



Healy Program Descriptions

A basic guide of compiled references
to what each program entails

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NOTICE

The frequency program descriptions contained in this document do not constitute medical advice or medical recommendations/treatments. They are in no way a substitute for allopathic medical care. This document is simply educational information for you to use and share. I have compiled this information as a support tool because there was no one place you could gather this information and I want to make using, understanding, and explaining all the Healy has to offer accessible to everyone. This document was created by Robyn Grogitsky-Ramirez and the Frequency Mama's Healy Team and is not a corporate Healy product. Additionally, Healy recommends that you use the HealAdvisor Search app as a resource for finding the right frequencies for your unique needs. The more you get familiar with your Healy and the programs it contains, the easier it will feel to navigate the program databases and recognize what suits you best.

Healy is designed to harmonize your bioenergetic field and enhance recovery, vitality and wellbeing, not to cure, treat, mitigate, diagnose or prevent disease. Again, Healy does not ever make any medical claims. Healy is a wellness device NOT an illness device. It is created to help harmonize, balance, and support the bioenergetic field. The information on these pages is for reference and educational purposes only. It should not be treated as a substitute for professional medical advice, diagnosis, or treatment. You should always seek such medical advice from a qualified allopathic medical professional.

HELLO THERE!

I hope you find this reference helpful and supportive in your journey with your Healy! The following is a compilation of all the Healy program information, both IMF (individual microcurrent frequencies) programs and blue dot/resonance programs that I could get my hands on!

The following are references for where I gathered and compiled this information:

Healy back office material

Digital Nutrition Mixtures- Internal Training.

Material for Therapists

The Little Booklet of Frequencies by Elise Bailey

VitalityForYourHealth.com

HealAnalyzer.com

The Power of Three 9 Week Protocol

Alaskan Gem Elixir breakdown by Elise Bailey

Healy Deep Cycle Program Descriptions by Jan Frederick (creator of Deep Cycle Programs)

Schuessler-cell-salts.com

GlobalFrequencyNetwork.com

Ausflowers.com.au

Bachremedies.com

HealEarth.Love

PINK DOT PROGRAMS

Gold Cycle Programs

Pain/Stimulation Programs

Learning Programs

Fitness Programs

Job Programs

Sleep Programs

Mental Balance Programs

Beauty Programs

Skin Programs

Bioenergetic Harmony 1 Programs

Bioenergetic Harmony 2 Programs

Meridians 1 Programs

Meridians 2 Programs

Chakra Programs

Bioenergetic Defense Programs

Bioenergetic Support Programs

Bioenergetic Vitalization Programs

Digital Nutrition Mixtures 1 Programs

Digital Nutrition Mixtures 2 Programs

Digital Nutrition Mixtures 3 Programs

Digital Nutrition Mixtures 4 Programs

Digital Nutrition Mixtures 5 Programs

Digital Nutrition Mixtures 6 Programs

The Power of Three Programs

Expert Programs



GOLD CYCLE PROGRAMS

Start with the Gold Cycle Programs!

- We recommend that for the first 7-14 days you stick with the gold cycle so that your body can get accustomed to the frequencies.
- Energy is one of our favorite programs to use as moms; it provides a gentle but powerful boost of energy!
- Balance is another great one for moms to prevent or help subside mom burnout or sensory overload!

Watch a short tutorial on the pink app/gold cycle [HERE!](#)

Gold Cycle Program Descriptions

- **Pure:** The Pure program is the ideal starting point for anyone using the Healy App 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. It starts by supporting the filtering organs and prepares and then acclimates the body to microcurrent frequencies. Before starting any wellness protocol, it is always best to do a cleanse. Detox so that you have a clean palate from which to start.
- **Care:** A weakened bioenergetic field is frequently associated with poor health. Care sets the stage to support the immune system. By gently offering frequencies that enhance and assist the bioenergetic field care strengthens and supports immune process. Care frequencies nurture the energy of immune cells and organs. When the bioenergetic field is weak or damaged this can cause a run on effect that can predispose the body to serious imbalances. If these imbalances persist, we are at risk this can manifest in physical form. Care distributes "caring" energies and frequencies in and around the body. The supportive signals strengthen cellular communication to help the body balance its own immune pathways for optimal energy.
- **Balance:** The fine balance of the various bodily systems is very important for our wellbeing and health. The Balance program refers to bioenergetic harmony & balance of the kidneys, circulatory system, lymphatic system and hormones. It is an ideal program for a deep bioenergetic harmonization of the body's overall energy field. Running balance is a great way to help balance the immune system. With all the challenges of today's world, balance is great BALANCE on multiple levels. It is also good for the signaling pathways that help support emotional and mental balance. What we think and focus upon, we can create. Beautiful balance can help the body align the immune system and the body/mind bioenergetic connection.
- **Being:** What the program Balance is for the body, Being is for our soul. It's designed to help you

remain centered during life's turmoil. The Being program is seen as a supportive set of frequencies to help balance the mind and mental wellbeing. Creating sound & supportive structure for higher states of mental processing. It could also be thought of as the immune system of the mind. Where it supplies us with supportive and nurturing frequencies that align our soul to the higher vibratory fields of energy. This can help to create a more supportive mental and emotional experience in the physical body. Stress can cause huge issues in all body processes. The bioenergetic support of being can be thought of as a sort of energetic epigenetic process wherein it soothes and calms with supportive frequencies.

- **Energy:** Performance needs support. Whether you are a well-trained competitive athlete, a stressed-out manager or a busy mother, Energy increases your ability respond to life's demands.
- **Relax:** Relax stands for harmonizing your stress response. Stress can be both the result & the cause of imbalances in the mind and body that can undermine your health & wellbeing. Relax works to create an anti-stress effect. Stress is often the cause of hyperacidity & imbalances in the body. Relax is also about surrendering & letting go of the energies that keep us in a cycle of chronic stress & stress responses. long terms stress can have a damaging effect on the body. Modern life keeps many of us from letting go of our daily worries. These negative patterns can anchor into our bioenergetic field & send signals which most are unaware. Relax supports this process in a powerful yet gentle way. This is vital for achieving recovery. Think of this energy as a cooling energy to help soothe & calm.
- **Release:** There are many different causes of discomfort. In this program you work systemically to address the energetic source of the discomfort/pain in the bioenergetic field. Used as an alternative or in addition to the classic pain applications Release is designed to support the bioenergetic processes to release pain at its core. No matter where the pain is located in the body it is thought to originate from some energetic location that manifests from areas of the bioenergetic field downward into the physical form. This program seeks to locate the pain or imbalance at its original source so that it can be fully remove from a higher level of being. This is seen as going into the causal energy body & targeting the pain at its root cause.

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PAIN/STIMULATION PROGRAMS

These are programs that can be used in the pink dot app via local contact, with either the wrist bands, electrode pads, or coil. Each runs for 20 minutes. Repeat programs up to 3 times if necessary.

