



# The Healy Editions, Program Groups & Modules

Information for Healy Users

[www.healy.world](http://www.healy.world)



## Notice

"Individualized Microcurrent Frequencies" ("IMF") is a proprietary technology of Healy World. It uses the data from a physical noise generator to assign a priority to frequencies that professional user experience indicates have the highest relevance for the user.

The duration, frequencies, intensity, frequency, naming, and the descriptions of the Individualized Microcurrent Frequency (IMF) programs are based on the practical experience of Nuno Nina and other experts and our understanding of the interaction of frequency modulated microcurrent with the Bioenergetic Field. They have not been confirmed by independent studies.

The Healy Individualized Microcurrent Frequency (IMF) programs are designed to support wellbeing through harmonization of the Bioenergetic Field. We have conducted unblinded before/after surveys in controlled and randomized groups of participants. These surveys suggest that the participants' wellbeing was higher after the application. We attribute this to the harmonization of the Bioenergetic Field, which we refer to as the energy flow of life, traditionally also called chi (or qi) and prana. This has not been confirmed by independent studies.

The purpose of the programs is to provide the user with a tool to explore application options. Healy programs 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. 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.

The Quantum Potential Frequencies (QPF) of the Healy Coil and the Individualized Microcurrent Frequency (IMF) programs of the Healy device are not medical applications. They are not intended to cure, treat, mitigate, diagnose, or prevent any disease or medical condition. The terms used in the programs do not constitute statements concerning their effects. The purpose of the programs is to provide the user with a tool to explore application options. Healy programs 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. 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.



## Notice

Information Field technology is a proprietary technology of Healy World. It is based on the theory that the Information Field is the non-material area through which spirit and matter communicate. It reflects what we consider to be the spiritual meaning of life events. The existence of such a field is discussed in scientific literature.

Analysis in the Information Field is designed to search for the information patterns that contribute to the harmonization of the Information Field. For this purpose, a priority is assigned to contents such as descriptive sentences, arranged in lists, by evaluating the data of a physical noise generator. In our users' experience, this priority reflects the relevance for the user. An analysis in the Information Field reflects a combination of factors at the time the analysis is done, including the intention of the user. An analysis at a different time may have a different result due to changes in the environmental variables.

Healy World has conducted unblinded before/after surveys in controlled and randomized groups of participants. These surveys suggest that the participants' wellbeing was higher after the application. We attribute this to the harmonization of the Information Field, in which the life energy, also called chi (or qi) and prana, is brought back into flow. This has not been confirmed by independent studies.

The analysis and harmonization in the Information Field is not intended to cure, treat, mitigate, diagnose or prevent any disease or medical condition. It is intended to give the user the option, in a holistic context, to derive helpful information from findings from the Information Field. Each user should determine, based on their own experience, whether the application seems to be helpful to them or not.

The terms used in the databases and modules do not constitute statements concerning their effects. Information from the Healy device should always be critically questioned and, if necessary, verified with further procedures. 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.

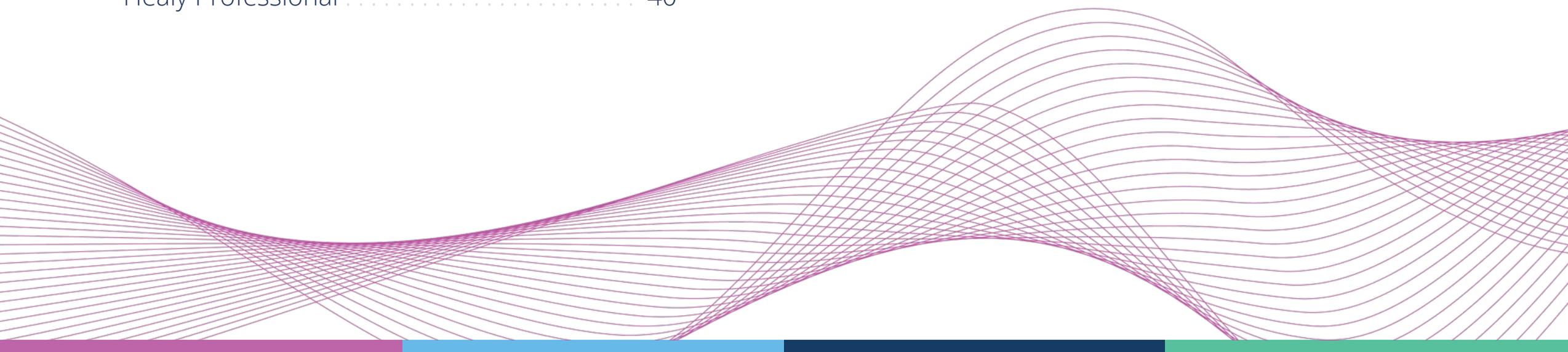


## Disclaimer

The Quantum Potential Frequencies (QPF) of the Healy Coil and the Individualized Microcurrent Frequency (IMF) programs of the Healy device are not acknowledged by conventional medicine due to the lack of scientific evidence in the sense of conventional medicine. Science does not acknowledge the existence of the Information Field, its analysis, harmonization and other importance due to the lack of scientific evidence. The information on these pages is for reference and educational purposes only. While Healy World endeavors to keep the information contained in these pages current, no warranty or guarantee concerning the accuracy, suitability, or timeliness of information is made. Healy World is not responsible for any loss or damage resulting from the use of the information provided on these pages. All information is presented on an "as is" basis and responsibility for its interpretation and use lies solely with the user. Use of Healy World products, programs, or information is at the user's own risk and subject to the user's discretion and independent judgment. The Healy World companies specifically disclaim responsibility for user decisions related to the use of Healy World products or services that are outside the scope of the Instructions for Use and company-provided manual.

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What is the Healy?

# What is the Healy?

The Healy is a **smart wearable device** for holistic wellbeing and vitality. All Editions of the device use Individualized Microcurrent Frequency (IMF) programs that are designed to support wellbeing through harmonization of the Bioenergetic Field and analysis of the Information Field.

**You can enjoy the positive effects of the Healy, no matter where you are – at home, at work, at the gym, or on the go.**



# Benefits



**Made in Germany**



Developed together with **scientists, engineers, medical experts & professionals**



Widely **patented** high-tech device



**Compact, lightweight & travel-friendly;**  
it naturally fits into your lifestyle and routine



**Easy-to-use** with the Healy App





# Overview of the Healy Editions



# The Healy Editions for Holistic Health, Wellbeing and Vitality



**HEALY GOLD**  
 10 Healy Programs  
 1 Module

- Gold Cycle
- Bioenergetic Support Program I
- Expert Program page
- HealAdvisor Search module

**HEALY HOLISTIC**  
 61 Healy Programs  
 1 Module

- Bioenergetic Harmony 1
- Bioenergetic Harmony 2
- Mental Balance
- Meridians 1
- Meridians 2

**HEALY RESONANCE**  
 98 Healy Programs  
 2 Modules

- Chakras
- Fitness
- Local Stimulation
- Sleep
- The Power of Three
- HealAdvisor Analyse Resonance module

**HEALY RESONANCE PLUS**  
 124 Healy Programs  
 4 Modules

- Deep Cycle H
- Learning
- Skin
- HealAdvisor Analyse Aura module
- HealAdvisor Analyse Success Coach module

**HEALY PROFESSIONAL**  
 229 Healy Programs  
 6 Modules

- Bioenergetic Defense
- Job
- Beauty
- HealAdvisor Digital Nutrition
- HealAdvisor Bioenergetic Vitalization

# The Healy Gold Edition

- Gold Cycle
- Bioenergetic Support
- Expert Program page
- HealAdvisor Search module



# The Gold Cycle

**Your health and wellbeing impacts every area of your life**

The Gold Cycle is based on three programs:



## Balance

Designed to harmonize the Bioenergetic Field of the physical body



## Being

Designed to harmonize the Bioenergetic Field of the emotional body



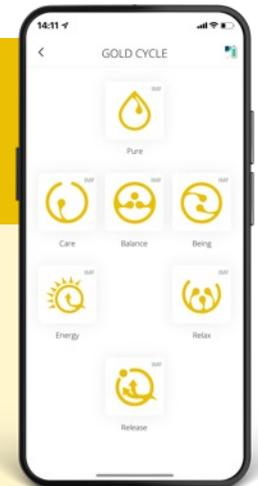
## Pure

Promotes recovery from environmental causes of energetic imbalance

The Gold Frequencies were developed together with the Portuguese clinic director and researcher **Nuno Nina**, who has applied them to thousands of clients for **over 15 years**.

How does the Healy support with **Gold Cycle** programs?

With the Healy IMF applications, **the technology, expertise and experience** of Nuno Nina are now available to you at all times.





# Healy Gold Cycle Study\*

## Assessment

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)

## Study programs

Gold Cycle program group  
(free choice of 2-3 programs per day)

### Group A:

Application of the Gold Cycle programs with the Healy Coil\*\*

### Group B:

Application of the Gold Cycle programs with the Healy device

### Group C:

No application of Healy programs (waiting group)

