Healy Holistic Q&A

- If you are taking medication at the same time, we recommend that you have the dose checked by your doctor at least once a month, especially if you are taking the following medications:
  - Blood thinners
  - Antidiabetics
  - Blood pressure lowering medication
  - Hormones (especially thyroid hormones) - Beta blockers

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

[11:01 am, 12/03/2020] Christa Krahnert: I just want to make it more clear that this group was designed as support if you are using your Healy and you can’t get anywhere and would love to get some help to what to look additional into. This is not a private clinic and me as a natural doctor giving private consultations. You see Healy does work in many ways and you can use all your purchased programs to see how you go with it, how you feel emotionally, what is changing in your mind, what new thoughts are coming up and what awareness you gain. As I mentioned to some of you and to all of you - most dis-ease is coming from toxins, emotional imbalance, mental stress, overload on information and unhealthy
business and relationships. You can address all of that already with the Gold cycle. If you want to have your life analysed on a very individual level - what I can't give to you as the resonance system is checking your whole energy field around you - you should think of purchasing the Healy resonance and to detour try and error. Healy resonance gives you exactly what you need in that given moment - even if you suffer from eg. knee problems it can give you advise to run the meridian cycle. I hope that helps. I am here of course but really first go with the program you bought and run the program you have been attracted to - your inner healer always knows it already.

🤗

[8:22 pm, 10/03/2020] Christa Krahnert: What is the go with pregnancy? I believe I saw somewhere not to use it, but is that for a scientific reason or legal reason? 😌

[8:23 pm, 10/03/2020] Christa Krahnert: As a child in the womb is one with the mother every frequency is affecting the child. No matter if through words, fights of the parents or reading loud a inspirational book or playing classical music to calm the child. But to use a device like Healy - as you can't hear, smell or see the frequency - if something is happening to the child we would be in a very bad place. For that reason I never would tell the mum to use it. If she does it without getting told and she takes responsibility thats her choice - but it can't be recommended to make sure not to get blamed.
Christa Krahnert: If the mother takes responsibility on her own, that's up to her. Every frequency with or without bracelets are affecting everything around us. To watch horror movies on TV will affect the baby depending on how the mum reacts. We can't give recommendations - even though most likely a balancing frequency is balancing the baby, a calming frequency is calming the baby etc.

[12:52 am, 11/03/2020] +61 415 097 337: For a body builder who has done muscle damage. What is the best program to run?

[1:07 am, 11/03/2020] +66 99 051 1177: Recovery & muscle

[1:19 am, 11/03/2020] +61 416 234 884: And would you suggest STAMINA as a program to run in the lead up to a competitive tournament? (ie BMX competition)

[1:21 am, 11/03/2020] +66 99 051 1177: Definitely use it before!

[1:25 am, 11/03/2020] +61 416 234 884: Max does the Healy have a feature to track the programs a person has run on themselves? (ie a history of program use)

[1:28 am, 11/03/2020] +66 99 051 1177: No it doesn't. Only the analysis app shows you history of analysis and what you were most in Resonance with

[4:30 am, 11/03/2020] +61 447 429 367: In the healy manual person with epilepsy is advised against using “transcranial” application frequencies...does this mean it is safe for this person to use the Healy, but just not the earclip electrodes?
[5:29 am, 11/03/2020] +64 21 578 751: Any advice please for sleep apnea? And how the Healy could potentially help?

[6:33 am, 11/03/2020] +61 466 465 181: Hi I support people with disabilities and mental illnesses and would love to use this device on them to help with their ups and downs of behaviour and also sleep patterns first. Do you have experience at all using this device on people with Down syndrome, autism and dementia. I would also need to share some info with the family before I use it in them, what can I send them? They are a lot older and traditional (80 years old) how can I explain it in a way they would be open to it

[7:08 am, 11/03/2020] +61 421 075 506: That's a great question, thanks for asking. I have an 11 yr old grandson who's Autistic and would love to know what program to use on him.

[7:14 am, 11/03/2020] +1 (619) 328-8210: I have a girl friend with an Autistic teenager and would love the answer to this question too.

[7:18 am, 11/03/2020] +61 435 032 393: I have a number of clients with Rheumatoid Arthritis, please recommend frequency plan

[7:22 am, 11/03/2020] +61 416 488 809: What is the best frequency for trauma?

[9:13 am, 11/03/2020] Christa Krahnert: The transcranial application frequencies are part of Timewaver home System and is using 3 pads. One big pad on the forehead and 2 pads on each Mastoid - all fixed with a band. It specially is used for endorphin deficiency that can lead to all
headaches, migraines, pains etc. In the manual of the Healy it is said not to use microcurrent frequencies - which is frequency therapy through the skin creating an electron flow - for pregnant women and epilepsy. Only a Timewaver therapist through TAN should be working with a person with epilepsy. Every relaxation can activate a fit as it is the try from the body to push out the oedema in the brain that is created around an inflamed herd. This inflamed area is directly connected to an organ which we don't know what it ...

[9:18 am, 11/03/2020] +61 401 063 449: Hey Crista, I have someone coming over today to test out the healy and see what it's about. I have the Healy Gold Cycles as well as Healy Health programs. This guy has recurrent back pain, not in an acute phase now however. Would you recommend running a local back program or a more systemic program and if so which one?

[9:22 am, 11/03/2020] Christa Krahnert: This depends on what is the reason for the apnoe. That can be toxins, obesity, weak muscles, too much alcohol, obstructions. sleeping on the back so the tongue falls back - the person has to remove the cause and healy is able to help with that. Running f.e. the detox program first and if weight is an issue as well the weight program. But in any ways if the cause is not removed - f.e. to much alcohol - it can't be a 100% healing experience.

[9:28 am, 11/03/2020] +61 406 374 979: Kirsty..just from my experience for instant relief I ran the local stimulation program on my lower back..put the setting on the pic with the spine. Then put the electrode pads on either side of my lower spine. It was amazing!! Mine was an acute injury
though. I tried it on my neck too (chronic condition) and got more range of movement.

[9:28 am, 11/03/2020] Christa Krahnert: If he is in pain because of stress in his life I would recommend Balance from the Gold Cycle to give him a feeling about relaxation what he perhaps doesn't know anymore how that feels. If he has some pain when he is coming to your place the chronic back pain.

