



Jan Fredrik Poleszynski's

# Guide to Using Deep Cycle

In order to help you ideally flow with the cycles in life, Healy World and the creator of Deep Cycle collaboratively developed a detailed step-by-step guide on using the specific Deep Cycle Individualized Microcurrent Frequency (IMF) programs in a series of 2-, 4- or 6-week cycles.

The guide is intended to serve both beginners as well as experienced Deep Cycle users to get the most out of the Deep Cycle program group.



## Recommendations From the Expert:

- Do not apply other forms of electromagnetism when using the Deep Cycle guide.
- Hydration with only water is preferable. Avoid alcohol and coffee after 12 pm.
- Concentrate on pure, non-processed food (low in sugar and carbs).
- Get some physical activity, fresh air and natural light.
- Keep your regular sleep rhythm.
- Avoid any other form of unnecessary medication, if possible.
- Distance yourself as much as possible from other electrical appliances like Smart-phones, TV-Screens, WiFi Routers, etc.

Week 1		
<b>SENSITIVE</b> Time: morning	After waking up and having a glass of pure water, moisten the electrodes and set low intensity.	Day 1
<b>BREATH OF LIFE</b> Time: morning	Use as early as possible, ideally at 5 a.m.	Day 2
<b>KIDNEY HARMONY FEMALE/MALE</b> Time: afternoon	Drink a glass of pure water before and after the application.	Day 3
<b>SENSITIVE</b> Time: morning	After waking up and having a glass of pure water, moisten the electrodes and set low intensity.	Day 4
<b>DIGEST ALL</b> Time: morning	Drink a glass of pure water before and after the application.	
<b>BREATH OF LIFE</b> Time: morning	Use as early as possible, ideally at 5 a.m.	Day 5
<b>KIDNEY HARMONY FEMALE/MALE</b> Time: afternoon	Drink a glass of pure water before and after the application.	
<b>CLEAN ALL</b> Time: Free of choice	Drink a glass of pure water before and after the application.	Day 6
Time: -	No program application.	Day 7

## Week 2

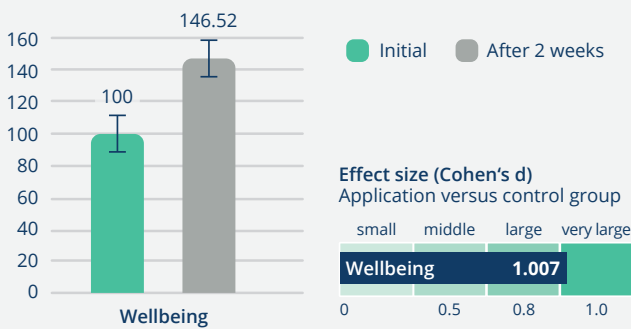
<b>BREATH OF LIFE</b> Time: morning	Use as early as possible, ideally at 5 a.m.	Day 8
<b>KIDNEY HARMONY FEMALE/MALE</b> Time: afternoon	Drink a glass of pure water before and after the application.	
<b>FREE FLOW</b> Time: First half of the day	Drink a glass of pure water before and after both applications.	Day 9
<b>PURE CALM</b> Time: Second half of the day		
<b>PURE ENERGY</b> Time: morning	Use as early as possible, ideally at 5 a.m.	Day 10
<b>PURE CALM</b> Time: Second half of the day	Drink a glass of pure water before and after the application.	

<b>RENEWAL</b> Time: morning	Drink a glass of pure water before and after both applications.	Day 11
<b>GO TO THE ROOTS</b> Time: afternoon		
<b>SENSITIVE</b> Time: morning	After waking up and having a glass of pure water, moisten the electrodes and set low intensity.	Day 12
<b>GO TO THE ROOTS</b> Time: afternoon	Drink a glass of pure water before and after both applications.	
<b>PURE CALM</b> Time: morning	Drink a glass of pure water before and after both applications.	Day 13
<b>KIDNEY HARMONY FEMALE/MALE</b> Time: afternoon		
<b>GO TO THE ROOTS</b> Time: afternoon	Drink a glass of pure water before and after the application.	Day 14

