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Healy
Frequency Application
Manual



Frequencies for Your Life



Frequencies for Your Life

Disclaimer:

Healy is a medical device for the treatment of pain in chronic pain, fibromyalgia, skeletal pain and migraine, as well as for the supportive treatment of mental illnesses such as depression, anxiety and related sleep disorders.

All other applications of Healy as well as the cell membrane tension model according to Becker / Nordenstrom are not recognized by conventional medicine due to lack of evidence in the sense of conventional medicine.

The studies for the indications mentioned here were not carried out with Healy, but the parameters used in the Healy are based on the studies mentioned.

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Healy Manual





Foreword

Congratulations on the purchase of your Healy. You are now the owner of a medical device that can support you with all kinds of conditions and other objectives. This manual will show you how to get the most out of your Healy. It will inform you about the basics of frequency application and introduce you to all the available Healy App programs. At the end you will also find a summary of studies that describe the effectiveness of frequency applications with microcurrents.

To receive regular information about program updates as well as important announcements, please stay in touch with us via email.

We would also like to ask you to read the instructions for use carefully. There you will find the safety instructions, all aspects concerning the use of Healy, technical details and storage instructions.

We hope that you will enjoy your Healy and experience increased wellbeing and vitality!

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1 Introduction

1.1 A Strong Cell as a Basis for Health

The cell researchers Dr. Robert O. Becker and Dr. Bjorn Nordenstrom, the latter a former member of the Nobel Prize Commission, have discovered that many chronic and acute diseases can develop when the cell membrane tension drops.

According to their model, humans are only as healthy as the health of their cells and their ability to communicate with each other. Cell health can therefore be determined by one simple parameter: the electrical cell membrane voltage.

According to the cell membrane voltage model, a cell ideally has a voltage of -70 mV and thus enough energy to live and communicate with the other cells. In the course of disease, this voltage is often reduced to -50 mV . At -40 mV pain and inflammation can start to occur. At -15 mV , according to Becker and Nordenstrom, is the threshold below which the cell can mutate into a tumor cell, see **Figure 1.1.1**.

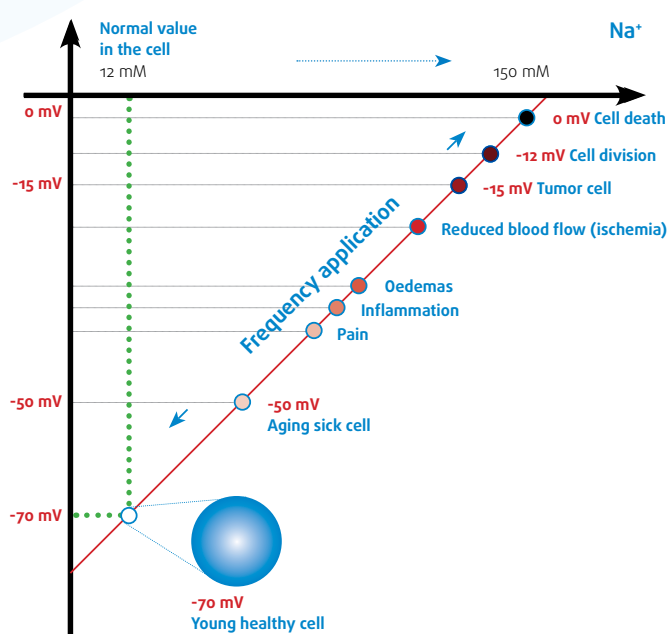


Figure 1.1.1: Cell membrane voltage model

According to our model, electrical frequencies are the language and the key to cell communication. The frequency modulated microcurrent used in the application communicates with the cells using the “language” of frequencies. Thus, one goal of the application is to counteract the extracellular hyperacidity and restore natural cell membrane tension.

The knowledge of which frequencies can be used during an application played a significant role in the development of Healy. Through information field controlled frequency application, Healy should optimally support the cellular environment and cell membrane voltage with specific and individually selected frequencies and currents.

In this way, the metabolism and cell division, among other things, should be stimulated in such a way that the ATP synthesis, i.e. the energy production of the cells, and protein synthesis for the construction of the basic building blocks of the human body, are strengthened.

The **resonance analysis** function of Healy analyzes the duration of the required frequency for the particular patient, and constantly checks the progress of all the applied frequencies. At the right time, Healy automatically switches to the next frequency and applies it until it is no longer needed or the maximum application duration has been reached.

1.2 Structure of Healy Programs for Systemic Therapy

Healy uses the 144,000 Gold Frequencies, which according to our model should each have a specific effect on its own. At the heart of Healy is a quantum sensor that uses these Gold Frequencies to individually analyze the frequencies that are suitable for you at the time of application.

The Gold Frequencies were developed together with the Portuguese clinic director and researcher Nuno Nina. Nuno Nina has successfully treated thousands of patients in his clinics with his proven therapy protocols over the past 15 years. Based on the Gold Frequencies, Healy has more than 100 sequence programs for bioenergetic support of many areas of life and various symptoms. These applications are called systemic programs in Healy and are abbreviated as „syst.“. For almost every purpose we always recommend the systemic programs, because they have the aim to balance bioenergetic causes. For this reason, the systemic programs are not applied locally, but in most cases systemically via the bracelet electrodes. In this way, the frequencies applied via the upper body affect the organs, glands and nervous system.

The systemic Healy programs consist of three modes: real time, resonance and indications.

In real time mode, the currently suitable frequency is determined and applied in real time. In Resonance mode, the current resonance frequencies are determined and applied in real time until they are „no longer needed“ by the body. In indications mode, specific frequencies are analyzed and applied in real time from a frequency pool specifically compiled for a field of application until they are „no longer needed“ by the body.

1.2.1 Real Time

According to our model, each frequency has a different effect and the condition of the user during application changes after a short time. In our experience, it is therefore important to analyze the frequencies that the patient needs during the therapy. Healy can determine individual frequencies in real time and thus adapts the application to the changing needs controlled by the information field.

In real time mode, the following frequency bands are used to determine the frequencies:

- 0.1 Hz - 1 kHz
- 15 kHz - 1 MHz

1.2.2 Resonance

With the Resonance Analysis function, Healy analyzes how long a frequency should be applied and checks the progress of the currently applied frequency every 10 seconds. As in real-time mode, these frequencies are individually determined during application. The respective frequencies are applied until the progress, which can be between -100 % and +100 %, reaches 95 % or the maximum time for the resonance application has passed. The current progress value is displayed on the Healy application screen.

In resonance mode, the following frequency bands are used to determine the frequencies:

- 0.1 Hz - 1 kHz
- 15 kHz - 1 MHz

1.2.3 „Indication“

Specific frequencies for certain areas of life are stored in the indication blocks. For example, certain frequencies used to bioenergetically support the kidneys can be stored in a special indication block. Frequencies are then determined from this specified frequency pool during the application and, as in resonance applications with progress analysis, applied until the progress has reached 95% or the maximum time for the indication application has expired. A frequency program within a Healy can contain up to 400 different frequencies.