[9:29 am, 11/03/2020] +44 7527 978708: Hi Christa,

What are the best programs to support and relieve MS symptoms?

[9:33 am, 11/03/2020] +61 428 588 557: Hi guys Any program recommendations for coeliac disease Thank you

[9:34 am, 11/03/2020] Christa Krahnert: For every condition humans have the Gold Cycle is designed to help. Healy user are not doctors or therapists as such and we are not allowed to claim any healing. We can claim relief of symptoms - which is already really huge, right. So always communicate that you help the body to be balanced and relaxed so the body is able to regenerate by itself. There is no healing claim involved.

[9:35 am, 11/03/2020] +61 406 374 979: You're welcome. I did try release several times prior and that helped. I was in agony. Yet the local stim was a great relief. I had a muscular/ligament injury. They said it would take up to 6 weeks to heal. Its still there yet I'm not in pain.

[9:38 am, 11/03/2020] Christa Krahnert: A question that came up in the Leadership group yesterday. 'Can we ever overdose or hurt
ourselves by running too many programs? Or by having the Healy device clipped to our heart?

Christa Krahnert: You can't hurt yourself with the healy. Think of it like you would listen to 5 TV channels and 6 radio channels and 4 people around you - you would have an overload of information and you would shut down. This is what happens if you run to many programs. More is not better. If you give one information at the time - your body is able to react to it and use it according to what the body needs at that moment.

[9:47 am, 11/03/2020] +61 411 430 673: Hi @Christa Krahnert I have a partial tear of the bicep tendon in my elbow joint this has been ongoing now since July and I have aggravated this now for the 4th time. Have done Physiotherapy and a number of dry needling sessions. I refrain from any curling activity and follow the Physiotherapy rehab protocols. I am a personal trainer and do use my arm unloaded. The aggravation I feel is 2 out of 10 atm and it's been 7 weeks from my last relapse of this injury. What is your recommendations to run.

[9:57 am, 11/03/2020] +64 22 458 1730: Hello all, what is the best option to help with depression please. A friend is interested in the Gold, would that be enough?

[9:59 am, 11/03/2020] +61 401 063 449: Even if they get the gold they are able to pick on extra program page, so they could pick something more specific for depression as well.
[10:05 am, 11/03/2020] +61 401 063 449: Being and relax from gold would be good programs to run as well

[10:11 am, 11/03/2020] +61 435 177 263: Thank you all so much for this great information. My partner and I are patiently awaiting our Healy to arrive in the post. Does anyone have a testimonial for endometriosis by any chance?

[10:16 am, 11/03/2020] Christa Krahnert: Neil your body is recognising this area now as vulnerable and as long as your mind is feeling and thinking you are not 'good enough' in this area it will come up. For all bones, ligaments, tendons and muscles it needs the Regenerating programs for a while. The body needs the time to regenerate and heal. As a fractured bone needs a plaster for 6 weeks. I know if you need your arm for the business patience is hard. The body always tries to make you stronger on that area but if you think you are not good enough - your body also will keep that area weak. Balance and Being would be a great combo from my point of view - as it activates the self-healing ability of the body as well your mindset of being a great human being.

[10:19 am, 11/03/2020] Christa Krahnert: What is the go with pregnancy? I believe I saw somewhere not to use it, but is that for a scientific reason or legal reason? 😊

Christa Krahnert: As a child in the womb is one with the mother every frequency is affecting the child. No matter if through words, fights of the parents or reading loud a inspirational book or playing classical music to calm the child. But to use a device like Healy - as you can't hear, smell or
see the frequency - if something is happening to the child we would be in a very bad place. For that reason I never would tell the mum to use it. If she does it without getting told and she takes responsibility that's her choice - but it can't be recommended to make sure not to get blamed.

[11:04 am, 11/03/2020] Rosalyn: Hi Christa. Thank you so much for your willingness in sharing your knowledge as I'm sure we are all struggling to know what we are doing with in-depth problems. I have the resonance with the watch and digital nutrition upgrades!! So would be in a wonderful position to cure my issues but am struggling just the same. I'm 55 and have had many long standing issues since teenage hood.

PCO. Hash motois thyroiditis. Under active. Weight gain. Ruptured discs in low back. Healed but left me with chronic back pain for 25 yrs now. Inability to exercise without causing severe muscle lock up and spasms. Neck shoulder spasm tension. Used to suffer extreme migraines but that part has eased. More just bad headaches.

Memo pausal treated with bio identical compounds. h...

[11:10 am, 11/03/2020] Rosalyn: BTW to add to my message. I also live on a unrefined certified organic diet. No rubbish. Used to own cert organic farm for 25 yrs. Am very alternative and health conscious. No drink or smoke etc

[11:16 am, 11/03/2020] Christa Krahnert: Hi Roslyn, thank you for being so open with all that goes on in your health. The scan obviously is telling you to look into this original child-parent trauma that happened. As we
are all conditioned by our childhood in depth up to being 7 years old. And for all - every symptom has an underlying emotional theme behind. Except intoxication and injury (well even that but that's to far right now). Thyroid: being not fast enough to achieve something. Lower back: not feeling secure in the material world including care from parents. Muscle pain and spasm: first reaction of releasing trapped energy in the area. Neck shoulder: I am not intelligent enough to get it/to heal/to feel better etc. Migraine: release after being under pressure. High blood pressure: feeling u…

[1:13 pm, 11/03/2020] +61 435 032 393: @Christa Krahnert I have a number of clients with Rheumatoid Arthritis, can you recommend frequencies?

[2:08 pm, 11/03/2020] Christa Krahnert: Yes Sonia, I am together with Dr. Bader and Johannes Fisslinger Meta-Health Master Trainer and started Meta-Health with them in 2004. But originally trained in 2000 by Dr. Hamer itself. I do not use EFT, MR, PsychK, CBT or Mace as if the frequency has an impact on the consciousness and information field above X4 - Information is able to regulate the whole body. If I am subconsciously aware it will reach my consciousness and with it old patterns are able to leave. With that we are not digging and activation in emotional patterns but bring consciousness to a higher level. Guilt, grief can leave us. Forgiveness can happen, the understanding of being one doesn’t need victims and perpetrators any more and therefor happiness and peace will happen.
Hi Frequency Lovers!

