

# MAGHEALY PROGRAM DESCRIPTIONS

A compilation of references to use as a  
guide while working with MagHealy  
programs

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# NOTICE

The frequency program descriptions contained in this document do not constitute medical advice, medical recommendations, or treatments. They are in no way a substitute for allopathic medical care. This document is not a corporate Healy product. Additionally, Healy recommends that you use the HealAdvisor Search app as a resource for finding the right frequencies for your unique needs.

The more you get familiar with your Healy devices and the programs they contain, the easier it will feel to navigate the program databases and recognize what suits you best.

The MagHealy is not designed to cure, treat, mitigate, diagnose or prevent disease. Again, Healy does not ever make any medical claims. The MagHealy is a wellness device NOT an illness device. It is created to help harmonize, balance, and support the bioenergetic field of you, your environment, and your water. The information on these pages is for reference and educational purposes only. It should not be treated as a substitute for professional medical advice, diagnosis, or treatment. You should always seek such medical advice from a qualified allopathic medical professional.

# GREETINGS!

I hope you find this reference helpful and supportive in your journey with your MagHealy! The following is a compilation of information about the MagHealy QAF and FSMF programs accessible through the Healy pink app.

The following are references for where this information originated:

Healy back office material  
MagHealy Presentation by Brid Hanlon BSc, Dip Ed, LCHE



# MAGHEALY PROGRAM OVERVIEW

Classic Programs  
Atmosphere Programs  
Water Activation Programs  
McMakin Harmonization Programs



# CLASSIC PROGRAMS 1 & 2

*The MagHealy Classic Programs are designed for application through direct contact with the body. The pink app will demonstrate where to place the MagHealy on the body. Information below is structured: Program name - Duration, Frequency, Intensity, Description  
Note: The MagHealy Classic Programs utilize Quantum Analyzed Frequency technology*

**Cell Harmony** - 36 min 1 x Daily 70 – 100 %

Harmonization of the Bioenergetic Field of the cells with resonance frequencies.

**Regeneration** - 36 min 1 x Daily 70 – 100 %

Regeneration of the Bioenergetic Field of Body, Mind and Spirit.

**Vitality** - 36 min 1 x Daily 5 – 15 %

Restoration of the vitality of the Bioenergetic Field.

**Head Harmony** - 36 min 1 x Daily 5 – 15 %

Harmonization of the Bioenergetic Field of the head.

**Joints** - 36 min 1 x Daily 20 – 50 %

Harmonization of the Bioenergetic Field of the joints.

**Tiredness** - 36 min 1 x Daily 20 – 50 %

Energization of the Bioenergetic Field in case of fatigue.

**Sleep** - 36 min 1 x Daily 70 – 100 %

Harmonization of the Bioenergetic Field during sleep.

**Balance Body** - 36 min 1 x Daily 50 – 70 %

Harmonization of the Bioenergetic Field of the whole being.

**Energy Circulation** - 36 min 1 x Daily 70 – 100 %

Harmonization of the circulation of bioenergetic energies.

**Positive Mood** - 36 min 1 x Daily 5 – 15 %

Frequencies to harmonize your mood when you are out of emotional balance

**Earth** - 36 min 1 x Daily 20 – 50 %

Connect yourself with the frequencies of Mother Earth

**Spherics** - 30 min 1 x Daily 70 – 100 %

Harmonize yourself with the frequencies of the earth's atmosphere

**Pressure** - 36 min 1 x Daily 5 – 15 %

Free yourself from external and internal pressure

**Sound of Silence** - 39 min 1 x Daily 5 – 15 %

Most suitable for people experiencing auditory disharmony



# ATMOSPHERE PROGRAMS 1

*MagHealy is designed to extend the capabilities and options of Healy technology. The original Healy device sends frequencies directly through the body via microcurrent, whereas MagHealy acts through space via magnetic field. The MagHealy Atmosphere programs create a pulsating magnetic field, modulated with QAF (Quantum Analyzed Frequencies) that extends up to one and a half meters, or five feet, across the room.*

*These programs can be run continuously, as there is no set program duration. The Healy program guide recommends setting the intensity between 30-100%.*

**Study:** Designed to generate an energetic space that promotes concentration and learning.

**Creativity:** Supports the right environment for creative thoughts and ideas by harmonizing the energetic field.

**Office:** Designed to create an optimal environment in your workspace that promotes performance, teamwork and focus.

**Prosperity:** Energetic improvement of the space to create the right environment for financial and professional activities.