## Incentive

Healy Coil

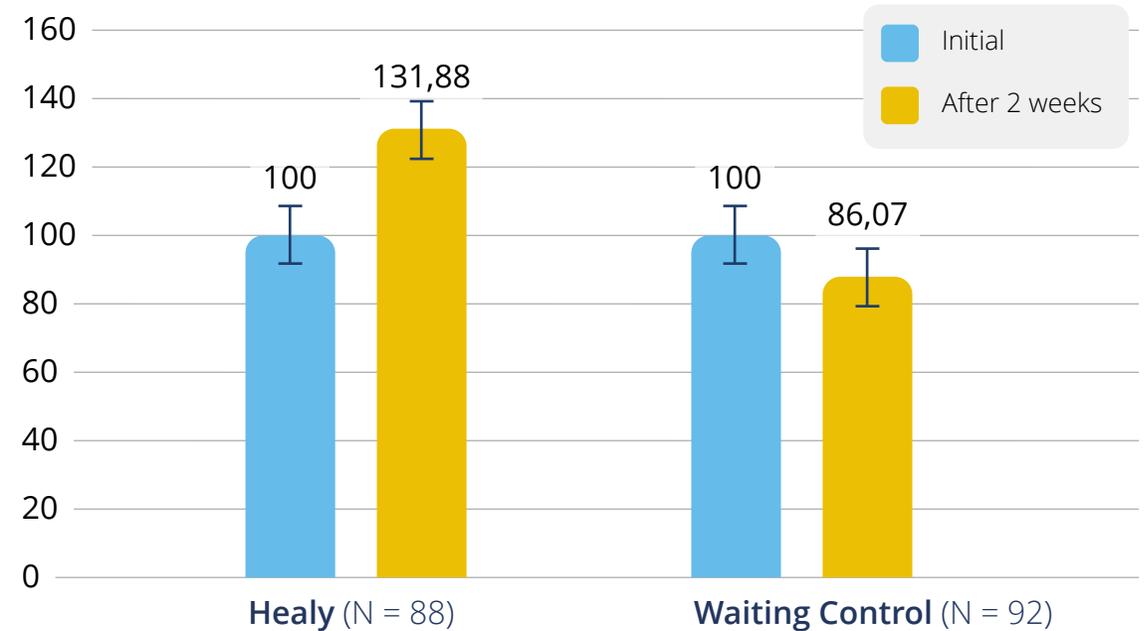
Investigator-initiated, randomized, three-arm pilot study with waiting group control to quantify the effect of frequency application of healthy subjects using the Healy device and Healy Coil for overall wellbeing conducted by Healy World with 257 participants (error bars = 95 confidence interval)

\* Walach, H.et al; Self-Treatment to Improve Mental and Physical Health using Two Bioenergetic Devices: A Randomized Controlled Trial; Journal of Psychiatry and Psychiatric Disorders 5 (2021): 107-119.

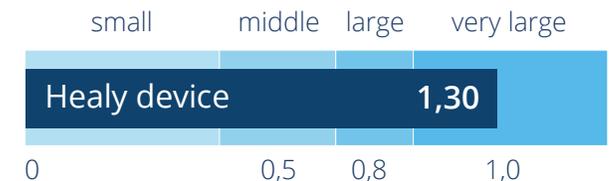
\*\* The positive results of this group are shown on another slide.

\*\*\* Effect size Cohens d: d < 0.5 small effect, d = 0.5 - 0.8 middle large effect, d = 0.8 - 1.0 large effect, d > 1.0 very large effect

## Pre/Post Comparison Changes in Wellbeing



Effect size (Cohen's d\*\*\*):  
Application versus control group



# Bioenergetic Support

## Finding support to keep inner balance

- In recent research, Dutch scientists discovered a **universal frequency pattern** that, according to their theory, is the basis of all matter and life.
- These frequencies are largely based on the **Tetraktys**, which also forms the basis of **ancient harmonic theory**.

How does the Healy support with **Bioenergetic Support** programs?

The Bioenergetic Support program group contains programs that are continuously developed **based on frequency research** and **in connection with current global issues**.





# Coherence Study\*

## Assessment

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)

## Study program

Coherence program

## Coherence Group

Application of the Coherence program twice a day

## Non-User

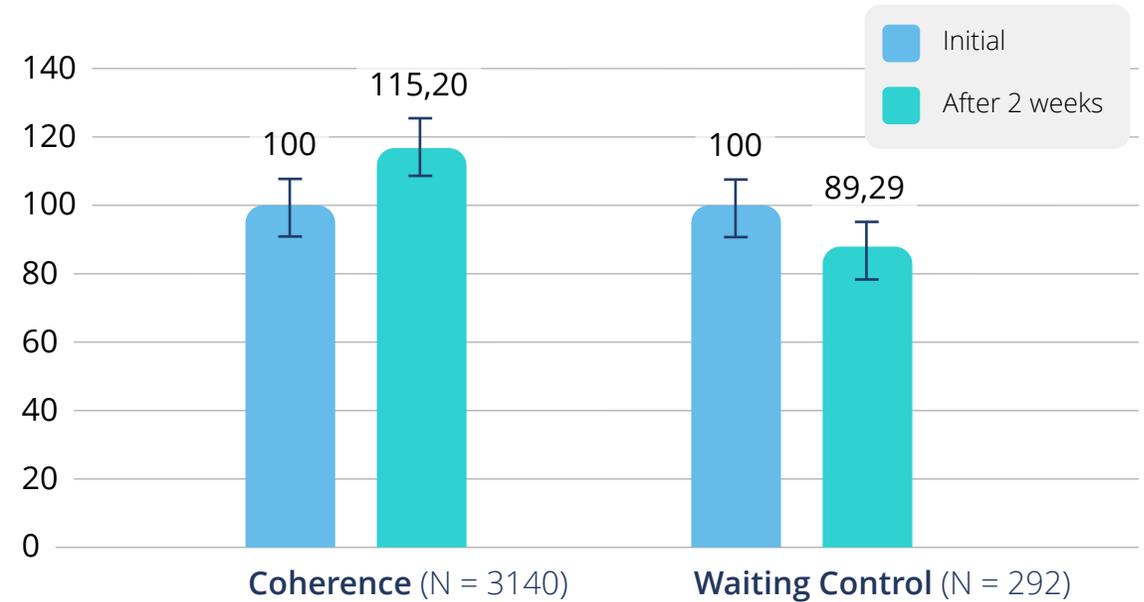
Participants who did not use the Coherence program were assigned to the non-user group

Self-application to improve general wellbeing using Individualized Microcurrent Frequency (IMF) application conducted by Healy World with 3,432 participants (error bars = 95 confidence interval)

\* Schmieke, M., et al. (2021): Quantum Entangled Frequencies and Coherence in Bioenergetic Systems: Information Field Processes related to the Concepts of Akasha and Prana;

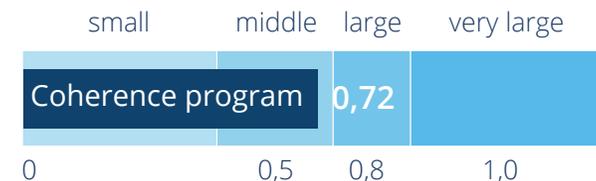
\*\* Effect size Cohens d: d < 0.5 small effect, d = 0.5 - 0.8 middle large effect, d = 0.8 - 1.0 large effect, d > 1.0 very large effect

## Pre/Post Comparison Changes in Wellbeing



Effect size (Cohen's d<sup>\*\*</sup>):

Application versus control group



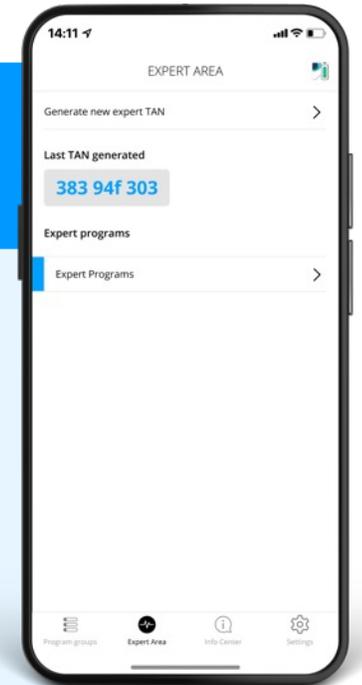
# The Expert Programs

Customized and tailor-made programs for your needs

- The “Expert Programs” category offers **12 slots for programs** individually created for you by your expert user.
- Thousands of individual frequencies are accessed and hand-selected into a custom program that **best meets your specific needs**.
- Your expert can transfer them to your Healy, regardless of your location.

How does the Healy support with **Expert programs**?

In the Expert Area, you can generate a unique TAN for your app in the HealAdvisor Cloud and share it with an expert user. With the expert TAN, an expert can transfer individual programs from their professional system to your Expert Programs page.

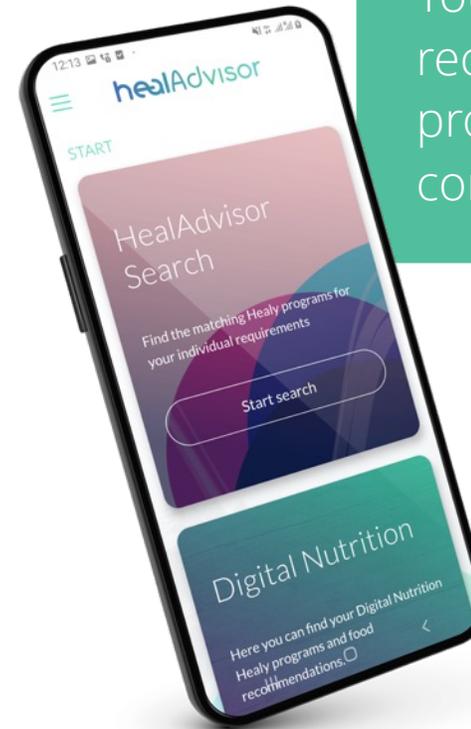


# The HealAdvisor Search Module

## Your personal guide to wellbeing and energetic balance

- The HealAdvisor Search module allows you to search for the Healy Individualized Microcurrent Frequency (IMF) programs that fit your individual needs – **quickly and easily!**
- It is constantly updated by our experts through **the HealAdvisor Cloud.**

**Notice:** The content displayed by the HealAdvisor App does not constitute medical advice, which can only be provided by a medical professional. The Healy programs and other advice are recommendations that depend on user input. If you have or suspect you may have a medical condition, or if you are under the care of a healthcare professional, you should consult your practitioner before following these recommendations. Any personal data you upload to the HealAdvisor Cloud is encrypted to protect your privacy.