Below a video of Michael Danz - Timewaver Sales Director and long term friend of the inventor of Healy and Timewaver - Marcus Schmieke explains about Healy Advisor Analysis app. Its a longer conversation about a bit of everything around healy - timewaver and the quantum sensor technology. He will share his screen and talk about the app around minute 37.

https://youtu.be/SgwdFW28zel

Someone asked me about her husband who keeps getting Golden Staph ( staphilococcus aureus) infection. What would you recommend as treatment? Thank you🙏

For everyone who starts the first time with frequencies - the best way to go is with the Gold Cycle. Why? Because in our time we live in, we have such a big overload on toxins, emotional burdens, stress levels and with it high acidity levels and lack of regeneration. Many symptoms of our body are based on just that. The label of the so called 'dis-ease' is not the important part of healing. The most important part of healing is the ability to relax and to allow the body to take care of itself. This is the most important information! So all kind of inflammation in arthritis, rheumatoid arthritis, Staph infections or other inflammations in the body are based on high levels of acidity. To start using Relax, Pure, Balance, Being, Release is the best way to go. O…
[3:07 pm, 11/03/2020] Christa Krahnert: Taryn what I just wrote is the same for you. Specially with disabilities a very gentle approach is necessary.

[4:01 pm, 11/03/2020] Christa Krahnert: Welcome and of course - if you have the Analyzing system - you follow the suggestion from it as it knows exactly what has to be done first!

[4:36 pm, 11/03/2020] +61 423 596 046: Hello! Any success stories with hay fever? What would be best program pls

[5:10 pm, 11/03/2020] +61 406 374 979: Hi Christa..

I have a 17 year old daughter that has severe acne and scarring on her face and upper body. It started at 14 yrs. We have seen naturopaths and Chinese Drs and she's had acupuncture. We have tried all different diets/supplements and she eats clean. She is borderline pcos and has had post viral syndrome/glandular fever in the past. She was a healthy babe/child until EBV at 7. She never saw a Dr until then and is unvaxxed. I know she carries a lot of my toxins/heavy metal load from birth. I have fibro/CFS.

Yet she cries everyday about it and I refuse to let her go on the poison roaccutane. She thinks this is her answer. I see it as long term health problems and dangerous.

She started doing the acne and scarring sys with the Healy 6 days ago. She...
[6:21 pm, 11/03/2020] Christa Krahnert: See the challenge is that she feels she looks ugly - that keeps the conflict alive and the skin reacting to it. The most important part here is having patience without feeling ugly but in trust that the healy programs will balance her body from the inside out. And look at it like it always is in healing - first it can get worse for a short time until it gets totally better. And it is a good idea to run digestion and hormones to balance the hormones and to support the gut microbiome for cleansing. Relax, Pure, Care, Balance and Being alternating help to calm and to cleanse. Not sure what products the esthetician has used - Pure will bring it back to the surface to clean it up. Not sure what you mean with EBV at 7. Perhaps you can clarify that for me as the em...

**Sorry..EBV being Epstein Barr Virus causing the glandular fever.**

Yes if she perseveres with Healy I'm sure we'll see great things inside and out..thank you

[6:31 pm, 11/03/2020] Christa Krahnert: ok I see. Energetic Balancing would help her too. Or is someone you know who got the Healy Resonance to check what has to be done first in her situation?

[6:35 pm, 11/03/2020] +61 406 374 979: Thanks..I will be ordering a Reasonance as well as I think it will be a great tool for us. Thanks 😊

My 10yr old son has been getting hives for the last 3 weeks, most likely reacting to tree pollen that's been rampant.
We have been using Allergy Meridian each day, and so far seems to be reducing. Also ran solar plexus session today with an old dog trauma suddenly released as a byproduct! (Big win there)

[6:50 pm, 11/03/2020] +61 417 239 520: Hey Christa, what do u recommend for psoriasis? And has anyone treated coldsores effectively?

[7:02 pm, 11/03/2020] +44 7527 978708: Anyone had experience with Healy and multiple sclerosis? What program to recommend?

[7:15 pm, 11/03/2020] Christa Krahnert: With hives the kidney is always involved. So Balance as well from the Gold Cycle. But you are doing well with Allergy and Meridians. If you got Biofield Balance would be a good choice as well.

[7:22 pm, 11/03/2020] Christa Krahnert: What healy do you have? Psoriasis is a so called separtion conflict. Someone feels connected or doesn’t want to have the skin touched at all and next moment disconnected or wants to be connected and touched. So any programm that helps with this emotional and mental challenge will help to feel the connection with everything that is. According to your healy Relax, pure, balance, being and skin to start with is always good. Unless you got the diagnosis tool which will suggest probably some remedies out of the Database.
[7:24 pm, 11/03/2020] +61 417 239 520: I only currently have Gold/Deep and protection...but getting upgraded any day... Thank u so much. Yr time and effort is so appreciated! Xx And yes, that sounds like me! 😊

[7:30 pm, 11/03/2020] Christa Krahnert: MS is happening on multiple levels and includes motor and sensory paralysis based on inflamations in the brain. Can be in multiple places. Also muscle necrosis and bone osteolysis. This is all based in conflict-language in a low self-worth about themselves. Stengthening muscles and bones and most important self-worth - Mental Balance would be of great benefit.

[9:33 am, 12/03/2020] +61 423 388 495: How would one approach "tennis elbow"? My brother has it and also depression/anxiety. Not sure where to start. It is preventing him from working at the moment.