- **Chronic Pain (I):**
 - Relief of chronic pain via the CNS (Central Nervous System)
- **Chronic Back Pain (II):**
 - Local relief of chronic back pain
- **Tooth-Jaw Local (III):**
 - Local supportive treatment of pain in the mouth area
- **Joints Local (IV):**
 - Local relief of joint pain
- **Migraine (V):**
 - Cranial (head side) treatment of migraine
- **Insomnia (VI):**
 - Supportive treatment of sleep issues via the CNS (Central Nervous System)
- **Depression (VII):**
 - Supportive treatment of depressed feelings via the CNS (Central Nervous System)
- **Anxiety (VIII):**
 - Relief of anxious feelings via the CNS (Central Nervous System)



LEARNING PROGRAMS

- **Learning syst.*:** Harmonization of the bioenergetic field for learning activities
- **Learning acute**:** Specific harmonization of the bio- energetic field to support the ability to focus and retain learning. Supports learning through cranial stimulation and is focused on the acute states of learning and challenges. These frequencies help the bioenergetic field connect to the information field for higher states of learning.
- **Memory:** Harmonization of the bioenergetic field for knowledge retention. Energetic stimulation of the brain metabolism to help support the memory. This means the way that the brain circulates glucose and oxygen supplies to the neurons/nerve cells, that carry valuable information creating important “neural nets” where information can be stored and then later retrieved. The nets are the bridges to memories. Neural nets are the fundamental principle of being able to have access to your experiences which are stored as memories.
- **Concentration syst.:** Harmonization of the bioenergetic field for focus and the ability to ignore distraction. Bioenergetic optimization of the oxygen supply. This ultimately assist with higher states of concentration. This program focuses on frequencies that work at the systemic level.
- **Concentration acute:** Specific harmonization of the bioenergetic field to enhance focusing. Supports concentration via cranial stimulation and focuses on frequencies for acute states of concentration.
- **Exam syst.:** Harmonization of the bioenergetic field during exam preparation. Support before exams through cranial stimulation. These frequencies focus on systemic energy balance that supports optimal mental states for exams.
- **Exam acute:** Harmonization of the bio-energetic field before exams. Energetic balancing of anxiety before tests. This program provides frequencies that help with test anxiety. Frequencies for those acute states of mental disharmony that trigger high stress states seen as test anxiety.
- **Stress syst.:** Harmonization of the bio-energetic field for creative power. Energetic support for mental balance. Bioenergetic stimulation of important creative energies that help to balance stress levels associated with learning. This is the systemic program for addressing deep rooted stress states around learning.
- **Stress acute:** Harmonization of the bio-energetic field for stress situations. Supports mood improvement via cranial stimulation in moments of acute stress, sending more aligning frequencies to support higher states of learning.

FITNESS PROGRAMS

- * **Weight:** Harmonization of the bioenergetic field for your body's energy balance. While not a weight-loss program, this program provides bioenergetic stimulation of the organs that process and eliminate waste from the body. This can energetically assist in weight loss.
- * **Muscle:** Harmonization of the bioenergetic field for recovery. This program provides bioenergetic optimization of cell regeneration. It provides frequencies that offer support for restoring and repairing muscle tissue.
- * **Circulation:** Harmonization of the bioenergetic field for demands of exercise. This program provides bioenergetic support of blood flow for healthy circulation and metabolism. This frequency set is designed to energetically assist the circulatory system in the carrying of oxygen and nutrients through the blood into target areas of the body.
- * **Performance:** Harmonization of the bioenergetic field that supports your desire to excel. Energetic activation of the life force energy to support better states of athletic performance. Contains powerful frequencies that call upon the body's own energetic process that take one to the next level of performance.
- * **Strength:** Harmonization of the bioenergetic field of strained muscles. This program provides bioenergetic activation of the musculoskeletal system for optimal strength.
- * **Stamina:** Harmonization of the bioenergetic field for optimization of the capacity for endurance. This program provides bioenergetic optimization of the cardiovascular system to support energetic balance for endurance during physical activities.
- * **Regeneration:** Harmonization of the bioenergetic field to stimulate vitality. This program provides support the body to rebuild, repair and restore after physical exertion. When in a high-performance state, they body must recover and repair. Regeneration acts on the energetic processes to recover more quickly through the quantum field. This can allow for a more speedy recovery.
- * **Deep relaxation:** Harmonization of the bioenergetic field to optimize the relaxation phase. Frequencies for deep states of relaxation while the body rests so that it can reset and restore. Cooling and calming energies assist both physically and mentally.



JOB PROGRAMS

- **Activation:** Activation of the bioenergetic field. Bio-energetic stimulation of mental clarity that is needed when you want to be performing at the top of your game.
- **Positive thoughts:** Energetic orientation towards positive thoughts. These frequencies support energetic stimulation of emotional pathways towards positive thoughts.
- **Balance nerves:** Harmonization of the bioenergetic field to promote calmness. Bioenergetic promotion of the beta state. It is said that beta waves are our normal waking state of consciousness. Beta waves occur in the frontal areas of the brain. When we focus on mind and memory, cognitive tasks and the outside world we are in Beta states. Beta gives us the alert and attentive thought process. It is involved in problem solving, judgment, decision making and mental activities. When our brain stays too long in beta we see, anxiety, panic attacks, insomnia, overthinking problems, stress, paranoia.
- **Fatigue:** Harmonization of the bioenergetic field to promote energetic balance. These frequencies energetically support the reduction of stressors that cause strain, stress, and ultimately fatigue. The job and or work environment can become very stressful and it's nice to have access to frequencies that work to bioenergetically support job and work related fatigue.
- **Exhaustion syst.:** Harmonization of the bioenergetic field for recreation. Bio-energetic balancing of the adrenal hormones. These frequencies can support adrenal fatigue and adrenal burnout. This program is for systemic or long-term issues. These states of being can take a little longer to resolve
- **Exhaustion acute:** Harmonization of the bioenergetic field to promote stress resistance. Supports stress resistance via cranial stimulation to help energetically balance acute exhaustion. This is people that push themselves until they have nothing left. It's working too hard to meet a goal or deadline. It is burning the candle at both ends. This frequency is created to support and calm acute states of being.
- **Extreme stress:** Harmonization of the bioenergetic field for mental balance. These frequencies help to support physical and mental stress. It is a Bioenergetic transfer of energy for both mental and physical balance to aid the body in dealing with extreme stress states while guiding the energy into more supportive states.



SLEEP PROGRAMS

- **Sleep syst.:** Harmonization of the bioenergetic field for optimizing the sleep phase. Frequencies to assist the bioenergetic field to optimize energetic shifts into deep delta sleep states (**deep sleep**).
- **Bed Rest:** Harmonization of the bioenergetic field to promote relaxation this also supports healthy heart rate variability and vagal tone, bringing deep relaxation to the nervous system. The autonomic nervous system is comprised of two part. The sympathetic and the parasympathetic nervous systems. Bed rest frequencies promote bioenergetic support of parasympathetic functions (recovery, relaxation, rest and digest). The parasympathetic nervous system helps to slow the heart, conserve energy, increase intestinal and gland activity which helps the body rest. It also helps the body digest foods. In contrast, the sympathetic nervous system prepares the body for intense physical activities. It is involved in fight or flight. The Parasympathetic is basically the opposite to the sympathetic. The bed rest frequency is involved in relaxing the body and slowing down higher activity functions supporting the actions of the parasympathetic nervous system to slow down and recover (**rest and digest**).
- **Balanced sleep:** Bioenergetic harmonization of the sleep phase. These frequencies help to better guide the system into more balanced states of sleep.
- **Fine flow:** Bioenergetic activation through supporting ionic flow/ movement in the body. Ions are charged particles that send electrical signals through the body. Ionic charges in the extracellular fluid are strong controllers of the body's ability to move into sleep. The fine flow frequencies support the energetically support movements of charged particles through the body which in turn helps to regulate neuronal communication, neuro- transmitter and hormone release that support healthy sleep states.



