

### 3.1 Gold Cycle (黃金周期)

The Gold Frequencies were developed together with the Portuguese clinical director and researcher Nuno Nina. Nuno Nina has successfully treated thousands of patients in his clinics with his proven therapy protocols for over 15 years. The Gold Cycle is based on the three programs: Balance, Being and Pure. Balance should energetically balance the physical and Being the emotional functions, while Pure stimulates the excretory organs to support recovery from environmental causes of energetic imbalance. These three programs can be used alternately every day to strengthen your bioenergetic field. The Care program can be used when you feel your system is particularly challenged. With Healy, the technology, expertise and experience of Nuno Nina are now available to you at all times.

Pure 純	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.
Care 關心	We see a weakened bioenergetic field as a reason for many acute and chronic imbalances. Strengthen your energy field through appropriate exercise, healthy nutrition and pure water. Care means “caring”; in other words, preventing a multitude of bioenergetic disorders.
Balance 平衡	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.
Being 存在	What the program Balance is for the body, Being is for our soul. It should help you regain emotional balance.
Energy 能量	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 challenges.
Relax 放鬆	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 problems 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.
Release 緩解	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 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 pain is located in the

	body.
<p><b>3.2 Pain/Psyche (疼痛/心理)</b></p> <p>Pain can have various causes and is basically a warning signal from the body that something is physically or psychologically wrong. Since pain often affects muscles, joints, the head, organs or tissue, pain therapy is one of the largest areas in modern medicine. Pain is often a complex entity of physical trauma and trauma memory, tissue acidification, tissue toxicity, cell energy reduction or lack of regeneration. Pain has a bilateral effect, which means that information flows in two directions: physical pain influences emotions and the psyche – conversely, emotions and the psyche clearly influence pain.</p> <p>The programs of this program page are the basis for the approval of Healy as a medical device.</p> <p>In order to support you in the treatment of pain and mental distress with Healy, we have prepared the following programs for you.</p>	
I chronic Pain 慢性疼痛	Relief of chronic pain via the CNS (central nervous system)
II Chronic Back Pain 慢性背	Local relief of chronic back pain
III Tooth Jaw Local 牙頷部	Local supportive treatment of pain in the mouth area
IV Joints Local 局部關節	Local relief of joint pain
V Migraine 偏頭痛	Cranial (head side) treatment of migraine
VI Insomnia 失眠	Supportive treatment of sleep issues via the CNS
VII depression 情緒	Supportive treatment of depressed feelings via the CNS
VIII Anxiety 焦慮	Relief of anxious feelings via the CNS
<p><b>3.3 Learning (學習)</b></p> <p>Learning succeeds particularly well when it is fun, easy and relaxed.</p> <p>Today, even young people face big challenges: examination stress, mental strain, grade pressure, social anxiety and others. Whether at school or at university, young people experience stress and immense pressure to perform even before entering working life. This often manifests itself in concentration problems, burnout, addiction, compulsions or depression.</p> <p>Healy offers programs to support memory, concentration, stress reduction and creativity.</p> <p>Students can particularly profit from Healy technology during exam time. Healthy and deep sleep should be bioenergetically promoted as well as learning and concentration.</p>	
Learning Syst 學習系統	Bioenergetic activation of the central nervous system
Learning Acute 學習敏銳	Supports learning through cranial stimulation
memory 記憶	Energetic stimulation of the brain metabolism