[9:36 am, 12/03/2020] +61 417 239 520: Good morning Christa, feel bad for bombarding u with questions! What would u suggest for rhe coldsore virus? Thanking u in advance

[9:43 am, 12/03/2020] +61 407 779 303: Good morning Christa (no rush) if you could please give any suggestions for Vertigo it would be greatly appreciated. There are 3 types - mine is small crystallisation in the inner ear that trick the brain into thinking everything is moving. 🙏🏼❤️
**[9:48 am, 12/03/2020] +61 418 187 675: Good morning Christa, what do you recommend for an 80 year old with a pacemaker who is currently experiencing irritation (itchy) of the skin. Thanks!**

**[9:51 am, 12/03/2020] Christa Krahnert: Hi Mark, well as long as you don't have your Healy resonance - go for the chronic pain locally and from the Gold cycle Being or the Mental Balance if you got it.**

**[9:54 am, 12/03/2020] Christa Krahnert: Go for the Bioenergetic Balance Immune system and Intestine.**

**[9:57 am, 12/03/2020] Christa Krahnert: Well Vertigo on a conflict level is not knowing in which direction to go. There is always the kidney involved not only locally the crystallisation. Bioenergetic Balance Flexibility and Balance from the gold cycle.**

**[9:58 am, 12/03/2020] Christa Krahnert: Having Pacemaker is not suitable for Healy.**

**[9:58 am, 12/03/2020] +61 408 943 979: Hello, This is not Christia. However, Question around 80 year old and pacemaker- Healy has outlined to NOT use Healy Microcurrents for those with a pacemaker (or other inserted electrical medical device). Also Healy does not endorse Healy for pregnant women and children.**

**[10:00 am, 12/03/2020] +61 409 080 741: Hi Christa, I know there is a weight program. Would you suggest any other programs for assisting with weightloss? Being perhaps for the mental side?**
Also money/business blocks would you suggest being and root chakra or something else?

[10:01 am, 12/03/2020] Allison: What is the age “children “ referred to? would learning be suitable for a child around 7-9 , teachers requesting she be rested for “ADHD” parents don’t agree with his label!

[10:04 am, 12/03/2020] Christa Krahnert: Weight loss can have many different reasons. Emotional, hormonal and a diet that could be optimized. So the weight program, Pure, Being, Balance can help. Best would be to check with the analyzer on what level you did put weight on.

[10:05 am, 12/03/2020] +61 406 408 390: Hi there, when you get time I'd like to know what you would suggest for type 2 diabetes, anxiety & blood circulation?

[10:10 am, 12/03/2020] +61 415 097 337: HI Christa - Have you got experience with Parkinson's disease to be used with any device I am new here have a question my right side of my body has third degree burns they are many years old had around 30plus operation would my Healy help?

[10:13 am, 12/03/2020] Christa Krahnert: Meridian 2 Circulation, Gold cycle Balance - make sure to control your blood sugar level very carefully! Typ 2 also needs exercise and a low carb diet. Circulation needs at least 1,5 l of good clean water.

I have the Digital nutrition as an upgrade to my Resonance.. a 3mth subscription!

I have no idea how to incorporate it into my lifestyle. Is it separate to the 3 frequency programmes per day? It seems to have recommended so many frequencies for my needs but how is the best way to go about utilizing it for hormone thyroid balance and weight loss as I am in big need of this. The every day programmes are basically advising me w healy gold.. mental balance and protection programmes plus mentions skin every scan. So I'm concentrating mostly on my emotional balance side.. but need to know what to do w this month subscription... if u r able to help please

[10:15 am, 12/03/2020] Christa Krahnert: I don't with the Healy. Parkinson on a conflict level is not being able to go anywhere - feeling stuck in a place, situation. Strengthen the mind and emotional system could help to make a decision to move in one direction that would help to escape a not suitable situation.

[10:17 am, 12/03/2020] Christa Krahnert: Healy has programs for skin and scars. Just be aware that it is important not to expect miracles over night. But there is no doubt that it can improve the look of the skin and the circulation through the scar tissue.

[10:19 am, 12/03/2020] +61 481 902 205: Hi Christa!!
In regards to sleep programs- are these best run at night before bed? Eg for a troubled sleeper with insomnia- should they be running programs during the day or only at night?

[10:22 am, 12/03/2020] Christa Krahnert: I don’t have the digital nutrition and not experienced how it works. From what I read it would suggest you your food and creates a shopping list. Perhaps someone here in the group got that tool and can help with that. With the Thryroid and weight gain - the advise using the healy gold mental and balance as well as the protection sounds right to me. And with the skin too - it looks like you could have a bit a challenge to set boundaries and to say no. The program will help you to do so and to listen to your own life path. The chacra balancing programm could be supportive with it too. But be trustful and patient and go for a while with the Gold cycle and feel and listen to what happens inside of you.

[10:24 am, 12/03/2020] Christa Krahnert: Best run at night Libby.

[10:30 am, 12/03/2020] +61 434 993 773: What would you recommend for gut issues? Thank you

[10:33 am, 12/03/2020] Lee Anne Muirhead: Hi @Christa KrahnertChrista, A mum based in Germany would love your insight. Looking at Healy Gold. 5 year old boy with Bronchitis. Began at 5 months when I got sarciodosis of the lungs and couldn't breast feed. Not sure if it's linked? He gets bronchitis every year. Every time he has a runny nose, it goes to his lungs. We have an inhaler machine where we use salt water to clear up cough.
[11:03 am, 12/03/2020] Christa Krahnert: Meagan on the level of emotions, hormonal, diet etc. Everyone puts on weight for different reasons. Money and business blocks as well can be everything - for that only resonance can give you the perfect advice 😊


[11:07 am, 12/03/2020] Christa Krahnert: Yes Lee, Healy Gold to start with is a good idea even though I would suggest the mum is using it. He is only 5 years old and Healy says not to use it with little children.

[11:14 am, 12/03/2020] +61 421 877 467: Hi Christa 😊 Thank you for your presence and knowledge. Can I ask, with kids should you use a lower intensity when delivering frequency therapy?

[11:18 am, 12/03/2020] Christa Krahnert: • If you are taking medication at the same time, we recommend that you have the dose checked by your doctor at least once a month, especially if you are taking the following medications:

- Blood thinners

- Antidiabetics

- Blood pressure lowering medication

- Hormones (especially thyroid hormones) - Beta blockers

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

[11:20 am, 12/03/2020] +61 417 239 520: Someone jst asked in another group I'm in, do we know what age IS safe to use? Age 16 and up?

[11:24 am, 12/03/2020] Christa Krahnert: If I have a healy and my child would have learning difficulties at school age 8 I would take responsibility for using it and help my child to focus more. But we can't give advice for under 18 when they are able to take responsibility for themselves.

[11:31 am, 12/03/2020] +61 401 063 449: Hi Christa, I would just like to add that many people that follow a highcarb, low fat, predominately plant based diet (so not high processed diets but rich in fruits and vegetables, grains and legumes) have better diabetes control even reversing it and its shown to increase insulin sensitivity 😊

[11:52 am, 12/03/2020] +61 426 705 150: Hello - what’s the best frequency for grounding a person after their treatments

[11:56 am, 12/03/2020] Lee Taryn: After a Frequency treatment??