MENTAL BALANCE PROGRAMS

- **Inner strength:** Energetic harmonization of self- confidence when you feel uncertain or insecure. Energetic promotion of self-confidence in states of anxiety. These are the frequencies used when one has been struggling to attain inner strength as a systemic issue.
- **Emotional wellbeing:** Energetic harmonization when you feel emotionally blocked. Energetic balancing of emotional blockages that keep one stuck in limiting belief systems. Supporting the bioenergetic field to realign and recalibrate. Energetic balance for higher states of emotional wellbeing. By way of the bioenergetic field it creates calming cooling, bringing higher states of emotional support for daily life.
- **Feel good syst.:** Energetic activation of confidence when you feel down. Energetic activation of confidence in cases of low self-worth, low self-esteem or when spirits are low. Frequencies used for systemic issues are geared for long running issue. Helps to shift the energy to higher states of being.
- **Contentment syst.:** Energetic harmonization of the inner sense of self and contentment. Energetic balance to support a positive sense of wellbeing. Supportive energy to dissuade the attraction to addictive actions and behaviors both energetically and chemically. Using balancing energies of the bioenergetic field, it helps to reduce and resolve addictive behaviors
- **Contentment acute:** Supports inner balance via cranial stimulation in cases of extreme addiction such as nicotine. Frequencies that promote inner contentment and feeling safe and supported. This group of frequencies is for acute states (not a smoking cessation program).
- **Inner unity:** Energetic reorganization of psychic wholeness. Finding one's psychic center unifying and balancing the inner world to a more expansive perspective. Finding wholeness from within, thus allowing for a more unified psychic awareness. In this state one is not looking for security in the outer world but more from within. Bioenergetic support to find peace, balance and wholeness.
- **Wellbeing Soul:** Energetic harmonization to support you while developing new habits. Energetic balancing of compulsive or obsessive behaviors. Like inner unity the frequencies in this program align one to a more cohesive soul energy. Energetic movement away from obsession. This frequency helps to align to the energy of harmony and fulfilment at a soul level. When we connect to our higher aspects (by going within, instead of looking outside) we feel a reconnect to our source energy. From this perspective we are more able to appreciate the true nature of being. In this state we are anchored to the higher aspects of who we are at a soul level.
- **Mental Balance acute:** Supports positive thinking and mental balance via cranial stimulation. Balancing the processes of the mind when needed. We can fine tune our energy pulling in both grounding states and focus. It's important to find the balance for higher states of mental clarity. These frequencies are for acute states of energy



BEAUTY PROGRAMS

- **Inner Beauty:** Harmonization the coherence and expression of the bioenergetic field. Supporting inner coherence and emanation of the inner beauty into the energy field. This allows one to tune into and support the beauty that comprises the higher dimensional bodies. The beauty that radiates from a soul level shines from within and radiates outward into the world. True beauty is not based on a physical appearance. It is an inner warmth. Inner beauty is a more deeper and meaningful beauty. It supports energy of compassion, a pure heart, a deep unconditional caring. If you are judging yourself too harshly and only look to your physical appearance, it's time to enhance this frequency in your bioenergetic field to radiate your inner beauty.
- **Hair:** Harmonization and stimulation of the bioenergetic field of the hair and hair follicles
- **Skin:** Harmonization of the bioenergetic field of the skin. - Bioenergetic support of the different layers of the skin. The skin is our first line of defense and it is important to our overall health. We also have an immune system within the skin. Sending energy and frequency to support all of these processes.
- **Aging:** Harmonization of the bioenergetic field to relax your expressions. Bioenergetic support of the organelles. Just as our bodies have organs, our cells also have organs. These tiny organs are called organelles. They are the inner machinery of the cell and help the body build new proteins important for life and renewal. We are a symbiotic organism, and we count on an ancient relationship with our organelles. They help our systems regenerate. They power the processes of life. The Aging frequency offers bioenergetic support for the process of life.
- **Nails:** Harmonization and stimulation of the bioenergetic field of the nails
- **Skin elasticity:** Harmonization of the bioenergetic field for smooth skin. Bioenergetic promotion of collagen, elastin, and the connective tissues. This program is also said to work with the lymphatic system just beneath the skin. This is a great program to run in combination with the skin program.



SKIN PROGRAMS

According to FrequencyTherapyAtHome.com, "Systemic frequency programs should always be the first choice of application as they focus on balancing the cause of the condition. This is why these programs are not applied locally but in most cases in a holistic way through the arm bands. The frequencies are designed to energetically affect the entire system in an integrated way via the upper body and its organs, glands, and nervous system. These systemic frequency programs can have a duration of 45 minutes. Their goal is to stimulate you and balance you at deeper levels. You should take time to rest during these programs. In cases of acute stress or energetic problems, you can apply the acute programs. In cases of localized pain you can use the local programs. The local and acute programs are a complement and addition to the systemic programs."

- **Support skin local** (formally support wounds local): Harmonization of the bioenergetic field of the skin cells. Bioenergetic stimulation of cell metabolism. In cell metabolism there are specific enzymes involved in wound healing. These frequencies promote this cellular pathway in localized areas that are in need.
- **Support skin syst.** (formally support wounds syst.): Harmonization of the skin regeneration in the bioenergetic field. Bioenergetic frequencies that support wounds at the cellular level. They are also geared to move deep within the body to stimulate and nurture. This program is for systemic issues that run deep and have been a constant challenge.
- **Skin impurity syst.** (formally acne syst.): Harmonization of skin impurities in the bioenergetic field. Bioenergetic promotion of toxin transport. This energy can help to stimulate the processes that help the skin resolve and restore balance.
- **Scars syst.:** Harmonization of the bioenergetic field to balance interference fields. - Balancing of energetic interference that causes scarring. Scar tissue is composed of collagen however the fibers are different to normal tissue. They are fibrous and grow over the site of the injury. The body produces tissue that can grow out of control causing pain and lack of movement. The scar tissues can be deep within the body or closer to the surface of the skin. These frequencies offer bioenergetic support on a systemic level.
- **Scars local:** Harmonization of the bioenergetic field of scar tissue. Local stimulation of scar tissue, bioenergetic support to help the deconstruction of scar tissues. Restore balance in the way the skin lays down fibrous tissues.

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BIOENERGETIC HARMONY I PROGRAMS