1.2.4 Contraindications

Microcurrent treatment must not be performed when metallic foreign bodies are in the area of treatment, pacemakers or implanted defibrillators are present, bleeding, risk of bleeding or embolism are present. Treatments must not be performed on areas of the skin which have been treated radiotherapeutically or have a sensory disorder or if the user has a fever.

- Not for use by pregnant women
- Not for use by those with epilepsy
- Do not place the electrodes directly on the eyes, covering the mouth, on the front of the neck (especially the carotid sinus), or on the chest and the upper back or crossing through the heart.

Consult a medical professional before using if you have any of these contraindications.

Within the framework of holistic application, certain interactions (e.g. strengthening of the body's own mechanisms) are possible through frequency application. Therefore, we recommend to check the following issues before the first application:

- If amalgam fillings are present in the teeth, the application can lead to a mobilization of heavy metals in the cells of the body - not directly from the dental fillings themselves - and thus to a temporary deterioration of the state of health. We therefore recommend that you drink plenty of water in addition to the application and take appropriate measures to support the removal of heavy metals.
- If you are taking medication at the same time, we recommend that you have the dose checked by your doctor at least once a month, especially if you are taking the following medications:
 - Blood thinners
 - Antidiabetics
 - Blood pressure lowering medication
 - Hormones (especially thyroid hormones)
 - Beta blockers

Healy and its applications are only suitable for adults. Too little data is available for the treatment of minors. Any treatment of minors is the responsibility of the parents or legal guardian or of the attending physician.

1.3 Supporting Factors in Combination with Frequency Applications

In order to further enhance the positive effects of frequency applications, we recommend that you integrate the following routines into your everyday life:

- Drink at least one litre of pure, healthy water in the morning and 1/2 litre in the afternoon (do not drink water 30 minutes before and after meals).
- If possible, release bioenergetic potential by earthing walking barefoot outside for at least 15 minutes (this ensures natural electrical potential equalisation).
- Exercise in fresh air to activate the energy flow - you can use your Healy while doing this.
- Natural and balanced nutrition
- Mindful and conscious use of frequency programs
- Avoid extremes - do not exceed two to three frequency applications per day

2 Operating Healy

2.1 Switching on and Starting the Programs

You switch on Healy by briefly pressing the ON button (see **Figure 2.1.1**). The right LED should now flash continuously. After switching on, the last program that you transferred from your smartphone to your Healy starts automatically. The intensity - i.e. the transferred current strength - is automatically regulated to 15%. The low intensity of 15% is required by law for patient safety, which is based on the safe use of medical devices in which microcurrent is applied.

To increase the intensity of a Healy program or to transfer another program to your Healy, start the Healy App and connect to your Healy. Now you will see a screen like the one in **Figure 2.2.1**, which tells you how to use the electrodes correctly. This is a guideline according to the medical device safety standard.



Figure 2.1.1: Healy front view

App and connect to your Healy. Now you will see a screen like the one in **Figure 2.2.1**, which tells you how to use the electrodes correctly. This is a guideline according to the medical device safety standard.

After confirming this message, you can increase the intensity of the currently running program so that the current is slightly noticeable, but not unpleasant.

Alternatively, you can cancel the program and transfer a new program to your Healy. To pause and then quit the currently running program, simply tap on the program icon in the middle and then on the „X“ that is now visible in the upper left corner of the program icon, see **Figure 2.2.2**. If you tap on the program icon again instead, the currently running program will continued.



Figure 2.2.1: Note on electrode placement

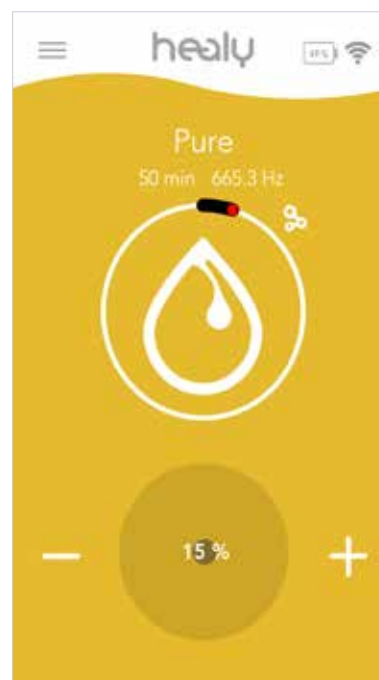


Figure 2.2.2: Exit application program

2.2 Charging the Battery

If the right LED flashes rapidly several times in succession and then goes out again, the battery charge level is low. In this case, please recharge your Healy with the included power supply. During charging, the right LED lights up permanently until the battery of your Healy is fully charged. As soon as the maximum charge of the battery is reached, the LED automatically goes out.

2.3 Other Functions of the ON Switch

If you briefly press the ON switch while a program is running, the program pauses. Pressing the ON switch again resumes the program.

If you keep the ON switch pressed for about 10 seconds, the microprocessor of the Healy will be reset. This causes a standard program to be loaded from the microprocessor's memory and played back at the next start. All programs in the program groups of your Healy are of course still available on your smartphone after a reset.

2.4 Bluetooth Connection with Healy

After you have switched on Healy and started the Healy App, the Healy App automatically scans for Bluetooth devices in the vicinity.

After the Healy App has found your Healy for the first time, a screen appears, see **Figure 2.4.1**, where you have to enter the serial number of your Healy. You will find the serial number on its back. You can either enter the serial number manually or use the integrated QR code scanner by pressing the scan button. After successfully connecting to your Healy you can use the functions of the Healy App.

If you connect your smartphone to your Healy again, the connection will be made automatically.



Figure 2.4.1: Screen for entering the serial number and QR Code Scan

2.5 Stand-Alone Operation

When you quit the Healy App, you have the choice to continue running it in the background or close the app completely. If you decide to continue running the app in the background, the Bluetooth connection to your Healy will remain and you can always open the Healy App again to see the application screen with the current status of the program progress.

Alternatively, you can exit the app completely, see **Figure 2.5.1**. The Bluetooth connection to your Healy will be interrupted and the currently started program will continue to run with the intensity you have chosen. After the application program is finished, Healy will automatically switch off.

