

Individualized Microcurrent Frequency (IMF)

Healy Programs for Harmonization of the Bioenergetic Field



Gold Cycle

Pure	The Pure program is the ideal starting point for anyone using the Healy App 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 harmony 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 wellbeing and health. The Balance program refers to bioenergetic harmony. It is an ideal program for a deep bioenergetic harmonization 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 increases your ability respond to life's demands.
Relax	Relax stands for harmonizing your stress response. 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 discomfort. In this program you work systemically to address the energetic source of the discomfort in the bioenergetic field.

Learning

Learning syst.*	Harmonization of the bioenergetic field for learning activities
Learning acute**	Specific harmonization of the bioenergetic field to support the ability to focus and retain learning
Memory	Harmonization of the bioenergetic field for knowledge retention
Concentration syst.	Harmonization of the bioenergetic field for focus and the ability to ignore distraction
Concentration acute	Specific harmonization of the bioenergetic field to enhance focusing.
Exam syst.	Harmonization of the bioenergetic field during exam preparation
Exam acute	Harmonization of the bioenergetic field before exams
Stress syst.	Harmonization of the bioenergetic field for creative power
Stress acute	Harmonization of the bioenergetic field for stress situations

Job

Activation	Activation of the bioenergetic field
Positive Thoughts	Energetic orientation towards positive thoughts
Balance Nerves	Harmonization of the bioenergetic field to promote calmness
Fatigue	Harmonization of the bioenergetic field to promote energetic balance
Exhaustion syst.	Harmonization of the bioenergetic field for recreation
Exhaustion acute	Harmonization of the bioenergetic field to promote stress resistance
Extreme Stress	Harmonization of the bioenergetic field for mental balance

Fitness

Weight	Harmonization of the bioenergetic field for your body's energy balance (not a weight-loss program)
Muscle	Harmonization of the bioenergetic field for recovery
Circulation	Harmonization of the bioenergetic field for demands of exercise
Performance	Harmonization of the bioenergetic field that supports your desire to excel
Strength	Harmonization of the bioenergetic field of strained muscles
Stamina	Harmonization of the bioenergetic field for optimization of the capacity for endurance
Regeneration	Harmonization of the bioenergetic field to stimulate vitality
Deep Relaxation	Harmonization of the bioenergetic field to optimize the relaxation phase

Sleep

Sleep syst.	Harmonization of the bioenergetic field for optimizing the sleep phase
Bed Rest	Harmonization of the bioenergetic field to promote relaxation
Balanced Sleep	Bioenergetic harmonization of the sleep phase
Fine Flow	Bioenergetic activation through supporting ionic flow in the body

Beauty

Inner Beauty	Harmonization the coherence and expression of the bioenergetic field
Hair	Harmonization of the bioenergetic field of the hair
Skin	Harmonization of the bioenergetic field of the skin
Aging	Harmonization of the bioenergetic field to relax your expressions
Nails	Harmonization of the bioenergetic field of the nails
Skin Elasticity	Harmonization of the bioenergetic field for smooth skin

Skin

Support Skin local	Harmonization of the bioenergetic field of the skin cells
Support Skin syst.	Harmonization of the skin regeneration in the bioenergetic field
Skin impurity syst.	Harmonization of skin impurities in the bioenergetic field
Scars syst.	Harmonization of the bioenergetic field to balance interference fields
Scars local	Harmonization of the bioenergetic field of scar tissue

Notice: The Individualized Microcurrent Frequency (IMF) programs of the Healy are not medical applications. They are not intended to cure, treat, mitigate, diagnose or prevent disease, have not been reviewed by a notified body and are not part of a conformity assessment procedure under the MDD/MDR. The information on these pages is for reference and educational purposes only. It should not be treated as a substitute for professional medical advice, diagnosis or treatment. You should always seek such advice from a qualified medical professional.