- **Immune System:** Harmonization of the bioenergetic field of the energetic defense system. These frequencies are created to bioenergetically support activation of the body's defense system working through different immune pathways. Depending on the strength or weakness of the immune system the body can respond to environmental challenges. The body is a self-healing mechanism of the greatest kind. It knows how to heal when it is supported properly. The immune system can work for us or against us and many times this comes down to an ancient body system called the ECS – The Endocannabinoid System. There are specialized receptors throughout the body that help to balance this system and ultimately keep the immune system in check. These important areas are called the CB2 receptors. They are areas in the cells that send important messages throughout the body and help the immune system to talk efficiently and effectively.
- **Chilling** (formally cold): Harmonization of the bioenergetic field of the mucous membranes
- **Hypersensitivity** (formally allergies): Harmonization of the bioenergetic field in case of overreactions to irritants
- **Eyes:** Harmonization of the bioenergetic field of the eyes.
- **Hormones:** Harmonization of the bioenergetic field of the body's "messengers"
- **Intestines:** Bioenergetic support of the intestinal muscles and tissues. Bioenergetic stimulation to the muscles that carry out involuntary movements in the transferring of food through the digestive tract.
- **Nerves:** Harmonization of the bioenergetic field to promote relaxation. Bioenergetic regulation of the nervous system. The nerve cells and neurons carry information throughout the body. They can send long range cellular communication which is very important to overall health. The nerve cells are also highly involved in the ECS and communicate via the CB1 & CB2 receptors. Receptors are the translation stations for advanced cellular and energetic communication.
- **Flexibility:** Harmonization of the bioenergetic field to ease movement. Bioenergetic mobilization of the joints, tendons, and ligaments that work to move the body and support flexibility.
- **Circulatory system:** Harmonization of the bioenergetic field of the circulation. Bioenergetic stimulation of the body's energy supply. The circulatory system is an important highway that transfers oxygen rich blood and other nutrients throughout the body.
- **Potency:** Harmonization of the bioenergetic field of the reproductive organs
- **Menopause:** Harmonization of the bioenergetic field to help you deal with menopause. Bioenergetic regulation of hormonal release and hormone balance.
- **Menstruation local:** Harmonization of the bioenergetic field to promote relaxation of the lower abdomen. Local relaxation of the lower abdomen and bioenergetic support of the female reproductive organs. It is a great energetic assistant when cramping occurs in these areas.

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BIOENERGETIC HARMONY 2 PROGRAMS

- **Gastrointestinal:** Harmonization of the bioenergetic field of digestion. Energetic balancing of the gastrointestinal tract. This important environment is where our symbiotic microbes live. We count on our diverse microbial communities to support us with many of our daily body processes. This relationship is of critical importance.
- **Bacteria:** Harmonization of the bioenergetic field of the defense system. Balancing of the bioenergetic defense system. We are a symbiotic organism and have bacteria and other microbes that can work both for us and or against us. We count on these different microbes to help us digest foods, extract nutrients, produce chemicals for protection and elimination, and to help with things like anxiety and depression. There are both supportive and destructive bacteria and we need to support a healthy well-balanced microbial community. Our good microbes help protect us from harmful bacteria.
- **Tonsils:** Harmonization of the bioenergetic field to reduce feelings of discomfort. Energetic balancing the immune system in cases of infections. We usually see this come up when some sort of invasion or infection is taking place in the body, or has been first detected in the energy field.
- **Liver:** Harmonization of the bioenergetic field of the liver. Bioenergetic promotion of liver metabolism. The liver is a filtering organ. Processing of foods as well as toxins through and then out of the system. When working on the meridians the energy of the liver is associated with anger. It is important to process this anger so that it does not manifest as other conditions.
- **Food Sensitivities** (formally intolerances): Harmonization of the bioenergetic field in case of food sensitivities. Bioenergetic fostering of food tolerance. Energetic support to help the body repair from food upsets, disturbances and intolerances. It's also good to look into supporting the mucosal linings and gut/digestive system for supportive companion frequencies.



BIOENERGETIC HARMONY 2 PROGRAMS CONTINUED

- **Toxins:** Harmonization of the bioenergetic field of the excretory processes. Bioenergetic stimulation of the body's excretory processes in the removal of toxins and toxic debris. This can be from both the physical body and the energetic field.
- **Head:** Harmonization of the bioenergetic field to reduce tension. Bioenergetic reduction of tensions and imbalances within the head. Balancing of the brain energy. Can assist with the energy of headaches.
- **Prostate:** Harmonization of the bioenergetic field of the prostate gland.
- **Lungs:** Harmonization of the bioenergetic field of the lungs
- **Thyroid Gland:** Harmonization of the bioenergetic field of the thyroid gland. The thyroid is one of the main master regulators of hormones.
- **Joints-bones:** Harmonization of the bioenergetic field of the joints and bones. Bioenergetic stimulation of supportive energies that assist in processes of bone growth and repair. Vibrations to support the repair of important bone cells and cartilage related to arthritic processes.
- **Sciatica local:** Harmonization of the bioenergetic field of the sciatic nerve. Energy to help the body better support the area that is affected by sciatica.



MERIDIAN I PROGRAMS

Meridians are energetic pathways within your physical body. There are 12 main meridians, 10 of which associate with specific organs. The other 2 meridians are linked to the emotional and spiritual well being, as well as a 13th, the triple-warmer, which controls metabolism.

- **Allergy meridian:** Harmonization of the bioenergetic field of the allergy meridian
- **Connective tissue:** Harmonization of the bioenergetic field of the connective tissue meridian
- **Bladder:** Harmonization of the bioenergetic field of the bladder meridian. The bladder meridian regulates the removal of the toxins from the body.
- **Large intestine:** Harmonization of the bioenergetic field of the large intestine meridian. The large intestine meridian regulates the processing and extraction of water from waste.
- **Small intestine:** Harmonization of the bioenergetic field of the small intestine meridian. The small intestine meridian is responsible for digestion, water absorption, nutrient absorption, and bowel functions.
- **Fatty degeneration:** Harmonization of the bioenergetic field of the fatty degeneration meridian
- **Gall bladder:** Harmonization of the bioenergetic field of the gall bladder meridian. The gall bladder meridian regulates the removal and storage of toxins that are produced by the liver.
- **Joints:** Harmonization of the bioenergetic field of the joints meridian
- **Skin:** Harmonization of the bioenergetic field of the skin meridian
- **Heart:** Harmonization of the bioenergetic field of the heart meridian. The heart meridian regulates the circulation of blood to all organs.

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MERIDIAN 2 PROGRAMS

- **Hormonal balance:** Harmonization of the bioenergetic field of the hormonal balance meridian
- **Circulation:** Harmonization of the bioenergetic field of the circulation meridian
- **Liver:** Harmonization of the bioenergetic field of the liver meridian. The liver meridian regulates the female reproductive system, circulation of energy, and maintains the flexibility of the ligaments and the tendons.
- **Lungs:** Harmonization of the bioenergetic field of the lungs meridian. The lung meridian controls how energy is consumed and impacts the respiratory system.
- **Lymphatic system:** Harmonization of the bioenergetic field of the lymphatic system meridian
- **Stomach:** Harmonization of the bioenergetic field of the stomach meridian. The stomach meridian regulates the extraction of nutrients from food, nutrient distribution to the intestines and spleen, and the overall digestion of food.
- **Spleen-pancreas:** Harmonization of the bioenergetic field of the spleen-pancreas meridian
- **Nerve meridian:** Harmonization of the bioenergetic field of the nerve meridian
- **Kidney:** Harmonization of the bioenergetic field of the kidney meridian. The kidney meridian regulates the reproductive system, testosterone levels, produces bone marrow and blood.
- **Organ meridian:** Harmonization of the bioenergetic field of the organ meridian

- **Triple Heater/Warmer Meridian:** Supports metabolism (found only in blue dot app or Healy Watch)
- **Pericardium Meridian:** Heart protector (found only in blue dot app or Healy Watch)