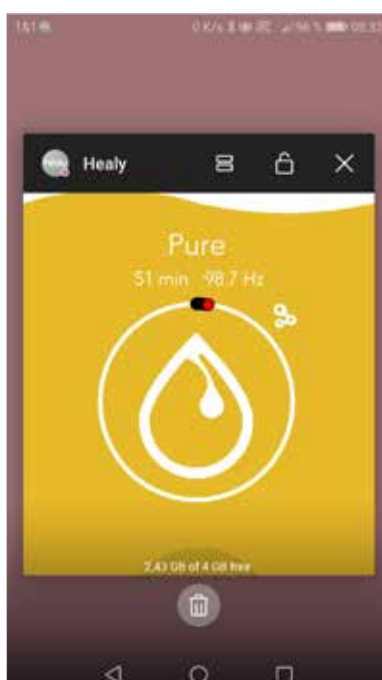


Figure 2.5.1: Exit Healy App

2.6 Notification Control

If you move the Healy App to the background, the Bluetooth connection to your Healy will be maintained. From now on, the application will send periodic notifications to your smartphone. The notification shows you the currently applied frequency and the remaining time of the program, see **Figure 2.6.1**. You can also use the notification to pause, stop or resume the current program on your Healy, see **Figure 2.6.2** and **Figure 2.6.3**.

If you briefly tap on the notification, the Healy App interface opens again.

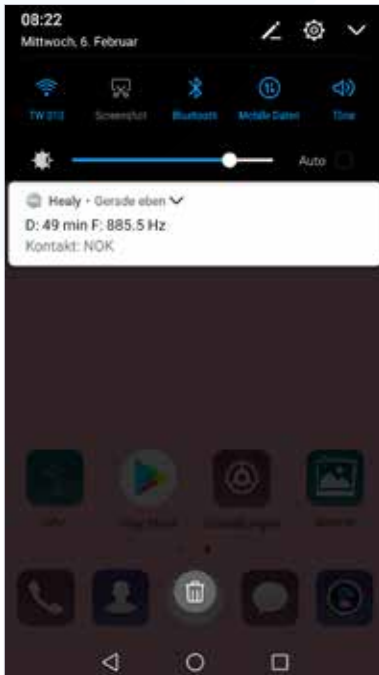


Figure 2.6.1: Notification with duration, frequency and contact status

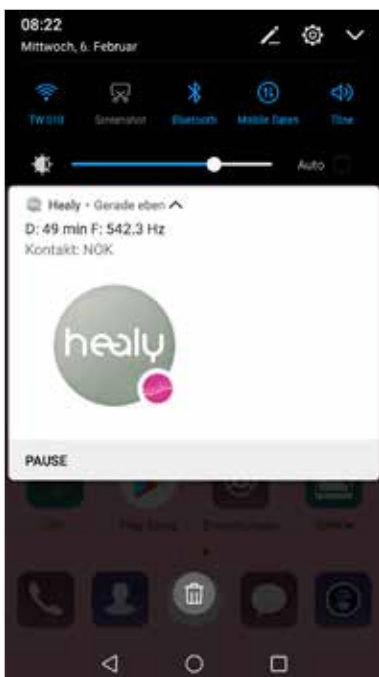


Figure 2.6.2: Program pause



Figure 2.6.3: Exit or continue program

3 Healy Programs

3.1 Gold Cycle

The Gold Frequencies were developed together with the Portuguese clinical director and researcher Nuno Nina. Nuno Nina has successfully treated thousands of patients in his clinics with his proven therapy protocols for over 15 years. The Gold Cycle is based on the three programs Balance, Being and Pure. Balance should energetically balance the physical and Being the emotional functions, while Pure stimulates the excretory organs to support recovery from environmental causes of energetic imbalance. These three programs can be used alternately every day to strengthen your bioenergetic field. The Care program can be used when you feel your system is particularly challenged.

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

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Pure	NN	BE	52 min	1 x Daily
2	Care	NN	BE	46 min	1 x Daily
3	Balance	NN	BE	52 min	1 x Daily
4	Being	NN	BE	55 min	1 x Daily
5	Energy	NN	BE	55 min	1 x Daily
6	Relax	NN	BE	55 min	1 x Daily
7	Release	NN	BE	46 min	1 x Daily

BE = Bracelet Electrodes

NN = Nuno Nina

Program name	Description
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 fine 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 bioenergetically deal with health problems.

Program name	Description
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.

3.2 Pain/Psyche

Pain can have various causes and is basically a warning signal from the body that something is physically or psychologically wrong. Since pain often affects muscles, joints, the head, organs or tissue, pain therapy is one of the largest areas in modern medicine. Pain is often a complex entity of physical trauma and trauma memory, tissue acidification, tissue toxicity, cell energy reduction or lack of regeneration. Pain has a bilateral effect, which means that information flows in two directions: physical pain influences emotions and the psyche - conversely, emotions and the psyche clearly influence pain.

In order to support you in the treatment of pain and mental illnesses with Healy, we have prepared the following programs for you.

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Chronic Pain	CES	EE; AE on mastoid	20 min	1 x Daily
2	Chronic Back pain	MCT	AE	20 min	1 x Daily
3	Tooth-Jaw local	MCT	AE	20 min	1 x Daily
4	Joints local	MCT	AE	30 min	1 x Daily
5	Migraine	CES	EE; AE on mastoid	20 min	1 x Daily
6	Insomnia	CES	EE; AE on mastoid	20 min	1 x Daily
7	Depression	CES	EE; AE on mastoid	20 min	1 x Daily
8	Anxiety	CES	EE; AE on mastoid	20 min	1 x Daily

AE = Adhesive Electrodes
 CES = Cranial Electrical Stimulation

EE = Ear Electrodes
 MCT = Microcurrent Therapy

Program name	Description
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

Program name	Description
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

3.3 Learning

Learning succeeds particularly well when it is fun, easy and relaxed.

Today, even young people face big challenges: examination stress, mental strain, grade pressure, anxiety and others. Whether at school or at university, young people experience stress and immense pressure to perform even before entering working life. This often manifests itself in concentration problems, burnout, addiction, compulsions or depression.

Healy offers programs to support memory, concentration, stress reduction or creativity.

Students can particularly profit from Healy technology during exam time. Healthy and deep sleep should be bioenergetically promoted as well as learning and concentration.

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Learning syst.	NN	BE	57 min	1 x Daily
2	Learning acute	CES	OE; AE on mastoid	20 min	1 x Daily
3	Memory	NN	BE	79 min	1 x Daily
4	Concentration syst.	NN	BE	57 min	1 x Daily
5	Concentration acute	CES	OE; AE on mastoid	20 min	1 x Daily
6	Exam syst.	CES	OE; AE on mastoid	30 min	1 x Daily
7	Exam acute	NN	BE	57 min	1 x Daily
8	Stress syst.	NN	BE	57 min	1 x Daily
9	Stress acute	CES	AE on forehead and neck	30 min	1 x Daily

BE = Bracelet Electrodes

AE = Adhesive Electrodes

CES = Cranial Electrical Stimulation

NN = Nuno Nina

Program name	Description
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

3.4 Fitness

In today's predominantly sedentary and unhealthy society, fitness is a good means of balance for physical, mental and emotional well-being. Regular physical activity should always be followed by a recovery phase. In addition, it is essential to maintain a healthy, balanced diet rich in nutrients and fibre. Fitness is also characterized by the fact we become balanced and centered within ourselves.

