

Individualized Microcurrent Frequency (IMF)

Healy Programs for Harmonization of the Bioenergetic Field



- GOLD** Healy Gold Edition
- HHH** Healy Holistic Health Edition
- HHH+** Healy Holistic Health Plus Edition
- RES** Healy Resonance Edition

Gold Cycle GOLD HHH HHH+ RES	
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 HHH+ RES	
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 HHH+ RES	
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 HHH+ RES	
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 HHH HHH+ RES	
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 HHH+ RES	
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 HHH HHH+ RES	
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 Healy App has applications for using your Healy for harmonization of the Bioenergetic Field with individualized frequencies that are designed to bring mind and body into balance and reduce stress. If you have or suspect you may have a medical condition, or if you are under the care of a healthcare practitioner, you should consult your practitioner before using Healy. Always use your Healy according to the Instructions for Use.

*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

The Gold Edition Includes...
 The 7 Gold Cycle Programs PLUS
 One other program page of your choice PLUS The first 2 programs from the Pain page PLUS
 The Deep Cycle and Bioenergetic Boost programs.

HHH HHH+ RES

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

HHH+ RES

Protection Programs

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

Bioenergetic Boost

GOLD HHH HHH+ RES

This program was developed in response to the pandemic to help support the immune system and is available in all editions.

HHH HHH+ RES

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

HHH+ RES

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

HHH HHH+ RES

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

HHH HHH+ RES

Mental Balance

Inner Strength syst.	Energetic harmonization of self-confidence when you feel uncertain or insecure
Emotional Well-being	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
Well-being Soul	Energetic harmonization to support you while developing new habits
Mental Balance acute	Supports positive thinking

HHH HHH+ RES

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

HHH HHH+ RES

Pain / Local Stimulation

Pain GOLD	Relief of pain as described in the Instructions for Use
Pain locally GOLD	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
Deep Cycle GOLD HHH HHH+ RES	
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