**Car:** Optimizing the energetic field inside a car while driving.

**Workout:** Harmonizing the surrounding space to create an energetic field for your workout.

**Family Harmony:** Harmonization of the living space to support a positive energetic environment for the whole family.

**Children Playing:** Harmonizing the surrounding space of children to optimize their energetic well being during play.

**Eating:** Creating a positive energetic field for nourishment.

**Food Cleansing:** Harmonization of the energetic memory of the Bioenergetic Field of food.

**Kitchen:** Creates an optimal atmosphere to promote a positive mindset and emotional state to prepare food with a high energy.

**Pantry:** Harmonizing space around your food to create a positive environment for storing



# ATMOSPHERE PROGRAMS 2

**Stress:** Harmonization of inner expectations and outer reality through energetic balancing of the surrounding space.

**Coherence:** Promotion of the sense of holistic wellbeing by energetic coherence in the surrounding space.

**Energy:** Creation of an energized space through energetic harmonization of the surrounding space.

**Relaxation:** Energetic harmonization of the space to improve coping with daily input while practicing your chosen relaxation method.

**Holistic Health:** Promotes a sense of unity and coherence of body, mind and soul, to support an all inclusive wellbeing and vitality.

**Sleep:** Placed in the area where you sleep, harmonizes yin and yang to promote balance while you sleep.

**Electrosensitivity:** Energetic harmonization of the space to balance electromagnetic disturbances.

**Energy Clearing:** Harmonization of the energetic memory of the space to balance negative frequencies.

**Chakra Balancing:** Harmonization of the space to balance the whole chakra system of your energetic body especially during meditation.

**Relationship:** Carefully balancing the surrounding space to energetically favor loving relationships.

**Animal Harmony:** Optimization of the space to support a positive energetic field for animal balance.

**Plants:** Balancing the space to promote an positive energetic growth environment.



# WATER ACTIVATION PROGRAMS 1

*The MagHealy Water application contains different programs for informing drinking water with QAF (Quantum Analyzed Frequencies) magnetic fields emitted by the MagHealy, so humans can ingest energy and information. We understand water as the material form of the Information Field, consisting of molecules that are electric dipoles and contain all the information on which life is based.*

*All Water Activation programs are 10 minutes, and can be run up to 100% intensity*

**Fitness:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field of the muscles.

**Cell Harmony:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field of the cells.

**Nutrition Transport:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field for an optimal environment for nutrient transport.

**Kidney Harmony:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field for water regulation.

**Vagus Harmony:** Modifying the coherent quantum structure of water to harmonize the natural coherence of water.

**Skin Harmony:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field of the skin for optimized water distribution and transport. Bring your inner beauty to the outside supported through improved hydration.

**Energy Circulation Local:** Modifying the coherent quantum structure of water to harmonize the local energy circulation of the Bioenergetic Field.

**Energy Circulation Systemic:** Modifying the coherent quantum structure of water to harmonize the whole energy circulation of the Bioenergetic Field.

**Bioenergetic Regeneration:** Modifying the coherent quantum structure of water to harmonize the rebalancing and regeneration of the Bioenergetic Field.

**Fasting Morning:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field during morning fasting.

**Fasting Noon:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field during midday fasting.

**Fasting Evening:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field during evening fasting.

# WATER ACTIVATION PROGRAMS 2

**Energy:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field of the mitochondria.

**Mental Clarity:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field for optimized clarity.

**Heart Opening:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field for openness towards social relationships.

**Water Coherence:** Modifying the coherent quantum structure of water to harmonize the natural coherence of water.

**Purification Negative Info:** Modifying the coherent quantum structure of water to harmonize and purify its information.

**Bioenergetic Detox:** Modifying the coherent quantum structure of water to promote the cleansing of the Bioenergetic Field.

**Before Stress:** Modifying the coherent quantum structure of water to harmonize and prepare the Bioenergetic Field for psychological stress.

**After Stress:** Modifying the coherent quantum structure of water to harmonize and balance the Bioenergetic Field after stressful events.

**Bioenergetic Defense:** Modifying the coherent quantum structure of water to harmonize and strengthen the Bioenergetic Field.

**Unpleasant Sensations:** Modifying the coherent quantum structure of water to harmonize sensations in the Bioenergetic Field and balance mood.

**Sleep:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field for peaceful sleep. The ideal time is before 6 o'clock in the evening.

**Plants:** Modifying the coherent quantum structure of water to harmonize the Bioenergetic Field of plants for improved water distribution and transport.