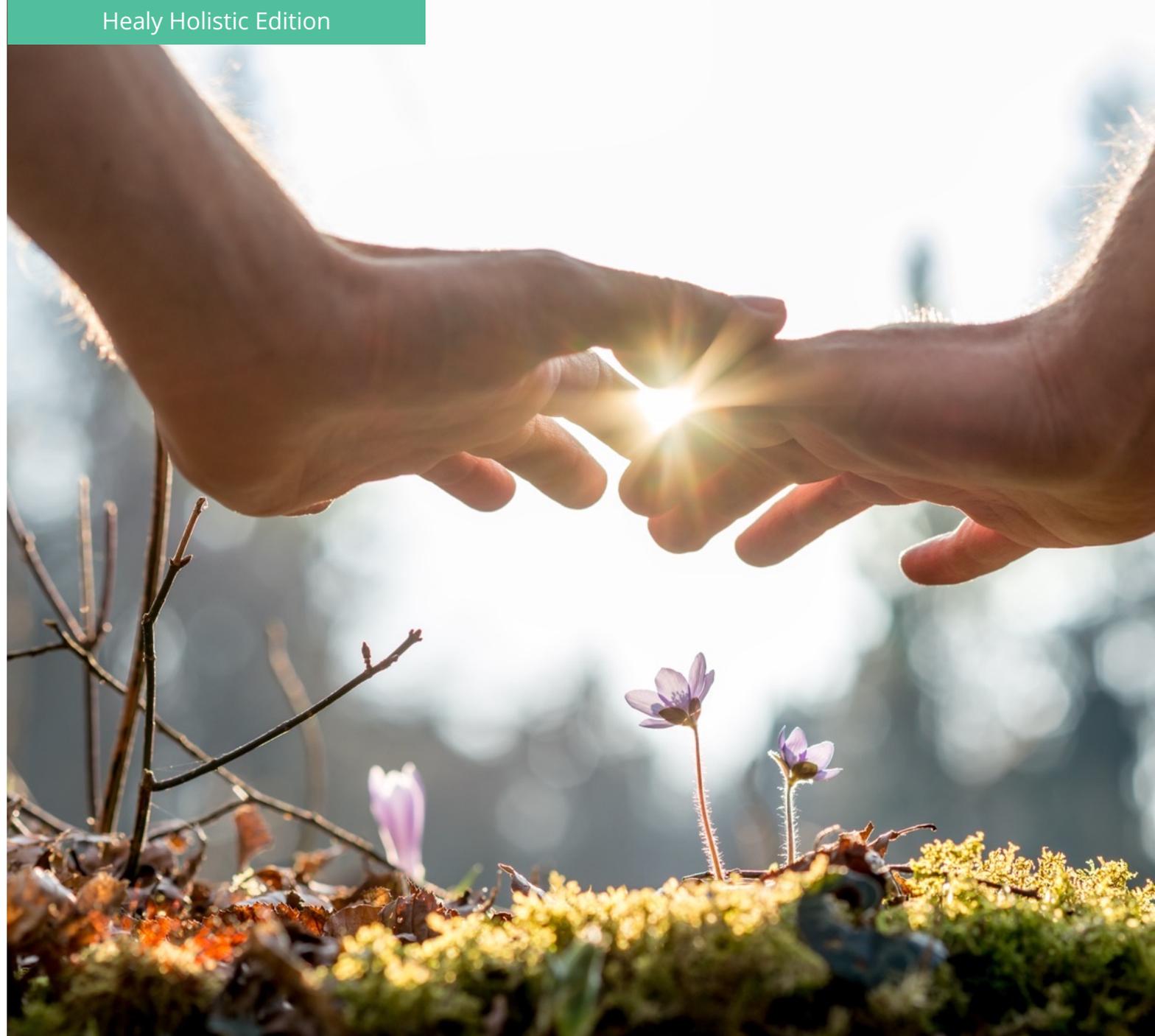
You can also schedule the recommended IMF programs and use them comfortably every day.

# The Healy Holistic Edition

- Bioenergetic Harmony 1
- Bioenergetic Harmony 2
- Mental Balance
- Meridians 1
- Meridians 2

In addition to:

HEALY GOLD EDITION



# Bioenergetic Harmony 1 & 2

Your body has an internal defense mechanism that protects you

In our experience, coherence of the Bioenergetic Field is the ability of a person to **respond flexibly and as a whole to the stimuli of their environment**, while also vigorously **pursuing the meaning of their existence**.

How does the Healy support with **Bioenergetic Harmony** programs?

The program groups “Bioenergetic Harmony 1” and “Bioenergetic Harmony 2” contain frequency program compilations of the most common applications in everyday life, based on the experiences of professional users. The Healy IMF programs are designed to address disharmonies in the Bioenergetic Field.





# Resonance Study\*

## Assessment

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)

## Study programs and module

Bioenergetic Harmony 1 and 2 program group and HealAdvisor Analyse Resonance module

## Resonance group\*\*:

Information Field analysis and harmonization

## Healy group:

Application of the Bioenergetic Harmony 1 and 2 programs (1-2 applications per day)

## Control group:

No application of Healy programs for 14 days

## Incentive

Plant Power database (for 1 year)

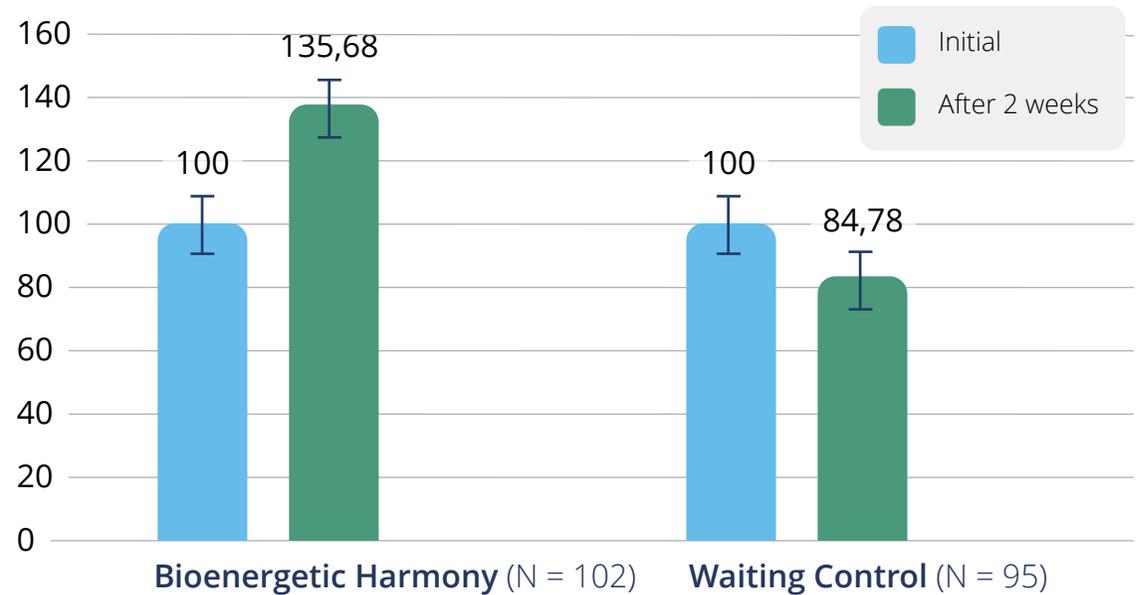
Three arm pilot study with waiting group control to quantify the effect of Information Field analysis and harmonization and the application of Individualized Microcurrent Frequency (IMF) applications on improvement of general wellbeing and goal attainment in healthy volunteers conducted by Healy World with 282 participants (error bars = 95 confidence interval)

\* Schmieke, M., et al. (2021): Three Arm Pilot Study with Waiting Group Control to Quantify the Effect of Information Field Analysis and Vibration and the Application of Individualized Microcurrent Treatments on Improvement of General Wellbeing and Goal Attainment in Healthy Volunteers

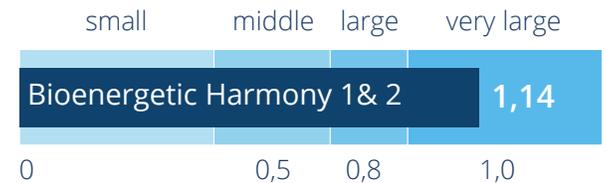
\*\* The positive results of this group are shown on another slide.

\*\*\* Effect size Cohens d:  $d < 0.5$  small effect,  $d = 0.5 - 0.8$  middle large effect,  $d = 0.8 - 1.0$  large effect,  $d > 1.0$  very large effect

Pre/Post Comparison Changes in Wellbeing



Effect size (Cohen's  $d^{***}$ ):  
Application versus control group

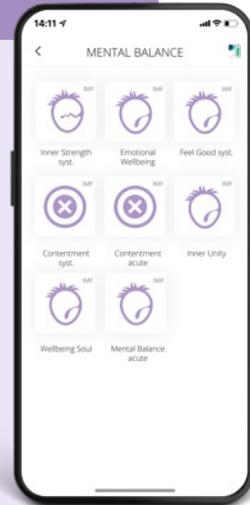


# Mental Balance

Maintaining mental balance is a cornerstone of overall wellbeing

How does the Healy support with **Mental Balance** programs?

We believe that if the so-called spiritual life is intact, an individual is balanced and vital. The Mental Balance program group is designed to **bioenergetically harmonize your mental harmony.**



Did you know?

- The mental balance and the subconscious of the human being host all **feelings and thoughts, mental characteristics** and personality traits.
- Psychosomatics shows, people can have physical complaints **caused by mental imbalances.**
- This influence also **works in the opposite direction**, so that the body, e.g. the intestine, has a great influence on a person's mental balance.
- For example, traumatic experiences that have not been processed, integrated or dissolved can have an effect on the **physical, mental and spiritual level.**



# Soul Cycle Study

## Assessment

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)
- Stress Level (PSS)

## Study programs

Soul Cycle program group and Mental Balance program group

### Group A\*:

Application of the Soul Cycle programs (daily 1-2 times -freely selectable)

### Group B:

Application of the Mental Balance programs (daily 1-2 times -freely selectable)

### Group C:

Usage of the Healy device with microcurrent frequency applications as usual, without further specifications