CHAKRA PROGRAMS

- **Crown (I understand):** Energetic and physical harmonization of the energies of the crown chakra and connection to the higher self/dimensions.
 - **Function:** wisdom, universality, transcendence; pure consciousness energy; connects one to the rest of the universe & source energy; spirituality, consciousness, awareness, and alignment; self-identity & spiritual guidance.
- **Third Eye (I see):** Harmonization of the energies of the third eye chakra and strengthening of intuition. Supporting psychic vision and the ability to see through illusion.
 - **Function:** inspiration, psychic ability/energy, extrasensory perception, intuition, insight, wisdom, and imagination. Guides one to make the right decision.
- **Throat (I speak):** Harmonization of the energies of the throat chakra and promotion of construction communication.
 - **Function:** expression of self & personal truths; communication, thought, music, speech, & writing. The personal and divine will center that governs our preferences, choices, & decisions. Desire of spiritual guidance; ; allows you to speak your truths with clarity, confidence and kindness; self-expression.
- **Heart (I love):** Harmonization of the energies of the heart chakra and stimulation of balanced empathy, love, & compassion.
 - **Function:** love, loving feelings, compassion, kindness, true love, integration, & spirituality; self-love; giving/receiving love. Connects body and mind with spirit. Health and healing. Connects us to our memories and our loved ones (both current and past).
- **Solar Plexus (I do):** Harmonization of the energies of the solar plexus chakra and strengthening of self-confidence, inner strength and gut feelings and emotions, creativity, and personal power.
 - **Function:** personal power, drive, self-confidence, identity, harnessing one's own inner sun, your sense of personal character/individuality/will-power, provides a strong sense of ego, self-esteem, willpower.
- **Sacral (I feel):** Harmonization of the energies of the sacral chakra and stimulation of energetic support of creativity and balanced sexuality.
 - **Function:** pleasure, emotional state, creativity, intimacy, sexuality & sex drive; your identity as a being. Fertility; Center of our sensations and feelings.
- **Root (I am):** Harmonization of the energies of the root chakra and activation of basic trust, safety and security.
 - **Function:** feeling grounded; sense of security/safety; basic functioning needs of physical body; right to live; survival; support and foundation for living our lives.



BIOENERGETIC DEFENSE PROGRAMS

- **General protection:** Energetic shielding. A blanket of energetic protection.
- **Electrosensitivity:** Energetic harmonization of the tolerance for so-called "electrosmog". Energetic support from EMF and other potential influences from phones, TVs, computers, electronics and radiation.
- **Cell:** Energetic harmonization and support of the bioenergetic field of the cells.
- **Mental:** Energetic harmonization of the bioenergetic field of the mind. Energetic promotion for the capacity of a clear unobstructed state of mind. Supporting the mental pathways from disharmonic influences and promoting a clearer mental process.
- **Sleeping:** Energetic harmonization during sleep
- **Geopathy:** Harmonization of the energetic sensitivity to interference fields. Energetic reduction of sensitivity to interference fields such as electromagnetic and interferences from earth activities or energy shifts.
- **Subtle:** Energetic harmonization of the sensitivity to interference fields
- **Planets:** Harmonizing the influences of planets



BIOENERGETIC SUPPORT PROGRAMS

- **Bioenergetic Boost:** Energetic boost to the entire bioenergetic field.
- **Coherence:** bringing the mind, body and spirit into alignment to balance and harmonize all aspects of you. Helpful to use within meditations to get into a state of coherence.



BIOENERGETIC VITALIZATION PROGRAMS

These programs are based on 20 years of stem cell research, according to Marcus Schmiede (inventor of Healy). Once more detailed information is found I will add more information to these programs.

These programs contain frequencies to support stem cell regeneration, cellular regeneration, and DNA repair. This helps with preventing aging of the body on all of the following areas:

- **Regeneration 1:** harmonization of the bioenergetic field to stimulate vitality first phase
- **Regeneration 2:** harmonization of the bioenergetic field to stimulate vitality second phase
- **Regeneration 3:** harmonization of the bioenergetic field to stimulate vitality third phase
- **Bones:** harmonization of the bioenergetic field of the bones
- **Tissue:** harmonization of the bioenergetic field of the tissues
- **Stability:** harmonization of the bioenergetic field for stability
- **Holistic Support:** harmonization of the bioenergetic field for holistic support
- **Nerves:** harmonization of the bioenergetic field of the nerves
- **Pineal Gland:** harmonization of the bioenergetic field of the pineal gland
- **Youth:** harmonization of the bioenergetic field for optimization of the capacity for activity
- **Epigenetic Harmonization:** harmonization of the bioenergetic field of the cell epigenetics
- **Cell:** harmonization of the bioenergetic field of the cells

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DIGITAL NUTRITION MIXTURES I (BODY) PROGRAMS

The following 6 pages of digital nutrition programs contain the energetic frequencies of the following macro and micronutrients (Original information translated from German found [HERE](#))

- **Brain:** vitamin B1, vitamin B2, Vitamin B6, Co-Q10, calcium, sulfur, cobalt, magnesium, potassium, zinc, glycine, phenylalanine.
- **Hair:** vitamin B12, vitamin B2, vitamin B5, vitamin B9, vitamin B10, biotin, inositol, manganese, zinc, copper, molybdenum, cysteine, silicone dioxide, selenium
- **Skin:** Co-Q10, selenium, silicone dioxide, vitamin A, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B7, vitamin B9, vitamin B10, vitamin D, potassium, sulfur, zinc, copper, cysteine, threonine, chromium, cobalt, silicon
- **Heart:** Co-Q10, potassium, sodium, calcium, phosphorus, magnesium, molybdenum, chlorine
- **Head:** chlorine, vitamin B1, vitamin B10, vitamin B12, vitamin B5, vitamin B2, vitamin B6, Co-Q10, sulfur
- **Gastrointestinal System:** magnesium, molybdenum, vitamin B1, copper, potassium
- **Muscles:** phosphorus, sodium, carnitine, potassium, isoleucine, glycine, chromium, silicone dioxide
- **Nails:** cysteine, selenium, vitamin B12, zinc
- **Nerves:** vitamin B1, vitamin B6, vitamin B9, vitamin B12, vitamin B3, isoleucine, tryptophan, molybdenum, alanine, liothyronine
- **Kidney:** vitamin B1, vitamin B2, vitamin B5, vitamin B6, vitamin B7, vitamin B9, vitamin B12, vitamin C, vitamin D, calcium, iron, zinc, copper, Taurine, Selenium, histidine, phosphorus, magnesium, carnitine, taurine, aspartic acid, sodium, chloride, potassium, glutathione
- **Ears:** Manganese, Potassium, Zinc, Vitamin E, Vitamin B3
- **Thyroid:** Iodine, chromium, selenium, phenylalanine