Earthing! Getting you body / feet in the earth and sun on your face 💖

[12:56 pm, 12/03/2020] +852 9475 3097: @Christa Krahnert is there a program or series of programs that would address addiction? Like alcohol or other substance abuse? Wondering if the Healy Resonance can be of assistance to addiction councillors.
My brother just purchased the HH+, and has been diagnosed with coeliac disease. Do you have any experience or recommend programs for this?

Christa Krahnert: Ok Robyn, I don't know your whole story but I would like you to start gently with the Gold cycle pure and see how you go. Drink at least 1,5-2 l of clean vibrant water - not reverse osmosis please! As with Chemotherapy toxins will come out of your body and that has to be addressed first to see how you react. ok

Christa Krahnert: Thats right for Diabetes but not for Cancer. Cancer yes is in need of healthy carbohydrates which will be transferred into Glucose from the body automatically. If no carbs are available it turns even protein into sugar as all our cells are using glucose - specially our brain does. If we starve a cancer cell we starve the whole body and bring the body into Kachexie. The goal is to turn the cancer cell only able to produce energy through sugar fermentation - back into a normal cell using oxygen through the mitochondria which are shut down as long as the cell is a cancer cell. With the Healy we are able to recharge the cells up to 70mV which allows the cell to switch back. But I can’t teach you newest Mitochondria and cancer here. Only I think we should share w…

+61 408 600 829: @Robyn I do have carbs .. but only unprocessed ones. Just sensible and really happy Healy can assist now as the range of programs has been my missing link..
How to address scalp itchiness and forehead redness on and off with a Healy resonance?

[2:35 pm, 12/03/2020] Christa Krahnert: With resonance you did the analysis and used the suggested program? Which Program did you use? Skin always belongs to 'touch, connection, resistance and detoxification'. Scalp can be detox of shampoo etc. or missing the touch of someone touching over your hair if you addressed any emotional challenge with the healy. Forehead overthinking, being visible but detox as well.

[2:38 pm, 12/03/2020] +44 7527 978708: Thank you Christa. It is for my daughter and didn’t use anything yet but when I see her I will run the analysis and was thinking of using “pure” and check allergies.

[2:41 pm, 12/03/2020] Christa Krahnert: The analysis will show you 😗

[3:52 pm, 12/03/2020] +61 401 075 434: Hello can someone kindly confirm how Healy works with regards to pathogens?? I had a therapist familiar with commercial FSM state that they identify and kill them with specific frequencies and wanted to know if Healy does this. I am guessing it can’t identify them, and assume programs like the “cold” program a pre set to kill specific pathogens related to the cold??

[3:53 pm, 12/03/2020] +61 401 075 434: Further to that if I am correct is the cold program the only one that kills pathogens??
Christa Krahnert: Every pathogen has a specific frequency and so far Bioresonanz got 1000s of frequencies to eliminate pathogens in the body. But Pathogens are only able to be in a human body if the human body is resonating with the pathogen on a lower level of vibration and on a level of disorganized/not in harmony cells. The moment someone is working with Healy it will raise the vibration with the aim to get an organized and harmonious structure back and to optimize the very individual 'piece of music' we all are. Healy has in Bioenergetic Balance 2 a defense system that addresses bacteria. So we can eliminate bacteria but in harmonizing a body a pathogen is leaving on its own as unable to cope with the higher frequency.

**Just wondering if Healy could support someone who's just had:**

A) a knee replacement surgery ie. My dad & he's 68yo.
B) shoulder surgery to fix a ripped tendon for a 58yo woman

[5:07 pm, 12/03/2020] +61 428 940 197: What frequency should I use for post neuralgia (from shingles) and another friend with swollen legs lymph issues.

[6:15 pm, 12/03/2020] Christa Krahnert: Thank you Aaron! Had to talk to prospects in between, hey. Coeliac is conflict-based on difficulties to digest what comes his way. Food, information, situations, challenges etc. Therefore it needs on one hand to restore the gut and digestive system and second to balance the mental area. Also Bioenergetic balance 1 with allergies, intestine and defense system are good to go.
1. A client recovering from hysterectomy

2. Another recovering from knee - meniscus with loads if arthritis in knee!

The gold cycles are a great place to start but if you have the resonance then let it tell you what is best! Pain program.

Hi everyone, I have a shoulder injury - bicep ligament issues - can I use the sticky pads above & below my shoulder? And which of the pain / repair programs would be best - THANKYOU!
Christa Krahnert: Yes, you use the local pain program with the pads.

+61 403 309 296: Best program for viral protection - everyone is losing their minds about C19

+61 403 309 296: Best program for Herpes Simplex infections

Christa Krahnert: Best for Corona and every other virus and bacteria is a calm, relaxed and peaceful mind. Stress is activating it. You can use the programs from Job eg positive thoughts, balance nerves, exhaustion, extreme stress etc.

+61 403 309 296: Immune program?

+61 403 309 296: I notice we have a specific bacteria program but no viral program that I can see

+61 403 309 296: Is there a DNA repair protocol

Christa Krahnert: All Healy programs are speaking by itself. In the manual you see the program and you see what they do - there is a description. But for Health professionals it should be Healy Resonance where they can analyse and use the suggested programs and remedies of the Database.

Christa Krahnert: Sure Immune system fro the Bioenergetic Balance 1.
If you strengthen the immune system, use the relaxation programs and lower stress programs - it is most unlikely to develop any dis-ease. That includes all viruses and bacteria.

Whenever you are activating energy flow, biobalancing the organs, meridian flow, chacra balancing, rise the cell membrane voltage - self-healing and repair can happen. Even though we always have to stay humble and to know that there are many other factors that plays a role in either to heal or not. The ultimate goal is to optimize the energetic flow of the body and to achieve a balanced emotional and mental state. This is the best place to be for prevention and repair.

Christa, how would you approach/answer someone who is suggesting frequencies through technology aren’t natural?

They understand that everything is energy but are used to receiving from the earth or natural sources (sun, herbs/plants etc)...

How would you describe frequencies to clients who perhaps aren’t pro tech and suggest it’s artificial?

Hi Christa, how would you support someone with gout & a bulging disc. Thanks!

How do I share this with a new person
Can the Healy be used on animals and if yes how?!