Concentration Syst 專注	Bioenergetic optimization of the oxygen supply
Concentration Acute 急性專注	Supports concentration via cranial stimulation
Exam Syst 考試系統	Support before exams through cranial stimulation
Exam Acute 急性考試	Energetic balancing of anxiety before tests
Stress Syst 壓力系統	Mental balancing and bioenergetic stimulation of creative power
Stress Acute 急性壓力	Supports mood improvement via cranial stimulation
<p><b>3.4 Fitness (身體素質)</b></p> <p>In today's predominantly sedentary and unhealthy society, fitness is a good means of balance for physical, mental and emotional well-being. Regular physical activity should always be followed by a recovery phase. In addition, it is essential to maintain a healthy, balanced diet rich in nutrients and fibre. Fitness is also characterized by the fact we become balanced and centered within ourselves.</p> <p>Especially in times of stress, burnout or depression, it is all the more important to find your own center. The Healy Fitness programs have been developed with this basic idea in mind. These programs include the body as well as the mind; we strongly believe that a balanced, sustainable and holistic psycho-physiological constitution must encompass both of them.</p> <p>Our Healy Fitness programs therefore concentrate on the holistic bioenergetic support of four essential areas: muscles, performance, weight and relaxation. This combination is therefore suitable for everyone who enjoys sports and wants to remain active up into old age.</p>	
Weight 體重	Bioenergetic stimulation of the organs that eliminate waste products
Muscle 肌肉	Bioenergetic optimization of cell regeneration
Circulation 循環	Bioenergetic support of the blood supply that supports metabolism
Performance 身體機能	Energetic activation of life energy
Strength 力量	Bioenergetic activation of the musculoskeletal system
Stamina 耐力	Bioenergetic optimization of the capacity for endurance
Regeneration 再生	Bioenergetic stimulation of vitality
Deep Relaxation 深層放鬆	Bioenergetic optimization of the relaxation phase
<p><b>3.5 Job (工作)</b></p> <p>People leading a stressful working life often feel stuck on a treadmill. They might for quite some time have been in a situation where they have little regard for their own needs and wants. During such a personal crisis, external commitment often seem more important than our inner voice calling for a break or a change of direction. If this call is ignored for too long and if one's own limits are permanently exceeded, the body may adopt a „refusal attitude“ that can</p>	

lead to the deactivation of entire functional areas. This in turn can lead to prolonged fatigue, exhaustion, sleep disorders and hypersensitivity to stress.

In our experience Healy provides valuable bioenergetic support when leading an active professional life, offering programs which have the goal of promoting deep relaxation and physical, psychological and emotional balance for people leading a stressful everyday life.

Activation 激活	Bioenergetic stimulation of mental clarity
Positive thoughts 積極	Energetic orientation towards positive thoughts
Balance Nerves 平衡神經	Bioenergetic promotion of the beta state
Fatigue 疲勞	Energetic reduction of stressors
Exhaustion Syst 排氣系統	Bioenergetic balancing of the adrenal hormones
Exhaustion Acute 精疲力竭	Supports stress resistance via <b>cranial</b> stimulation
Extreme Stress 極端壓力	Bioenergetic support of mental and physical balance

### 3.6 Sleep (睡覺)

We spend about one third of our life sleeping. The need for sleep varies for each individual, but on average it is about 7.5 hours per day. Depending on the age and life situation it can also be that 4-12 hours of sleep is required, in one go or spread over the day. Sleep is vital and serves to regenerate the body and process the impressions of the day. Disturbed sleep can throw us off balance and even make us sick in the long run. Longer lasting sleep disturbances can lead to physical fatigue, health deficits and a weakening of the immune system. In addition, poor sleep quality can also have a negative emotional effect and strain our psyche.

Healy should bioenergetically support you to rest quickly after a long day or the stress of everyday life, and promote a deep and restful sleep.

Sleep Syst 睡眠系統	Bioenergetic optimized changing into delta state (deep sleep)
Bed Rest 臥床休息	Bioenergetic promotion of parasympathetic functions (recovery, relaxation)
Balanced Sleep 平衡睡眠	Bioenergetic balancing of the deep sleep phase
Fine Flow 細流	Bioenergetic activation through ionic movement in the body