## Incentive

Soul Cycle program group

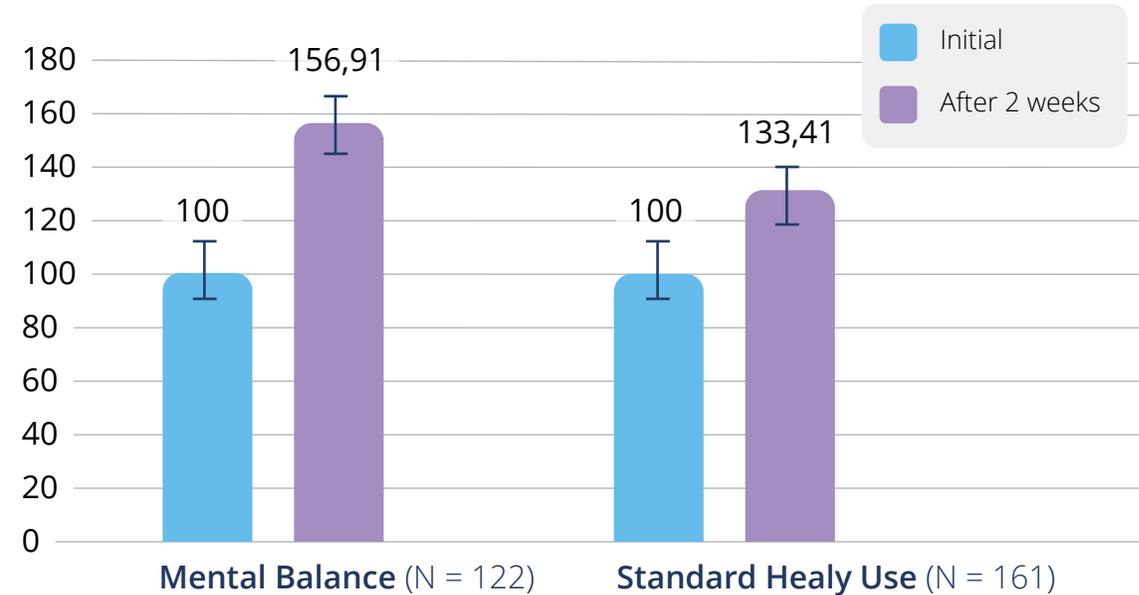
Randomized, 14 days, 3-arm controlled study (Soul Cycle programs vs. Mental Balance programs vs. control group) conducted by Healy World with 391 participants (error bars = 95 confidence interval)

\* The positive results of this group are shown on another slide.

\*\* Effect size Cohens d:  $d < 0.5$  small effect,  $d = 0.5 - 0.8$  middle large effect,  $d = 0.8 - 1.0$  large effect,  $d > 1.0$  very large effect

\*\*\* Indicates the additional effect of the Mental Balance programs

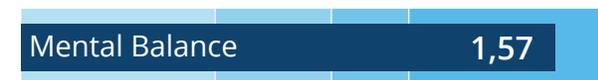
Pre/Post Comparison Changes in Wellbeing



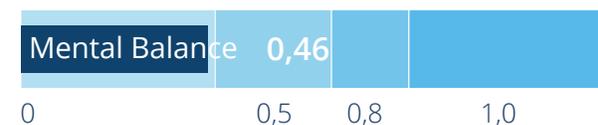
Effect size (Cohen's  $d^{**}$ ):

Pre/post differences in wellbeing score

small middle large very large



Application versus standard Healy use group\*\*\*



# Meridians 1 & 2

A meridian is an energetic highway in the human body

- Traditional Chinese medicine (TCM) claims 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 are therefore threaded onto the meridians like pearls on a string which acupuncturists use to positively influence **the state of the energy flow**.

How does the Healy support with **Meridians 1 & 2** programs?

The Healy IMF programs are designed according to the **meridian system of Dr. Reinhold Voll** for the harmonization of the Bioenergetic Field of the individual meridians.





# Natural Cycle Study

## Assessment

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)
- Insomnia Severity Index (ISI)
- Checklist Individual Strength (CIS)

## Study programs

Natural Cycle programs and Meridians 1 and 2 program group

### Group A\*:

Application of one program of the Natural Cycle and one stabilization program per day applied on predefined optimized times.

### Group B:

Application of the Meridians 1 and 2 programs 1-2 times a day, with no programs to be used on Sunday

### Group C:

Usage of the Healy device with microcurrent frequency applications as usual, without further specifications.

## Incentive

Natural Cycle (unlimited)

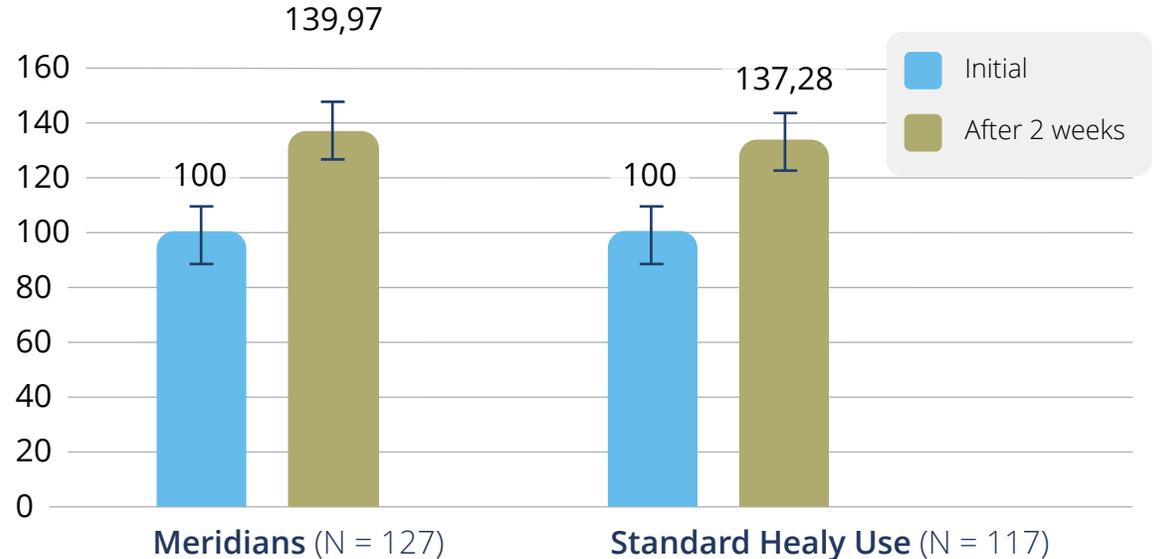
Randomized, 21 days, 3-arm controlled study (Natural Cycle programs vs. Meridians programs 1 and 2 vs. control group) conducted by Healy World with 364 participants (error bars = 95 confidence interval)

\* The positive results of this group are shown on another slide.

\*\* Effect size Cohens d:  $d < 0.5$  small effect,  $d = 0.5 - 0.8$  middle large effect,  $d = 0.8 - 1.0$  large effect,  $d > 1.0$  very large effect

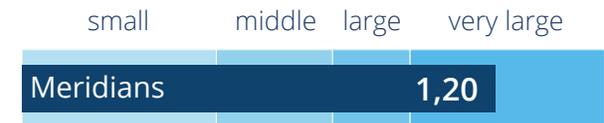
\*\*\* Indicates the additional effect of the Meridians programs

## Pre/Post Comparison Changes in Wellbeing

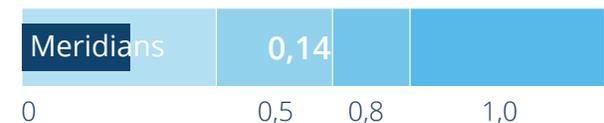


Effect size (Cohen's  $d^{**}$ ):

Pre/post differences in wellbeing score



Application versus standard Healy use group\*\*\*



# The Healy Resonance Edition

- Chakras
- Fitness
- Local Stimulation
- Sleep
- The Power of Three
- HealAdvisor Analyse Resonance Module

In addition to:

HEALY GOLD EDITION

HEALY HOLISTIC EDITION



# Chakras

The chakra system is thousands of years old and can be found in many cultures all over the world

Did you know?

- The influence of Indian chakra teachings can be found in the foundation for **Buddhism, Hinduism**, and **various techniques of energy and body work** e.g. Yoga, Tai Chi and Ayurveda.
- The chakras serve as mediators to the **physical body** and **the subtle body (the aura)**.
- There are **seven main chakras**, characterized by **certain functions and colors**.
- The main chakras can be **physically assigned to the organs and glands** with which they are supposed to be connected.

How does the Healy support with **Chakras** programs?

We believe that with the help of intuition, one can perceive the existence and the position of the chakras and explore one's own energy field. The Healy IMF chakra programs are designed to **bioenergetically harmonize these central energy centers and bring them back into their natural balance.**



# Fitness

**Fitness is a good means of balance for physical, mental and emotional wellbeing**

The Healy Fitness IMF programs concentrate on the harmonization of the Bioenergetic Field in four essential areas:



**Muscles**



**Performance**



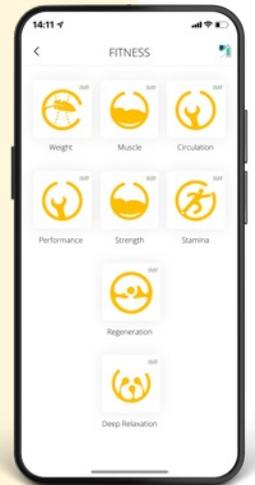
**Weight**



**Deep Relaxation**

How does the Healy support with **Fitness** programs?

It is always important to feel supported and centered, especially during times of need. The Healy Fitness programs have been developed with this key idea in mind. We strongly believe that **a balanced, sustainable and holistic psycho-physiological constitution** must encompass both the body and the mind.



In our experience, this combination is therefore suitable for everyone who enjoys fitness activities.



# Sleep

For better sleep, focus on quality, not just quantity

Did you know?

- We spend about **one-third** of our life sleeping.
- Depending on the age and life situation, **4-12 hours** of sleep may be required, in one go or spread over the day.
- Sleep is vital; it serves to **regenerate the body** and **process the impressions of the day**.
- Disturbed sleep and poor sleep quality can **throw us off balance, have a negative emotional effect** and even **make us sick** in the long run.

How does the Healy support with **Sleep programs?**

Healy IMF applications are designed to harmonize your Bioenergetic Field to **prepare for sleep by quickly resting after a long or stressful day.**



# The Power of Three

**Stressful events and negative influences can have a substantial impact on those who experience them**

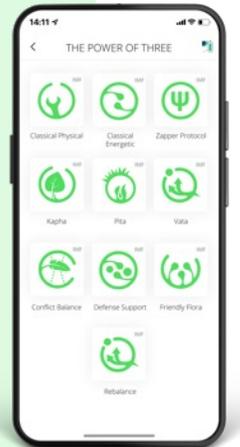
Power of Three is a set of Healy IMF program groups:

- **Bioenergetic Rebalance**
- **Universal Frequencies**
- **Digital Ayurveda**

In our experience, the three programs in each group support each other and create a strong bioenergetic synergy if used alternately.

How does the Healy support with **Power of Three** programs?