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DIGITAL NUTRITION MIXTURES 2 (METABOLISM) PROGRAMS

- **Age:** Vitamin A, Vitamin B1, Vitamin B6, Vitamin B8, Vitamin B10, vitamin B9, vitamin B12, vitamin B13, vitamin C, Vitamin K, Vitamin D, Coenzyme Q10, Tryptophan, tyrosine, citrulline, calcium, sulfur, phosphorus, copper, Cysteine, Glutathione, Glutamine, Glycine, Serine, Leucine, Valine, Zinc, Iron, Selenium, Magnesium
- **Aminos Acids:** valine, leucine, threonine, methionine, phenylalanine, tryptophan, lysine, histidine, ornithine arginine, glycine, alanine, serine, cysteine, tyrosine, proline, taurine, glutamine
- **Alkaline Powder:** Kalzium, Magnesium, Kalium, Zink, Mangan, Glutamin
- **Connective Tissues:** Silicon Dioxide, Manganese, Vitamin C, Glycine, Proline, threonine
- **Blood:** copper, iron, molybdenum, vitamin B12, vitamin K, threonine, calcium, manganese
- **Weight:** vitamin B2, vitamin C, vitamin E, vitamin D, iodine, iron, calcium, selenium, chromium, carnitine, leucine, Citrulline, Taurine, 5-HTP, Magnesium, Serotonin
- **Liver:** Vitamin E, Vitamin C, Vitamin A, Vitamin D, Vitamin B1, vitamin B2, vitamin B6, vitamin B10, vitamin B9, Vitamin B12, vitamin K, iron, zinc, copper, selenium, Potassium, Ornithine-Arginine, Aspartic Acid, Citrulline, Glycine, Leucine, Valine, Coenzyme Q10, Taurine, Cystine
- **Minerals:** Sodium, Potassium, Calcium, Magnesium, Phosphorus, chloride, sulfur, chromium, cobalt, iron, iodine, copper, manganese, molybdenum, Selenium, Silicon Dioxide, Zinc, Vanadium, Fluoride
- **Trace Elements:** vitamin B1, vitamin B6, vitamin B9, vitamin B12, vitamin B3, isoleucine, tryptophan, molybdenum, alanine, liothyronine
- **Vegan:** Vitamin A, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B9, vitamin B12, vitamin D, vitamin C, iron, zinc, calcium, iodine, sulfur, selenium, carnitine, taurine, valine, Lysine, Proline, EPA
- **Vitamin B Complex:** Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B4, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B8, Vitamin B9, Vitamin B10, Vitamin B12, Vitamin B13, Vitamin B17
- **Hypovitaminosis:** Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B4, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B8, Vitamin B9, Vitamin B10, Vitamin B12, Vitamin A, Vitamin D, Vitamin E, Vitamin K, Vitamin C



DIGITAL NUTRITION MIXTURES 3 (DETOX) PROGRAMS

- **Alcohol Intake:** vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B9, vitamin B12, vitamin E, vitamin D, potassium, selenium, phosphorus, manganese, Magnesium, Calcium, Methionine, Molybdenum, Boron, cysteine, choline
- **Antioxidants:** Vitamin A, Vitamin E, Vitamin C, Vitamin B2, Vitamin B10, flavonoids, coenzyme Q10, selenium, zinc, manganese, copper, iron, chromium, glutathione, melatonin, cysteine, Glutamine, Methionine, Taurine
- **Lymphatic System:** Silicon Dioxide, Potassium, Copper, Zinc, Calcium, magnesium, vitamin C, vitamin B6, vitamin E, lysine, Proline, Methionine, EPA, Ornithine Arginine, Glutathione
- **Menstruation:** calcium, Magnesium, Mangan, Vitamin B5, Vitamin B6, Vitamin E
- **Spirituality:** vitamin B1, vitamin B3, vitamin B9, vitamin B12, Vitamin E, Vitamin D, Vitamin K, Coenzyme Q10, Iron, selenium, zinc, manganese, flavonoids, tyrosine, taurine, Tryptophan, Carnitine, Glycine, Glutamine, EPA, Cysteine, methionine, glutathione
- **Toxins:** vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B9, vitamin B12, vitamin C, Vitamin E, Choline, Cysteine, Methionine, Glutathione, glycine, taurine, glutamine, aspartic acid, flavonoids, selenium, zinc, copper, iron, calcium, magnesium, silicon dioxide
- **Fertility:** Coenzyme Q10, carnitine, vitamin A, zinc, manganese
- **Hormonal System:** Vitamin B6, Vitamin B9, Vitamin B10, Vitamin D, Vitamin E, Sulfur, Zinc, Manganese, Iron, Iodine, Selenium, Calcium, Leucine, Lysine, Phenylalanine, Threonine, Tryptophan, Glutamine, Ornithine Arginine, Glycine, Proline, Cysteine , tyrosine, methionine, valine, melatonin, serotonin, corticosterone
- **Libido:** Vitamin E, Vitamin A, Zinc, Manganese
- **Allergies:** Vitamin B3, Vitamin C, Vitamin D, Calcium, Sulfur, Proline, Phytic Acid, Quercetin
- **Immune System:** Vitamin A, Vitamin C, Vitamin E, Cysteine, Liothyronine, Sulfur, Glycine, Threonine, Valine, Arginine, Carnitine, Calcium, Copper, Manganese, Zinc, Cobalt, Molybdenum, selenium
- **2ry Plant Substances:** flavonoids, carotenoids

DIGITAL NUTRITION MIXTURES 4 (HORMONAL SYSTEM) PROGRAMS

- **Energy:** vitamin B1, vitamin B2, vitamin B5, vitamin B7, Coenzyme Q10, iron, zinc, selenium
- **Fatigue:** vitamin B1, vitamin B2, vitamin B5, vitamin B7, Vitamin B10, Vitamin B6, Coenzyme Q10, Potassium, Sulfur, Iron, Zinc, Selenium, Molybdenum, Glycine, Alanine, Liothyronine, Methionine, Vitamin B9, Vitamin B12, Vitamin B6, isoleucine, chromium, tryptophan, copper
- **Eyesight:** vitamin A, zinc
- **Sports:** Vitamin C, Vitamin D, Vitamin B1, Vitamin B2, Vitamin B6, vitamin B3, vitamin B7, vitamin B9, vitamin B12, vitamin B13, coenzyme Q10, carnitine, calcium, potassium, Sodium, Chloride, Magnesium, Zinc, Iron, Phosphorus, Chromium, Vanadium, Glutamine, Cysteine, Phenylalanine, threonine, taurine, valine, glycine, glutathione, Androsterone, Aspartic Acid
- **Men:** Vitamin C, Vitamin E, Vitamin D, Vitamin B1, Vitamin B2, vitamin B6, vitamin B9, vitamin B12, magnesium, calcium, selenium, zinc, boron, coenzyme Q10, flavonoids, EPA, androsterone, aspartic acid
- **Regeneration:** Vitamin C, Vitamin E, Vitamin B6, Vitamin B7, Vitamin B13, carnitine, copper, selenium, zinc, iron, iodine, Magnesium, Potassium, Calcium, Chromium, Methionine, glutamine, ornithine, arginine, glycine, histidine, leucine, Valine, Methionine, Cysteine, Glutathione, Coenzyme Q10
- **Women:** Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin K, vitamin B1, vitamin B2, vitamin B6, vitamin B9, Vitamin B12, calcium, iron, aspartic acid, ornithine, arginine, zinc, magnesium, iodine, silicon dioxide, glucosamine sulfate, carnitine, coenzyme Q10, flavonoids, EPA
- **Children:** Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin B1, vitamin B2, vitamin B5, vitamin B6, vitamin B9, Vitamin B12, iron, zinc, magnesium, manganese, selenium, Copper, Iodine, Calcium, Potassium, Threonine, Ornithine Arginine, Tryptophan, EPA
- **Psyche:** vitamin B3, vitamin B5, vitamin B6, vitamin B9, Vitamin B10, Vitamin B12, Sulfur, Zinc, Copper, chromium, cobalt, tryptophan, methionine, phenylalanine, glutamine, 5-HTP, threonine, glycine, serotonin, melatonin
- **Sleep:** Vitamin B3, Tryptophan, Glycine, Glutamine
- **Growth:** Vitamin A, Vitamin B9, Vitamin B12, Zinc, Manganese, selenium
- **Wounds:** vitamin B1, vitamin B5, vitamin B6, vitamin B9, Vitamin C, Vitamin E, Potassium, Silicon Dioxide, Zinc, isoleucine, threonines