### 3.7 Mental Balance (心理平衡)

The mental balance and the subconscious of the human being are complex and host all feelings and thoughts, as well as all mental characteristics and the specific personality traits of a person. The human being is a unity consisting of body, mind and soul. Thus, as psychosomatics shows, one can have physical complaints caused by mental imbalances. This influence also works in the opposite direction, so that the body, for example the intestine, has a great influence on a person's mental balance. If this colloquially called inner or soul life is intact, an individual is balanced and vital. Trauma experiences are partly unconscious experiences that can reach from the past into the present. They continue to have an effect on the physical as well as the mental and spiritual level, because the trauma has not been processed, integrated or dissolved. A dysbalance can lead to various disorders that we all want to avoid, such as depression, anxiety, addiction, neuroses and other symptoms. To bioenergetically support your mental balance with Healy, we have composed the following programs for you:

Inner Strength Syst 內在力量系統.	Energetic promotion of self-confidence when you feel anxious
Emotional Well-being 情感福祉	Energetic balancing of emotional blockages
Feel good Syst 感覺良好的系統.	Energetic activation of confidence when you feel dejected
Contentment Syst 滿足系統	Energetic balancing of the inner sense of self to help avoid addictive and compensatory behaviors
ContentmentAcute 急性滿足	Supports inner balance via <b>cranial</b> stimulation to aid recovery from nicotine addiction
Inner Unity 內在統一	Energetic reorganization of the sense of psychic wholeness
Well-being Soul 幸福之魂	Energetic balancing to support the avoidance of compulsive behavior
Mental Balance Acute 精神平衡急性	Supports mental balance via <b>cranial</b> stimulation

### 3.8 Beauty (美容)

The skin, being the outer covering of our body, forms the physical boundary between the inner and outer world. It is our largest organ, fulfilling many vital functions. It is not only a respiratory, metabolic and protective organ in one, but also a visible „showpiece“ representing beauty, youthfulness and health. The outer beauty is decisively influenced by the inner beauty, which is influenced by factors such as intestinal health, inner balance and bliss.

Nuno Nina's experience in bioenergetically supporting inner balance and relaxation as well as his expertise in defining the appropriate frequencies for sustainable bioenergetic support of the skin have been integrated into the Healy Beauty programs.

Inner Beauty 內在美	Supporting the coherence and expression of the energetic field
Aging 老化	Bioenergetic support of the cell organelles (i.e., the “organs”

	within the cell)
Hair 頭髮	Bioenergetic stimulation of the follicles
Skin 皮膚	Bioenergetic fostering of the epidermis
Nails 指甲	Bioenergetic stimulation of the nail bed
Skin Elasticity 皮膚彈性	Bioenergetic promotion of the lymphatic system

### 3.9 Skin (皮膚)

Wounds can occur anywhere inside and outside our body. An external violent, accidental or targeted action leads to an injury, which can manifest itself in a separation of the tissue or the destruction of the skin, mucous membrane or organs. Using Healy, you can provide bioenergetic support for a wide range of abrasions, cuts, bruises, and surgical wounds during regeneration, as well as disease-related wounds resulting from a lack of blood circulation.

Acne mainly occurs on the face of the affected person. In addition to the external “flaw”, there is usually also pain. The inner conflict, which can be a mental imbalance or a possible food intolerance, is literally written on the face of the affected person. Healy should offer you the right bioenergetic support for damaged skin.

If an injury does not heal smoothly, scar tissue develops and can act as a source of disturbance. An untreated scar can cause a variety of sometimes serious complaints, which can strain both the body and the soul of the affected person. In our experience, scars can trigger or aggravate chronic pain, osteoarthritis, hormone disorders, limited mobility, depression, allergies, fatigue, and neurological disorders. It can be observed that the disorder rarely occurs directly in the scar area, but instead in the weakest part of the body.

Support Wounds Syst 傷口系統.	Supports the cells through local stimulation
Support Wounds local 局部傷口	Bioenergetic stimulation of the cell metabolism
Acne Syst 青春痘	Bioenergetic promotion of toxin transport
Scars Syst 疤痕系統.	Balancing energetic interference fields in scars
Scars local 局部疤痕	Local stimulation of scar tissue

### 3.10 Bioenergetic Balance 1 (生物能量平衡1)

The categories „Bioenergetic Balance 1“ and „Bioenergetic Balance 2“ contain a program compilation of the most common applications in everyday life, selected according to the experiences of our users.