My client's aura analysis shows half of the items in negative (red). What does that mean?

According to the list in the analysis app, you can use it on buildings and organisations as well. How do we do that?

I'm also wondering about animals, plants and buildings. Not sure how to scan.

Hi Christa, Please recommend programs for anxiety & depression

Meli this is a very difficult question to answer for a lay person. On the basic of all - everything is frequency as nothing else exists. The whole material world is build on frequencies and the professional names are transversal waves and longitudinal waves. Materiell world is build and has a bond with the Longitudinalwaves the spritiual world with the Transversal waves and Informationfield. Everything is connected to that field and therefore is able to give us those informations in form of - unfortuanelty invisible - frequencies. Our mind is not able to create all informations that is potentially available in the field through the frequency waves. Homeopathy in high potencies get us in contact with it and it is always up to the person if she wants to integ…
[1:01 pm, 13/03/2020] +61 406 130 356: Hello - curious about Healy and 5G / 60Ghz - protection from? As they are also frequencies

[1:04 pm, 13/03/2020] Christa Krahnert: Hi there, you all have your Healy manual where there is everything explained - what programm or frequency for what condition. Please read that first and if you are unsure ask the question in this chat together with the healy you got. That makes life a bit easier and you learn a lot of what Healy has to offer. The simplest way for all conditions is - what is the organ and look the organ to balance it. If it is pain, chose the pain program, if it is mental/emotional use the mental balance and always use stress and sleep - as 90% of dis-ease is stress related and not enough quality sleep. And Pure to cleans the bodys field on a daily basis is highly recommended.

[1:05 pm, 13/03/2020] Christa Krahnert: The protection programm helps with that.

[1:06 pm, 13/03/2020] Christa Krahnert: you have to take a picture and to put details of the company etc. in. Everything that gets balanced, back into harmony - will make better choices.

[1:09 pm, 13/03/2020] +61 410 234 490: Which of the Protection programs is for EMF/cellphone current and 5G?

Mel here w Resonance —

[1:13 pm, 13/03/2020] +61 418 814 415: Hi Christa, I have a friend interstate who's husband has necrosis of the brain caused by radiation therapy treatment for a brain tumor. My understanding is
his brain cells are dying due to the radiation treatment. Slowly losing more functionality. Have you heard of anyone who has had success with Healy/ Timewaver with this condition? She is concerned if he uses the Healy it will cause him to have a fit like an epileptic fit.

[1:42 pm, 13/03/2020] Christa Krahnert: Her concern is right - he can have anytime a epileptic fit because of the condition he is in and you don't want to use Healy and it happens - even though Healy would not be the cause. He for sure is on steroids and there is not much you can do. This has to be in the hands of a Doctor who as well is using Timewaver.

[1:43 pm, 13/03/2020] Christa Krahnert: Resonance will tell you how long and if the body doesn't need a frequency anymore, it is changing automatically to another frequency. Watch the video Max was sharing about the Resonance use.

[3:37 pm, 13/03/2020] Peter Healy : everything in existence resonates at a frequency so yes of course you can scan and use it on animals

[3:39 pm, 13/03/2020] +61 421 541 295: Do we just take a photo Peter? How do we scan things other than humans? Can't find any info on this in the manual

[3:40 pm, 13/03/2020] Peter Healy : you have to record the vibration. the same way you add a person, they hold the Healy and you record their vibration, you place it on the animal. I recorded the vibration of my cat, I just placed the healy on its back while it was lying down.
[3:41 pm, 13/03/2020] +61 421 541 295: Perfect! Thank you. And plants/buildings?

[3:41 pm, 13/03/2020] Peter Healy: like i said everything has a frequency, so place the healy on it and record its vibration

[3:42 pm, 13/03/2020] +61 408 688 889: Scanning is one thing, can you then change their frequency via Healy for the better?

[3:43 pm, 13/03/2020] Peter Healy: of course, you vibrate whatever you want to it

[3:45 pm, 13/03/2020] Peter Healy: Watch this video to understand the Analyse app better

https://youtu.be/w_S4bq-PEjE

[3:45 pm, 13/03/2020] +61 408 688 889: But a ‘relax’ vibration for human might not be ‘relax’ for a dog right?

[3:48 pm, 13/03/2020] Peter Healy: from what i understand yes it is

[3:50 pm, 13/03/2020] Christa Krahnert: All frequencies can be categorised in alpha, beta, gamma, delta brain waves which have an effect on animals and humans. A relaxed animal can relax humans and vice versa. So do the Healy frequencies.

[4:27 pm, 13/03/2020] +61 413 633 367: Hello I have a friend with lupus, can you suggest any Healy programs that may assist with this
[5:02 pm, 13/03/2020] +61 401 075 434: Please can you explain why an Aura scan can be so different a second time round. Eg I scanned a lady and we were going over her results when I received a ph call which messed up the app so solid another scan and the Chakras were quite different to the first scan. I have tested it a few times now and consistently get different results and not sure how to interpret this.??

[4:49 pm, 13/03/2020] Christa Krahnert: That depends on what area she got the Lupus. Can affect all organs or only the skin. It is systemic autoimmune and comes in cycles. What Healy do you have or want to offer to her? Best would be resonance with analysing her whole system so she can go with the suggestions from it.

[6:03 pm, 13/03/2020] Peter Healy: so place your finger, the finger has nothing to do with the person or building you trying to analyse, that’s just created for a human to keep still and in focus

[6:06 pm, 13/03/2020] Christa Krahnert: Our Aura is constantly moving and changng

[6:07 pm, 13/03/2020] Peter Healy: because the analyse is analysing what’s is happening in that exact second, we are changing by the second. Also your thoughts, focus and intentions play a role in the analysis, so yes it gives a real time reading in that exact second. yes reading vary slightly, however overall they shouldn’t reflect similar readings if nothing has shifted/changed
[6:13 pm, 13/03/2020] +61 412 733 883: Yes, thank you for the detailed answer Christa. I do understand what you are expressing and I feel this within - but i could not explain to this person in words so thought to ask for your help! And I agree, there is no forcing. You either feel it’s for you or you don’t - I just wanted to be able to use words to try and capture this idea! I will use yours if ever needed.