Especially in times of stress, burnout or depression, it is all the more important to find your own center. The Healy Fitness programs have been developed with this basic idea in mind. These programs include the body as well as the mind; we strongly believe that a balanced, sustainable and holistic psycho-physiological constitution must encompass both of them.

Our Healy Fitness programs therefore concentrate on the holistic bioenergetic support of four essential areas: muscles, performance, weight and relaxation. This combination is therefore suitable for everyone who enjoys sports and wants to remain active up into old age.

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Weight	NN	BE	60 min	1 x Daily
2	Muscle	NN	BE	39 min	1 x Daily
3	Circulation	NN	BE	30 min	1 x Daily
4	Performance	NN	BE	60 min	1 x Daily
5	Strength	NN	BE	60 min	1 x Daily
6	Stamina	NN	BE	60 min	1 x Daily
7	Regeneration	NN	BE	57 min	1 x Daily
8	Deep relaxation	NN	BE	24 min	1 x Daily

BE = Bracelet Electrodes

NN = Nuno Nina

Program name	Description
Weight	Bioenergetic stimulation of the emunctories
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

3.5 Job

People leading a stressful working life often feel stuck in a treadmill. They might for quite some time have been in a situation where they have little regard for their own needs and wants. During such a personal crisis, external commitment often seem more important than our inner voice calling for a break or a change of direction. If 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. This in turn can lead to prolonged fatigue, exhaustion, sleep disorders and hypersensitivity to stress.

In our experience Healy provides valuable bioenergetic support when leading an active professional life, offering programs which have the goal to promote deep relaxation and physical, psychological and emotional balance for people leading a stressful everyday life.

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Activation	NN	BE	57 min	1 x Daily
2	Positive thoughts	NN	BE	45 min	1 x Daily
3	Balance Nerves	NN	BE	60 min	1 x Daily
4	Fatigue	NN	BE	60 min	1 x Daily
5	Exhaustion syst.	NN	BE	60 min	1 x Daily
6	Exhaustion acute	CES	AE on the temples	20 min	1 x Daily
7	Extreme Stress	NN	BE	60 min	1 x Daily

BE = Bracelet Electrodes

AE = Adhesive Electrodes

CES = Cranial Electrical Stimulation

NN = Nuno Nina

Program name	Description
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

3.6 Sleep

We spend about one third of our life sleeping. The need for sleep varies for each individual, but on average it is about 7.5 hours per day. Depending on the age and life situation it can also be that 4-12 hours of sleep is required, in one go or spread over the day. Sleep is vital and serves to regenerate the body and process the impressions of the day. Disturbed sleep can throw us off balance and even make you sick in the long run. Longer lasting sleep disturbances can lead to physical fatigue, health deficits and a weakening of the immune system. In addition, poor sleep quality can also have a negative emotional effect and strain our psyche.

Healy should bioenergetically support you to rest quickly after a long day or the stress of everyday life, and promote a deep and restful sleep.

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Sleep syst.	NN	BE	51 min	1 x Daily
2	Bed rest	NN	BE	55 min	1 x Daily
3	Balanced Sleep	NN	BE	52 min	1 x Daily
4	Fine flow	GCT	BE	20 min	1 x Daily

BE = Bracelet Electrodes

GCT = Galvanic Current Therapy

NN = Nuno Nina

Program name	Description
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

3.7 Beauty

The skin, being the outer covering of our body, forms the physical boundary between the inner and outer world. It is our largest organ, fulfilling many vital functions. It is not only a respiratory, metabolic and protective organ in one, but also a visible „showpiece“ representing beauty, youthfulness and health. The outer beauty is decisively influenced by the inner beauty, which is influenced by factors such as intestinal health, inner balance and bliss.

Nuno Nina’s experience in bioenergetically supporting inner balance and relaxation as well as his expertise in defining the appropriate frequencies for sustainable bioenergetic support of the skin have been integrated into the Healy Beauty programs.

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Inner beauty	NN	BE	45 min	1 x Daily
2	Hair	NN	BE	60 min	1 x Daily
3	Skin	NN	BE	60 min	1 x Daily
4	Aging	NN	BE	57 min	1 x Daily
5	Nails	NN	BE	42 min	1 x Daily
6	Skin elasticity	NN	BE	51 min	1 x Daily

BE = Bracelet Electrodes

NN = Nuno Nina

Program name	Description
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

3.8 Skin

Wounds can occur anywhere inside and outside our body. An external violent, accidental or targeted action leads to an injury, which can manifest itself in a separation of the tissue or the destruction of the skin, mucous membrane or organs. Using Healy, you can provide bioenergetic support for a wide range of abrasions, cuts, bruises, and surgical wounds during regeneration, as well as disease-related wounds such as ulcers, which are caused by a lack of blood circulation.

Acne mainly occurs in the face of the affected person. In addition to the external „flaw“, there is usually also pain. The inner conflict, which can be a mental imbalance or a possible food intolerance, is literally

written on the face of the affected person. Healy should offer you the right bioenergetic support for damaged skin.

If an injury does not heal smoothly, scar tissue develops and can act as a source of disturbance. An untreated scar can cause a variety of sometimes serious complaints, which can strain both the body and the soul of the affected person. In our experience, scars can trigger or aggravate chronic pain, osteoarthritis, hormone disorders, limited mobility, depression, allergies, fatigue, and neurological disorders. It can be observed that the disorder rarely occurs directly in the scar area, but instead in the weakest part of the body.

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Support Wounds syst.	MCT	AE	30 min	1 x Daily
2	Support Wounds local	NN	BE	60 min	1 x Daily
3	Acne syst.	NN	BE	60 min	1 x Daily
4	Scars syst.	NN	BE	60 min	1 x Daily
5	Scars local	MCT	AE	20 min	1 x Daily

BE = Bracelet Electrodes

MCT = Microcurrent Therapy

AE = Adhesive Electrodes

NN = Nuno Nina

Program name	Description
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

3.9 Mental Balance

The mental balance and also the subconsciousness of the human being are complex and host all feelings and thoughts, as well as all mental characteristics and the specific personality traits of a person. The human being is a unity consisting of body, mind and soul. Thus, as psychosomatics shows, he can have physical complaints caused by mental imbalances. This influence also works in the opposite direction, so that the body, for example the intestine, has a great influence on a person's mental balance. If this colloquially called inner or soul life is intact, man is in his midst and in his power. Trauma experiences are partly unconscious experiences that can reach from the past into the present. They continue to have an effect on the physical as well as the mental and spiritual level, because the trauma has not been processed, integrated or dissolved. A dysbalance can lead to various disorders such as depression, anxiety, addiction, neuroses and other symptoms. To bioenergetically support your mental balance with Healy, we have composed the following programs for you:

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Inner Strength syst.	NN	AE	51 min	1 x Daily
2	Emotional Well-being	NN	AE	51 min	1 x Daily
3	Feel good syst.	NN	AE	51 min	1 x Daily
4	Contentment syst.	NN	AE	60 min	1 x Daily
5	Contentment acute	CES	EE; AE on mastoid	20 min	1 x Daily
6	Inner Unity	NN	AE	55 min	1 x Daily
7	Well-being Soul	NN	AE	51 min	1 x Daily
8	Mental balance acute	CES	EE; AE on mastoid	20 min	1 x Daily

AE = Adhesive Electrodes

EE = Ear Electrodes

NN = Nuno Nina

CES = Cranial Electrical Stimulation

Program name	Description
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 dejection
Contentment syst.	Energetic balancing of the inner centring in addictive and compensatory behaviour
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

3.10 Bioenergetic Balance 1

The categories „Bioenergetic Balance 1“ and „Bioenergetic Balance 2“ contain a program compilation of the most common applications in everyday life, selected according to the experiences of our users.

