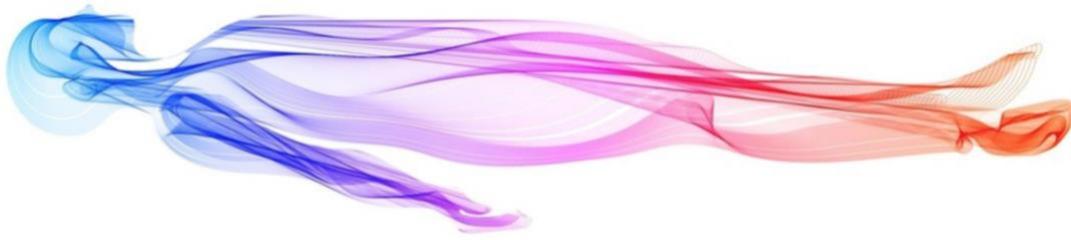


THE HEALY PROGRAMS FULL LIST

Document Created by Elise Bailey _ ECS Training Alliance

www.ecstraining.org



Starting with the Gold Cycle

Program
Nuno Nina Gold Cycle

The programs within Nuno Nina's Gold Cycle are valuable all-rounders, providing support and prevention, recovery from negative influences, optimal energy balance, emotional balance, well-being and relaxation.

1. Pure
2. Care
3. Balance
4. Being
5. Energy
6. Relax
7. Release

•• Gold Cycle ••

- **Pure** - The Pure program is the ideal starting point for anyone using Healy for the first time. It designed to assist the organism to recover from the bioenergetic effects of environmental pollutants, toxins, an unhealthy diet as well as other negative factors. It starts by supporting the filtering organs and prepares and acclimates the body to microcurrent frequencies. Before starting any wellness protocol, it is always best to do a cleans and detox so that you have a clean palate from which to start.
- **Care** – Care sets the stage to support the immune system. By gently offering frequencies that enhance and assist the bioenergetic field care strengthens and supports immune process. Care frequencies nurture the energy of immune cells and organs. When the bioenergetic field is weak or damaged this can cause a run on effect that can predispose the body to serious imbalances. If these imbalances persist, we are at risk of dis--ease. Care distributes “caring” energies and frequencies in and around the body so that the supportive signals strengthen cellular communication to help the body support its own immune pathways in the highest ways.
- **Balance** - The fine balance of the various bodily functions is very important for our physical and mental wellbeing. Balance refers to the bioenergetic balance of the kidneys, circulation, lymphatic system and hormones. It is an ideal program for a deep bioenergetic balancing of the body 's energy field. Running balance is a great way to help balance the immune system with the constant challenges of emotional and mental participation. What we think and focus upon, we can create. Beautiful balance here can help the body align the immune system through the body and mind bioenergetic connection.

- **Being** – The Being program is seen as a supportive set of frequencies to help balance the mind and mental wellbeing. Creating sound and supportive structure for higher states of mental processing. It could also be thought of as the immune system of the mind. Where it supplies us with supportive and nurturing frequencies that align our soul to the higher vibratory fields of energy. This can help to create a more supportive mental and emotional experience in the physical body. Stress can cause huge issues in all body processes. The bioenergetic support of being can be thought of as a sort of as a sort of energetic epigenetic process wherein we sooth and calm with supportive frequencies.
- **Energy** - Performance needs support. No matter whether you are a well-trained competitive athlete, a stressed-out manager or a busy mother, Energy should help you to bio energetically cope more efficiently to deal with physical /mental energetic demands.
- **Relax** - Relax provides frequencies to aid in a relaxing anti-stress effect. Stress is often the cause of hyperacidity and imbalances in the body. Relax is also about surrendering and letting go of the energies that keep us in a constant cycle of chronic stress and the stress responses that accompany. According to our understanding, many diseases are caused by continuous stress. Modern life keeps many of us from letting go of our daily sorrows and stresses. These negative patterns can anchor into our bioenergetic field and send signals which most are unaware. Relax supports this whole process in a powerful yet gentle way. This is vital for achieving recovery. Think of this energy as a cooling to a hot or warm system.
- **Release** - There are many different causes of pain. For example, pain can be a symptom of hyperacidity of the tissue. As an alternative or in addition to the classic pain applications Healy also offers a pain program called “Release” in the Nuno Nina Gold Cycle. Release is designed to help release pain at its core origins. In this program, you work systemically in the bioenergetic field of the body, no matter where the pain is located in the body it is thought to originate from some energetic location that manifests from areas of the bioenergetic field downward into the physical form. This program seeks to locate the pain or imbalance at its original source so that it can be fully remove from a higher level of being. This is seen as going into the causal energy body and targeting the pain at its source or root cause.

