

# HEALY PROGRAMS



<b>Gold Cycle</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>Pain / Local Stimulation</b>	Relief of pain as described in the Instructions for Use	<b>Fitness</b>	Bioenergetic support for your body's energy balance
<b>Pure</b>		<b>Pain</b>		<b>Weight</b>	
<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>Pain locally</b>	Local relief of pain as described in the Instructions for Use	<b>Muscle</b>	Bioenergetic support for recovery
<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>III</b>	Bioenergetic local support in case of unpleasant sensations in the mouth area	<b>Circulation</b>	Bioenergetic support for demands of exercise
<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>IV</b>	Bioenergetic local support in case of unpleasant sensations in joints	<b>Performance</b>	Energetic balancing that supports your desire to excel
<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>V</b>	Bioenergetic support in case of unpleasant sensations in the head area	<b>Strength</b>	Bioenergetic support for the musculoskeletal system
<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>VI</b>	Bioenergetic balancing of sleep challenges	<b>Stamina</b>	Bioenergetic optimization of the capacity for endurance
<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.	<b>VII</b>	Bioenergetic support for mental balance	<b>Regeneration</b>	Bioenergetic stimulation of vitality
		<b>VIII</b>	Bioenergetic support to relieve mental stress	<b>Deep Relaxation</b>	Bioenergetic optimization of the relaxation phase
		<b>Learning</b>		<b>Job/Sleep</b>	
		<b>Learning syst.*</b>	Bioenergetic activation of the ability to learn and retain learning	<b>Activation</b>	Bioenergetic stimulation of mental clarity
		<b>Learning acute**</b>	Specific Bioenergetic activation of ability to focus and retain learning	<b>Positive Thoughts</b>	Energetic orientation towards positive thoughts
		<b>Memory</b>	Energetic support of knowledge retention	<b>Balance Nerves</b>	Bioenergetic promotion of the beta state
		<b>Concentration syst.</b>	Bioenergetic support for focus and ability to ignore distraction	<b>Fatigue</b>	Energetic reduction of stressors
		<b>Concentration acute</b>	Specific bioenergetic support to enhance focus.	<b>Exhaustion syst.</b>	Bioenergetic balancing to relieve feelings of exhaustion
		<b>Exam syst.</b>	Energetic balancing to enhance relaxation during exam preparation	<b>Exhaustion acute</b>	Supports stress resistance
		<b>Exam acute</b>	Bioenergetic support before exams	<b>Extreme Stress</b>	Bioenergetic support of mental and physical balance
		<b>Stress syst.</b>	Mental balancing and bioenergetic stimulation of creative power	<b>Sleep syst.</b>	Bioenergetic optimized changing into delta state (deep sleep)
		<b>Stress acute</b>	Supports mood improvement	<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 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. No claims are made that Healy frequency programs can diagnose, treat, cure or prevent any physical, mental or emotional disease or condition. If you believe you may have such a condition, consult a healthcare professional before using Healy programs. 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