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Immune system	NN	BE	60 min	1 x Daily
2	Cold	NN	BE	51 min	1 x Daily
3	Allergies	NN	BE	60 min	1 x Daily
4	Eyes	NN	BE	65 min	1 x Daily
5	Hormones	NN	BE	57 min	1 x Daily
6	Intestine	NN	BE	51 min	1 x Daily
7	Nerves	NN	BE	45 min	1 x Daily
8	Flexibility	NN	BE	51 min	1 x Daily
9	Circulatory System	NN	BE	55 min	1 x Daily
10	Potency	NN	BE	60 min	1 x Daily
11	Menopause	NN	BE	66 min	1 x Daily
12	Menstruation local	MCT	AE	20 min	1 x Daily

BE = Bracelet Electrodes

NN = Nuno Nina

AE = Adhesive Electrodes

MCT = Microcurrent Therapy

Program name	Description
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

3.11 Bioenergetic Balance 2

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Gastrointestinal	NN	BE	60 min	1 x Daily
2	Infections	NN	BE	60 min	1 x Daily
3	Tonsils	NN	BE	60 min	1 x Daily
4	Liver function	NN	BE	52 min	1 x Daily
5	Intolerances	NN	BE	60 min	1 x Daily
6	Toxins	NN	BE	60 min	1 x Daily
7	Head	NN	BE	72 min	1 x Daily
8	Prostate	NN	BE	60 min	1 x Daily
9	Lung function	NN	BE	51 min	1 x Daily
10	Thyroid gland	NN	BE	60 min	1 x Daily
11	Joints-Bones	NN	BE	72 min	1 x Daily
12	Sciatica local	MCT	AE	20 min	1 x Daily

BE = Bracelet Electrodes

AE = Adhesive Electrodes

MCT = Microcurrent Therapy

NN = Nuno Nina

Program name	Description
Gastrointestinal	Energetic balancing of the gastrointestinal 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 sciatica

3.12 Meridians 1

Traditional Chinese medicine (TCM) says 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 therefore thread themselves onto the meridians like pearls on a string. Furthermore, acupuncture points have relationships or connections to organs or parts of organs, which the acupuncturist activates by stimulation and thus attempts to influence the healing of the organ.

The individual programs according to the meridian system of Dr. Reinhold Voll have the aim to bioenergetically stimulate the individual meridians and to harmonise existing blockades.

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Allergy Meridian	NN	BE	60 min	1 x Daily
2	Connective Tissue	NN	BE	51 min	1 x Daily
3	Bladder	NN	BE	51 min	1 x Daily
4	Large intestine	NN	BE	51 min	1 x Daily
5	Small intestine	NN	BE	51 min	1 x Daily
6	Fatty degeneration	NN	BE	51 min	1 x Daily
7	Gallbladder	NN	BE	51 min	1 x Daily
8	Joints	NN	BE	51 min	1 x Daily
9	Skin	NN	BE	51 min	1 x Daily
10	Heart	NN	BE	63 min	1 x Daily

BE = Bracelet Electrodes

NN = Nuno Nina

Program name	Description
Allergy Meridian	Energetic desensitization of the energy flow
Connective Tissue	Energy regulation of the connective tissue
Bladder	Regulation of the 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

Program name	Description
Skin	Energetic promotion of the energy pathways of the skin
Heart	Energetic stimulation of the heart energy

3.13 Meridians 2

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Hormonal balance	NN	BE	51 min	1 x Daily
2	Circulation	NN	BE	51 min	1 x Daily
3	Liver	NN	BE	54 min	1 x Daily
4	Lungs	NN	BE	51 min	1 x Daily
5	Lymphatic system	NN	BE	51 min	1 x Daily
6	Stomach	NN	BE	51 min	1 x Daily
7	Spleen-pancreas	NN	BE	51 min	1 x Daily
8	Nerve Meridian	NN	BE	51 min	1 x Daily
9	Kidney	NN	BE	54 min	1 x Daily
10	Organ Meridian	NN	BE	54 min	1 x Daily

BE = Bracelet Electrodes

NN = Nuno Nina

Programmname	Description
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

3.14 Chakras

The chakra system is thousands of years old and references to it can be found in many cultures all over the world. The Hopi, Inca and Maya cultures, for example, make references to the chakras.

A large part of Asian teachings and religions are based on the principles of the Indian chakra teachings. The influence of the Indian chakra teachings reaches so far that they form the foundation for Buddhism and Hinduism, as well as for various techniques of energy and body work, such as Yoga, Tai Chi, Ayurveda, TCM and spiritual healing.

Furthermore, the spiritual as well as the energy-worker scene, have adopted this teaching for themselves everywhere and thus it functions as the basis of most methods of energy and healing work.

The chakras serve the physical body and the subtle body (the aura) as mediators and it is thought that they function as a kind of transformer.

According to this model the chakras should be connected with the different aura layers and the meridians (energy paths) of the body and also be able to absorb energies of the cosmos and the ethereal world. Absorbed energies (vibrations) can be either beneficial and useful („positive“ influence) or a „negative“ influence.

The chakra teachings say that there are seven main chakras which are located along the spine or in the vertical central axis of the body, following the Kundalini energy, from the root chakra to the crown chakra. According to the chakra system, the Kundalini power rises through this assumed energy channel (called sushumna or hara line) upwards.

The seven main chakras have certain functions and colours that characterize them. For example, the lowest of the seven chakras, the red root chakra, indicates the basic trust in a person. It stands for a part of the developmental process, because the basic trust is established as the basis of the life process in the child. The crown chakra, the highest of the chakras, which is usually depicted in white or slightly violet, reflects, among other things, the knowledge about the universe that a person has collected in old age. The colours of the chakras correspond to their individual vibration frequencies.