Immune system 免疫系統	Activation of the body’s bioenergetic defense system
Cold 感冒	Bioenergetic calming of the mucous membranes
Allergies 過敏	Bioenergetic balancing to help relieve allergic reactions
Eyes 眼睛	Energetic balancing of visual ability
Hormones 荷爾蒙(激素)	Bioenergetic balancing of the hormonal system

Intestine 腸	Bioenergetic stimulation of intestinal functioning
Nerves 神經	Bioenergetic regulation of the nervous system
Flexibility 靈活性(彈性)	Bioenergetic mobilization of the joints
Circulatory System 循環系統	Bioenergetic stimulation of the body's energy supply
Potency 效力	Bioenergetic stimulation of the reproductive organs
Menopause 更年期	Bioenergetic regulation of hormonal balance
Menstruation local 月經局部	Local relaxation of the lower abdomen

### 3.11 Bioenergetic Balance 2 (生物能量平衡2)

Gastrointestinal 胃腸道	Energetic balancing of the gastrointestinal tract
Bacteria 菌(細菌)	Balancing of the bioenergetic defense system
Tonsils 扁桃體	Energetically balancing the immune system in cases of infections
Liver function 肝功能	Bioenergetic promotion of liver metabolism
Intolerances 不耐力	Bioenergetic fostering of food tolerance
Toxins 毒素	Bioenergetic stimulation of the body's excretory processes
Head 頭	Bioenergetic reduction of tensions
Prostate 前列腺	Energetic support of the prostate gland
Lung function 肺功能	Bioenergetic optimization of the lung function
Thyroid gland 甲狀腺	Bioenergetic regulation of the thyroid function
Joints-Bones 關節骨骼	Bioenergetically stimulating the excretion of metabolites
Sciatica local 局部坐骨神經痛	Local stimulation of the sciatic nerve area

### 3.12 Meridians 1 (經絡1)

Traditional Chinese medicine (TCM) says that the life energy (Qi) flows in channels, or meridians. According to this concept, there are twelve main channels and each meridian is assigned to a functional circle (organ system). The corresponding acupuncture points therefore thread themselves onto the meridians like pearls on a string. Furthermore, acupuncture points have relationships or connections to organs or parts of organs, which the acupuncturist activates by stimulation and thus attempts to influence the healing of the organ.

The individual programs according to the meridian system of Dr. Reinhold Voll have the aim to bioenergetically stimulate the individual meridians and to harmonise existing blockades.

Allergy Meridian 過敏經絡	Energetic desensitization of the energy flow
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Connective Tissue 結締組織	Energy regulation of the connective tissue
Bladder 膀胱	Regulation of the bladder energy control
Large intestine 大腸	Harmonizing the energy field of the large intestine
Small intestine 小腸	Harmonizing the energy control of the small intestine
Fatty degeneration 脂肪變性	Energetic regulation of cell uptake
Gallbladder 膽囊	Energetic regulation of the digestion of fat
Joints 關節	Energetic balancing of flexibility
Skin 皮膚	Energetic promotion of the energy pathways of the skin
Heart 心	Energetic stimulation of the heart energy

### 3.13 Meridians 2 (經絡2)

Hormonal balance 荷爾蒙平衡	Energetic hormone balancing
Circulation 循環	Energetic regulation of blood circulation
Liver 肝	Energetic metabolism regulation
Lungs 肺	Energetic balancing of the respiratory system
Lymphatic system 淋巴系統	Energetic regulation of the lymphatic system
Stomach 胃	Energetic harmonization of the gastric function
Spleen-pancreas 脾臟胰腺	Stimulation of the energy field of the spleen and pancreas
Nerve Meridian 神經經絡	Energetic harmonization of the nerve function
Kidney 腎	Energy control of the fluid balance
Organ Meridian 器官經絡	Harmonizing the energy flow of the organs

### 3.14 Chakras (脈輪)

The chakra system is thousands of years old and references to it can be found in many cultures all over the world. The Hopi, Inca and Maya cultures, for example, make references to the chakras.