•• Pain / Psych ••

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Chronic Pain – Local application to address chronic pain via the CNS (central nervous system)

- **Chronic Back pain** - Local application for support of chronic back pain

- **Tooth-Jaw local** - Local application to support the pain of the teeth, mouth, jaw area
- **Joints local** - Local application for the support of joint pain
- **Migraine** – Local application for cranial (head side) support of migraine
- **Insomnia** – Local application to support and address insomnia via sending frequencies to the central nervous system (CNS)
- **Depression** – Local application to support depression and deep negative thought patterns and processes.
- **Anxiety** – Local application to send frequencies that work to ease and support anxiety via the central nervous system (CNS)



•• Learning ••

- **Learning syst.** - Bioenergetic activation of the central nervous system to support more effective states of learning. This program is used for the systemic states where the person has been challenged for long periods of time and finds this situation to be a core issue.
- **Learning acute** - Supports learning through cranial stimulation and is focused on the acute states of learning and challenges. These frequencies help to support this process through the bioenergetic field connecting to the information field for more access to shared information.
- **Memory** - Energetic stimulation of the brain metabolism to help support the memory. This means the way that the brain circulates glucose and oxygen supplies to the neurons / nerve cells, that carry valuable information creating important “neural nets” where information can be stored and then later retrieved. The nets are the bridges to your memories. Neural nets are the fundamental principle of being able to have access to your experiences...stored as memories.
- **Concentration syst.** - Bioenergetic optimization of the oxygen supply. This ultimately assist with higher states of concentration. This program focuses on frequencies that work at the systemic level.
- **Concentration acute** - Supports concentration via cranial stimulation and focuses on frequencies for acute states of concentration.
- **Exam syst.** - Support before exams through cranial stimulation. These frequencies focus on systemic energy balance that support optimal mental states for exams.



- **Exam acute** - Energetic balancing of anxiety before tests. This program provides frequencies that help with text anxiety. Frequencies for those acute states of mental disharmony that accompanies test anxiety.
- **Stress syst.** - Mental balancing and bioenergetic stimulation of important creative power that helps to balance stress levels that accompany learning. This is the systemic program for addressing deep rooted stress states around learning.
- **Stress acute** - Supports mood improvement via cranial stimulation in moments of acute stress, sending more aligning frequencies to support higher states of learning.

•• Fitness ••

- **Weight**- Bioenergetic stimulation of the organs that process and eliminate waste from the body.
- **Muscle** - Bioenergetic optimization of cell regeneration. Frequencies that offer support for restoring and repairing and of muscle tissue.
- **Circulation** - Bioenergetic support of blood flow for healthy circulation and metabolism. The circulation frequency is designed to energetically assist the carrying of oxygen and nutrients through the blood and into target areas of the body.
- **Performance** - Energetic activation of the life force energy to support better states of athletic performance. Powerful frequencies that call upon the body's own energetic process that take one to the next level of performance.
- **Strength** - Bioenergetic activation of the musculoskeletal system for optimal strength.
- **Stamina** - Bioenergetic optimization of the cardiovascular system to support energetic balance for endurance during physical activities.
- **Regeneration** - Bioenergetic stimulation of vitality. These frequencies support the body to rebuild, repair and restore after physical exertion. When in a high-performance state, they body must recover and repair. Regeneration acts on the energetic processes to recover more quickly through the quantum field. This can allow for a more speedy recovery.
- **Deep relaxation** - Bioenergetic optimization of the relaxation phase. Frequencies for deep states of relaxation while the body rests so that it can reset and restore. Cooling and calming energies assist both physically and mentally.