In addition to the subtle interpretation of the chakras, the main chakras can be assigned physically to the organs and glands with which they are supposed to be connected. Every chakra can give energy to the organs and glands and support them energetically. Physical and mental illnesses often lead to changes in these energy fields.

With a little intuition you also have the possibility to perceive the existence and the position of the chakras and to explore your own energy field. Of course, everyone has the opportunity to learn how to feel energy fields in appropriate seminars under professional guidance and with practice. Often more and more sensitive abilities are developed in the process of an energetic initiation and with progressive use of the different methods of energy work. The Healy chakra programs aim to bioenergetically strengthen these central energy centers and bring them back into their natural balance.

Order Nr.	Program name	Technol.	Application	Duration	Frequency
1	Crown chakra	NN	BE	33 min	1 x Daily
2	Third eye chakra	NN	BE	33 min	1 x Daily
3	Throat chakra	NN	BE	33 min	1 x Daily
4	Heart chakra	NN	BE	33 min	1 x Daily
5	Solar plexus chakra	NN	BE	33 min	1 x Daily
6	Sacral chakra	NN	BE	33 min	1 x Daily
7	Root chakra	NN	BE	33 min	1 x Daily

BE = Bracelet Electrodes

NN = Nuno Nina

Program name	Description
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

3.15 Protection Programs

These energetic programs should energetically balance electrosmog, stress, geopathic disturbances or negative influences and protect you from bioenergetic breakdowns. The protection programs unfold their effect directly in the information field. The information field has many different names, such as Morphogenetic Field, Akasha Record, etc. The information field is a field surrounding us everywhere at all times, interacting between the mental and physical world.

In principle, no electrodes are required when using the programs. However, you can intensify the effect of the programs by using electrodes.

Ord.-Nr.	Program name	Technol.	Duration	Frequency
1	General protection	IF	unlimited	Daily
2	Electrosmog	IF	unlimited	Daily
3	Cell	IF	unlimited	Daily
4	Mental	IF	unlimited	Daily
5	Sleeping	IF	unlimited	Daily
6	Geopathy	IF	unlimited	Daily
7	Subtle	IF	unlimited	Daily
8	Planets	IF	unlimited	Daily

IF = Information program

Program name	Description
General protection	Energetic shielding
Electrosensitivity	Energetic balancing of the tolerance for so-called „electrosmog“.
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

3.16 Deep Cycle

The Deep Cycle programs are in daily use in the Uno Vita - Klinik for Integrert Medisin (Integrated Medicine) in Oslo, Norway, and many of its clients use them at home too. The Deep Cycle programs are a variation and further development of the esteemed Nuno Nina Gold Cycle programs and can be very well combined with them. The development of the Deep Cycle programs is the result of Jan Fredrik Poleszynski's experience in microcurrent frequency therapy since 2009 and is closely connected to the integrative thinking of Nuno Nina and his Gold Frequency sets. The Deep Cycle programs have a special position in applications in the bioenergetic field and are generally more comprehensive than the Gold Cycle programs.

Disclaimer:

Conventional medicine does not acknowledge the areas of application mentioned on the following pages, their medical and other importance, because of lacking scientific evidence in accordance with conventional medicine. The systemic therapy by Nuno Nina and the Deep Cycle programs are also not recognized by conventional medicine. They belong to alternative medicine and represent a bioenergetic balancing.

In his clinic for integrated medicine in Oslo, Jan Fredrik Poleszynski treats several clients with chronic fatigue or impaired cell metabolism. Clients with chronic health problems use other additional programs, such as **Clean All**, along with a more concrete program like **Digest All**, if they still have digestive issues after a longer period of applications. If the digestion issues are directly linked to stress, **Pure Calm** can be helpful for bioenergetic balancing.

The Deep Cycle programs work on various levels and should not be used in the first application. Clients need to gradually adjust to the frequency application.

3.16.1 Preparing for the Deep Cycle Programs

There are three programs that can be used in preparation for the Deep Cycle programs: **First Application**, **Second Application** and **Third Application**. The **First Application** aims to gently touch the biofield, softly and bioenergetically stimulate the kidneys and lungs and induce relaxation and balance. Furthermore, the program includes frequencies that should bioenergetically reduce sensitivity to electromagnetic and chemical stimuli.

Most clients feel calmer and more balanced after using this program. Usually the clients react gently to the application. In case the bioenergetic detoxification process is too strong and unpleasant, continue with the program **First Application** until the symptoms decrease.

The **Second Application** works in almost the same way as the first, however, it is longer and more intense. If it is well tolerated, you can begin with the **Third Application**. The **Third Application** is more powerful and comprehensive. It includes everything that has been used up to now and induces the next level. The **Third Application** aims to bioenergetically stimulate the detox process even more and helps to integrate the heart on an energetical level. The heart and blood system often need support after a series of applications so that the changes in the body can be applied. Now is the time for deep work and focus on the energetic sources. The main causes should be worked on, as well as bioenergetic pH regulation (kidneys and lungs).

The other Deep Cycle programs are designed for subsequent use after completion of the described preparation of the first 3-9 basic bioenergetic applications (kidneys, lung, detox, relaxation and general acceptance for frequency applications). A suitable next step could be **Kidney All** (for alternatives, please see below), which goes even deeper and includes the bioenergetically related organs and issues as well as the sexual organs, divided into **Kidney All Female** and **Kidney All Male**. This program can be applied if you are a "kidney person", which means the kidney issue is more dominant than those of the other organ systems (lungs etc.). If you are a "lung person" (including breast issues), you would choose **Breath of Life**.

Ord.-Nr.	Program name	Technol.	Application	Duration	Frequency
1	First Application	NN	BE	42 min	1 x Daily
2	Second Application	NN	BE	42 min	1 x Daily
3	Third Application	NN	BE	39 min	1 x Daily
4	Breath of life	NN	BE	52 min	1 x Daily
5	Clean all	NN	BE	59 min	1 x Daily
6	Digest all	NN	BE	48 min	1 x Daily
7	Go to the roots	NN	BE	47 min	1 x Daily
8	Free flow	NN	BE	42 min	1 x Daily
9	Renewal	NN	BE	45 min	1 x Daily
10	Kidney all female	NN	BE	49 min	1 x Daily
11	Kidney all male	NN	BE	52 min	1 x Daily
12	Pure calm	NN	BE	39 min	1 x Daily

BE = Bracelet Electrodes

NN = Nuno Nina

3.16.2 Application of the Deep Cycle Programs

All programs are designed to have a balancing effect on the energetic field. In addition, one should always bear in mind that one's own active participation in the therapy as well as one's own positive intention can have a very positive influence on the effect of the programs, the reason being that, according to Jan Fredrik Poleszynski's experience, it is possible for our mind to influence matter. In this way, the positive effects of the frequencies can have an energetic effect more easily.

3.16.3 Short Description of the Deep Cycle Programs

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.