A large part of Asian teachings and religions are based on the principles of the Indian chakra teachings. The influence of the Indian chakra teachings reaches so far that they form the foundation for Buddhism and Hinduism, as well as for various techniques of energy and body work, such as Yoga, Tai Chi, Ayurveda, TCM and spiritual healing.

Furthermore, the spiritual as well as the energy-worker scene, have adopted this teaching for themselves everywhere and thus it functions as the basis of most methods of energy and healing work.

The chakras serve the physical body and the subtle body (the aura) as mediators and it is thought that they function as



a kind of transformer.

According to this model the chakras should be connected with the different aura layers and the meridians (energy paths) of the body and also be able to absorb energies of the cosmos and the ethereal world. Absorbed energies (vibrations) can be either beneficial and useful (“positive” influence) or a “negative” influence.

The chakra teachings say that there are seven main chakras which are located along the spine or in the vertical central axis of the body, following the Kundalini energy, from the root chakra to the crown chakra. According to the chakra system, the Kundalini power rises through this assumed energy channel (called sushumna or hara line) upwards.

The seven main chakras have certain functions and colours that characterize them. For example, the lowest of the seven chakras, the red root chakra, indicates the basic trust in a person. It stands for a part of the developmental process, because the basic trust is established as the basis of the life process in the child. The crown chakra, the highest of the chakras, which is usually depicted in white or slightly violet, reflects, among other things, the knowledge about the universe that a person has collected by old age. The colours of the chakras correspond to their individual vibration frequencies.

In addition to

Crown chakra 頂輪	Energetic harmonization of the topics of the crown chakra and connection to the higher Self
Third eye chakra 眉心輪	Energetic harmonization of the topics of the third eye chakra and strengthening of intuition
Throat chakra 喉輪	Energetic harmonization of the topics of the throat chakra and promotion of constructive communication
Heart chakra 心輪	Energetic harmonization of the topics of the heart chakra and stimulation of balanced empathy
Solar plexus chakra 太陽輪	Energetic harmonization of the topics of the solar plexus chakra and strengthening of self-confidence
Sacral chakra 臍輪	Energetic harmonization of the topics of the sacral chakra and stimulation of creativity
Root chakra 海底輪	Energetic harmonization of the topics of the root chakra and activation of basic trust

### 3.15 Protection Programs (保護程序)

These energetic programs should energetically balance electrosmog, stress, geopathic disturbances or negative influences and protect you from bioenergetic breakdowns. The protection programs unfold their effect directly in the Information Field. The information field has many different names, such as Morphogenetic Field, Akashic Record, etc. The Information Field is a field surrounding us everywhere at all times, interacting between the mental and physical world.

In principle, no electrodes are required when using the programs. However, you can intensify the effect of the programs by using electrodes.

General protection 一般保護	Energetic shielding
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Electrosensitivity電敏感性	Energetic balancing of the tolerance for so-called “electrosmog”.
Cell細胞	Bioenergetic strengthening of the cell
Mental精神	Energetic promotion of clear perceptual capacity
Sleeping睡眠	Energetic protection during sleep
Geopathy地因影響	Energetic reduction of sensitivity to interference fields
Subtle精微	Energetic protection against external influence
Planets星球	Harmonizing the influences of planets

### 3.16 Deep Cycle (深循環)

The Deep Cycle programs are in daily use in the Uno Vita - Klinik for Integrert Medisin (Integrated Medicine) in Oslo, Norway, and many of its clients use them at home too. The Deep Cycle programs are a variation and further development of the esteemed Nuno Nina Gold Cycle programs and can be very well combined with them. The development of the Deep Cycle programs is the result of Jan Fredrik Poleszynski’s experience in microcurrent frequency therapy since 2009 and is closely connected to the integrative thinking of Nuno Nina and his Gold Frequency sets. The Deep Cycle programs have a special position in applications in the bioenergetic field and are generally more comprehensive than the Gold Cycle programs.

