

## THE HEALY PROGRAMS FULL LIST

### Gold Cycle

Pure - 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 - 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.

Balance - The delicate 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 - What the program Balance is for the body,  
Being - is for our soul. It should help you regain emotional balance.

Energy - 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 bio energetically deal with health problems.

Relax - 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 endeavor that we think is vital for achieving recovery.

Release - 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.

Your Choice – You can choose any other frequency to add to the Gold Cycle Program

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### Pain / Psyche

Chronic Pain - Treatment of chronic pain via the CNS (central nervous system)

Chronic Back pain - Local treatment of chronic back pain

Tooth-Jaw local - Local supportive treatment of pain in the mouth area

Joints local - Local treatment of joint pain

Migraine - Cranial (head side) treatment of migraine

Insomnia - Supportive treatment of insomnia via the CNS

Depression - Supportive treatment of insomnia via the CNS

Anxiety - Supportive treatment of depression via the CNS

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## Learning

Learning syst. - Bioenergetic activation of the central nervous system

Learning acute - Supports learning through cranial stimulation

Memory - Energetic stimulation of the brain metabolism

Concentration syst. - Bioenergetic optimization of the oxygen supply

Concentration acute - Supports concentration via cranial stimulation

Exam syst. - Support before exams through cranial stimulation

Exam acute - Energetic balancing of anxiety before tests

Stress syst. - Mental balancing and bioenergetic stimulation of creative power

Stress acute - Supports mood improvement via cranial stimulation

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## Fitness

Weight- Bioenergetic stimulation of the excretories

Muscle - Bioenergetic optimization of cell regeneration

Circulation - Bioenergetic support of the metabolic supply

Performance - Energetic activation of life energy

Strength - Bioenergetic activation of the musculoskeletal system

Stamina - Bioenergetic optimization of the cardiovascular system

Regeneration - Bioenergetic stimulation of vitality

Deep relaxation - Bioenergetic optimization of the relaxation phase

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Sleep / Job

Sleep

Sleep syst. - Bioenergetic optimized changing into delta state (deep sleep)

Bed rest - Bioenergetic promotion of parasympathetic functions (recovery, relaxation)

Balanced Sleep - Bioenergetic balancing of the deep sleep phase

Fine flow - Bioenergetic activation through ionic movement in the body

Job

Activation - Bioenergetic stimulation of mental clarity

Positive thoughts - Energetic orientation towards positive thoughts

Balance Nerves - Bioenergetic promotion of the beta state

Fatigue - Energetic reduction of strains

Exhaustion syst. - Bioenergetic balancing of the adrenal hormones

Exhaustion acute - Supports stress resistance via cranial stimulation

Extreme Stress - Bioenergetic support of mental and physical balance

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Mental Balance

Inner Strength syst. - Energetic promotion of self-confidence in case of anxiety

Emotional Well-being - Energetic balancing of emotional blockages

Feel good syst. - Energetic activation of confidence in cases of rejection

Contentment syst. - Energetic balancing of the inner centering in addictive and compensatory behavior

Contentment acute - Supports inner balance via cranial stimulation in cases of nicotine addiction

Inner Unity - Energetic reorganization of the psychic wholeness

Well-being Soul - Energetic balancing of compulsive behavior

Mental balance acute - Supports mental balance via cranial stimulation

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Beauty / Skin

Beauty

Inner Beauty - Supporting the coherence and emanation of the energetic field

Aging - Bioenergetic support of the cell organelles (i.e., the “organs” within the cell)