3.16.3.1 Preparatory Programs

Program	When	Body	Affirmation and intention
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.	My journey has begun.
Third Application	As soon as you're ready for a more intensive application.	Kidneys, lungs, heart and an accelerated energetic detoxification.	Powerful waves of change are coming to me.

3.16.3.2 The Deep Cycle Programs

Program	When	Body	Affirmation and intention
Breath of life	There are energetic issues associated with 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.	My breath is a reflection of the breath of the universe.
Clean all	Appropriate for follow up after detoxification as 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.	My body is pure, I feel comfortable in it.

Program	When	Body	Affirmation and intention
Digest all	Recommendable with digestive issues that block further progress (e.g., if stomach issues continue even after 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.	I accept my past, digest and integrate it.
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.		I feed my roots and grow into a strong tree.
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 with 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 bioenergetically promote muscle relaxation.		Movement, blood flow and circulation are powerful.

Program	When	Body	Affirmation and intention
<p>Kidney all female & Kidney all male</p> <p>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.“</p>	<p>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 bioenergetically 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) are close to the tibial nerve, which can also be indirectly stimulated.</p>	<p>Kidney, adrenals, bladder, urinary system, ovaries, genitals, prostate and related bioenergetic problems.</p>	<p>My energy flows freely.</p>
<p>Caution: Do not use SP6 or K5-K6 stimulation during bleeding, which also includes menstruation.</p>			
<p>Pure Calm</p>	<p>It should contribute to inner peace, emotional and spiritual balance.</p>	<p>Energetic Muscle relaxation. The other parts of the program are intended to support the non-physical aspects of life.</p>	<p>I'm connected to everything.</p>
<p>Renewal</p>	<p>In case of injuries or after operations, if a energetic regeneration is desired. It should energetically stimulate bone growth. Also suitable for athletes.</p>	<p>Bones, skin, tendons, vessels, nerves, muscles and DNA</p>	<p>Everything is restored, pain is temporary.</p>

3.17 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. The detailed description of the Therapist TAN procedure is described below.

4 Additional Functions

4.1 Therapist TAN

Using the Therapist TAN function you can let your therapist transfer individual programs from his Time-Waver Frequency system to your Healy or to delete already transferred programs.

To create the Therapist TAN, your smartphone needs a connection to the internet. Generate the Therapists TAN by clicking on the button „Enable?“ in the Therapists TAN menu, see **Figure 4.1.1** and **Figure 4.1.2**. Now you send the Therapist TAN to your therapist, see **Figure 4.1.3**, who can then transfer your therapists programs to you.

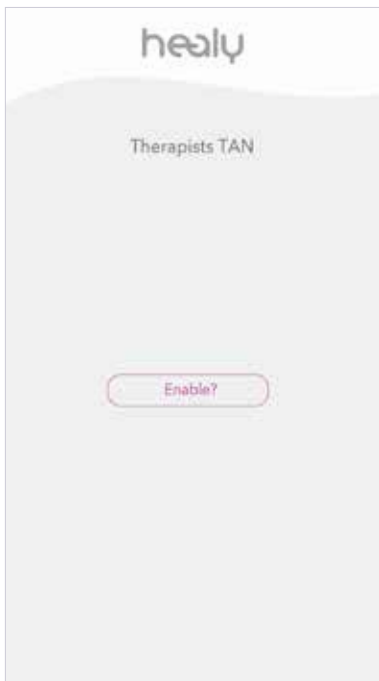


Figure 4.1.1: Creating Therapist TAN for therapists

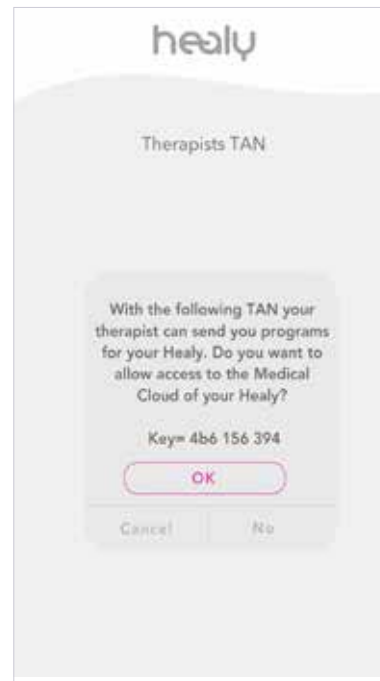


Figure 4.1.2: Example of a Therapist TAN

If „No connection“ is displayed in the Therapist TAN menu, see **Figure 4.1.4**, please check your internet connection.

4.2 Settings

In the settings menu you can activate logging using the menu item „Activate Logging“, see **figure 4.2.1**. With the menu item „Check for updates“ you can download the Healy program set you purchased, see **figure 4.2.2**. The menu item „Choose language“ allows you to change the language in which the Healy App is displayed.

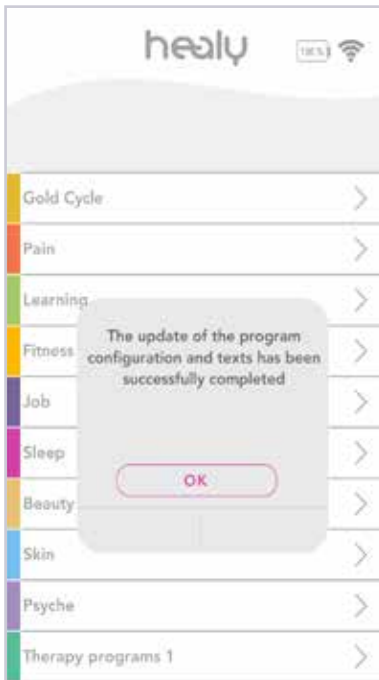


Figure 4.1.3: Confirmation for therapists access



Figure 4.1.4: Therapist TAN - No internet connection available

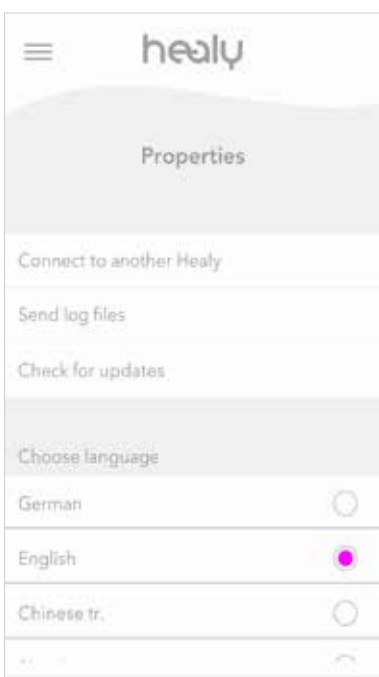


Figure 4.2.1: Settings menu

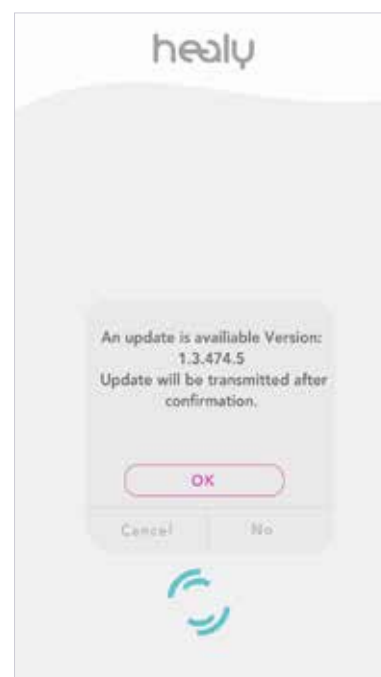


Figure 4.2.2: Healy program update

4.3 Information

The „Information“ menu contains all the relevant information about your Healy and the Healy App. You can also open the instructions for use and the manual as a PDF. On the bottom there are the links to „Website“, „Privacy“, „Contact“ and „Imprint“.