•• Sleep / Job ••

Sleep

- **Sleep syst.** – Frequencies to assist the bioenergetic field to optimize for shifting into deep delta sleep states (deep sleep).
- **Bed rest** – The autonomic nervous system is comprised of two part. The sympathetic and the parasympathetic nervous systems. Bed rest frequencies bioenergetic promote parasympathetic functions (recovery, relaxation) The parasympathetic nervous system helps to slow the heart, conserve energy, increase intestinal and gland activity which helps the body rest. It also helps the body digest foods. In contrast, the sympathetic nervous system prepares the body for intense physical activities. It is involved in fight or flight. **The Parasympathetic basically does the opposite.** The bed rest frequency is involved in relaxing the body and slowing down higher activity functions supporting the actions of the parasympathetic nervous system to slow down and recover.
- **Balanced Sleep** - Bioenergetic balancing of the deep sleep phase. These frequencies help to better guide the system into more balanced states of sleep.
- **Fine flow** - Bioenergetic activation through ionic movement in the body. Ions are charged particles that send electrical signals through the body. Ionic charges in the extracellular fluid are strong controllers of the body's ability to move into sleep. The fine flow frequencies support the movements of charged particles through the body which in turn helps to regulate neuronal communication, neurotransmitter and hormone release that support healthy sleep states.

Job

- **Activation** - Bioenergetic stimulation of mental clarity that is needed when wanting to perform at the top of your game.
- **Positive thoughts** – These frequencies support the stimulate an energetic orientation towards positive thoughts.
- **Balance Nerves** - Bioenergetic promotion of the beta state. It is said that beta waves are our normal waking state of consciousness. When we focus on mind and memory, cognitive tasks and the outside world we are in Beta states. Beta gives us the alert and attentive thought process. It is involved in problem solving, judgment, decision making and mental activities.
- **Fatigue** – These frequencies energetically support the reduction of stressors that cause strain, stress, and ultimately fatigue. The job and or work environment can become very stressful and it's nice to have access to frequencies that work to bioenergetically support job and work related fatigue.
- **Exhaustion syst.** - Bioenergetic balancing of the adrenal hormones. These frequencies can support adrenal fatigue and adrenal burnout. This program is for



systemic or long-term issues. These states of being can take a little longer to resolve

- **Exhaustion acute** - Supports stress resistance via cranial stimulation to help energetically balance acute exhaustion. This can be someone that has just pushed themselves until they have nothing left. Its working too hard to meet a goal or deadline or burning the candle at both ends. This frequency is created to support acute states of being.
- **Extreme Stress** – These frequencies help to support physical and mental stress. It is a Bioenergetic transfer of energy for both mental and physical balance to aid the body in dealing with extreme stress states while guiding the energy into more supportive states.