The systemic therapy by Nuno Nina and the Deep Cycle programs belong to alternative medicine and represent a bioenergetic balancing.

In his clinic for integrated medicine in Oslo, Jan Fredrik Poleszynski treats several clients with chronic fatigue or impaired cell metabolism. Clients with chronic health problems use other additional programs, such as Clean All, along with a more concrete program like Digest All, if they still have digestive issues after a longer period of applications. If the digestion issues are directly linked to stress, Pure Calm can be helpful for bioenergetic balancing.

The Deep Cycle programs work on various levels and should not be used in the beginning. You need to gradually adjust to this frequency application.

#### 3.16.1 Preparing for the Deep Cycle Programs (為深度循環程序做準備)

There are three programs that can be used in preparation for the Deep Cycle programs: First Application, Second Application and Third Application. The First Application aims to gently touch the biofield, softly and bioenergetically stimulate the kidneys and lungs and induce relaxation and balance. Furthermore, the program includes frequencies that should bioenergetically reduce sensitivity to electromagnetic and chemical stimuli.

Most clients feel calmer and more balanced after using this program. Usually the clients react gently to the application. In case the bioenergetic detoxification process is too strong and unpleasant, continue with the program First Application until the symptoms decrease.

The Second Application works in almost the same way as the first, however, it is longer and more intense. If it is well tolerated, you can begin with the Third Application. The Third Application is more powerful and comprehensive. It

includes everything that has been used up to now and induces the next level. The Third Application aims to bioenergetically stimulate the detox process even more and helps to integrate the heart on an energetical level. The heart and blood system often need support after a series of applications so that the changes in the body can be applied. Now is the time for deep work and focus on the energetic sources. The main causes should be worked on, as well as bioenergetic pH regulation (kidneys and lungs).

The other Deep Cycle programs are designed for subsequent use after completion of the described preparation of the first 3-9 basic bioenergetic applications (kidneys, lung, detox, relaxation and general acceptance for frequency applications). A suitable next step could be Kidney All (for alternatives, please see below), which goes even deeper and includes the bioenergetically related organs and issues as well as the sexual organs, divided into Kidney All Female and Kidney All Male. This program can be applied if you are a “kidney person”, which means the kidney issue is more dominant than those of the other organ systems (lungs, etc.). If you are a “lung person” (including breast issues), you would choose Breath of Life.

### 3.16.2 Application of the Deep Cycle Programs (深循環程序的應用)

All programs are designed to have a balancing effect on the energetic field. In addition, one should always bear in mind that one’s own active participation in the therapy as well as one’s own positive intention can have a very positive influence on the effect of the programs, the reason being that, according to Jan Fredrik Poleszynski’s experience, it is possible for our mind to influence matter. In this way, the positive effects of the frequencies can have an energetic effect more easily.

### 3.16.3 Short Description of the Deep Cycle Programs (深度循環程序的簡短說明)

Here is a short description of the Deep Cycle programs. However, you should not feel limited by these descriptions, because the programs offer many more possibilities on an energetic level.

According to Jan Fredrik Poleszynski’s experience, clients go through certain cycles during applications. There are daily, weekly and monthly cycles as well as the classic application cycles like energetic detoxification, support of key organ systems, and working with the energetic root cause. It can therefore be very helpful to find out in which „ cycle“ you currently are, so that you can select the appropriate program. °

#### 3.16.3.1 Preparatory Programs (預備課程)

Program	When	Body	Affirmation and intention
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	The kidneys and lungs should be energetically stimulated, hypersensitivity	My journey has begun.

	too intensive.	should be reduced and balance should continue to increase.	
Third Application	As soon as you're ready for a more intensive application.	Kidneys, lungs, heart and an accelerated energetic detoxification.	Powerful waves of change are coming to me.