The Bioenergetic Rebalance Group is particularly designed to be applied at difficult energetic times. Followed by Universal Frequencies and then Digital Ayurveda, they create **Power of Three-Square synergy**. Use each program group for three weeks in addition to the Healy IMF programs you are currently using.





# The Power of Three Study

## Assessment

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)
- Stress Level (PSS)

## Study programs

Power of Three program group

### Group A:

Application of the Conflict Balance, Defense Support and Friendly Flora programs 2 times a day (except Sunday). Furthermore, they applied the program Rebalance every day (except Sunday)

### Group B:

Usage of the Healy device with microcurrent frequency applications as usual, without further specifications

## Incentive

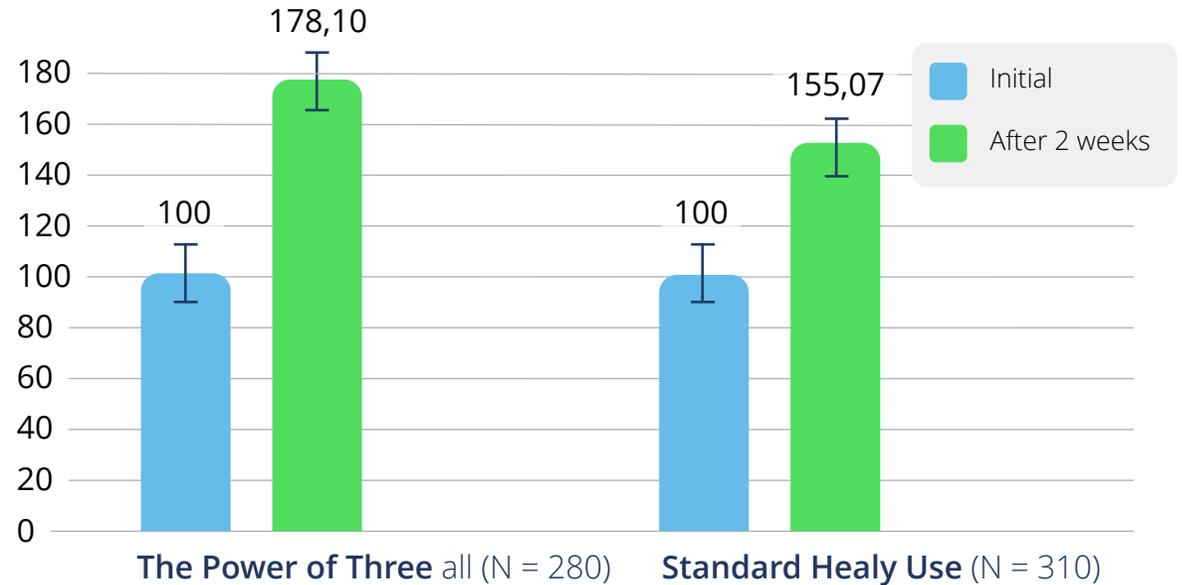
The Power of Three program group

Randomized, 21 days, 2-arm controlled study (The Power of Three programs vs. control group) conducted by Healy World with 590 participants (error bars = 95 confidence interval);

\* Effect size Cohens d:  $d < 0.5$  small effect,  $d = 0.5 - 0.8$  middle large effect,  $d = 0.8 - 1.0$  large effect,  $d > 1.0$  very large effect

\*\* Indicates the additional effect of the Power of Three programs

## Pre/Post Comparison Changes in Wellbeing



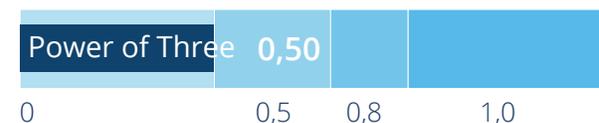
Effect size (Cohen's  $d^*$ ):

Pre/post differences in wellbeing score

small middle large very large



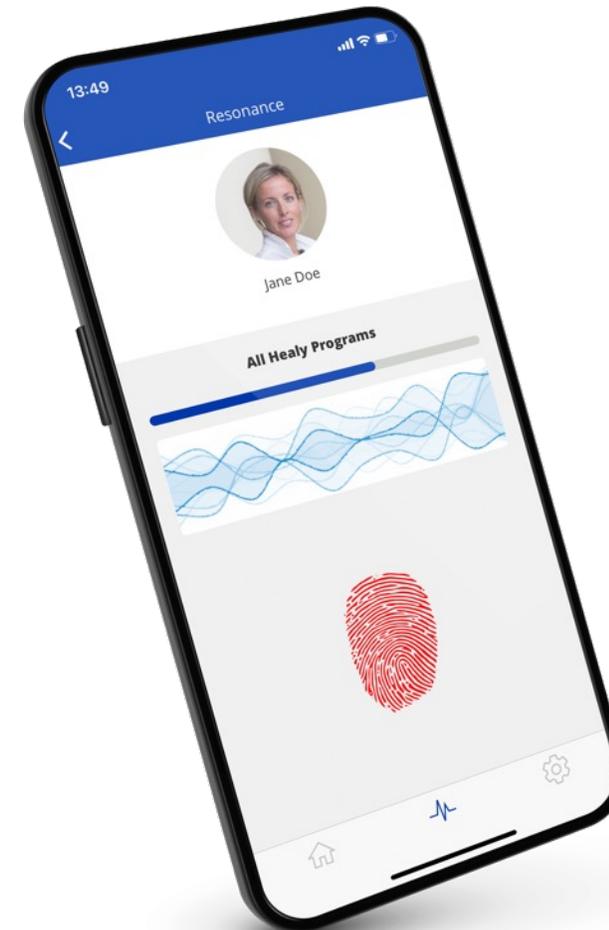
Application versus standard Healy use group\*\*



# The HealAdvisor Analyse Resonance Module

Explore the depths of the Information Field

- The HealAdvisor Analyse Resonance module allows you to perform **an analysis in the Information Field** and subsequently use the resulting information to harmonize the Information Field.
- You can make use of the **proven information patterns** of the Bach Flowers, Schuessler Salts, Alaskan Gem Elixirs and many more.





# Resonance Study\*

## Assessment

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)

## Study programs and module

Bioenergetic Harmony 1 and 2 program group and HealAdvisor Analyse Resonance module

## Resonance group:

Information Field analysis and harmonization

## Healy group\*\*:

Application of the Bioenergetic Harmony 1 and 2 programs (1-2 applications per day)

## Control group:

No application of Healy programs for 14 days

## Incentive

Plant Power database (for 1 year)

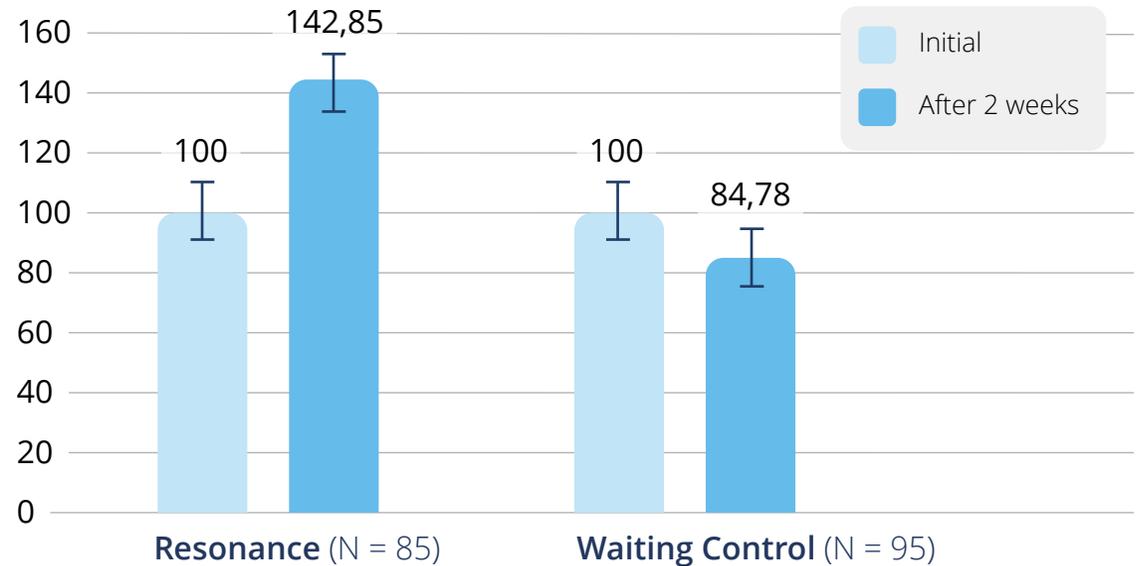
Three arm pilot study with waiting group control to quantify the effect of Information Field analysis and harmonization and the application of Individualized Microcurrent Frequency (IMF) applications on improvement of general wellbeing and goal attainment in healthy volunteers conducted by Healy World with 282 participants (error bars = 95 confidence interval)

\* Schmieke, M., et al. (2021): Three Arm Pilot Study with Waiting Group Control to Quantify the Effect of Information Field Analysis and Vibration and the Application of Individualized Microcurrent Treatments on Improvement of General Wellbeing and Goal Attainment in Healthy Volunteers

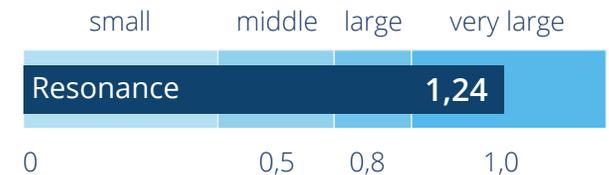
\*\* The positive results of this group are shown on another slide.

\*\*\* Effect size Cohens d:  $d < 0.5$  small effect,  $d = 0.5 - 0.8$  middle large effect,  $d = 0.8 - 1.0$  large effect,  $d > 1.0$  very large effect

Pre/Post Comparison Changes in Wellbeing



Effect size (Cohen's  $d^{***}$ ):  
Application versus control group



# The Healy Resonance Plus Edition

- Deep Cycle H
- Learning
- Skin
- HealAdvisor Analyse Aura module
- HealAdvisor Analyse Success Coach module

In addition to:

HEALY GOLD EDITION

HEALY HOLISTIC EDITION

HEALY RESONANCE EDITION



# The Deep Cycle H

## Everything is interconnected - flow with the cycles in your life

- The Deep Cycle H IMF programs were developed by **Jan Fredrik Poleszynski** (Oslo, Norway) as a result of his experience in microcurrent frequency applications **since 2009**.
- He uses them in his professional practice on a daily basis and many of his clients use them at home too.