5 Summary of Studies

Disclaimer: Healy is a medical device for the treatment of pain in chronic pain, fibromyalgia, skeletal pain and migraine, as well as for the supportive treatment of mental illnesses such as depression, anxiety and related sleep disorders. All other applications of Healy are not recognized by conventional medicine due to lack of evidence in the sense of conventional medicine.

The studies and case collections listed here are not recognized by conventional medicine due to lack of evidence in the sense of conventional medicine. The studies for the indications mentioned here were not carried out with Healy, but the parameters used with Healy are based on the studies mentioned.

5.1 “Pain Treatment” Study Report

Chronic or Acute Pain, Myalgia, Fibromyalgia

Chronic:

Stephen I. Zimmerman, R. P. T., Fred N. Lerner; Biofeedback and electromedicine: Reduce the cycle of pain-spasm-pain in low-back patients; American Journal of Electromedicine; 1989 Jun, S. 108- 120

Jerry T. Holubec; Cumulative Response from Cranial Electrotherapy Stimulation (CES) for Chronic Pain; Practical Pain Management; 2009 Nov-Dec (n=525)

Acute:

Rockstroh G., Schleicher W., Krummenauer F.; The advantage during a stationary follow-up-treatment applying microcurrents on patients after implantation of a knee totalendoprosthesis - a prospective randomised clinical case study; Rehabilitation 2010, 49: p. 173-179

Pain relief in fibromyalgia (GFT): Roizenblatt et al.; Site-specific effects of transcranial direct current stimulation on sleep and pain in fibromyalgia: a randomized, sham-controlled study. Pain Practice: The official Journal of the World Institute of Pain; 2007; 7: S. 297-306

Fregni et al.; A randomized, shamcontrolled, proof of principle study of transcranial direct current stimulation for the treatment of pain in fibro-myalgia; Arthritis and Rheumatism; 2006, 54: S. 3988-3998

Daniel L. Kirsch; Cranial Electrotherapy Stimulation in the Treatment of Fibromyalgia; Practical Pain Management, Electromedicine; Sept. 2006; S. 60-64

A. S. Lichtbroun, M. M. Raicer, R. B. Smith; The treatment of fibromyalgia with cranial electrotherapy stimulation; Journal of clinical rheumatology; 2001 Apr; 7(2): S. 72-8; discussion 78

Headache, Migraine

Tension headache:

Seymour Solomon, Arthur Elkind, Fred Freitag, R. Michael Gallagher, Kenneth Moore, Bernard Swerdlow, Stanley Malkin; Safety and Effectiveness of Cranial Electrotherapy in the Treatment of Tension Headache; Headache-The Journal of Head and Face pain; July 1989, Vol. 29, Nr. 7, S. 445- 450

D. L. Kirsch; Electromedical Treatment of Headaches; Practical pain management, Electromedicine; 2006 Nov/Dec, S. 58-65

Migraine:

P. Brotman; Transcranial Electrotherapy, Low-intensity transcranial electrostimulation improves the efficacy of thermal biofeedback and quieting re ex training in the treatment of classical migraine headache; American Journal of Electromedicine; 1989 Sep, S. 120-123

A. Antal, N. Kriener, N. Lang, K. Boros, W. Paulus; Cathodal transcranial direct current stimulation of the visual cortex in the prophylactic treatment of migraine; Cephalalgia; 2011 Mai; 31(7): S. 820-8. Epub 2011 Mar 11

Knee Arthrosis / Degenerative Knee Joint Disorders

L. E. Bertolucci, T. Grey; Clinical comparative study of microcurrent electrical stimulation to mid-laser and placebo treatment in degenerative joint disease of the temporomandibular joint; Cranio: the journal of craniomandibular practice, 1995 Apr; 13(2): S. 116-120

TMJ Pain

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Wound Treatment, Burns

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5.8 Studies and Case Reports - Internal Medicine

Diabetes Mellitus, Hypertension, Chronic Wounds

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D. N. Jemeljanov; A. V. Tumarenko; 2009; Transcranial Electro Stimulation in the treatment of chronic diffuse liver diseases; Volgograd State Medical University, Volgograd Russian Academy of Sciences, I.P. Pavlov's Institut of Physiology; Centre of Transcranial Electro Stimulation (TSS); essay collection „Transcranial electro stimulation, clinical studies“, Bd. 3, ed. Prof. Dr. V. P. Lebedeva, Sankt-Petersburg 2009, p. 124-134.

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5.9 Studies and Conventional Medicine

About the Studies and Case Collections Mentioned

Perhaps you are wondering about the notes on some pages. These are a legal requirement. They are meant to protect consumers from misleading or suggestive advertising statements (which they are unable to verify due to lack of specialist knowledge) or statements making explicit promises or suggesting a specific outcome. Among other things, this includes mentions of studies, indications or particularly treatment successes.

All this is why we provide the respective notes for the sources mentioned. Many studies, case collections and investigations exist and are mentioned here. These are also the basis for the medical product approval of Healy and define its intended use; they do not all comply, however, with the gold standard defined by conventional medicine. We therefore would like to explain briefly where exactly the differences lie in the study evaluations.

The Gold Standard

For the indications mentioned in these studies, there are many studies, case collections and individual case reports that suggest possible effectiveness of a treatment. Among others, these studies also include placebo-controlled, randomized, double-blind studies. What distinguishes these from the generally recognized evidence in respect to conventional medicine? Conventional medicine is based upon the so-called gold standard, which requires at least two studies on a specific topic to exist in addition to the above criteria (placebo-controlled, randomized, double-blind study), no studies making statements to the contrary being available and specialist literature to recognize and mention the effectiveness of the studies.

It is important to us for you to understand that there are many serious studies in the application areas mentioned which just do not comply with the standards just mentioned. In conventional medicine as well, some treatments are often applied that are based on simpler study designs not conforming to the gold standard. It is our wish that conventional and integrative medicine shall complement each other positively.



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