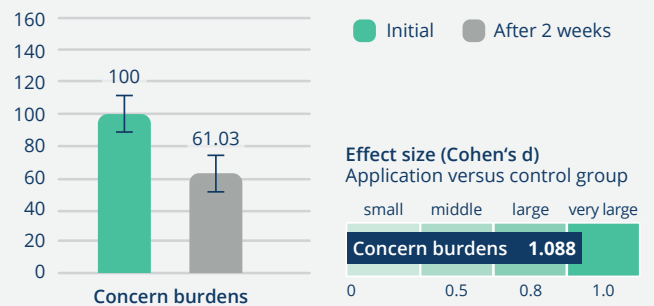
## The Power of a Coordinated Protocol

A study conducted on the Deep Cycle program group revealed the positive effects of Healy IMF programs when being used over a certain period of time and in a coordinated way.

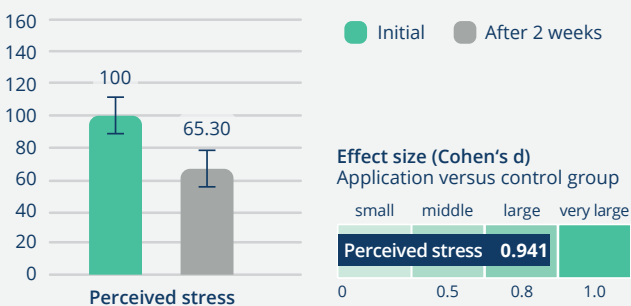
Participants showed an average increase of 46% in wellbeing.



Participants showed an average decrease of 39% in concerns.



Participants showed an average decrease of 35% in perceived stress.



The effect size of this 14-days, 2-arm controlled study was **very large** for the increase in wellbeing and decrease in concerns and was **large** for the decrease in perceived stress.

View full study results at: [www.healyworld.net/healy/studies](http://www.healyworld.net/healy/studies)



Week 4		
<b>PURE CALM</b> Time: morning	Drink a glass of pure water before and after both applications.	Day 22
<b>GO TO THE ROOTS</b> Time: afternoon		
<b>PURE ENERGY</b> Time: morning	Drink a glass of pure water before and after both applications.	Day 23
<b>PURE CALM</b> Time: afternoon		
<b>RENEWAL</b> Time: morning	Drink a glass of pure water before and after both applications.	Day 24
<b>KIDNEY HARMONY FEMALE/MALE</b> Time: afternoon		
<b>BREATH OF LIFE</b> Time: morning	Use as early as possible, ideally at 5 a.m.	Day 25
<b>GO TO THE ROOTS</b> Time: afternoon	Drink a glass of pure water before and after the application.	
<b>PURE CALM</b> Time: morning	Drink a glass of pure water before and after both applications.	Day 26
<b>KIDNEY HARMONY FEMALE/MALE</b> Time: afternoon		
<b>GO TO THE ROOTS</b> Time: afternoon	Drink a glass of pure water before and after the application.	Day 27
Time: -	No program application.	Day 28

## Program Guide Extensions

### For a more intensive program guide of 4 weeks, continue with the following protocol:

Execute the program recommendations for week 1, apply the program recommendations for week 2 twice (for week 2 & 3) and continue with the program recommendations for week 4 as stated on the left.

### For an even more intensive program guide of 6 weeks, continue with the following protocol:

Repeat the program recommendations for week 1 and 2, continue with the program recommendations of week 2 for another two weeks (week 3 & 4) and finish by following the program recommendations of week 4 for the last two weeks (week 5 & 6).

**Important:** After finishing the 2-, 4- or 6-weeks cycle, please rest for at least three whole days and do not use any kind of frequency application during this period.

**Note:** If you own the HealAdvisor Analyse Resonance Module, you can always conduct an in-depth analysis in the Information Field after finishing this guide and analyze the Deep Cycle programs you are currently resonating with the most.

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**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.

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