### What is Deep Cycle H?

The Deep Cycle H IMF programs have a special position in applications in the Bioenergetic Field and are generally more comprehensive than the Gold Cycle IMF programs. According to the experience of Poleszynski, the harmonic frequencies used in the Deep Cycle H programs are informational “highways” helping to bring you in harmony with yourself and with nature.

How does the Healy support with **Deep Cycle H** programs?

Based on Poleszynski's experience, we go through **daily, weekly and monthly cycles** as well as the **classic application cycles** like energetic purification, harmonization of the Bioenergetic Field and working with the energetic root cause.



# Learning

Achieving success with learning when it is fun, easy and relaxed.

Challenges related to learning such as **exam stress, mental strain** and **social anxiety** can manifest themselves as:

- **Concentration problems**
- **Compulsive and self-defeating behaviors**
- **Lack of motivation**
- **Unpredictable moods**

How does the Healy support with **Learning** programs?

The Healy provides IMF programs for harmonizing the Bioenergetic Field, which in our experience can **support creativity. University and career training students** can particularly benefit from Healy frequency technology during exam time. Healthy habits can be supported in the Bioenergetic Field as well as **learning** and **concentration**.



# Skin

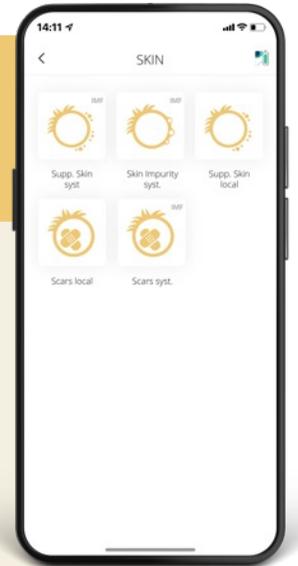
## A healthy skin goes far beyond beauty

Did you know that the skin:

- Is the **largest organ** of the body and fulfills many vital functions
- Serves as a **storage center** for lipids and water
- Has **metabolic and protective capabilities**

How does the Healy support with **Skin** programs?

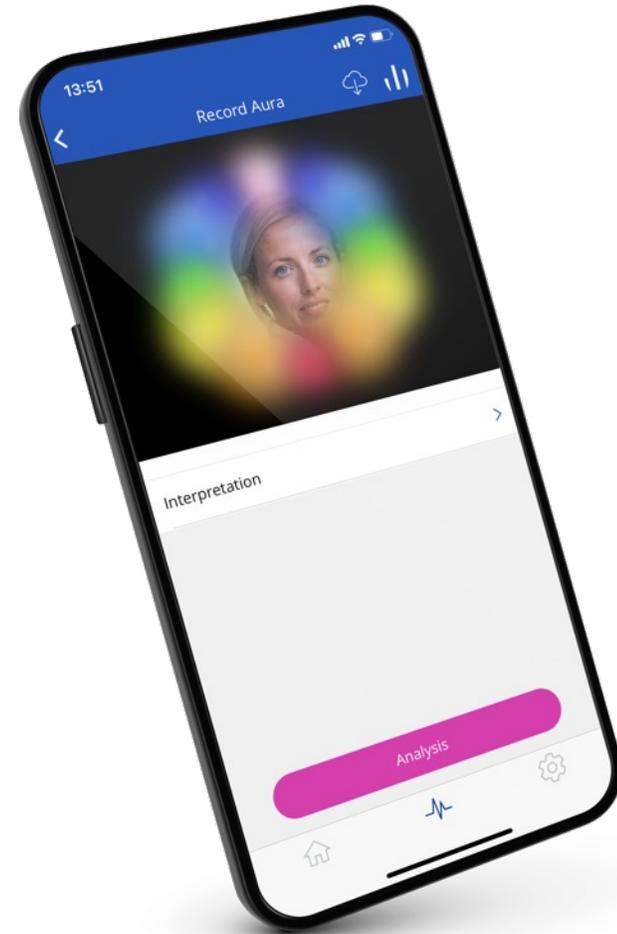
In our experience, Healy IMF applications can help you obtain harmonization of the Bioenergetic Field for **different tissues** and **skin purity**.



# The HealAdvisor Analyze Aura Module

When your chakras are balanced, your  
flow of energy is aligned

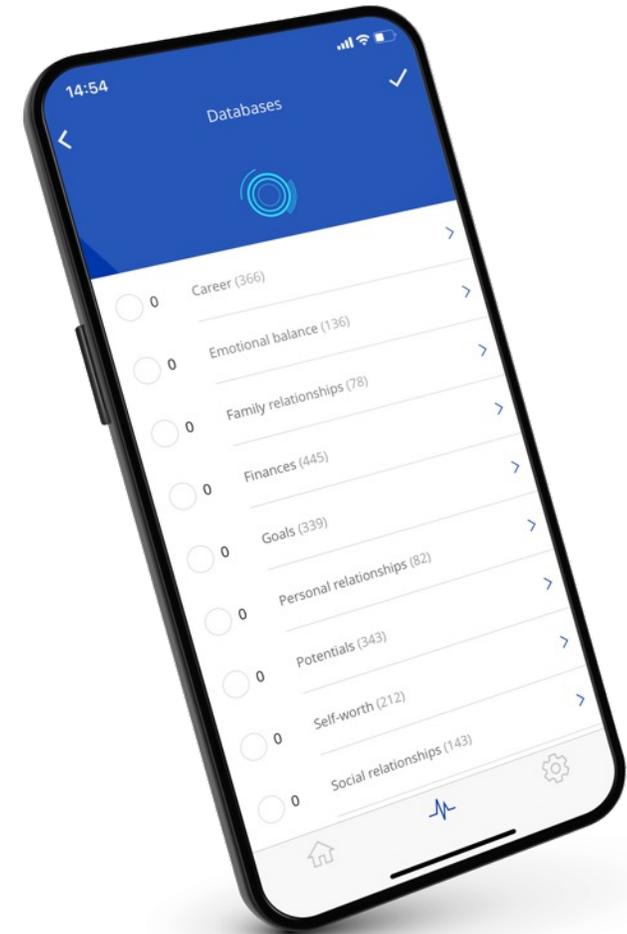
- The HealAdvisor Analyze Aura Module is designed to analyze **the energy of your chakras** in the Information Field.
- In a second step, you can analyze chakra specific information patterns to find and harmonize **emotional backgrounds** in the Information Field.



# The HealAdvisor Analyse Success Coach Module

Gaining more clarity and a fresh perspective

- Coaching can effectively help you to **get things moving** when you are stuck and to **recognize blind spots in your reality**.
- It's only when you see clearly that you can make decisions and initiate **much needed changes**.
- That is exactly what the new coaching modules in the HealAdvisor Analyse App are for. They are specifically designed to support you **in your development and in overcoming many challenges in your life**.





# Coaching Study\*

## Assessment

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)

### Group A:

Information Field analysis in the Coaching module, careful reading and self-interpretation of the results on the first day and vibration of the results from the harmonization list 3 times per day (2 min 37 sec) for 14 days

### Group B:

Information Field analysis in the Coaching module but without vibration of the results

### Group C:

Usage of the Healy device with microcurrent frequency applications as usual, without further specifications

## Incentive

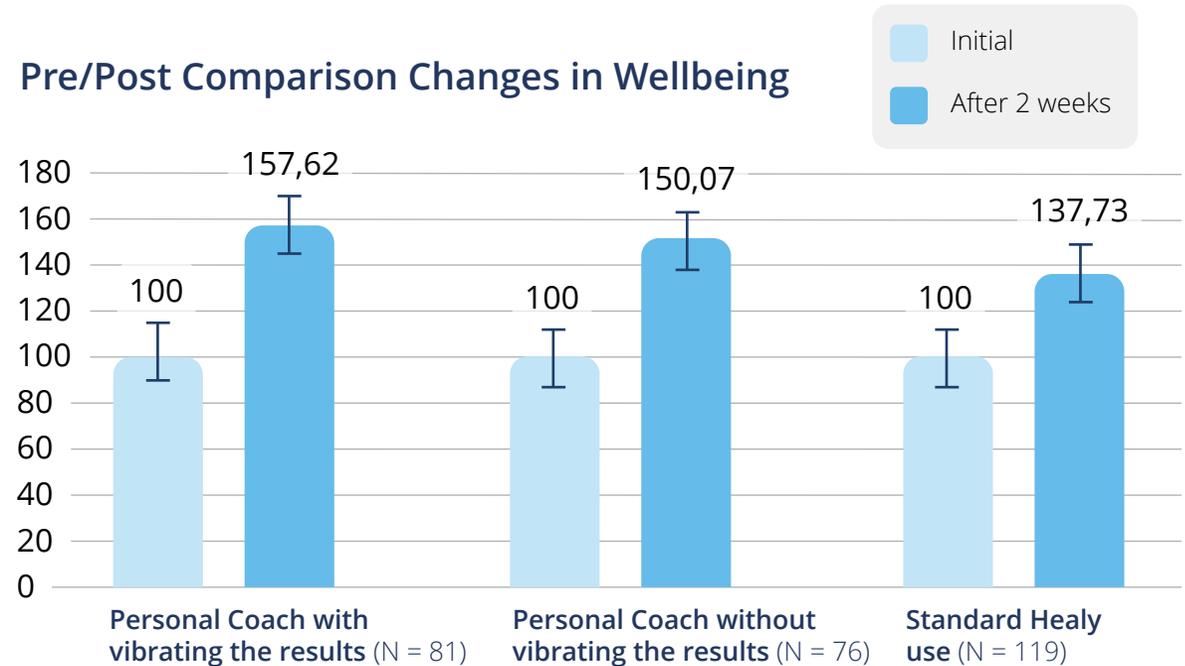
HealAdvisor Analyse Personal Coach module

Randomized, 14 days, 3-arm controlled study (Information Field analysis and harmonization vs. analysis and no harmonization vs. control group) conducted by Healy World with 276 participants (error bars = 95 confidence interval);

