

# HEALY PROGRAMMS



## Goldcycle

<b>Pure</b>	The Pure program is the ideal starting point for anyone using Healy for the first time. It should help the energy field of the organism to recover from the bioenergetic effect of environmental pollutants, toxins, an unhealthy diet and other negative factors.
<b>Care</b>	We see a weakened bioenergetic field as a reason for many acute and chronic diseases. Strengthen your energy field through appropriate exercise, healthy nutrition and pure water. Care means "caring"; in other words, preventing a multitude of bioenergetic disorders.
<b>Balance</b>	The fine balance of the various bodily functions is very important for our well-being and health. 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.
<b>Being</b>	What the program Balance is for the body, Being is for our soul. It should help you regain emotional balance.
<b>Energy</b>	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 bioenergetically deal with health problems.
<b>Relax</b>	Relax stands for a relaxing anti-stress effect. Stress is often the cause of hyperacidity and imbalances in the body. 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 stress, an endeavor that we think is vital for achieving recovery.
<b>Release</b>	There are many different causes of unpleasant sensations. For example, unpleasant sensations can be a symptom of hyperacidity of the tissue. As an alternative or in addition to the classic applications for unpleasant sensations in Healy you can use the Nuno Nina Gold Cycle Release program. In this program you work systematically in the bioenergetic field of the body, no matter where the unpleasant sensations is located.

## Local Stimulation

<b>I</b>	Bioenergetic support in case of unpleasant sensations in the body
<b>II</b>	Bioenergetic local support in case of unpleasant sensations in the back
<b>III</b>	Bioenergetic local support in case of unpleasant sensations in the mouth area
<b>IV</b>	Bioenergetic local support in case of unpleasant sensations in joints
<b>V</b>	Bioenergetic support in case of unpleasant sensations in the head area
<b>VI</b>	Bioenergetic balancing of sleep issues
<b>VII</b>	Bioenergetic support for mental balance
<b>VIII</b>	Bioenergetic support to relief mental stress

## Learning

<b>Learning syst.</b>	Bioenergetic activation of the central nervous system
<b>Learning acute</b>	Supports learning through cranial stimulation
<b>Memory</b>	Energetic stimulation of the brain metabolism
<b>Concentration syst.</b>	Bioenergetic optimization of the oxygen supply
<b>Concentration acute</b>	Supports concentration via cranial stimulation
<b>Exam syst.</b>	Support before exams through cranial stimulation
<b>Exam acute</b>	Energetic balancing of anxiety before tests
<b>Stress syst.</b>	Mental balancing and bioenergetic stimulation of creative power
<b>Stress acute</b>	Supports mood improvement via cranial stimulation

## Fitness

<b>Weight</b>	Bioenergetic stimulation of the organs that eliminate waste products
<b>Muscle</b>	Bioenergetic optimization of cell regeneration
<b>Circulation</b>	Bioenergetic support of the blood supply that supports metabolism
<b>Performance</b>	Energetic activation of life energy
<b>Strength</b>	Bioenergetic activation of the musculoskeletal system
<b>Stamina</b>	Bioenergetic optimization of the capacity for endurance
<b>Regeneration</b>	Bioenergetic stimulation of vitality
<b>Deep relaxation</b>	Bioenergetic optimization of the relaxation phase

## Job / Sleep

<b>Activation</b>	Bioenergetic stimulation of mental clarity
<b>Positive Thoughts</b>	Energetic orientation towards positive thoughts
<b>Balance Nerves</b>	Bioenergetic promotion of the beta state
<b>Fatigue</b>	Energetic reduction of stressors
<b>Exhaustion syst.</b>	Bioenergetic balancing of the adrenal hormones
<b>Exhaustion acute</b>	Supports stress resistance via cranial stimulation
<b>Extreme Stress</b>	Bioenergetic support of mental and physical balance
<b>Sleep syst.</b>	Bioenergetic optimized changing into delta state (deep sleep)
<b>Bed Rest</b>	Bioenergetic promotion of parasympathetic functions (recovery, relaxation)
<b>Balanced Sleep</b>	Bioenergetic balancing of the deep sleep phase
<b>Fine Flow</b>	Bioenergetic activation through ionic movement in the body

**Disclaimer:** While scientific research underlies Healy technology, its connection to health and wellness has not been extensively explored or demonstrated. Healy is not intended to cure, treat, mitigate, diagnose or prevent disease, but rather to support energetic balance and enhance recovery, vitality and wellbeing.

Mental Balance	
<b>Inner Strength syst.</b>	Energetic promotion of self-confidence when you feel anxious
<b>Emotional Well-being</b>	Energetic balancing of emotional blockages
<b>Feel Good syst.</b>	Energetic activation of confidence when you feel dejected
<b>Contentment syst.</b>	Energetic balancing of the inner sense of self to help avoid addictive and compensatory behaviors
<b>Contentment acute</b>	Supports inner balance via cranial stimulation to aid recovery from nicotine addiction
<b>Inner Unity</b>	"Energetic reorganization of the sense of psychic wholeness"
<b>Well-being Soul</b>	Energetic balancing to support the avoidance of compulsive behavior
<b>Mental Balance acute</b>	Supports mental balance via cranial stimulation