•• Mental Balance ••

- **Inner Strength syst.** - Energetic promotion of self-confidence in states of anxiety. These are the frequencies used when one has been dealing with struggling to attain inner strength as a systemic issue.
- **Emotional Well-being** - Energetic balancing of emotional blockages that keep one stuck in limiting belief systems. Supporting the bioenergetic field to re-align. Energetic balance for higher states of emotional wellbeing, calming cooling and bringing higher states of emotional support for daily life.
- **Feel good syst.** - Energetic activation of confidence in cases of low self-worth, low self-esteem or when spirits are low. Frequencies used for systemic or more long running states of being.
- **Contentment syst.** - Energetic balance to support a positive sense of wellbeing. Supportive energy to diswade the attraction to addictive actions and behaviors both energetically and chemically.
- **Contentment acute** - Supports inner balance via cranial stimulation in cases of extreme addiction such as nicotine. Frequencies that promote inner contentment and feeling safe and supported. This group of frequencies is for acute states.
- **Inner Unity** - Energetic reorganization of psychic wholeness. Finding one's psychic center unifying and balancing the inner world from a more expansive perspective. Finding wholeness from within, thus allowing for a more unified psychic awareness. In this state one is not looking for security in the outer world but more from within to find peace and wholeness.
- **Well-being Soul** - Energetic balancing of compulsive or obsessive behaviors. Like inner unity the frequencies in this program align one to a more cohesive soul energy moving the awareness away from obsession and aligning the energy to harmony and fulfilment at a soul level. When we connect to the higher aspects of ourself by going within, instead of looking outside we



feel the reconnect and then we are more able to appreciate the true nature of being anchored to the higher aspects of who we really are.

- **Mental balance acute** - Supports mental balance via cranial stimulation. Balancing the processes of the mind when needed. We can fine tune our energy pulling in both grounding states and focus. It's important to find the balance for higher states of mental clarity. These frequencies are for acute states.

•• Beauty / Skin ••

Beauty

- **Inner Beauty** - Supporting the coherence and emanation of the energetic field. This allows one to tune into and support the beauty that comprises the higher dimensional bodies. The beauty that radiates from a soul level shining from within and radiating outward into the world. True beauty is not based on a physical appearance. Inner beauty is a much deeper and meaningful beauty. Supports things like compassion, a pure heart, a deep compassionate caring. If you are judging yourself too harshly and only look to your physical appearance, it's time to bioenergetically support your inner beauty.
- **Aging** - Bioenergetic support of the organelles. Just as our bodies have organs, our cells also have organs. These tiny organs are called organelles. They are the inner machinery of the cell and help the body build new proteins important for life and the process of renewal. We are a symbiotic organism, and we count on an ancient relationship with our organelles. They help our systems regenerate and help to power the processes of life. The Aging frequency offers bioenergetic support for the process of life.
- **Hair** - Bioenergetic stimulation of the follicles to support the health of the hair.
- **Skin** - Bioenergetic support of the different layers of the skin.
- **Nails** - Bioenergetic stimulation of the nail bed to support the nails.
- **Skin elasticity** - Bioenergetic promotion of collagen, elastin, and connective tissues. This program is also said to work with the lymphatic system just beneath the skin.
- **Support Wounds syst.** – Bioenergetic frequencies that supports wounds at the cellular level and deep within the body through stimulation. This program is for systemic issues that run deep and have been a constant challenge.
- **Support Wounds local** - Bioenergetic stimulation of cell metabolism. In cell metabolism there are specific enzymes involved in wound healing. These frequencies promote this cellular pathway in localized areas that are in need.



- **Acne syst.** - Bioenergetic promotion of toxin transport
- **Scars syst.** - Balancing energetic interference fields in scars. Scar tissue is composed of collagen however the fibers are different to normal tissue. They are fibrous and grow over the site of the injury. The body produces tissue that can grow out of control causing pain and lack of movement. The scar tissues can be deep within the body or closer to the surface of the skin. These frequencies offer bioenergetic support on a systemic level.
- **Scars local** - Local stimulation of scar tissue