# MCMAKIN HARMONIZATION PROGRAMS

## **ABOUT**

While the other MagHealy programs utilize QAF (Quantum Analyzed Frequency) technology, the McMakin programs use FSMF (Frequency Specific Magnetic Field) technology. What this means is that the programs utilize two magnetic fields to create interference of two different concurrent frequencies.

These programs are named after Carolyn McMakin D.C., who is an American teacher, researcher, and pioneer of interfering dual frequency applications.

The specific frequency pairs are targeted towards harmonizing the Bioenergetic Field. In each frequency pair, the first frequency relates to the type of imbalance while the second frequency defines the target location in the Bioenergetic Field, for example the Bioenergetic Field of the liver. Each of the 24 McMakin programs contains a complex sequence of such pairs.

## **DIRECTIONS FOR USE**

It is suggested to utilize these programs once daily, with the intensity set between 20-100%

The MagHealy should be placed in direct contact with the body while the program runs. The pink app will demonstrate where to place the MagHealy on the body.

# MCMAKIN HARMONIZATION PROGRAMS 1

| PROGRAM            | DESCRIPTION  | ISSUE BEING HARMONIZED  | TISSUE BEING HARMONIZED  |
|--------------------|--|---|--|
| Body Comfort       | Harmonization of the Bioenergetic Field of the spinal cord.  | inflammation, congestion, increase vitality   | spinal cord 10Hz   |
| Skin Harmony       | Harmonization of the Bioenergetic Field of the skin for energetic regeneration.  | reduce bleeding in new injury, torn/broken, guard against infection, increase vitality                  | skin 335 Hz, muscle sheath 142Hz   |
| Prostate Harmony   | Harmonization of the Bioenergetic Field of the prostate..  | Inflammation, congestion, toxins, increase vitality   | Prostate 5Hz, prostatic plexus 472Hz   |
| Soft Tissue        | Harmonization of the Bioenergetic Field of soft tissue for regeneration.   | Bleeding, torn/broken, trauma, allergy, inflammation, increase vitality                                 | Elastic tissue 62Hz, muscle sheath 142Hz, connective tissue 77Hz   |
| Soft Tissue wk 1-4 | Harmonization of the Bioenergetic Field of soft tissue for regeneration. Recommended in week 1-4 after a bioenergetic event. | Inflammation, torn/broken, reset, allergy, increase vitality  | All tissues 116Hz, elastic tissue 62Hz, muscle sheath 142Hz, connective tissue 77Hz, nerves 396Hz  |
| After Exercise     | Harmonization of the Bioenergetic Field of the muscles. Recommended within 20 minutes after exercise.                        | Torn/broken, inflammation, increase vitality  | Elastic tissue 62Hz, muscle sheath 142Hz, tendons 191Hz, all tissues 116Hz   |
| Neck Harmony       | Harmonization of the Bioenergetic Field of the musculoskeletal system.   | Inflammation, torn/broken, adhesions, inflammation  | Medulla 94Hz, ligaments 100 Hz, dura 443 Hz, spinal cord 10 Hz, nerves 396 Hz, cartilage 157 Hz, disc 710 Hz, joint capsule 480 Hz, periosteum 783 Hz, muscle sheath 142 Hz                              |
| Joint              | Harmonization of the Bioenergetic Field of the musculoskeletal system.   | Inflammation, torn/broken, adhesions, inflammation  | All tissues 116 Hz, cartilage 157 Hz, bursa 195 Hz, tendons 191 Hz, connective tissue 77 Hz, ligaments 100 Hz, joint capsule 480 Hz, muscle sheath 142 Hz, periosteum 783 Hz                             |
| Joint Balance      | Harmonization of the Bioenergetic Field of the joint for regeneration.   | Reduce bleeding in new injury, Torn/broken, Inflammation, Increase secretions, Increase vitality        | Artery/Elastic tissue 62Hz, Ligaments 100Hz, Muscle/connective tissue 77Hz, Tendons 191Hz, Periosteum 783Hz, Bursa 195Hz, Muscle sheath 142Hz  |
| Tendon Harmony     | Harmonization of the Bioenergetic Field of the tendon for regeneration.  | Torn/broken, Inflammation   | Tendon 191Hz, Connective tissue/muscle 77Hz, Periosteum 783Hz, All tissues 116Hz, Bursa 195Hz  |
| Lower Back Harmony | Harmonization of the Bioenergetic Field of the musculoskeletal system.   | Torn/broken, Inflammation, Increase secretions, Increase vitality                                       | Ligaments 100Hz, Muscle/Connective tissue 77Hz, Facets 157Hz, Periosteum 783Hz, Bone 39Hz, Joint Capsule 480Hz, Nerve 396Hz, Disc Annulus 710Hz, Disc as a whole 630Hz, Disc Nucleus 330Hz, Fascia 142Hz |
| Foot Harmony       | Harmonization of the Bioenergetic Field of the soft tissue.  | Inflammation, Chronic Inflammation, Fibrosis, Scarring, Calculi, Increase secretions, Increase vitality | All tissues 116Hz, Artery/Elastic tissue 62Hz, Veins 79Hz, Nerves 396Hz  |



