

HEALY PROGRAMMS



Goldcycle

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.
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 unpleasant sensations. For example, unpleasant sensations can be a symptom of hyperacidity of the tissue. As an alternative or in addition to the classic applications for unpleasant sensations in Healy you can use the Nuno Nina Gold Cycle Release program. In this program you work systematically in the bioenergetic field of the body, no matter where the unpleasant sensations is located.

Local Stimulation

I	Bioenergetic support in case of unpleasant sensations in the body
II	Bioenergetic local support in case of unpleasant sensations in the back
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 issues
VII	Bioenergetic support for mental balance
VIII	Bioenergetic support to relief mental stress

Learning

Learning syst.	Bioenergetic activation of the central nervous system
Learning acute	Supports learning through cranial stimulation
Memory	Energetic stimulation of the brain metabolism
Concentration syst.	Bioenergetic optimization of the oxygen supply
Concentration acute	Supports concentration via cranial stimulation
Exam syst.	Support before exams through cranial stimulation
Exam acute	Energetic balancing of anxiety before tests
Stress syst.	Mental balancing and bioenergetic stimulation of creative power
Stress acute	Supports mood improvement via cranial stimulation

Fitness

Weight	Bioenergetic stimulation of the organs that eliminate waste products
Muscle	Bioenergetic optimization of cell regeneration
Circulation	Bioenergetic support of the blood supply that supports metabolism
Performance	Energetic activation of life energy
Strength	Bioenergetic activation of 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

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 of the adrenal hormones
Exhaustion acute	Supports stress resistance via cranial stimulation
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

Disclaimer: While scientific research underlies Healy technology, its connection to health and wellness has not been extensively explored or demonstrated. Healy is not intended to cure, treat, mitigate, diagnose or prevent disease, but rather to support energetic balance and enhance recovery, vitality and wellbeing.

Mental Balance	
Inner Strength syst.	Energetic promotion of self-confidence when you feel anxious
Emotional Well-being	Energetic balancing of emotional blockages
Feel Good syst.	Energetic activation of confidence when you feel dejected
Contentment syst.	Energetic balancing of the inner sense of self to help avoid addictive and compensatory behaviors
Contentment acute	Supports inner balance via cranial stimulation to aid recovery from nicotine addiction
Inner Unity	"Energetic reorganization of the sense of psychic wholeness"
Well-being Soul	Energetic balancing to support the avoidance of compulsive behavior
Mental Balance acute	Supports mental balance via cranial stimulation

Beauty / Skin	
Inner Beauty	Supporting the coherence and expression of the energetic field
Hair	Bioenergetic support of the cell organelles (i.e. the "organs" within the cell)
Skin	Bioenergetic stimulation of the follicles
Aging	Bioenergetic fostering of the epidermis
Nails	Bioenergetic stimulation of the nail bed
Skin Elasticity	Bioenergetic promotion of the lymphatic system
Support Wounds local	Supports the cells through local stimulation
Support Wounds syst.	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

Meridians 1	
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 regulation of the digestion of fat
Joints	Energetic balancing of flexibility
Skin	Energetic promotion of the energy pathways of the skin
Heart	Energetic stimulation of the heart energy

Meridians 2	
Hormonal Balance	Energetic hormone balancing
Circulation	Energetic regulation of blood circulation
Liver	Energetic metabolism regulation
Lungs	Energetic balancing of the respiratory system
Lymphatic System	Energetic regulation of the lymphatic system
Stomach	Energetic harmonization of the gastric function
Spleen-Pancreas	Stimulation of the energy field of the spleen and pancreas
Nerv Meridian	Energetic harmonization of the nerve function
Kidney	Energy control of the fluid balance
Organ Meridian	Harmonizing the energy flow of the organs

Bioenergetic Balance 1	
Immune System	Activation of the body's bioenergetic defense system
Cold	Bioenergetic calming of the mucous membranes
Allergies	Bioenergetic balancing to help relieve allergic reactions
Eyes	Energetic balancing of visual ability
Hormones	Energetic balancing of the hormonal system
Intestine	Bioenergetic stimulation of intestinal functioning
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

Bioenergetic Balance 2	
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	Energetic stimulation of the body's excretory processes
Head	Bioenergetic reduction of tensions
Prostate	Energetic support of the prostate gland
Lung Function	Bioenergetic optimization of the lung function
Thyroid Gland	Bioenergetic regulation of the thyroid function
Joints-Bones	Bioenergetically stimulating the excretion of metabolites
Sciatica local	Local stimulation of the sciatic nerve area

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

Protection Programs	
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 – See manual for instructions	
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