[6:15 pm, 13/03/2020] +61 433 064 504: I hired a Healy for 3 days and I have Crohn's and also have had inflamed tendons and sometimes swelling around the ankles. I can gastrointestinal and joints one day and my ankles became extremely hot and a little bit red and that subsided however now the tissue around and above my ankles that got hot is now quite hard. What can I do about it? Will it ever get back to how it was? I may have been a little dehydrated when I did the programs although I was drinking water. Not sure. Any good advice appreciated. This occurred a week ago. Thanks

[6:17 pm, 13/03/2020] +65 9038 7833: Great! @Peter Healy @Christa Krahnert re: changing aura readings. I did a before and after analysis double reading for someone by accident of pressing some buttons. Is this advised or not advised? Could you theoretically conduct the scan and analysis vibration, check again, redo the analysis, etc, particularly if the readings have changed dramatically?

[6:19 pm, 13/03/2020] +65 9038 7833: I.e. is there a recommended limit (or not) to the number of scans you do for someone at a time
[6:28 pm, 13/03/2020] Peter Healy: you can keep scanning a person all day if you wish...there is no limit. The analysis is simply reading the information filed

[7:18 pm, 13/03/2020] Christa Krahnert: We have a energy field that is influenced constantly by us, our interactions, the environment, the frequencies of the earth and flairs from the sun and aura from the people around us. Your aura is changing immediately if you use eg your mobile phone and so does it with the Healy. Our body is constantly in a flow changing. There is no advise though - you just need to know that whatever you do has an impact/imprint for that moment. What the person does with it though is a different story can be everything, that's not in our hands. I never do more than one scan a day as the body needs to adapt, to be given time to adjust or not. No pressure, no push and no expectations - what should happen, will happen.

[7:24 pm, 13/03/2020] Christa Krahnert: Ok Ingrid, if you don't drink enough water your kidney will retain water. Any area that goes into repairmode can get swollen for a while - but with enough water and walking will get back to normal. Inflammation is the ability from the body to either rebuild new tissue or to take not needed cells away. This is not pleasant but the way how nature operates without any human being. We need the knowledge about this and with it the understanding of drinking clean vibrant water, a healthy vibrant diet and moderate exercise. together with patience if we understand that it takes sometimes time to regenerate. So, that you experienced swollen areas is rather a sign healy worked. Redness is a sign for better circulation - what you definitely
Hi guys, what should I use for shoulder pain, inflammation

Release

Hi guys, I've been learning so much from sitting in the sidelines so thank you 🙏

I have a gymnast at our club who currently has tears in his ACL and shoulder injuries. It’s holding him back from his potential of being one of the top gymnasts in Australia. He’s actually coaching my son at the moment and I mentioned the Healy to him. I was wondering where you would start if he’s interested in receiving some treatments. What do you recommend with athletes especially when they suffer injuries.

Obviously this is also interesting to me from a testimony stand point.

May I ask advise on treating a TIA, can I put the electrodes around the area of spasm?

No, you don't use Healy during a TIA please. Like you don't use it if someone got epileptic fits. If the person is out of the TIA attack what it needs most is oxygen and water. The cause is a thick blood, red blood cells hanging together and a possible emboli. Those conditions need a doctor.

You can start with Release from Gold Cycle as systemic pain. The Fitness programm has Strenght
activating the musculasskeletal system. Also Joints local, scars systemic and local and flexibility program could be of benefit. Muscle recovery for muscle injuries or to much exercise.

[4:16 pm, 14/03/2020] +65 9038 7833: Thank you for all this continued learning! On scales: how does one interpret a negative relevancy? If it is negative relevancy, ie. not important currently for the client, why does it show at all? And on the intensity scale, does 1 mean the most present in consciousness, or does 10?

[4:20 pm, 14/03/2020] Christa Krahnert: The non linear systems are able to check the information field forwards and backwards. That means it was perhaps relevant in the past but not now. Or it is relevant in the future if the person doesn't change lifestyle and habits and belief pattern. 10 is it is rather conscious and what is conscious can be accepted and changed.

[4:51 pm, 14/03/2020] +61 408 032 038: I’m wondering if Healy can be used with people who have had strokes? Both my parents had major strokes years ago. My mum 4 years and virtually fully recovered. My dad 10 years ago combined with triple bypass surgery and family history of heart disease. He has ongoing medical issues and a clot in his leg which he’s having day surgery in soon. He also has frozen shoulder and very limited movement on his right side. Would Healy be if benefit or can it cause a higher risk of a repeat stroke?

[5:38 pm, 14/03/2020] Christa Krahnert: Even though Healy is a medical device for the treatment of chronic pain, fibromyalgia, skeletal pain and
migraine as well as for the adjuvant therapy of mental illness such as depression, anxiety and associated sleep disorders. If we have a Healy we are not a medical professional and we should be totally aware of this. For the conditions of your parents a Timewaver professional should be involved to create an individual program that is suitable for your parents. Specially because of his clot in his legs. I am sure the Timewaver therapist doctor will help specially with the frozen shoulder, improve movement and bioenergetic balance. As with stroke and bypass - lots of medication is used and this has to be taken in the treatment plan.

[10:04 am, 15/03/2020] +61 424 991 093: Could you suggest me the programs that can support me with a problem that I have with my shoulder. It has been like that since a year ago; pain to move or throw things. The shoulder is fine, I had ultrasound and a ct scan in the neck, as is tens as well. But any programs for the neck and the shoulder that could help me solve this?

[10:12 am, 15/03/2020] Christa Krahnert: Hi everyone. Just for you to give guidelines so you are happy to use your personal Healy. When you bought your Healy you have been attracted to the programs and you surely have chosen because of these special programs. It is really easy to use and the first thing you do, is to read the Healy manual. There are all programs explained and what they do: If you suffer from pain either local or systemic you choose according to your pain. If you got any issues with a specific organ you choose your organ from the Bioenergetic scale. You do so with Beauty, Fitness, Job, Psyche etc. The basic of all Health is relaxation. So any relaxation program you choose is supporting you.
Can you help me understand what programs to use for depression or anxiety?

[10:32 am, 15/03/2020] Christa Krahnert: There are programs in Mental Balance, Depression in Pain/Psyche and Balance and Being from the Gold Cycle.