Hair - Bioenergetic stimulation of the follicles

Skin - Bioenergetic fostering of the epidermis

Nails - Bioenergetic stimulation of the nail bed

Skin elasticity - Bioenergetic promotion of the lymphatic system

Skin

Support Wounds syst. - Supports the cells through local stimulation

Support Wounds local - Bioenergetic stimulation of the cell metabolism

Acne syst. - Bioenergetic promotion of toxin transport

Scars syst. - Balancing energetic interference fields in scars

Scars local - Local stimulation of scar tissue

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Bioenergetic Balance 1

Immune system - Activation of the body’s bioenergetic defense system

Cold - Bioenergetic calming of the mucous membranes

Allergies - Bioenergetic balancing of allergic reactions

Eyes - Energetic balancing of the retina

Hormones - Bioenergetic Balancing the release of hormones

Intestine - Bioenergetic stimulation of the intestinal peristalsis

Nerves - Bioenergetic regulation of the nervous system

Flexibility - Bioenergetic mobilization of the joints

Circulatory System - Bioenergetic stimulation of the body's energy supply

Potency - Bioenergetic stimulation of the reproductive organs

Menopause - Bioenergetic regulation of hormonal balance

Menstruation local - Local relaxation of the lower abdomen

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## Bioenergetic Balance 2

Gastrointestinal - Energetic balancing of the digestive tract

Bacteria - Balancing of the bioenergetic defense system

Tonsils - Energetically balancing the immune system in cases of infections

Liver function - Bioenergetic promotion of liver metabolism

Intolerances - Bioenergetic fostering of food tolerance

Toxins - Bioenergetic stimulation of the body's excretory processes

Head - Bioenergetic reduction of tensions Prostate Energetic support of the prostate gland

Lung function - Bioenergetic optimization of the lung function

Thyroid gland - Bioenergetic regulation of the thyroid function

Joints-Bones - Bioenergetically stimulating the excretion of metabolites

Sciatica local - Local stimulation of the sciatic

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## Meridians 1

Allergy Meridian - Energetic desensitization of the energy flow

Connective Tissue - Energy regulation of the connective tissue

Bladder - Regulation of bladder energy control

Large intestine - Harmonizing the energy field of the large intestine

Small intestine - Harmonizing the energy control of the small intestine

Fatty degeneration - Energetic regulation of cell uptake

Gallbladder - Energetic regulation of the digestion of fat

Joints - Energetic balancing of flexibility

Skin - Energetic promotion of the energy pathways of the skin

Heart - Energetic stimulation of the heart energy

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## Meridians 2

Hormonal - balance Energetic hormone balancing

Circulation - Energetic regulation of blood circulation

Liver - Energetic metabolism regulation

Lungs - Energetic balancing of the respiratory system

Lymphatic system - Energetic regulation of the lymphatic system

Stomach - Energetic harmonization of the gastric function

Spleen-pancreas - Stimulation of the energy field of the spleen and pancreas

Nerve Meridian - Energetic harmonization of the nerve function

Kidney - Energy control of the fluid balance

Organ Meridian - Harmonizing the energy flow of the organs

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## Chakras

Crown chakra - Energetic harmonization of the topics of the crown chakra and connection to the higher Self

Third eye chakra - Energetic harmonization of the topics of the third eye chakra and strengthening of intuition

Throat chakra - Energetic harmonization of the topics of the throat chakra and promotion of constructive communication

Heart chakra - Energetic harmonization of the topics of the heart chakra and stimulation of balanced empathy

Solar plexus chakra - Energetic harmonization of the topics of the solar plexus chakra and strengthening of self-confidence

Sacral chakra - Energetic harmonization of the topics of the sacral chakra and stimulation of creativity

Root chakra - Energetic harmonization of the topics of the root chakra and activation of basic trust

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## Protection Programs

General protection - Energetic shielding

Electro-sensitivity - Energetic balancing of the tolerance for so-called “electro-smog“

Cell - Bioenergetic strengthening of the cell

Mental - Energetic promotion of clear perceptual capacity

Sleeping - Energetic protection during sleep

Geopathy - Energetic reduction of sensitivity to interference fields

Subtle - Energetic protection against external influence

Planets - Harmonizing the influences of planets

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## Deep Cycle

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 energetical 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.

**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 too intensive. The kidneys and lungs should be energetically stimulated, hypersensitivity 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 accelerated energetic detoxification.  
**Breath of life** - 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.

**Clean all** - 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.

**Digest all** - 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.

**Go to the roots** - 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.

**Free flow** - 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 bio energetically promote muscle relaxation.

Kidney all-female & 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." 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 bio energetically 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.

Pure Calm - 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.

Renewal- 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.

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#### Therapist Programs –

The "Therapist Programs" category offers space for 12 programs individually created for you by your 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.

#### Healy Frequencies Device“