

# HEALY PROGRAMS



**Healy World USA**  
 1620 Central Ave RM 202  
 Cheyenne WY 82001  
 United States of America  
 info.us@healyworld.net

## Gold Cycle

<b>Pure</b>	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.
<b>Care</b>	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.
<b>Balance</b>	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.
<b>Being</b>	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.
<b>Energy</b>	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.
<b>Relax</b>	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.
<b>Release</b>	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

<b>Pain</b>	Relief of pain as described in the Instructions for Use
<b>Pain locally</b>	Local relief of pain as described in the Instructions for Use
<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 challenges
<b>VII</b>	Bioenergetic support for mental balance
<b>VIII</b>	Bioenergetic support to relieve mental stress

## Learning

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

## Fitness

<b>Weight</b>	Bioenergetic support for your body's energy balance
<b>Muscle</b>	Bioenergetic support for recovery
<b>Circulation</b>	Bioenergetic support for demands of exercise
<b>Performance</b>	Energetic balancing that supports your desire to excel
<b>Strength</b>	Bioenergetic support for 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 to relieve feelings of exhaustion
<b>Exhaustion acute</b>	Supports stress resistance
<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

**Notice:** Healy is a microcurrent medical device that has been cleared by the U.S. Food and Drug Administration for local 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. 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

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

## Beauty/Skin

<b>Inner Beauty</b>	Supporting the coherence and expression of your energetic field
<b>Hair</b>	Bioenergetic support focused on the follicles
<b>Skin</b>	Provides bioenergetic support to skin cells
<b>Aging</b>	Bioenergetic support for relaxing your expressions
<b>Nails</b>	Bioenergetic stimulation of the nail bed
<b>Skin Elasticity</b>	Bioenergetic support for 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 support for the body's ability to clean out toxins
<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 balancing to support digestion
<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 support for balanced hormones
<b>Circulation</b>	Energetic support for 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 digestive system
<b>Spleen-Pancreas</b>	Stimulation of the energy field of the spleen and pancreas
<b>Nerve Meridian</b>	Energetic harmonization of the body's sensory system
<b>Kidney</b>	Energetic support for the body's ability to maintain fluid balance
<b>Organ Meridian</b>	Harmonizing the energy flow between the organs ("Chi")

## Bioenergetic Balance 1

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

## Bioenergetic Balance 2

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

## Chakras

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

## Deep Cycle – 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>