

# HEALY PROGRAM DESCRIPTIONS (EU/AU)



## **Gold Cycle** (Included in Gold, Holistic Health, Holistic Health Plus and Resonance Editions)

<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 endeavour 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 unpleasant sensation applications in Healy you can use the Nuno Nina Gold Cycle Release program. In this program, you work systemically in the bioenergetic field of the body, no matter where the unpleasant sensation is in the body.

## **Local Stimulation - Shown as Pain/Psyche in Resonance App**

(included in Holistic Health, Holistic Health Plus and Resonance Editions)

<b>Chronic Pain (I)*</b>	Bioenergetic support in case of unpleasant sensations in the body
<b>Chronic Back Pain (II)</b>	Bioenergetic local support in case of unpleasant sensations in the back
<b>Tooth-Jaw Local (III)</b>	Bioenergetic local support in case of unpleasant sensations in the mouth area
<b>Joints Local (IV)</b>	Bioenergetic local support in case of unpleasant sensations in joints
<b>Migraine (V)</b>	Bioenergetic support in case of unpleasant sensations in the head area
<b>Insomnia (VI)</b>	Bioenergetic balancing of sleep issues
<b>Depression (VII)</b>	Bioenergetic support for mental balance
<b>Anxiety (VIII)</b>	Bioenergetic support to relief mental stress

## **Bioenergetic Balance 1** (included in Holistic Health, Holistic Health Plus and Resonance Editions)

<b>Immune System</b>	Activation of the body’s bioenergetic defence system
<b>Cold</b>	Bioenergetic calming of the mucous membranes
<b>Allergies</b>	Bioenergetic balancing of to help relieve allergic reactions
<b>Eyes</b>	Energetic balancing of the visual ability
<b>Hormones</b>	Bioenergetic balancing the hormonal system
<b>Intestine</b>	Bioenergetic stimulation of intestinal functioning
<b>Nerves</b>	Bioenergetic regulation of the nervous system
<b>Flexibility</b>	Bioenergetic mobilisation 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** (included in Holistic Health, Holistic Health Plus and Resonance Editions)

<b>Gastrointestinal</b>	Energetic balancing of the gastrointestinal tract
<b>Bacteria</b>	Balancing of the bioenergetic defence 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>	Bioenergetic 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 optimisation of the lung function
<b>Thyroid Gland</b>	Bioenergetic regulation of the thyroid function
<b>Joints-Bones</b>	Bioenergetically stimulation the excretion of metabolites
<b>Sciatica Local</b>	Local stimulation of the sciatic nerve area

\* This program is also included in the Gold Edition

<b>Mental Balance</b> (included in Holistic Health, Holistic Health Plus and Resonance Editions)	
<b>Inner Strength Systemic</b>	Energetic promotion of self-confidence when you feel anxious
<b>Emotional Well-Being</b>	Energetic balancing of emotional blockages
<b>Feel Good Systemic</b>	Energetic activation of confidence when you feel dejected
<b>Contentment Systemic</b>	Energetic balancing of the inner sense of self to help avoid addictive and compensatory behaviours
<b>Contentment Acute</b>	Supports inner balance via cranial stimulation to aid recovery from nicotine addiction
<b>Inner Unity</b>	Energetic reorganisation of the psychic wholeness
<b>Well-Being Soul</b>	Energetic balancing to support the avoidance of compulsive behaviour
<b>Mental Balance Acute</b>	Supports mental balance via cranial stimulation

<b>Meridians 1</b> (included in Holistic Health, Holistic Health Plus and Resonance Editions)	
<b>Allergy Meridian</b>	Energetic desensitisation of the energy flow
<b>Connective Tissue</b>	Energy regulation of the connective tissue
<b>Bladder</b>	Regulation of bladder energy control
<b>Large Intestine</b>	Harmonising the energy field of the large intestine
<b>Small Intestine</b>	Harmonising the energy control of the small intestine
<b>Fatty Degeneration</b>	Energetic regulation of cell uptake
<b>Gallbladder</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

<b>Meridians 2</b> (included in Holistic Health, Holistic Health Plus and Resonance Editions)	
<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 harmonisation of the gastric function
<b>Spleen-Pancreas</b>	Stimulation of the energy field of the spleen and pancreas
<b>Nerve Meridian</b>	Energetic harmonisation of the nerve function
<b>Kidney</b>	Energy control of the fluid balance
<b>Organ Meridian</b>	Harmonising the energy flow of the organs

<b>Sleep</b> (included in Holistic Health, Holistic Health Plus and Resonance Editions)	
<b>Sleep Systemic</b>	Bioenergetic optimised 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

<b>Skin</b> (included in Holistic Health, Holistic Health Plus and Resonance Editions)	
<b>Support Wounds Systemic</b>	Supports the cells through local stimulation
<b>Support Wounds Local</b>	Bioenergetic stimulation of the cell metabolism
<b>Acne Systemic</b>	Bioenergetic promotion of toxin transport
<b>Scars Systemic</b>	Balancing energetic interference fields in scars
<b>Scars Local</b>	Local stimulation of scar tissue

<b>Learning</b> (included in Holistic Health Plus and Resonance Editions)	
<b>Learning Systemic</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 Systemic</b>	Bioenergetic optimisation of the oxygen supply
<b>Concentration Acute</b>	Supports concentration via cranial stimulation
<b>Exam Systemic</b>	Support before exams through cranial stimulation
<b>Exam Acute</b>	Energetic balancing of anxiety before tests
<b>Stress Systemic</b>	Mental balancing and bioenergetic stimulation of creative power
<b>Stress Acute</b>	Supports mood improvement via cranial stimulation