•• Bioenergetic Balance 1 ••

- **Immune system** - These frequencies are created to bioenergetically support activation of the body's defence system working through different immune pathways. Depending on the strength or weakness of the immune system we can respond to environmental challenges. This determines positive or negative outcomes. It is critical to support immune function to support the body. The body is a self-healing mechanism of the greatest kind. It knows how to heal when we support it. The immune system can work for us or against us and many times this comes down to an ancient body system called the ECS – The Endocannabinoid System. There are specialised receptors throughout the body that help to balance this system and ultimately keep the immune system in check. These important areas are called the CB2 receptors. They are areas in the cells that send important messages throughout the body and help the immune system to talk.
- **Cold** - Bioenergetic calming of the mucous membranes.
- **Allergies** - Bioenergetic balancing of allergic reactions.
- **Eyes** - Energetic balancing of the retina
- **Hormones** - Bioenergetic Balancing for the release of hormones
- **Intestine** - Bioenergetic support of the intestinal muscles and tissues. Bioenergetic stimulation to the muscles that carry out involuntary movements in the transferring of food through the digestive tract.
- **Nerves** - Bioenergetic regulation of the nervous system. The nerve cells and neurons carry information throughout the body. They can send long range cellular communication which is very important to overall health. The nerve cells are also highly involved in the ECS and communicate via the CB1 receptors and the CB2 receptors.
- **Flexibility** - Bioenergetic mobilization of the joints, tendons, and ligaments that work to move the body and support flexibility.



- **Circulatory System** - Bioenergetic stimulation of the body's energy supply. The circulatory system is an important highway that transfers oxygen rich blood and other nutrients that are important for health.
- **Potency** - Bioenergetic stimulation of the reproductive organs,
- **Menopause** - Bioenergetic regulation of hormonal release and hormone balance.
- **Menstruation local** - Local relaxation of the lower abdomen and bioenergetic support of the female reproductive organs.

•• Bioenergetic Balance 2 ••

- **Gastrointestinal** - Energetic balancing of the gastrointestinal tract. This important environment is where our symbiotic microbes live, and we need them to support us with many of our daily body processes. This relationship is of critical importance.
- **Bacteria** - Balancing of the bioenergetic defence system. We are a symbiotic organism and have bacteria and other microbes that can work both for us and or against us. We count on these different microbes to help us digest foods, extract nutrients, produce chemicals for protection and elimination, and to help with things like anxiety and depression. There are both supportive and destructive bacteria and we need to support a healthy well-balanced microbial community.
- **Tonsils** - Energetically balancing the immune system in cases of infections. We usually see this come up when some sort of invasion or infection taking place in the body, or has been first detected in the energy field.
- **Liver function** - Bioenergetic promotion of liver metabolism. The liver is a filtering organ. Processing of foods as well as toxins through and then out of the system. When working on the meridians the liver is energetically associated with anger.
- **Intolerances** - Bioenergetic fostering of food tolerance. Energetic support to help the body repair from food upsets, disturbances and intolerances. It's also good to look into supporting the mucosal linings and gut/digestive system for supportive companion frequencies.
- **Toxins** - Bioenergetic stimulation of the body's excretory processes in the removal of toxins and toxic debris. This can be from both the physical body and the energetic field.
- **Head** - Bioenergetic reduction of tensions and imbalances within the head
- **Prostate** Energetic support of the prostate gland



- **Lung function** - Bioenergetic optimization of the lung function.
- **Thyroid gland** - Bioenergetic regulation of the thyroid functions
- **Joints-Bones** - Bioenergetic stimulation in the supportive energies for processes of bone growth and repair. Energetic frequencies in the repair of important bone cells and cartilage related to arthritic processes.
- **Sciatica local** - Local stimulation of the sciatic to help the body better support the area.

•• Meridians 1 ••

The meridians are an energetic highway in the body. They are used in acupuncture. The Yin meridians help to calm and relax whereas the Yang meridians

- **Allergy Meridian** - Energetic desensitization of the energy flow.
- **Connective Tissue** - Energy regulation of the connective tissue.
- **Bladder** - Regulation of bladder energy control.
- **Large intestine** - Harmonizing the energy field of the large intestine
Yang meridian
- **Small intestine** - Harmonizing the energy control of the small intestine
Yang meridian
- **Fatty degeneration** - Energetic regulation of cell uptake. The energetic support in lipid (fat) metabolism and lipid processing. Breaking down and burning energy storages for fuel.
- **Gallbladder** - Energetic regulation of the digestion of fat and other behaviors of the gallbladder. Yang meridian. Involved in the emotion of surprise. The energy of excessive surprise is said to damage the gallbladder.
- **Joints** - Energetic balancing of flexibility, support of joints and connective/joint tissues.
- **Skin** - Promotion of the energy pathways of the skin
- **Heart** - Energetic stimulation of the heart and the heart energies. *Physically* the heart can also play a role in blood pressure. *Energetically* the heart can be involved in areas of heart break or heart ache. Yin meridian, known to be involved in the energies of happiness and thoughtfulness. Can also be involved in sadness, fear and anxiety. Energies of sadness, worry, stress and hate can energetically damage the heart and have potential to cause physical dis-ease.