DIGITAL NUTRITION MIXTURES 5 PROGRAMS

Sports

- **Breath:** vitamin A, vitamin B6, vitamin B9, vitamin B12, Vitamin C, Vitamin E, Vitamin D, Selenium, Zinc, Magnesium, Cysteine, Sulforaphane, EPA, Glutathione
- **Motion:** Vitamin C, Vitamin E, Vitamin A, Vitamin B1, Vitamin B2, vitamin B6, magnesium, calcium, iron, potassium, zinc, sodium, iodine, copper, glutathione, EPA, chromium, carnitine, coenzyme Q10, ornithine - arginine, methionine, glycine
- **Competition:** carnitine, glycine, methionine, ornithine - arginine, glutamine, magnesium, potassium, iron, coenzyme Q10, selenium, vitamin C, vitamin E, vitamin B6, taurine, Sodium, Chloride, EPA

Musculoskeletal

- **Structure:** Alanine, Glycine, Proline, Valine, Leucine, Lysine, Vitamin C, zinc, copper, iodine, sodium, calcium, potassium, magnesium
- **Mobility:** Vitamin B12, Vitamin B6, Vitamin A, Vitamin C, Vitamin E, vitamin D, vitamin B1, vitamin K, EPA, Glucosamine Sulfate, Silicon Dioxide, Histidine, Cysteine, Magnesium, Calcium, Manganese, Copper, Carnitine, Glycine, lysine, proline
- **Activation:** vitamin B1, vitamin B2, vitamin B12, vitamin B4, Vitamin B6, Vitamin B9, Vitamin C, Vitamin D, Iron, magnesium, coenzyme Q10, taurine, carnitine, glycine, Lysine, Zinc, Tyrosine, Phenylalanine, Tryptophan, Choline, glutamine, glutathione

Cardiovascular

- **Reduction:** Vitamin A, Vitamin C, Vitamin K, Vitamin E, Vitamin D, vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B7, vitamin B9, vitamin B12, glutathione, magnesium, cobalt, copper, chromium, EPA, Coenzyme Q10, flavonoids, ornithine - arginine, taurine, glycine, glutamine, lysine
- **Exertion:** coenzyme Q10, ornithine - arginine, vitamin B6, carnitine, Taurine, Vitamin C, Vitamin B12, Vitamin B9, Magnesium, Vitamin D, EPA, Flavonoids, Potassium, glutathione
- **Circulation:** Vitamin A, Vitamin B12, Vitamin B9, Vitamin D, Iron, Ornithine, Arginine, Glutamine, Selenium, Zinc, Calcium, Potassium, Phosphorus, Flavonoids, EPA, Glutathione, Histidine, magnesium, EPA, coenzyme Q10, taurine, lysine

Metabolism

- **Rigidity:** iron, phenylalanine, cysteine, vitamin C, vitamin B10, valine, proline, vitamin D, copper, vitamin E, flavonoids, magnesium, coenzyme Q10, carnitine, phosphorus, glycine, zinc
- **Lifestyle:** vitamin B3, vitamin B9, vitamin B6, vitamin B8, vitamin B12, vitamin C, vitamin D, vitamin E, Glutathione, EPA, Chromium, Coenzyme Q10, Carnitine, Selenium, Zinc, Copper, Magnesium
- **Energetic:** Vitamin B1, vitamin B2, iron, selenium, zinc, vitamin B12, vitamin B3, vitamin B9, manganese, copper, vitamin C, vitamin A, vitamin D, vitamin K, methionine, histidine, Magnesium, Coenzyme Q10, Carnitine, EPA

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DIGITAL NUTRITION MIXTURES 6 PROGRAMS

Metabolism

- **Tissue:** vit Vitamin C, Vitamin D, Coenzyme Q10, Vitamin B5, Vitamin B10, vitamin B12, selenium, proline, cortisone, Tryptophan, Copper, EPA, Flavonoids, Potassium
- **Bioinformation:** Vitamin A, Vitamin E, Vitamin B2, Vitamin B6, Vitamin B7, vitamin B9, vitamin B12, methionine, choline, EPA, glycine, magnesium, selenium, zinc, iron, copper, Manganese, Calcium, Chromium, Glutathione
- **Comfort:** Vitamin D, Vitamin C, Vitamin E, Vitamin K, Vitamin B9, chromium, magnesium, coenzyme Q10, EPA, zinc, vanadium, taurine, ornithine, arginine, carnosine, carnitine, cysteine, glycine, sulforaphane, flavonoids, corticosterone

Hormonal system

- **Exhaustion:** vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B7, vitamin B9, vitamin B12, Sodium, EPA, Glutamine, Taurine, Corticosterone, Vitamin C, cortisone, magnesium, tryptophan, ornithine, arginine, potassium
- **Menopause:** Vitamin C, Vitamin E, Vitamin D, Vitamin K, Vitamin B2, vitamin B1, vitamin B9, vitamin B12, vitamin B6, Flavonoids, Selenium, Magnesium, Zinc, Calcium, Ornithine, Arginine, Tryptophan, EPA
- **Passion:** Vitamin B6, Vitamin B9, Vitamin B12, Vitamin D, Selenium, zinc, glutathione, coenzyme Q10, carnitine, aspartic acid

Other

- **Balance:** vitamin B6, vitamin B9, vitamin B12, vitamin D, Vitamin E, iron, selenium, zinc, magnesium, glutathione, flavonoids, glutamine, ornithine, arginine, aspartic acid
- **Relief:** vitamin B2, vitamin B5, vitamin B1, vitamin B7, vitamin B3, vitamin B9, vitamin B10, vitamin B12, Selenium, Ornithine, Arginine, Vitamin C, Vitamin D, Zinc, Glycine, Magnesium, Vitamin E, Tryptophan, EPA
- **Joy of Life:** 5-HTP, serotonin, tryptophan, vitamin B3, vitamin B5, vitamin B6, vitamin B9, vitamin B10, vitamin B12, Phenylalanine, Cobalt, Androsterone, Glutamine, Copper, Sulfur, EPA, Citrulline, Chromium, Methionine, Zinc, thyroxine
- **Recreation:** tryptophan, serotonin, magnesium, vitamin B1,
- vitamin B2, vitamin B3, vitamin B6, vitamin B12, Vitamin D, Vitamin C, Selenium, Melatonin, Coenzyme Q10, manganese, molybdenum
- **Rest:** Tryptophan, Serotonin, Melatonin, Glycine, Ornithine, Arginine, Vitamin D, Vitamin B3, Vitamin B5, Vitamin B6, vitamin B9, vitamin B10, vitamin B12, iron, zinc, Copper, Selenium, Magnesium, Methionine, Phenylalanine
- **Teeth:** vanadium, coenzyme Q10, vitamin K, vitamin C, Vitamin B6, glucosamine sulfate, phosphorus, vitamin B12, manganese, copper, vitamin B9, vitamin E, vitamin A, vitamin D, calcium

THE POWER OF THREE PROGRAMS

The Healy program group Power of Three is our answer to the energetic and informational dividing point that many of us perceive and experience. The programs are based on the ancient system of 3 natural energetic forces as expressed in the bio energies of Ayurveda. The Power of Three programs combine a systematic analysis of current collective processes and classical universal frequencies and are intended for a special 9-week application protocol. You only need to apply them once a day on Monday, Wednesday and Friday, in addition to the other Healy programs you are currently using.