*Systemic (syst.) frequency programs are applied through the wrists for harmonization of the Bioenergetic Field

**Acute frequency programs are applied locally for harmonization of the Bioenergetic Field

Bioenergetic Harmony 1	
Immune System	Harmonization of the bioenergetic field of the energetic defense system
Chilling	Harmonization of the bioenergetic field of the mucous membranes
Hyper-sensitivity	Harmonization of the bioenergetic field in case of overreactions to irritants
Eyes	Harmonization of the bioenergetic field of the eyes
Hormones	Harmonization of the bioenergetic field of the body's "messengers"
Intestine	Harmonization of the bioenergetic field of the intestine
Nerves	Harmonization of the bioenergetic field to promote relaxation
Flexibility	Harmonization of the bioenergetic field to ease movement
Circulatory System	Harmonization of the bioenergetic field of the circulation
Potency	Harmonization of the bioenergetic field of the reproductive organs
Menopause	Harmonization of the bioenergetic field to help you deal with menopause
Menstruation local	Harmonization of the bioenergetic field to promote relaxation of the lower abdomen

Bioenergetic Harmony 2	
Gastrointestinal	Harmonization of the bioenergetic field of digestion
Bacteria	Harmonization of the bioenergetic field of the defense system
Tonsils	Harmonization of the bioenergetic field to reduce feelings of discomfort
Liver	Harmonization of the bioenergetic field of the liver
Food Sensitivities	Harmonization of the bioenergetic field in case of food sensitivities
Toxins	Harmonization of the bioenergetic field of the excretory processes
Head	Harmonization of the bioenergetic field to reduce tension
Prostate	Harmonization of the bioenergetic field of the prostate
Lungs	Harmonization of the bioenergetic field of the lungs
Thyroid Gland	Harmonization of the bioenergetic field of the thyroid gland
Joints-Bones	Harmonization of the bioenergetic field of the joints and bones
Sciatica local	Harmonization of the bioenergetic field of the sciatic nerve

Meridians 1	
Allergy Meridian	Harmonization of the bioenergetic field of the allergy meridian
Connective Tissue	Harmonization of the bioenergetic field of the connective tissue meridian
Bladder	Harmonization of the bioenergetic field of the bladder meridian
Large Intestine	Harmonization of the bioenergetic field of the large intestine meridian
Small Intestine	Harmonization of the bioenergetic field of the small intestine meridian
Fatty Degeneration	Harmonization of the bioenergetic field of the fatty degeneration meridian
Gall Bladder	Harmonization of the bioenergetic field of the gall bladder meridian
Joints	Harmonization of the bioenergetic field of the joints meridian
Skin	Harmonization of the bioenergetic field of the skin meridian
Heart	Harmonization of the bioenergetic field of the heart meridian

Meridians 2	
Hormonal Balance	Harmonization of the bioenergetic field of the hormonal balance meridian
Circulation	Harmonization of the bioenergetic field of the circulation meridian
Liver	Harmonization of the bioenergetic field of the liver meridian
Lungs	Harmonization of the bioenergetic field of the lungs meridian
Lymphatic System	Harmonization of the bioenergetic field of the lymphatic system meridian
Stomach	Harmonization of the bioenergetic field of the stomach meridian
Spleen-Pancreas	Harmonization of the bioenergetic field of the spleen-pancreas meridian
Nerve Meridian	Harmonization of the bioenergetic field of the nerve meridian
Kidney	Harmonization of the bioenergetic field of the kidney meridian
Organ Meridian	Harmonization of the bioenergetic field of the organ meridian

Bioenergetic Defense	
General Protection	Energetic shielding
Electrosensitivity	Energetic harmonization of the tolerance for so-called "electrosmog".
Cell	Energetic harmonization of the bioenergetic field of the cell
Mental	Energetic harmonization of the bioenergetic field of the mind
Sleeping	Energetic harmonization during sleep
Geopathy	Harmonization of the energetic sensitivity to interference fields
Subtle	Energetic harmonization of the sensitivity to interference fields
Planets	Harmonizing the influences of planets

Chakras	
Crown Chakra	Harmonization of the energies of the crown chakra
Third eye Chakra	Harmonization of the energies of the third eye chakra
Throat Chakra	Harmonization of the energies of the throat chakra
Heart Chakra	Harmonization of the energies of the heart chakra
Solar Plexus Chakra	Harmonization of the energies of the solar plexus chakra
Sacral Chakra	Harmonization of the energies of the sacral chakra
Root Chakra	Harmonization of the energies of the root chakra

Mental Balance	
Inner Strength syst.	Energetic harmonization of self-confidence when you feel uncertain or insecure
Emotional Wellbeing	Energetic harmonization when you feel emotionally blocked
Feel Good syst.	Energetic activation of confidence when you feel down
Contentment syst.	Energetic harmonization of the inner sense of self and contentment
Contentment acute	Supports your sense of inner balance during recovery from nicotine dependence (not a smoking cessation program)
Inner Unity	Energetic harmonization of the sense of psychic wholeness
Wellbeing Soul	Energetic harmonization to support you while developing new habits
Mental Balance acute	Supports positive thinking



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