•• Meridians 2 ••

- **Hormonal** – Energetic balancing of the hormones
- **Circulation** - Energetic regulation of blood circulation. *Physically* this can also play a role in blood pressure. The circulatory system is an important highway that transfers oxygen rich blood and other nutrients that are necessary for health.
- **Liver** – This frequency supplies energetic metabolism regulation. The liver is known to be involved in the emotion of anger. The energy of anger damages the liver. The liver is an important filtering organ and is responsible for helping the body process both nutrients and toxins. It is part of the digestive system and has over 500 different functions. The liver removes toxins with enzymes and oxygen. Amino acids step in to help remove the burned toxins through bile or urine. The liver is also a regenerative organ and can re-grow a new healthy liver from a small part of itself. Glutathione production is key for a healthy liver. It helps the liver protect itself from free radical damage and toxin induced inflammation. Glutathione frequencies can also be used in support of the liver.
- **Lungs** – Bio-Energetic balancing of the respiratory system. Yin meridian. Known to be involved in the emotion of sadness and anxiety. Lungs are said to be in charge of sadness. Excessive anxiety energy is said to damage the lungs. The lungs move fresh air into the body while also removing waste gasses. Lungs help to oxygenate the cells and organs by pumping oxygen rich blood through the system.
- **Lymphatic system** - Energetic regulation of the lymphatic system. The lymph is responsible for the transport of toxins and helps to rid the body of unwanted materials. It also helps to fight infection.
- **Stomach** - Energetic harmonization of the gastric function. Stomach is the first step in the breaking down of food into usable nutrients to be send through the blood stream. The stomach is part of the digestive system and plays a role in nutrient distribution. Yang meridian
- **Spleen-pancreas** – Bioenergetic stimulation and support of the energy field of the spleen and pancreas. These organs are part of the endocrine system and help to process and send chemical messengers for cell signaling for energy balance, metabolism and much more.
- **Nerve Meridian** - Energetic harmonization of the nerve function
- **Kidney** – Bioenergetic support of energy control with the fluid balance. Involved with the emotion of fear. Kidneys are in charge of fear. The kidneys are important filtering organs and help the body rid itself of toxins and waste.



- **Organ Meridian** - Harmonizing the energy flow of the organs. Each organ has a specific job to carry out in each of the body systems. Frequencies help to establish a cohesive and supportive energy that resonates with the organs.

•• Chakras ••

- **Crown chakra** – I am spirit. Energetic harmonization of the topics of the crown chakra and connection to the higher Self. The physical connecting and bringing in energy and information from the higher dimensions.
- **Third eye chakra** – I am awareness. Energetic harmonization of the topics of the third eye chakra and strengthening of intuition. Supporting psychic vision and the ability to see through illusion.
- **Throat chakra**– I am communication. Energetic harmonization of the topics of the throat chakra and promotion of constructive communication.
- **Heart chakra** – I am love and healing. Energetic harmonization of the heart chakra and associated traits of this chakra. Energetic stimulation and balancing of the heart, empathy, love, and compassion. Energetic stimulation of this area helps to support leading one’s life connected to the energy of the heart.
- **Solar plexus chakra** – I am power and wisdom. Energetic harmonization of the solar plexus chakra and the traits associated with this energy center. Energetic support of self-confidence, inner strength and gut feelings and emotions, creativity, and personal power.
- **Sacral chakra** – I am creativity and sexuality. Energetic harmonization of the sacral chakra and the traits associated with this energy center. Energetic stimulation of creativity and balanced sexuality.
- **Root chakra** – I am grounded in trust and feel safe in my life. Energetic harmonization of the root chakra and the traits associated with this energy center. Energetic activation of basic trust to feel safe on the earth in one’s life.



