

Gold Cycle	Gold	HHH	HHH+	HR
Pure	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.			
Care	A weakened bioenergetic field is frequently associated with poor health. Strengthening your energy field through appropriate exercise, healthy nutrition and pure water, and restoring bioenergetic balance are all ways of caring for your inner and outer health.			
Balance	The fine balance of the various bodily systems is very important for our 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.			
Being	What the program Balance is for the body, Being is for our soul. It is designed to help you remain centered during life's turmoil.			
Energy	Performance needs support. Whether you are a well-trained competitive athlete, a stressed-out manager or a busy mother, Energy supports your ability to bioenergetically respond to life's demands.			
Relax	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.			
Release	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.			

Pain / Local Stimulation	Gold	HHH	HHH+	HR
Pain	Relief of pain as described in the Instructions for Use			
Pain locally	Local relief of pain as described in the Instructions for Use			
III	Bioenergetic local support in case of unpleasant sensations in the mouth area			
IV	Bioenergetic local support in case of unpleasant sensations in joints			
V	Bioenergetic support in case of unpleasant sensations in the head area			
VI	Bioenergetic balancing of sleep challenges			
VII	Bioenergetic support for mental balance			
VIII	Bioenergetic support to relieve mental stress			

Learning	HHH+	HR
Learning syst.*	Bioenergetic activation of the ability to learn and retain learning	
Learning acute**	Specific Bioenergetic activation of ability to focus and retain learning	
Memory	Energetic support of knowledge retention	
Concentration syst.	Bioenergetic support for focus and ability to ignore distraction	
Concentration acute	Specific bioenergetic support to enhance focus	
Exam syst.	Energetic balancing to enhance relaxation during exam preparation	
Exam acute	Bioenergetic support before exams	
Stress syst.	Mental balancing and bioenergetic stimulation of creative power	
Stress acute	Supports mood improvement	

Fitness	HHH+	HR
Weight	Bioenergetic support for your body's energy balance	
Muscle	Bioenergetic support for recovery	
Circulation	Bioenergetic support for demands of exercise	
Performance	Energetic balancing that supports your desire to excel	
Strength	Bioenergetic support for the musculoskeletal system	
Stamina	Bioenergetic optimization of the capacity for endurance	
Regeneration	Bioenergetic stimulation of vitality	
Deep Relaxation	Bioenergetic optimization of the relaxation phase	

Job/Sleep	HHH+	HHH - Sleep only	HR
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 stressors		
Exhaustion syst.	Bioenergetic balancing to relieve feelings of exhaustion		
Exhaustion acute	Supports stress resistance		
Extreme Stress	Bioenergetic support of mental and physical balance		
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		

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

Mental Balance	HHH	HHH+	HR
Inner Strength syst.	Energetic promotion of self-confidence when you feel uncertain or insecure		
Emotional Well-being	Energetic balancing when you feel emotionally blocked		
Feel Good syst.	Energetic activation of confidence when you feel down		
Contentment syst.	Energetic balancing of the inner sense of self to help avoid addictive and compensatory behaviors		
Contentment acute	Supports your sense of inner balance during recovery from nicotine dependence		
Inner Unity	Energetic restoration of the sense of psychic wholeness		
Well-being Soul	Energetic balancing to support you while resisting habitual behaviors		
Mental Balance acute	Supports positive thinking		

Beauty/Skin	HHH - Skin only	HHH+	HR
Inner Beauty	Supporting the coherence and expression of your energetic field		
Hair	Bioenergetic support focused on the follicles		
Skin	Provides bioenergetic support to skin cells		
Aging	Bioenergetic support for relaxing your expressions		
Nails	Bioenergetic stimulation of the nail bed		
Skin Elasticity	Bioenergetic support for the lymphatic system		
Support Wounds local	Supports the cells through local stimulation		
Support Wounds syst.	Bioenergetic stimulation of the cell metabolism		
Acne syst.	Bioenergetic support for the body's ability to clean out toxins		
Scars syst.	Balancing energetic interference fields in scars		
Scars local	Local stimulation of scar tissue		

Meridians 1	HHH	HHH+	HR
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		
Gall Bladder	Energetic balancing to support digestion		
Joints	Energetic balancing of flexibility		
Skin	Energetic promotion of the energy pathways of the skin		
Heart	Energetic stimulation of the heart energy		

Meridians 2	HHH	HHH+	HR
Hormonal Balance	Energetic support for balanced hormones		
Circulation	Energetic support for 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 digestive system		
Spleen-Pancreas	Stimulation of the energy field of the spleen and pancreas		
Nerve Meridian	Energetic harmonization of the body's sensory system		
Kidney	Energetic support for the body's ability to maintain fluid balance		
Organ Meridian	Harmonizing the energy flow between the organs ("Chi")		

Bioenergetic Balance 1	HHH	HHH+	HR
Immune System	Support for the body's bioenergetic defense system		
Cold	Bioenergetic calming directed to the mucous membranes		
Allergies	Bioenergetic balancing to help the body recover from overreactions to irritants		
Eyes	Energetic support for visual ability		
Hormones	Bioenergetic support for the body's chemical messengers		
Intestine	Bioenergetic support for the body's natural tendency toward balance		
Nerves	Bioenergetic harmonization to promote relaxation		
Flexibility	Bioenergetic support for movement		
Circulatory System	Bioenergetic support for the body's energy delivery system		
Potency	Bioenergetic support for the balance of the reproductive organs		
Menopause	Bioenergetic support to help you deal with the effects of menopause		
Menstruation local	May provide local relaxation of the lower abdomen		

Bioenergetic Balance 2	HHH	HHH+	HR
Gastrointestinal	Energetic balancing of digestion		
Bacteria	Balancing of the bioenergetic defense system		
Tonsils	Energetically balancing the body to help it reduce feelings of discomfort		
Liver	Bioenergetic support for liver metabolism		
Food Sensitivities	Bioenergetic support for increased food tolerance		
Toxins	Bioenergetic support for the body's excretory processes		
Head	Bioenergetic reduction of tensions		
Prostate	Energetic support for the body's ability to maintain a healthy prostate		
Lungs	Bioenergetic balancing directed toward the lungs		
Thyroid	Bioenergetic support of the body's ability to maintain a healthy thyroid		
Joints-Bones	Bioenergetically supporting the body's ability to heal damage from injuries and stresses		
Sciatica local	Local stimulation of the sciatic nerve area to reduce tension and pain		

Chakras	HHH+	HR
Crown Chakra	Harmonization of the energies of the crown chakra and connection to the higher Self	
Third eye Chakra	Harmonization of the energies of the third eye chakra and strengthening of intuition	
Throat Chakra	Harmonization of the energies of the throat chakra and promotion of constructive communication	
Heart Chakra	Harmonization of the energies of the heart chakra and stimulation of balanced empathy	
Solar Plexus Chakra	Harmonization of the energies of the solar plexus chakra and strengthening of self-confidence	
Sacral Chakra	Harmonization of the energies of the sacral chakra and stimulation of creativity	
Root Chakra	Harmonization of the energies of the root chakra and activation of basic trust	

Protection Programs	HHH+	HR
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	

Deep Cycle	Gold	HHH	HHH+	HR
First Application	Go to the Roots			
Second Application	Free Flow			
Third Application	Renewal			
Breath of Life	Kidney all Female			
Clean all	Kidney all Male			
Digest all	Pure Calm			