

HEALY PROGRAMS



Gold Cycle

Pure	The Pure program is the ideal starting point for anyone using Healy frequency programs for the first time. It is designed to help your body's energy field to recover from the bioenergetic effects of environmental factors.
Care	A weakened bioenergetic field is frequently associated with poor health. Strengthening your energy field through appropriate exercise, healthy nutrition and pure water, and restoring bioenergetic balance are all ways of caring for your inner and outer health.
Balance	The fine balance of the various bodily systems is very important for our well-being and health. The Balance program refers to bioenergetic balance. It is an ideal program for a deep bioenergetic balancing of the body's overall energy field.
Being	What the program Balance is for the body, Being is for our soul. It is designed to help you remain centered during life's turmoil.
Energy	Performance needs support. Whether you are a well-trained competitive athlete, a stressed-out manager or a busy mother, Energy supports your ability to bioenergetically respond to life's demands.
Relax	Relax stands for a relaxing anti-stress effect. Stress can be both the result and the cause of imbalances in the mind and body that can undermine your health and wellbeing. Modern life keeps many of us from letting go of our daily sorrows and stress, so support for you in this area can help you restore your sense of balance.
Release	There are many different causes of pain. As an alternative or in addition to using your Healy for pain reduction as described in the Instructions for Use, you can use the Nuno Nina Gold Cycle Release program. In this program you work systemically in the bioenergetic field of the body to release your pain at its source.

Pain / Local Stimulation

Pain	Relief of pain as described in the Instructions for Use
Pain locally	Local relief of pain as described in the Instructions for Use
III	Bioenergetic local support in case of unpleasant sensations in the mouth area
IV	Bioenergetic local support in case of unpleasant sensations in joints
V	Bioenergetic support in case of unpleasant sensations in the head area
VI	Bioenergetic balancing of sleep challenges
VII	Bioenergetic support for mental balance
VIII	Bioenergetic support to relieve mental stress

Learning

Learning syst.*	Bioenergetic activation of the ability to learn and retain learning
Learning acute**	Specific Bioenergetic activation of ability to focus and retain learning
Memory	Energetic support of knowledge retention
Concentration syst.	Bioenergetic support for focus and ability to ignore distraction
Concentration acute	Specific bioenergetic support to enhance focus.
Exam syst.	Energetic balancing to enhance relaxation during exam preparation
Exam acute	Bioenergetic support before exams
Stress syst.	Mental balancing and bioenergetic stimulation of creative power
Stress acute	Supports mood improvement

Fitness

Weight	Bioenergetic support for your body's energy balance
Muscle	Bioenergetic support for recovery
Circulation	Bioenergetic support for demands of exercise
Performance	Energetic balancing that supports your desire to excel
Strength	Bioenergetic support for the musculoskeletal system
Stamina	Bioenergetic optimization of the capacity for endurance
Regeneration	Bioenergetic stimulation of vitality
Deep Relaxation	Bioenergetic optimization of the relaxation phase

Job/Sleep

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

Notice: Healy is a microcurrent medical device that has been cleared by the U.S. Food and Drug Administration for relief of acute, chronic, and arthritis pain and muscle soreness due to overexertion. Healy also has non-medical applications that use individualized frequencies to help balance your mind and body and relieve stress. No claims are made that Healy frequency programs can diagnose, treat, cure or prevent any physical, mental or emotional disease or condition. If you believe you may have such a condition, consult a healthcare professional before using Healy programs. Always use your Healy in accordance with its Instructions for Use.