•• Protection Programs ••

- **General protection** - Energetic shielding. A blanket energetic field of protection.
- **Electrosensitivity** - Energetic balancing of the tolerance for so-called “electrosmog”. Energetic support from EMF and other potential influences from phones, TVs, computers, electronics and radiation.

- **Cell** - Bioenergetic strengthening of the cell and its biology.
- **Mental** - Energetic promotion for the capacity of a clear unobstructed state of mind. Supporting the mental pathways from disharmonic influences and promoting a clearer mental process.
- **Sleeping** - Energetic protection during sleep
- **Geopathy** - Energetic reduction of sensitivity to interference fields such as electromagnetics and interferences from earth activities or energy shifts.
- **Subtle** - Energetic protection against external influence that can affect the subtle energy fields
- **Planets** - Harmonizing the influences of planets



•• Deep Cycle ••

This is a brief description of the deep cycle programs. They go far beyond what is explained here and these descriptions do not limit the broader program benefits. These frequencies offer a large range of possibilities on an energetical level. It is said that clients go through cycles during applications. There are daily, weekly and monthly cycles as well as the classic application cycles. The physical and energetic bodies go through different cycles of healing, release and letting go. In this deep cycle program, we have energetic detoxification, support of key organ systems, and working with the energetic root causation. It can therefore be very helpful to find out where you may sit in your current cycle so that you select the appropriate program to balance and support your current energetic state of being as you grow, expand, and evolve.

- **First Application** - At the first application, to establish a connection and to get a feeling for the frequency application. The kidneys and lungs should be energetically stimulated; hypersensitivity can be reduced, and balance should increase. Feel good and be touched.
- **Second Application** - At the second application, unless the first application was too intensive. The kidneys and lungs should be energetically stimulated, hypersensitivity should be reduced, and balance should continue to increase.

- **Third Application** - As soon as you are ready for a more intensive application. Kidneys, lungs, heart and accelerated energetic detoxification.

- **Breath of life** – Bioenergetic stimulation of the lungs and support for a variety of issues connected to breathing. Lungs and all energetic afflictions in the surrounding area. There are energetic issues associated with the lungs as well as the surrounding organs and tissues, including breast and local tissues. Also involves emotions and feelings associated with weakness and depression. Sadness and fear of life.

- **Clean all** – A complete energetic detoxification of several metabolic systems such as kidneys, lungs, liver, digestion, lymphatic system and circulatory system. This program is a strong follow up after detoxifying the energetic pathways. It is advisable to include this program in a sequence of applications. When we release on any level of the physical or bioenergetic system it can often cause a need for detoxification. To release old toxins from the energetic body and mind is powerful and sometimes carries discomfort, flu-like symptoms and side effects. Complete energetic detoxification of various systems, such as kidneys, lungs, liver, digestive system, lymph, and circulation system is always advisable, and many times needs follow up support. Move gentle and slow and remember to consume lots of water.

- **Digest all** – Encourages bioenergetic support to breakdown foods and properly digest and process them for proper nutrient distribution. This is a great frequency when challenged with lack of nutrients from a damaged leaky gut. Works with digestion on the physical level but also an energetic level. Being able to digest concepts and new beliefs is important for health and growth. This program is great for digestive issues that can block moving forward (e.g., if stomach issues continue even after the stress is reduced and the kidneys work well). For this program, the adhesive electrodes can be used as an alternative to bracelet electrodes. They should be placed at the level of the ankle on the front side of the foot acupuncture point ST 42. Intestines, stomach, pancreas, gallbladder.