[11:01 am, 15/03/2020] +61 414 822 757: For thyroid support. Would you suggest to run a program once a day for few months or long term. I have under active thyroid usually on natural thyroid supplements. I run out of them and thought to see what Hess asks can do for me in regards to thyroid. I run a program yesterday and felt that the Healy can support me in a big way. Now I like to learn how to support it in a way that it can reset itself. What are your suggestions. How often to run the program and for how long.

[11:05 am, 15/03/2020] Christa Krahnert: Run the thyroid program once a day and see how you go and feel. You will sense and know the difference as you did already. Every organ can recover if the information is right and the mindset aligned with it. After a while you can go and check your thyroid with the doctor and see what changed if you wish.

[11:13 am, 15/03/2020] +61 408 032 038: Hi Christa, thank you for answering my question yesterday about heart disease and stroke in my parents. Does anyone know where I can find a list of risks associated with Healy or people it can’t be used on?
For instance, as a 45 year old woman, with a family history of terrible heart disease and stroke, would I need to be cautious using Healy? I am otherwise healthy.

[11:26 am, 15/03/2020] +61 434 993 773: Hi Christa, one of my team members just asked for help with allergic reaction from gardening. What do you recommend?

[11:28 am, 15/03/2020] Christa Krahnert: use the lymphatic programm as well.

[11:29 am, 15/03/2020] Christa Krahnert: a well release is addressing oedema too.

[11:29 am, 15/03/2020] +61 434 993 773: Thank you so much! And Immune system?

[11:31 am, 15/03/2020] Christa Krahnert: no need for it at the moment for that but of course you can use it any time.

[4:01 pm, 15/03/2020] +61 407 901 616: I have Healy Resonance and my husband has Healy Holistic Health with fitness programs. My husband has 2 full thickness tendon tears in his right shoulder...he has ok movement range...and not a great deal of of pain, but has trouble with strength in arm/ shoulder in certain upward & sideways mobility, especially lifting something, even light like a cup of tea... what are your suggestions on his best program application options on a daily basis? To support his further healing...
Drs want to operate but it has been 18 months since original injury...and he cannot afford the work time off for operation recovery, and there us still only about 60% chance of 85% full recovery post opp anyhow....

[6:23 pm, 15/03/2020] Christa Krahnert: You can integrate Flexibility on a daily basis, that should support it.

[9:52 pm, 15/03/2020] Peter Healy: There are many devices out there that attempt to work with frequencies, from what I have come to understand none as evolved and versatile as the Healy. Healy works with lot more frequencies and can actually measure what you need and what resonates real time via the quantum sensor. There's nothing on the market that is so easy to use and that is so portable and wearable. From what I understand there is also nothing that works with so many frequencies as the Healy that the everyday person can use and many other benefits and reasons Healy stand out and is very much more evolved and superior.

[11:18 pm, 15/03/2020] +61 407 901 616: So flexibility program, and the joint app in pain/psyche ok?...perhaps joint bones in BioEnergetic 2? Am wondering if scaring syst. Wld work, and maybe cell regeneration in the fitness programs? Just wanting to cover all bases...

[7:23 am, 16/03/2020] +61 428 588 557: Good morning Christa Could you recommend a program to use for golfers elbow please?

[7:27 am, 16/03/2020] +66 99 051 1177: Release is great
[7:53 am, 16/03/2020] Christa Krahnert: As Peter already wrote, Healy is different and the first wearable of its kind. There is a big difference between the frequencies of Dr. Rife and others and Healy today. Dr. Rife was the first who was able to see the different microbial world in a special Dark-Field-Microscope. He tested all frequencies to see under the microscope the microbes just disappear. He cured cancer with it as there is always a special fungus - mucor or aspergillus - involved. This is where all the different frequencies come from. Today this is called Bioresonance and people have great results with it without doubt. But there is no sensor involved that would measure the bodies own frequencies like healy does. And there is also no possibility to touch the informational field of humans…

[7:54 am, 16/03/2020] Christa Krahnert: You just go with what you feel can be good too - there is nothing you can do wrong. And you will see which program gives you the best result.

[8:23 am, 16/03/2020] +61 438 175 325: So how does Healy work if it doesn't use substance or nosodes to check?

[8:24 am, 16/03/2020] Christa Krahnert: it does but as a frequency no need of a ampoules.

[8:28 am, 16/03/2020] +61 438 175 325: Does it make Bioresonance or Ride inaccurate since the use substance or nosodes?

[8:34 am, 16/03/2020] Christa Krahnert: Well no we can't say inaccurate! There are missing elements. You see I only explained it in a nutshell - it is much more complex then what I explained. Scientists before Rife
discovered Pleomorphism and other cross scientists discovered that we need microbes for eg repair of tissue as well. It is like IMB started with the first big computer that needed a big cooled room and the machine was huge but only was able to process 64kbyte and today its all on the tipp of a needle nearly. Healy checks what you need and not just eliminates a microbe. Also today we know that someone with a peaceful mind, relaxed with good sleep patterns hardly gets sick. Healy gives a lot of support emotionally and mentally that activates self-healing on a deep level and activates to finish the healing process and not to only stop it.

[8:49 am, 16/03/2020] Christa Krahnert: Also Healy is not designed to make the user a doctor or therapist. It is used for a very easy to use possibility to help ourselves in energy, beauty, fitness, sleep and self-healing ability of the body! It is for us to take self-responsibility and to get results. We are using our Laptops and Mobile Phones every day without knowing how it works. We use it and that makes our lives fast and easy. This is the same with Healy. A lot can be optimised through us as it was in the days of our grandmothers who just knew what herb, tea, word or touch was needed to heal. Everything became more complex in these days even though a loving grandmother would still be better than drugs sometimes. Also in every serious condition a health professional who studies health for ages is needed. It is just that 90% of todays symptoms are stress related, bad sleep pattern, lack of energy, bad food choices, suppressed emotions and confusing informations our minds are hard to digest. This is where Healy is the most supportive.
Hi there, you all have your Healy manual where there is everything explained - what programm or frequency for what condition. Please read that first and if you are unsure ask the question in this chat together with the healy you got. That makes life a bit easier and you learn a lot of what Healy has to offer. The simplest way for all conditions is - what is the organ and look the organ to balance it. If it is pain, chose the pain program, if it is mental/emotional use the mental balance and always use stress and sleep - as 90% of dis-ease is stress related and not enough quality sleep. And Pure to cleans the bodies field on a daily basis is highly recommended.

16.3.2020 xxxxxxxx