# MCMAKIN HARMONIZATION PROGRAMS 2

| PROGRAM           | DESCRIPTION   | ISSUE BEING HARMONIZED  | TISSUE BEING HARMONIZED   |
|-------------------|---|---|---|
| Sleep             | Harmonization of negative influences on sleep quality.  | Nerve trauma, Emotional tension, Mental tension, Inflammation, Trauma, Reset, Increase secretions, Increase vitality  | SNS 562Hz, Adrenal Cortex 71Hz, Kidney 23Hz, Liver 35Hz, Gallbladder 38Hz, Thalamus 89Hz, Cerebrum 90Hz, Pineal gland 102Hz |
| Brain Harmony     | For harmonizing consciousness, strengthening the sense of coherence and harmonizing bioenergetic traumas. | Relaxation, Emotional tension, Inflammation, Trauma, Vitality, Reset  | Solar Plexus 200Hz, Medulla 94Hz, Ant Pituitary 310Hz, Cerebrum 90Hz, Thalamus 89Hz, Pineal Gland 102Hz, Cranium 1Hz        |
| Nerves Harmony    | Harmonization of the Bioenergetic Field for soothing.   | Inflammation, trauma, Torn/broken, Reset, Increase secretions, Increase vitality  | Nerves 396Hz  |
| Emotions          | Harmonization of the Bioenergetic Field to balance emotions in case of stress.                            | Mental tension, Emotional Tension, Inflammation   | Solar Plexus 200Hz, Medulla 94Hz, Thalamus 89Hz, SNS Sympathetic NS 562Hz   |
| Thalamus Harmony  | Harmonization of the Bioenergetic Field of the thalamus to balance sensitization.                         | Trauma, Reset, Inflammation, Increase vitality  | Thalamus (pain center in the brain) 89Hz, Nervous system generally 45Hz   |
| Vagus Harmony     | Harmonization of the Bioenergetic Field to support energetic relaxation and regeneration.                 | Reset, Nerve trauma, Nervous Tension, Emotional tension, Allergy, Inflammation, Increase secretions, Increase vitality  | Brain Matrix 1Hz, Solar plexus 200Hz, Medulla 94Hz, Anterior Pituitary 310Hz, Forebrain 90Hz, Vagus Nerve 109Hz             |
| Detox             | Harmonization of the Bioenergetic Field of the liver.   | Emotional tension, Torn/broken, Trauma, Reset, Inflammation, Toxicity, Increase secretions, Increase vitality   | Liver 35Hz  |
| Kidney Harmony    | Harmonization of the Bioenergetic Field of the kidney.  | Stones/calculi  | Ureter 60Hz, Kidney 23Hz  |
| Digestion Harmony | Energetic harmonization of metabolic activity of the Bioenergetic Field of the digestive system.          | Emotional tension, Torn/broken, Reset, Allergy, Fermentative toxins, Putrefactive toxins, Parasites/worms, Trauma, Inflammation, Increase Secretions, Increase Vitality | Small Intestine 22Hz, Lymph glands 63Hz, Pancreas 9Hz, Thalamus 89Hz, Vagus Nerve 109Hz                                     |
| Women Care        | Harmonization of the Bioenergetic Field for female reproductive organs.                                   | Bleeding, Spasm, Inflammation,  | Uterus 34Hz, Endometrium 155Hz  |
| Ovary Harmony     | Harmonization of energetic interferences in the Bioenergetic Field of the ovary.                          | Inflammation, Cysts, Inflammation, Increase vitality  | Ovaries 7Hz   |
| Sinuses Harmony   | Harmonization of the Bioenergetic Field of the sinuses to balance energetic disturbances.                 | Vitality, Flu-toxins, Pus, Congestion, Inflammation   | Immune system 116Hz, General body 0.1Hz, Mastoid 30Hz, Eyes 42Hz, Sinuses Sphenoid 75Hz, Sinuses frontal 25Hz               |