<b>Fitness</b> (included in Holistic Health Plus and Resonance Editions)	
<b>Weight</b>	Bioenergetic stimulation of the organs that eliminate waste products
<b>Muscle</b>	Bioenergetic optimisation 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 optimisation of the capacity for endurance
<b>Regeneration</b>	Bioenergetic stimulation of vitality
<b>Deep Relaxation</b>	Bioenergetic optimisation of the relaxation phase

<b>Job</b> (included in Holistic Health Plus and Resonance Editions)	
<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 stresses
<b>Exhaustion Systemic</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>Beauty</b> (included in Holistic Health Plus and Resonance Editions)	
<b>Inner Beauty</b>	Supporting the coherence and expression of the energetic field
<b>Aging</b>	Bioenergetic support of the cell organelles (i.e. the “organs” within the cell)
<b>Hair</b>	Bioenergetic stimulation of the follicles
<b>Skin</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>Chakras</b> (included in Holistic Health Plus and Resonance Editions)	
<b>Crown Chakra</b>	Energetic harmonisation of the topics of the crown chakra and connection to the higher Self
<b>Third Eye Chakra</b>	Energetic harmonisation of the topics of the third eye chakra and strengthening of intuition
<b>Throat Chakra</b>	Energetic harmonisation of the topics of the throat chakra and promotion of constructive communication
<b>Heart Chakra</b>	Energetic harmonisation of the topics of the heart chakra and stimulation of balanced empathy
<b>Solar Plexus Chakra</b>	Energetic harmonisation of the topics of the solar plexus chakra and strengthening of self-confidence
<b>Sacral Chakra</b>	Energetic harmonisation of the topics of the sacral chakra and stimulation of creativity
<b>Root Chakra</b>	Energetic harmonisation of the topics of the root chakra and activation of basic trust

<b>Protection Programs</b> (included in Holistic Health Plus and Resonance Editions)	
<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>	Harmonising the influences of planets

<b>Resonance Edition ONLY</b>	
<b>Resonance Module<sup>^</sup></b>	<b>Aura Module<sup>^</sup></b>
Resonance Analysis (PDF)	Aura Analysis (PDF)
Add Clients – Individual, Animal, Plant, Organisation, Building, Vehicle, Group and Other	Aura Interpretation (PDF) – including general, life, physical, psychic, emotional, spiritual, affirmations, nature
Bach Flower Remedies (39)	Aura Graph (included in Aura Interpretation PDF)
Materia Medica (Homeopathic) (42)	Aura Photo (included in Aura Interpretation PDF)
Amino Acids (Important Nutrients) (76)	Add affirmations manually
Australian Bush Flowers (68)	Add other frequencies like essential oils etc
Alaskan Gem Elixirs (48)	Include high negative relevancies
Schuessler Salts (27)	Select which chakras you want to analyse and balance
I-Ching (64)	

<sup>^</sup> These modules resonate/vibrate frequencies into your information field.

**Bioenergetic Support\*\*** (Included in Gold, Holistic Health, Holistic Health Plus and Resonance Editions)

<b>Bioenergetic Boost</b>	In these times where immunity is important, Healy World has provided us all a FREE immunity boosting, bioenergetic supportive program to ensure we remain as healthy as possible.
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**Deep Cycle\*\*** (Included in Gold, Holistic Health, Holistic Health Plus and Resonance Editions)

<b>First Application</b>	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.
<b>Second Application</b>	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.
<b>Third Application</b>	As soon as you're ready for a more intensive application. Kidneys, lungs, heart and accelerated energetic detoxification.
<b>Breath of Life</b>	There are energetic issues associated with the lungs and its surrounding organs, including breast and surrounding tissue, along with feelings related to weakness and depression. Lungs and all energetic afflictions in the surrounding area related things.
<b>Clean All</b>	Appropriate for follow up after detoxification as an energetic support for all detoxification pathways. It is advisable to include this program in a sequence of applications, as any release on any level of the system often causes a need for detoxification. To release old toxins from the energetic body and mind. Complete energetic detoxification of various systems, such as kidneys, lungs, liver, digestive system, lymph, and circulation system.
<b>Digest All</b>	Recommendable with digestive issues that block further progress (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.
<b>Go to the Roots</b>	Only use when the symptoms have subsided and the recovery process has begun. 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.
<b>Free Flow</b>	To energetically support the circulation and the supply of oxygen to the cells. Even an irregular and unsteady heartbeat can be energetically supported by this protocol. 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.
<b>Kidney All Female and Kidney All Male</b>	Hering's law states that: "All improvement occurs from within out, from the head down, and in the reverse order in which the symptoms have appeared." 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 aims to bioenergetically 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. Kidney, adrenals, bladder, urinary system, ovaries, genitals, prostate and related bioenergetic problems.
<b>Pure Calm</b>	It should contribute to inner peace, emotional and spiritual balance. Energetic muscle relaxation. The other parts of the program are intended to support the non-physical aspects of life.
<b>Renewal</b>	In case of injuries or after operations if an energetic regeneration is desired. It should energetically stimulate bone growth. Also suitable for athletes. Bones, skin, tendons, vessels, nerves, muscles and DNA

**Therapist Programs** (Included in Gold, Holistic Health, Holistic Health Plus and Resonance Editions)

The "Therapist Programs" category offers space for 12 programs individually created for you by your TimeWaver therapist. Your therapist can transfer them to your Healy, regardless of their, or your, location. The Medical Cloud enables secure data transfer between Healy and the TimeWaver Frequency system of your therapist through the Therapist TAN procedure. Using the Therapist TAN function, you can let your therapist transfer individual programs from his TimeWaver Frequency system to your Healy or to delete already transferred programs.
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**\*\* These are a gift from the company which you will receive approximately 2 weeks after you receive your Healy – check for updates if they are not showing**

**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 well-being.