*Systemic (syst.) frequency programs are applied through the wrists for bioenergetic balancing and are voltage controlled

**Acute frequency programs are applied locally for bioenergetic balancing and are current controlled

Mental Balance

Inner Strength syst.	Energetic promotion of self-confidence when you feel uncertain or insecure
Emotional Well-being	Energetic balancing when you feel emotionally blocked
Feel Good syst.	Energetic activation of confidence when you feel down
Contentment syst.	Energetic balancing of the inner sense of self to help avoid addictive and compensatory behaviors
Contentment acute	Supports your sense of inner balance during recovery from nicotine dependence
Inner Unity	Energetic restoration of the sense of psychic wholeness
Well-being Soul	Energetic balancing to support you while resisting habitual behaviors
Mental Balance acute	Supports positive thinking

Beauty/Skin

Inner Beauty	Supporting the coherence and expression of your energetic field
Hair	Bioenergetic support focused on the follicles
Skin	Provides bioenergetic support to skin cells
Aging	Bioenergetic support for relaxing your expressions
Nails	Bioenergetic stimulation of the nail bed
Skin Elasticity	Bioenergetic support for the lymphatic system
Support Wounds local	Supports the cells through local stimulation
Support Wounds syst.	Bioenergetic stimulation of the cell metabolism
Acne syst.	Bioenergetic support for the body's ability to clean out toxins
Scars syst.	Balancing energetic interference fields in scars
Scars local	Local stimulation of scar tissue

Meridians 1

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

Meridians 2

Hormonal Balance	Energetic support for balanced hormones
Circulation	Energetic support for of blood circulation
Liver	Energetic metabolism regulation
Lungs	Energetic balancing of the respiratory system
Lymphatic System	Energetic regulation of the lymphatic system
Stomach	Energetic harmonization of the digestive system
Spleen-Pancreas	Stimulation of the energy field of the spleen and pancreas
Nerve Meridian	Energetic harmonization of the body's sensory system
Kidney	Energetic support for the body's ability to maintain fluid balance
Organ Meridian	Harmonizing the energy flow between the organs ("Chi")

Bioenergetic Balance 1

Immune System	Support for the body's bioenergetic defense system
Cold	Bioenergetic calming directed to the mucous membranes
Allergies	Bioenergetic balancing to help the body recover from overreactions to irritants
Eyes	Energetic support for visual ability
Hormones	Bioenergetic support for the body's chemical messengers
Intestine	Bioenergetic support for the body's natural tendency toward balance
Nerves	Bioenergetic harmonization to promote relaxation
Flexibility	Bioenergetic support for movement
Circulatory System	Bioenergetic support for the body's energy delivery system
Potency	Bioenergetic support for the balance of the reproductive organs
Menopause	Bioenergetic support to help you deal with the effects of menopause
Menstruation local	May provide local relaxation of the lower abdomen

Bioenergetic Balance 2

Gastrointestinal	Energetic balancing of digestion
Bacteria	Balancing of the bioenergetic defense system
Tonsils	Energetically balancing the body to help it reduce feelings of discomfort
Liver	Bioenergetic support for liver metabolism
Food Sensitivities	Bioenergetic support for increased food tolerance
Toxins	Bioenergetic support for the body's excretory processes
Head	Bioenergetic reduction of tensions
Prostate	Energetic support for the body's ability to maintain a healthy prostate
Lungs	Bioenergetic balancing directed toward the lungs
Thyroid	Bioenergetic support of the body's ability to maintain a healthy thyroid
Joints-Bones	Bioenergetically supporting the body's ability to heal damage from injuries and stresses
Sciatica local	Local stimulation of the sciatic nerve area to reduce tension and pain

Chakras

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

Protection Programs

General Protection	Energetic shielding
Electrosensitivity	Energetic balancing of the tolerance for so-called "electrosmog".
Cell	Bioenergetic strengthening of the cell
Mental	Energetic promotion of clear perceptual capacity
Sleeping	Energetic protection during sleep
Geopathy	Energetic reduction of sensitivity to interference fields
Subtle	Energetic protection against external influence
Planets	Harmonizing the influences of planets

Deep Cycle – See manual for instructions

First Application	Go to the Roots
Second Application	Free Flow
Third Application	Renewal
Breath of Life	Kidney all Female
Clean all	Kidney all Male
Digest all	Pure Calm