Beauty / Skin	
<b>Inner Beauty</b>	Supporting the coherence and expression of the energetic field
<b>Hair</b>	Bioenergetic support of the cell organelles (i.e. the "organs" within the cell)
<b>Skin</b>	Bioenergetic stimulation of the follicles
<b>Aging</b>	Bioenergetic fostering of the epidermis
<b>Nails</b>	Bioenergetic stimulation of the nail bed
<b>Skin Elasticity</b>	Bioenergetic promotion of the lymphatic system
<b>Support Wounds local</b>	Supports the cells through local stimulation
<b>Support Wounds syst.</b>	Bioenergetic stimulation of the cell metabolism
<b>Acne syst.</b>	Bioenergetic promotion of toxin transport
<b>Scars syst.</b>	Balancing energetic interference fields in scars
<b>Scars local</b>	Local stimulation of scar tissue

Meridians 1	
<b>Allergy Meridian</b>	Energetic desensitization of the energy flow
<b>Connective Tissue</b>	Energy regulation of the connective tissue
<b>Bladder</b>	Regulation of the bladder energy control
<b>Large Intestine</b>	Harmonizing the energy field of the large intestine
<b>Small Intestine</b>	Harmonizing the energy control of the small intestine
<b>Fatty Degeneration</b>	Energetic regulation of cell uptake
<b>Gall Bladder</b>	Energetic regulation of the digestion of fat
<b>Joints</b>	Energetic balancing of flexibility
<b>Skin</b>	Energetic promotion of the energy pathways of the skin
<b>Heart</b>	Energetic stimulation of the heart energy

Meridians 2	
<b>Hormonal Balance</b>	Energetic hormone balancing
<b>Circulation</b>	Energetic regulation of blood circulation
<b>Liver</b>	Energetic metabolism regulation
<b>Lungs</b>	Energetic balancing of the respiratory system
<b>Lymphatic System</b>	Energetic regulation of the lymphatic system
<b>Stomach</b>	Energetic harmonization of the gastric function
<b>Spleen-Pancreas</b>	Stimulation of the energy field of the spleen and pancreas
<b>Nerv Meridian</b>	Energetic harmonization of the nerve function
<b>Kidney</b>	Energy control of the fluid balance
<b>Organ Meridian</b>	Harmonizing the energy flow of the organs

Bioenergetic Balance 1	
<b>Immune System</b>	Activation of the body's bioenergetic defense system
<b>Cold</b>	Bioenergetic calming of the mucous membranes
<b>Allergies</b>	Bioenergetic balancing to help relieve allergic reactions
<b>Eyes</b>	Energetic balancing of visual ability
<b>Hormones</b>	Bioenergetic balancing of the hormonal system
<b>Intestine</b>	Bioenergetic stimulation of intestinal functioning
<b>Nerves</b>	Bioenergetic regulation of the nervous system
<b>Flexibility</b>	Bioenergetic mobilization of the joints
<b>Circulatory System</b>	Bioenergetic stimulation of the body's energy supply
<b>Potency</b>	Bioenergetic stimulation of the reproductive organs
<b>Menopause</b>	Bioenergetic regulation of hormonal balance
<b>Menstruation local</b>	Local relaxation of the lower abdomen

Bioenergetic Balance 2	
<b>Gastrointestinal</b>	Energetic balancing of the gastrointestinal tract
<b>Bacteria</b>	Balancing of the bioenergetic defense system
<b>Tonsils</b>	Energetically balancing the immune system in cases of infections
<b>Liver Function</b>	Bioenergetic promotion of liver metabolism
<b>Intolerances</b>	Bioenergetic fostering of food tolerance
<b>Toxins</b>	Energetic stimulation of the body's excretory processes
<b>Head</b>	Bioenergetic reduction of tensions
<b>Prostate</b>	Energetic support of the prostate gland
<b>Lung Function</b>	Bioenergetic optimization of the lung function
<b>Thyroid Gland</b>	Bioenergetic regulation of the thyroid function
<b>Joints-Bones</b>	Bioenergetically stimulating the excretion of metabolites
<b>Sciatica local</b>	Local stimulation of the sciatic nerve area

Chakras	
<b>Crown Chakra</b>	Energetic harmonization of the topics of the crown chakra and connection to the higher Self
<b>Third eye Chakra</b>	Energetic harmonization of the topics of the third eye chakra and strengthening of intuition
<b>Throat Chakra</b>	Energetic harmonization of the topics of the throat chakra and promotion of constructive communication
<b>Heart Chakra</b>	Energetic harmonization of the topics of the heart chakra and stimulation of balanced empathy
<b>Solar Plexus Chakra</b>	Energetic harmonization of the topics of the solar plexus chakra and strengthening of self-confidence
<b>Sacral Chakra</b>	Energetic harmonization of the topics of the sacral chakra and stimulation of creativity
<b>Root Chakra</b>	Energetic harmonization of the topics of the root chakra and activation of basic trust

Protection Programs	
<b>General Protection</b>	Energetic shielding
<b>Electrosensitivity</b>	Energetic balancing of the tolerance for so-called "electrosmog".
<b>Cell</b>	Bioenergetic strengthening of the cell
<b>Mental</b>	Energetic promotion of clear perceptual capacity
<b>Sleeping</b>	Energetic protection during sleep
<b>Geopathy</b>	Energetic reduction of sensitivity to interference fields
<b>Subtle</b>	Energetic protection against external influence
<b>Planets</b>	Harmonizing the influences of planets
<b>Deep Cycle</b> – See manual for instructions	
<b>First Application</b>	<b>Go to the Roots</b>
<b>Second Application</b>	<b>Free Flow</b>
<b>Third Application</b>	<b>Renewal</b>
<b>Breath of Life</b>	<b>Kidney all Female</b>
<b>Clean all</b>	<b>Kidney all Male</b>
<b>Digest all</b>	<b>Pure Calm</b>