\* Indicates the additional effect of the Coaching module

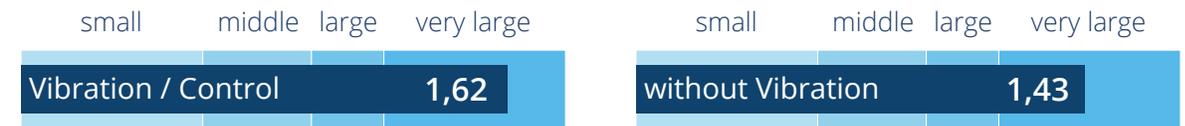
\*\* Effect size Cohens d: d < 0.5 small effect, d = 0.5 - 0.8 middle large effect, d = 0.8 - 1.0 large effect, d > 1.0 very large effect

## Pre/Post Comparison Changes in Wellbeing



Effect size (Cohen's d<sup>\*\*</sup>):

Pre/post differences in wellbeing score



Application versus standard Healy use group



# The Healy Professional Edition

- Bioenergetic Defense
- Job
- Beauty
- HealAdvisor Digital Nutrition
- HealAdvisor Bioenergetic Vitalization

In addition to:

HEALY GOLD EDITION

HEALY HOLISTIC EDITION

HEALY RESONANCE EDITION

HEALY RESONANCE PLUS EDITION



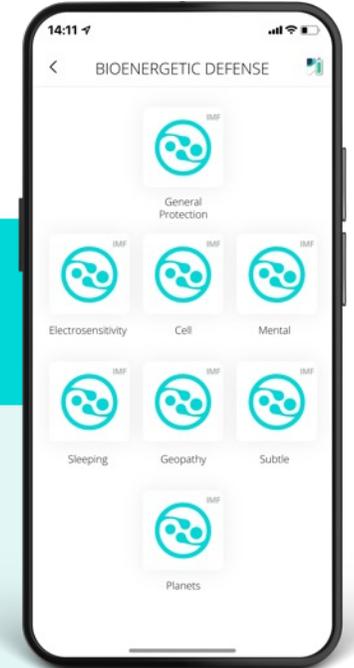
# Bioenergetic Defense

Taking an active role in protecting your own energy

In our experience, the Bioenergetic Defense program group unfolds its effect directly in the Information Field, which reflects what we consider to be the **spiritual meaning of life events**.

How does the Healy support with the **Bioenergetic Defense** programs?

These IMF programs are designed to energetically harmonize **negative influences** and protect you from **energetic breakdowns**.



# Job

## Better health fuels work-related productivity

In today's hyper-connected world, it can be hard for people to switch off from work, and easy to neglect their health, even when their inner voice is **calling for a break or a change of direction**.

When 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 lead to the deactivation of entire functional areas.

Prolonged fatigue

Sleep disruption

Exhaustion

Hypersensitivity

How does the Healy support with **Job** programs?

These Healy IMF applications are designed to provide valuable harmonization of the Bioenergetic Field when leading **an active and stressful professional life**.



# Beauty

## Beauty starts from the inside

The skin forms the physical boundary between the inner and outer worlds. Factors such as inner balance and bliss impact **the inner beauty**, which in turn influences **the outer beauty**.

How does the Healy support with **Beauty** programs?

Nuno Nina's experience in harmonizing the Bioenergetic Field for inner balance and relaxation as well as his expertise in defining the appropriate frequencies for **harmonizing the Bioenergetic Field of the skin** have been integrated into the Healy Beauty programs.





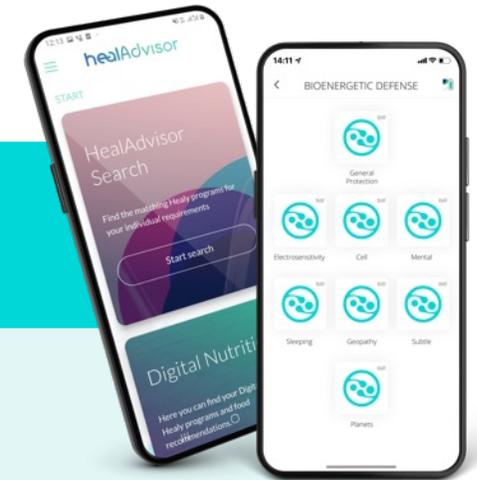
# The HealAdvisor Digital Nutrition Module

Pick a nutritious lifestyle that supports your whole-body wellbeing goals

Your energy levels are directly related to **the nutrition choices** you make. There are many recommendations and tips for an enriched lifestyle including setting healthy eating and physical activity habits.

How does the Healy support with the **Digital Nutrition** module?

In the HealAdvisor Digital Nutrition module you get food recommendations based on your inputs. The Digital Nutrition Individualized Microcurrent Frequency (IMF) programs support the harmonization of your Bioenergetic Field, **containing resonant frequencies for the individual substances**, which are applied directly after a meal.



# The HealAdvisor Bioenergetic Vitalization Module

## Approaching life with vitality, vibrancy and vigor

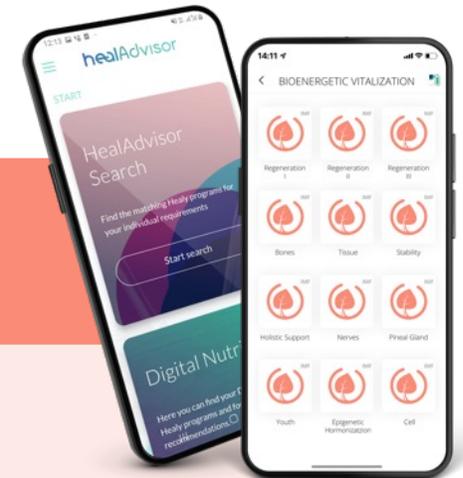
Getting older does not have to equate to less vibrancy and lower energy levels. There are healthy lifestyle changes that can help people unlock their full potential, no matter the age.

The Bioenergetic Vitalization Module is acting as a counter-balance to an unhealthy lifestyle that can accelerate the premature degradation of mind and spirit.

How does the Healy support with the **Bioenergetic Vitalization** module?

You get a collection of experience-based vitalization tips from different health disciplines to support youthful energy. The Bioenergetic Vitalization IMF programs are designed to support revitalization by harmonizing your Bioenergetic Field, thus **activating your energy and vitality**.

In the Bioenergetic Vitalization module of the HealAdvisor App, you will find recommendations, based on expert knowledge from the HealAdvisor Cloud, for Healy IMF programs covering the topics that you searched for.



# Additional Program Groups & Modules



# Wellbeing

## Honoring the mind, body and spirit connection on the path to holistic wellbeing

A person's wellbeing comes not only from physical health, but also mental and spiritual health. Optimum health is achieved when all three components are in alignment.

How does the Healy support with **Wellbeing** programs?

The Wellbeing program group consists of **three well-aligned Healy IMF programs**. They contain frequency spectra, each of which, in our experience, relates to the body, mind and spirit and is intended to bring them into harmony with each other.

The three Wellbeing programs can be used individually, but also together **for optimal synergy**.



# Natural Cycle

Our life is profoundly influenced by the phases of the moon, the sun and the earth

Most of us today are leading lives that are moving too fast and causing us to drift away from our natural rhythms. Our body and our mind are sensing these conflicts and many of us experience **physical and emotional imbalances**.

How does the Healy support with the **Natural Cycle** module?

According to our experience, with the Healy Natural Cycle program group, we can address these challenges by **bringing our lives back into alignment with the natural cycles and flow**. The Healy Natural Cycle programs contain completely new frequencies, developed and compiled by Nuno Nina, the creator of the Healy Gold Cycle.



The application of the Natural Cycle program must begin on **so-called trigger dates** (e.g., a change of seasons, an equinox, etc.). The HealAdvisor Natural Cycle module calculates the right day and the exact time for the optimal start and determines the right program for the application of the Natural Cycle protocol based on the phases of the moon, the sun and the earth.



# Natural Cycle Study

## Assessment

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)
- Insomnia Severity Index (ISI)
- Checklist Individual Strength (CIS)

## Study programs

Natural Cycle programs and Meridians 1 and 2 program group

### Group A:

Application of one program of the Natural Cycle and one stabilization program per day applied on predefined optimized times.

### Group B\*:

Application of the Meridians 1 and 2 programs 1-2 times a day, with no programs to be used on Sunday

### Group C:

Usage of the Healy device with microcurrent frequency applications as usual, without further specifications.

## Incentive

Natural Cycle (unlimited)

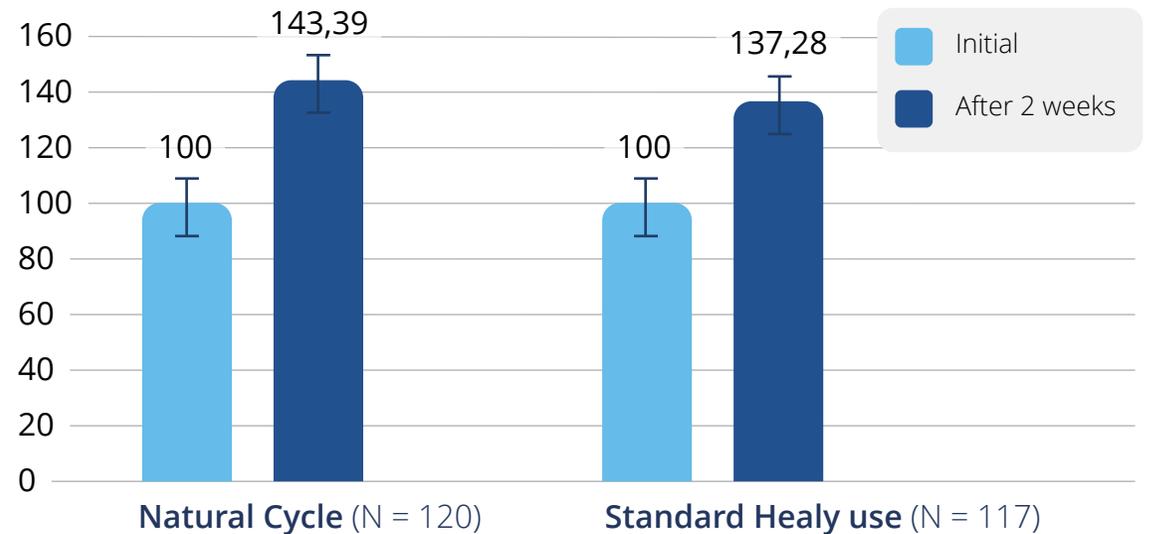
Randomized, 21 days, 3-arm controlled study (Natural Cycle programs vs. Meridians programs 1 and 2 vs. control group) conducted by Healy World with 364 participants (error bars = 95 confidence interval)

\* The positive results of this group are shown on another slide.