### 3.16.3.2 The Deep Cycle Programs (深度循環程序)

Program	When	Body	Affirmation and intention
Breath of life (生命之息)	There are energetic issues associated with lungs and their 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.	My breath is a reflection of the breath of the universe.
Clean all (全部清潔)	Appropriate for follow up after detoxification as 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.	My body is pure, I feel comfortable in it.
Digest all (消化全部)	Recommendable with digestive issues that block further progress (e.g., if stomach issues continue even after 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.	I accept my past, digest and integrate it.
Go to the roots (紮根)	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.		I feed my roots and grow into a strong tree.

<p>Free flow (自由流動)</p>	<p>To energetically support the circulation and the supply of oxygen to the cells. It is suitable for use after basic kidney and lung balancing, as well as for general energetic stiffness and circulatory imbalance. In addition to supporting the circulation, it can bioenergetically promote muscle relaxation.</p>		<p>Movement, blood flow and circulation are powerful</p>
<p>Kidney all female &amp; Kidney all male 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.” (所有女性的腎臟和所有男性的腎臟)</p>	<p>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) are close to the tibial nerve, which can also be indirectly stimulated.</p>	<p>Kidney, adrenals, bladder, urinary system, ovaries, genitals, prostate and related bioenergetic problems.</p>	<p>My energy flows freely.</p>
<p>Caution: Do not use SP6 or K5-K6 stimulation during bleeding, which also includes menstruation.</p>			
<p>Pure Calm (純淨的平靜)</p>	<p>It should contribute to inner peace, emotional and spiritual balance.</p>	<p>Energetic Muscle relaxation. The other parts of the program are intended to support the non-physical aspects of life.</p>	<p>I'm connected to everything.</p>
<p>Renewal (重生)</p>	<p>In case of injuries or after operations, if an energetic regeneration is desired. It should energetically stimulate bone recovery. Also suitable for athletes.</p>	<p>Bones, skin, tendons, vessels, nerves, muscles and DNA</p>	<p>Everything is restored, pain is temporary.</p>
<p>3.17 Therapist Programs (治療師計劃) The “Therapist Programs” category offers space for 12 programs individually created for you by your therapist. Your</p>			

therapist can transfer them to your Healy, regardless of their, or your, location. The Holistic Health Cloud enables secure data transfer between Healy and the TimeWaver Frequency system of your therapist through the Therapist TAN. The detailed description of the Therapist TAN procedure is described below.

#### 4.1 Therapist TAN (治療師TAN)

Using the Therapist TAN function you can let your therapist transfer individual programs from their TimeWaver Frequency system to your Healy or to delete already transferred programs.

To create the Therapist TAN, your smartphone needs a connection to the Internet. Generate the Therapists TAN by clicking on the button "Enable?" in the Therapists TAN menu, see Figure 4.1.1 and Figure 4.1.2. Then you send the Therapist TAN to your therapist, see Figure 4.1.3, who can then transfer your therapist's programs to you.

If "No connection" is displayed in the Therapist TAN menu, see Figure 4.1.4, please check your Internet connection.





















#### 4.2 Settings

In the settings menu you can activate logging using the menu item "Activate Logging", see figure 4.2.1. With the menu item "Check for updates" you can download the Healy program set you purchased, see figure 4.2.2. The menu item "Choose language" allows you to change the language in which the Healy App is displayed.

#### 4.3 Information

The "Information" menu contains all the relevant information about your Healy and the Healy App. You can also open the Instructions for Use and the Manual as PDFs. On the bottom there are the links to "Website", "Privacy", "Contact" and "Imprint".

