level of your Healy

We created this feature to meet the needs of electrosensitive people because statistically about a quarter of all people are sensitive to stimulation applications.

In the HealAdvisor app, you have the possibility to adjust the maximum amperage of your Healy IMF programs to your personal needs. If you are not sensitive to the application of microcurrent, you can choose “High Current” to increase the maximum amperage of the Healy IMF programs and better feel the current at frequencies below 1000 Hz.

Simply download the HealAdvisor App in the Apple App Store or Google Play Store and log in with your Healy Shop login data. Now go to “Settings” on the bottom right and enter the menu “Healy Configuration”. In the next step you can switch between the current levels of your Healy.

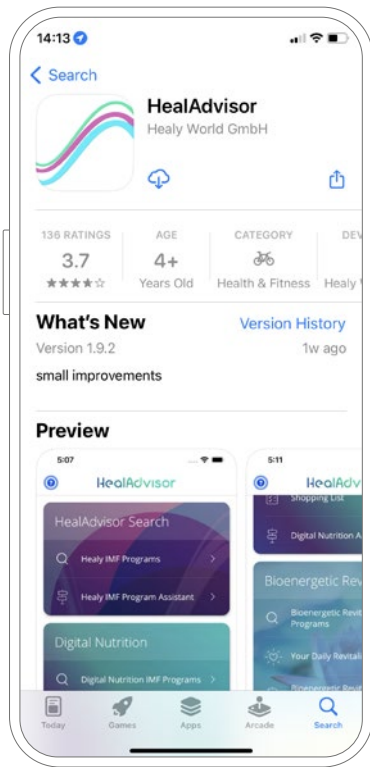


Figure 5.1: Download Apple App Store

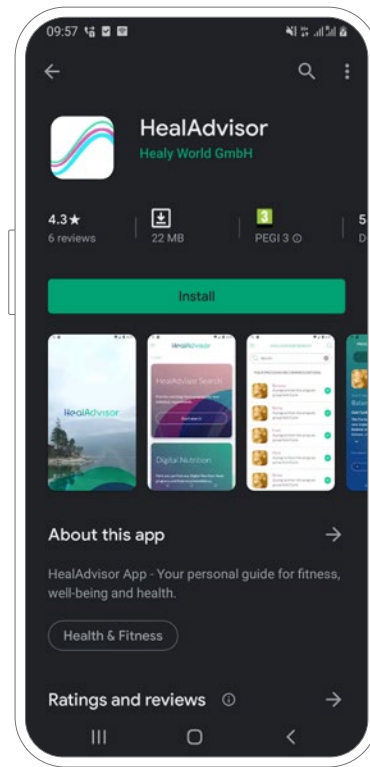


Figure 5.2: Download Google Play Store

## 5. Healy Coil

The Healy Coil is a supplementary component for the Healy. You can see an example in the bottom of this page. It can be attached to the Healy and works wirelessly, without electrode cables. The electrical currents of the Healy IMF programs flow through the Healy Coil and generate two magnetic fields with opposing field lines which cancel each other out, with the magnetic quantum potential nevertheless remaining unchanged. This is called the Aharonov-Bohm effect.

In this way in our experience “Quantum Potential Frequencies”, further called QPF<sup>1</sup>, are created. With these QPF, the pure frequency is being transferred to the Bioenergetic Field on a deeper layer.

We believe that Quantum Potential Frequencies can thus resonate with biological organisms without transmitting any actual physical energy; pure information is vibrating.

To harmonize the Bioenergetic Field, the Healy Coil is designed to use the IMF programs at 30-100% intensity.

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1) *The Quantum Potential Frequencies (QPF) are designed to support wellbeing through the harmonization of the Bioenergetic Field. We have conducted unblinded before/after surveys in controlled and randomized groups of participants. These surveys suggest that the participants' wellbeing was higher after the application. We attribute this to the harmonization of the Bioenergetic Field, which we refer to as the energy flow of life, traditionally also called chi (or qi) and prana. This has not been confirmed by independent studies.*





Frequencies for Your Life

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