\*\* Effect size Cohens d:  $d < 0.5$  small effect,  $d = 0.5 - 0.8$  middle large effect,  $d = 0.8 - 1.0$  large effect,  $d > 1.0$  very large effect

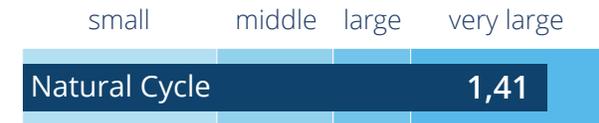
\*\*\* Indicates the additional effect of the Natural Cycle programs

## Pre/Post Comparison Changes in Wellbeing

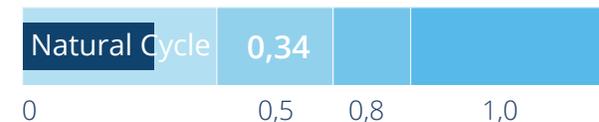


Effect size (Cohen's  $d^{**}$ ):

Pre/post differences in wellbeing score

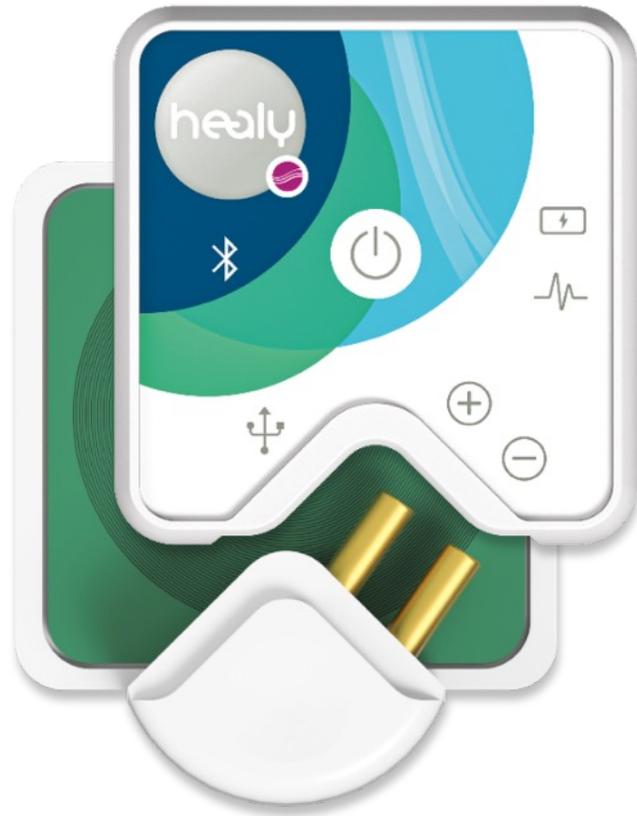


Application versus standard Healy use group\*\*\*





Healy Coil



A new type of coil, a new and unique Healy accessory:

# Healy Coil

## Cable-Free Harmonization of the Bioenergetic Field



There may be times when you find using cable electrodes awkward or inconvenient. In these situations you can now use the Healy Coil that lets you transmit Healy frequencies **without cables!**



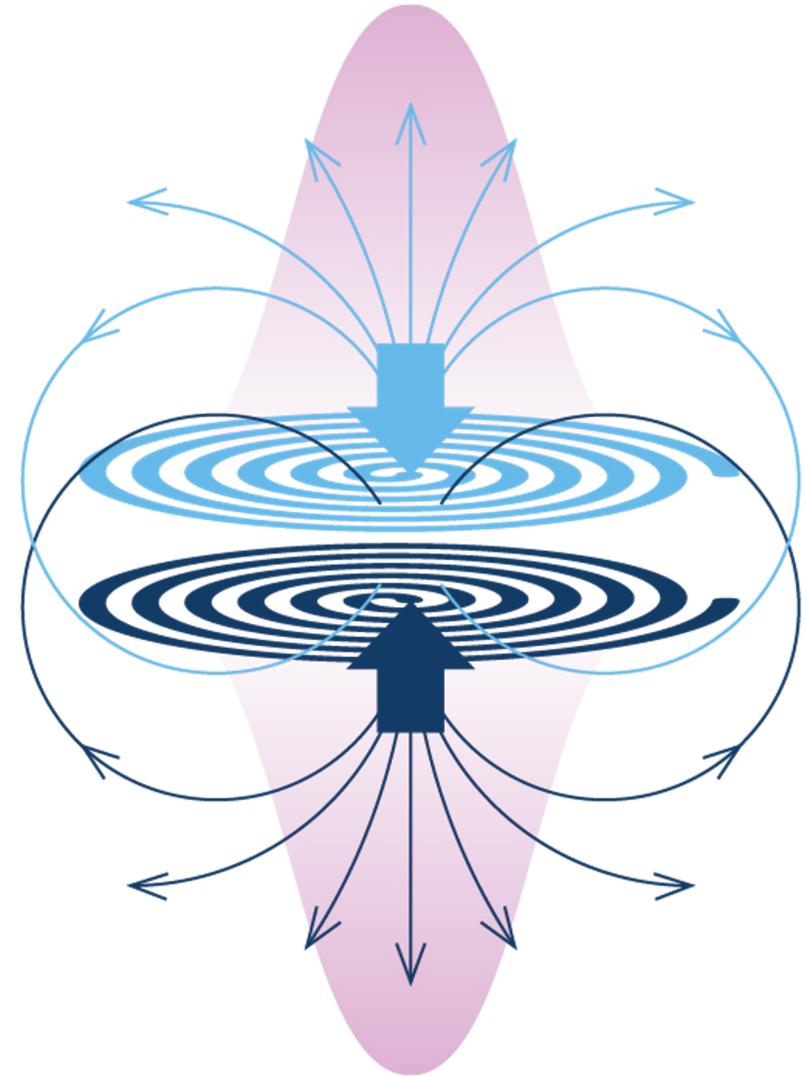
To harmonize the Bioenergetic Field, the Healy Coil is designed to use the IMF programs at 30-100% intensity.

# Healy Coil

## Based on Quantum Potential Frequencies (QPF)

The electrical currents of the Healy IMF programs flow through the Healy Coil and generate two magnetic fields with opposing field lines which cancel each other out, with the magnetic quantum potential remaining unchanged. This is called the **Aharonov-Bohm effect**.

In our experience, "Quantum Potential Frequencies" or QPF are created in this way. QPF can thus resonate with biological organisms without the transmission of physical energy. According to our experience, frequencies can be transmitted via Quantum Potential Fields without using cables; **pure information is vibrating**.



# Healy Coil Study\*

## Assessment

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)

## Study programs

Gold Cycle program group (free choice of 2-3 programs per day)

### Group A\*\*:

Application of the Gold Cycle programs with the Healy Coil

### Group B:

Application of the Gold Cycle programs with the Healy device

### Group C:

No application of Healy programs (waiting group)

## Incentive

Healy Coil

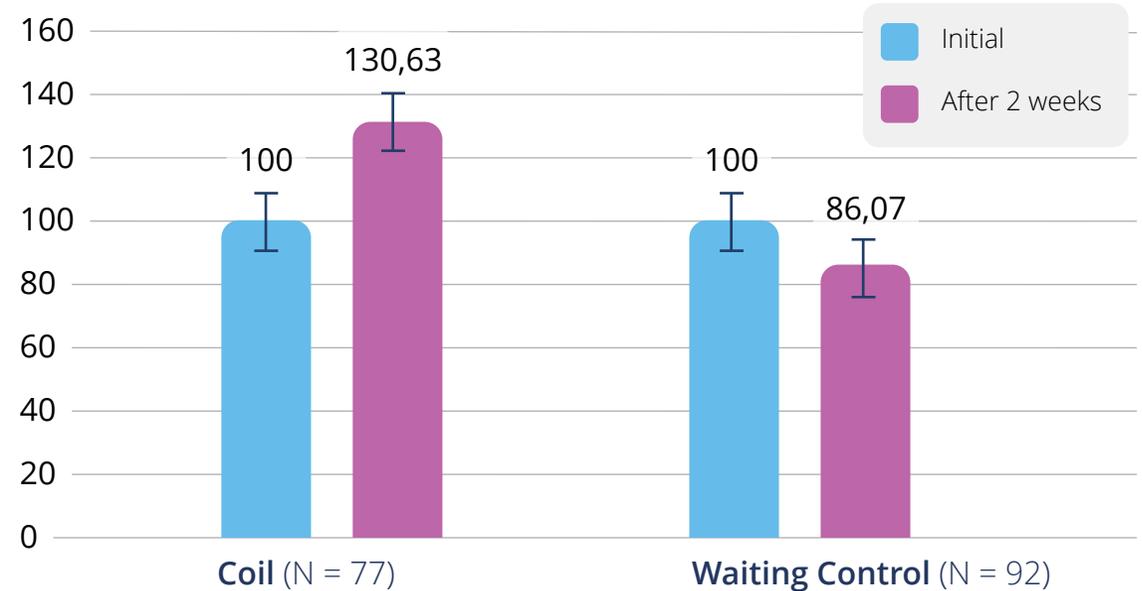
Investigator-initiated, randomized, three-arm pilot study with waiting group control to quantify the effect of frequency application of healthy subjects using the Healy device and Healy Coil for overall wellbeing conducted by Healy World with 257 participants (error bars = 95 confidence interval)

\* Walach, H. et al; Self-Treatment to Improve Mental and Physical Health using Two Bioenergetic Devices: A Randomized Controlled Trial; Journal of Psychiatry and Psychiatric Disorders 5 (2021): 107-119.

\*\* The positive results of this group are shown on another slide.

\*\*\* Effect size Cohens d:  $d < 0.5$  small effect,  $d = 0.5 - 0.8$  middle large effect,  $d = 0.8 - 1.0$  large effect,  $d > 1.0$  very large effect

## Pre/Post Comparison Changes in Wellbeing



Effect size (Cohen's  $d^{***}$ ):

Application versus control group