Appendix A: Symbol of Device Usage

	Pictograph for the placement of ear clip electrodes. Appears after selection of the stimulation program		Pictograph for the placement of adhesive electrodes. Appears after selection of the stimulation program		Pictograph for the placement of bracelet electrodes. Appears after selection of the stimulation program
<b>Note: the background colour may vary, depending on the selected and configured program parameter</b>					
	Button for increasing the intensity in percentage (current or voltage)		Button for decreasing the intensity in percentage (current or voltage)		Icon for "Depression" therapy program.
	Symbol with information about actual intensity of the stimulation		Symbol for scanning and connecting with the Healy hardware, appears after starting the app and during establishing the Bluetooth connection		Icon for "Insomnia" therapy program. 失眠
	Icon for "Chronic pain" therapy program. 慢性疼痛		Icon for "Anxiety" therapy program. 焦虑		Icon for "Migraine" therapy program. 偏头痛
	Icon for "Joints local" therapy program.		Icon for "Chronic back pain" therapy program.		Button for jumping two pages forward
	Button for scrolling to the first page with programs		Button for moving one page forwards		Button for jumping two pages backwards
	Button for scrolling to the last page with programs		Button for moving one page back	<b>Note: The background colour may vary, depending on the selected and configured program parameter</b>	

Appendix B: Light of Device

1	Увімкнення / вимкнення / пауза світлодіод «Bluetooth»	開/關/暫停 LED「藍牙」
2	Роз'єм для зарядження	充電插座
3	Робочий екран	操作顯示
4	Роз'єм для підключення електродів	電極插座
5	Зарядний кабель для Micro-USB	Micro-USB 充電線
6	Електроди браслету	手腕電極
7	Кабель для підключення браслету і липких електродів	手腕和粘合電極的連接線
8	Клейкі електроди	粘合電極
9	Вушні електроди	耳電極

Режим	模式	Частота блимання світлодіоду LED 閃爍頻率
Програму запущено	程式運行中	× × × × × ×
батарея порожня	電量耗盡	× × × × × ×
Зарядження	正在充電	●
Батарея заряджена повністю	電量已滿	↗

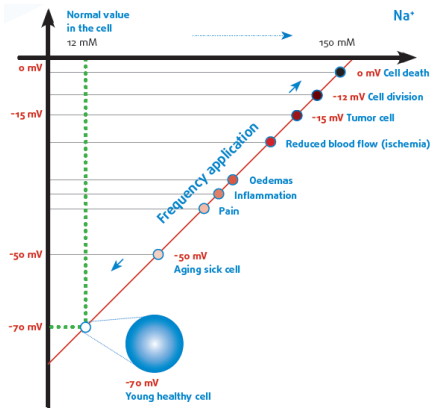
● Appendix C: Cell membrane voltage model

The cell researchers Dr. Robert O. Becker and Dr. Bjorn Nordenstrom, the latter a former president of the Nobel Prize Commission, have discovered that many chronic and acute diseases can develop when the cell membrane tension drops.

According to their model, humans are only as healthy as the health of their cells and their ability to communicate with

each other. Cell health can therefore be determined by one simple parameter: the electrical cell membrane voltage.

According to the cell membrane voltage model, a cell ideally has a voltage of -70 mV and thus enough energy to live and communicate with the other cells. In the course of disease, this voltage is often reduced to -50 mV. At -40 mV pain and inflammation can start to occur. At -15 mV, according to Becker and Nordenstrom, is the threshold below which the cell can mutate into a tumor cell, see **Figure 1**.



**Figure 1.** Cell membrane voltage model

According to this model, electrical frequencies are the language and the key to cell communication. The frequency modulated microcurrent used in the applications communicates with the cells using the “language” of frequencies. Thus, one goal of the applications is to counteract the extracellular hyperacidity and restore natural cell membrane tension.

The knowledge of which frequencies can be used during an application played a significant role in the development of Healy. Through information field controlled frequency application, Healy should optimally support the cellular environment and cell membrane voltage with specific and individually selected frequencies and currents.

In this way, the metabolism and cell division, among other things, should be stimulated in such a way that the ATP synthesis, i.e., the energy production of the cells, and protein synthesis for the construction of the basic building blocks of the human body, are strengthened.

The **resonance analysis** function of Healy analyzes the duration of the required frequency for the particular user, and constantly checks the progress of all the applied frequencies. At the right time, Healy automatically switches to the next frequency and applies it until it is no longer needed or the maximum application duration has been reached.