- **Go to the roots** – Bioenergetic stimulation on the mental and emotional levels, diving past the physical. We move deep into the root cause. It is in the higher dimensions that we find persistent disharmonious root causes that radiate downward to affect biochemical and physiological processes. Only use when the symptoms have subsided, and the recovery process has begun. This is a very intense program. All essential bodily functions should work normally. The energetic causes on the mental level, emotional patterns and biochemical processes associated with these levels will now be addressed. This program is suitable as the conclusion of a series of applications.

- **Free flow** - Bioenergetic support for the circulation and the supply of oxygen to the cells. Even an irregular and unsteady heartbeat can be energetically supported by this program. It is suitable for use after basic kidney and lung balancing, as well as for general energetic stiffness and circulatory blockages. In addition to supporting the heart and circulation, it can bioenergetically promote muscle relaxation. It Bioenergetically supports the free-flowing energy in higher energy fields as well as the energy within the body. Promoting unobstructed smooth balanced movement of energy on all levels. Cycling a communication feedback into and out of the body.

- **Kidney all-female & Kidney all-male** – **Women** Energetic stimulation for kidneys, adrenal glands, bladder, urinary tract, ovaries, genitals and connected bioenergetic



women's problems. **Men** Energetic stimulation for kidneys, adrenal glands bladder, urinary tract, prostate, genitals and other connected bioenergetic problem for men.

Herring's law states that: "All improvement occurs from within moving out, from the head moving down, and in the reverse order in which the symptoms have appeared." Working backward to reverse. When it is necessary to energetically support kidneys or kidney energy and promote their ability to regulate (electrolytes, pH and the like), or for any symptom that originates from the "superior organ" and manifests itself in the "subordinate organ", such as energetic problems with the bladder, urinary system, ovaries, and vagina, menstruation with women or prostate and impotence with men. This program is designed to energetically support the kidneys and the sexual organs for men and women. The acupuncture point K5 to K6 (below the ankle on the inside of the foot) is suitable for electrode placement. K5 to K6 (or SP6) is close to the tibial nerve, which can also be indirectly stimulated.

- **Pure Calm** – Bioenergetically supports energetic pathways to inner peace, emotional and spiritual balance. Bioenergetic support of muscle relaxation. Additionally, these frequencies are intended to support the non-physical aspects of life. It's a great frequency for attaining a calm meditative state.
- **Renewal** – Energetic support to the bioenergetic field modulating unbalanced energies due to injuries or after medical procedures and operations. These events cause an energetic disturbance in the field and is important to address these disturbances. Energetic regeneration is a beautiful way to support the mind body soul connection. These frequencies also said to bioenergetically stimulate bone growth and repair. This is a great program for athletes needing recovery. Energetic support for bones, skin, tendons, vessels, nerves, muscles, cells, organs and DNA.

Therapist Programs –

The Therapist Programs category offers space for 12 programs individually created for you by your therapist. Your therapist transfers them to your Healy from a cloud database regardless of your location. The Medical Cloud enables secure data transfer between Healy and the TimeWaver Frequency system through the Therapist TAN procedure.

TAN function lets your therapist transfer individual programs from his or her TimeWaver Frequency system to your Healy or it also allows them to delete already transferred programs.

Healy Frequencies Device

Healy is an approved class 2 medical device in Europe for the treatment of pain, sleep disorders and mental health for such things as PTSD, depression and anxiety. In The US Healy is FDA approved for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, arms and legs due to strain from exercise or normal household work activities and for the symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis. In Australia we are waiting for the final TGA approval under the Healy name. Until approved, the Healy is a holistic device to support personal health and well-being the use of frequency microcurrent treatment.





Disclaimer: Healy is a medical device for the treatment of pain in chronic pain, fibromyalgia, skeletal pain and migraine, as well as for the supportive treatment of mental illnesses such as depression, anxiety and related sleep disorders. All other applications of Healy are not recognized by conventional medicine due to lack of evidence in the sense of conventional medicine.