Notes: This is a special collection of programs that is meant to be used in a 9 week application protocol. Once a day on Mondays, Wednesdays and Fridays. You may use it in conjunction with other healing programs. Important: in the 1st 3 weeks you see many detox reactions such as headache and fatigue (see the Basics of Healy Frequency PDF for guidance and support through energetic detox reactions).

Bioenergetic Rebalance

(for use in especially difficult energetic times)

- **Conflict Balance: When the conflict energy takes its toll.**
 - The consequences of conflict (stress) on the brain are enormous. This creates an imbalance in the form of emotional, mental or psychological stress. And this program resolves inner conflicts. The amygdala is an area of the brain where everyone stores sadness, pain, disappointment, and loss. Negative emotions. Stress triggers the production of cortisol (stress hormone) Cortisol activates the area in the brain (hippocampus) that decreases stress and regulates your memory (under a prolonged stressful situation you can remember less and your brain stores less) Too much stress leads to overworking of this area (hippocampus). This damages your Frontal Lob which must inhibit your Amygdala. An uninhibited amygdala means an unleashing of negative emotions.
- **Defense Support: For that extra support to defend & protect against external influences/destructive energies.**
 - The defense mechanism ensures that you do not feel emotions, which are experienced as negative. Due to your defense mechanism you keep yourself asleep or unconscious. Because you do not want to feel certain emotions, you unconsciously automatically ensure that you feel 'something else'. And you will behave accordingly.
- **Friendly Flora: To help our delicate microbial community do their important work.**
 - Supports digestive health by encouraging the growth of friendly bacteria. Promotes intestinal health. Supports the overall health of the immune system. Supports optimal digestion and absorption. Friendly flora also works on your mental and emotional field.

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THE POWER OF THREE PROGRAMS

Universal Frequencies

The classic frequencies as developed by the great frequency pioneers, supplemented and improved by the Healy IMF frequencies. This program combines frequencies from the pioneers Nicola Tesla, Dr. Royal Raymond Rife, Dr. Hulda Clark and analyzed in the information field. It harmonizes your energetic field of negative stimuli. Hulda Clark developed a theory about what really makes us sick. She studied parasites that invade the human organism. Clark/Rife recommended drinking plenty of water and supporting your body with zeolite (detoxification mineral) and colloidal. Water is so vitally important! And many people are not properly hydrated.

- **Classical Physical:**

- When we are under constant attack there are many different physical processes that can and will take place. Acute stress and anxiety are a huge challenge, but if left uncontrolled for a long time, our bodies can enter a prolonged state of stress. This will take its toll on our adrenal glands. When we are in fear and panic, the immune system cannot function properly. It will eventually be shut down. Keep in mind that our body releases various signal substances in this state. This activates our defense mechanisms such as fight and flight or freeze. This system is also activated in anxiety and stress states. Imagine if there were a frequency that could help calm down all potentially harmful signals. If we stay in this state for a long time remain, this causes inflammation and oxidative stress and thus damage to our cells. The classical physical program contains frequencies that support, balance and tackle this problem. The signaling pathways are supported, regulated and rebalanced.

- **Classical Energetic:**

- Remember we are not really a physical being, we are an energy being! Our energy is very important. We see damage in the energy field long before it manifests in the physical body. You have 7 energy bodies that align with the 7 major energy centers. So it's great to have a tool to balance these areas. Classical Energetic is designed to help when we are in conflict and feel we have lost control or are being attacked by outside forces. Ultimately, we are a combination of organelles, cells and microbial communities and these need to communicate effectively for everything to flow like a well-oiled machine.

- **Zapper Protocol:**

- Seems to balance and harmonize this important and delicate relationship of all our different microbes (bacteria, viruses and fungi). You will automatically give the correct frequencies to your own body. These frequencies have been chosen in such a way that you can remove (almost) all parasites, viruses and bacteria.

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THE POWER OF THREE PROGRAMS

Digital Ayurveda

The ancient wisdom of Ayurvedic medicine (over 5,000 y.o.) based on the three body and person types, called doshas, that have been formatted into three distinct programs. Each program is composed of different frequencies coming from the 5 basic elements of water, ether, air, fire and earth. Each individual has a part of their own doshas in them. Doshas aren't static, meaning that they change throughout our lives and vary greatly depending on the choices we make, our diet, any diseases we have our environment and many additional factors.

Veda= knowledge, science or art

Ayurveda = the art or science of living

• Kapha

- Is formed by the elements water and earth.
- The principle of structure, bones, muscles, tendons.
- Gives the body firmness and stability and keeps the fluid balance in balance.
- A balanced Kapha gives strength, stamina, a good immune system, patience and psychological stability. Love forgiveness and rest
 - **Out of balance:** Oversleeping, Overweight, short of breath, unhappy, insulin intolerance and dependence, resistance to change, stubbornness
 - **In balance:** excellent stamina, big and soft eyes, strong build, thick hair, smooth skin, loyal, patient, stable, supportive

• Pitta

- Determined by the association of the element fire and earth.
- The metabolic principle regulates, among other things, digestion and body temperature.
- In the spiritual realm it represents a keen intellect and emotions.
- Pitta is primarily made up of the element of fire.
- When this dosha is in balance, it gives satisfaction, energy, eloquence, good digestive power, correct body temperature and a clear mind.
 - **Out of balance:** skin rash, digestive problems, excessive body heat/perspiration, burning sensations (A burning sensation in the skin can be the result of stimulation of nerves at various levels), irritable/short fuse, constantly discussing
 - **In balance:** good digestion, glowing complexion, strong appetite, precisely sharp-minded, straight away, pronounced

• Vata

- Consists of elements of air and space.
- The principle of movement is responsible for the nervous system, respiration and all movement processes in the body. The elements ether and air are classified in the Vata-dosha.
- A balanced Vata makes one feel energetic, happy, enthusiastic and creative; the mind is calm, clear and lively. This includes intestines, skin, ears, nervous system, lungs.
- Focused on breathing, sensory stimuli and excretion.
- **Out of balance:** High blood pressure, Constipation, Weight loss, Weakness, Rheumatism, Insomnia, Digestive Challenges, Constantly delivered
- **In balance:** excellent agility, dry skin and hair, lightness in life, creative, energetic, flexible, love and excitement, open to new challenges.

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THE POWER OF THREE PROGRAMS

9 week Application of the Power of Three Programs

Week 1

Monday - Conflict Balance
Wednesday - Protection Support
Friday - Friendly Flora

Week 2

Monday - Conflict Balance
Wednesday - Protection Support
Friday - Friendly Flora

Week 3

Monday - Conflict Balance
Wednesday - Protection Support
Friday - Friendly Flora

Week 4

Monday - Classic Physical
Wednesday - Classic Energetic
Friday - Zapper protocol

Week 5

Monday - Classic Physical
Wednesday - Classic Energetic
Friday - Zapper protocol

Week 6

Monday - Classic Physical
Wednesday - Classic Energetic
Friday - Zapper protocol

Week 7

Monday - Kapha
Wednesday - Pita
Friday - Vata

Week 8

Monday - Kapha
Wednesday - Pita
Friday - Vata

Week 9

Monday - Kapha
Wednesday - Pita
Friday - Vata



EXPERT PROGRAMS

Space for 12 custom programs you can have made for you by a TimeWaver or Rife Practitioner.

TimeWaver practitioners who make custom Healy Programs:

Brid Hanlon

Derek Nakamura

Doc Steve (healydocsteve@gmail.com)

School of Frequency

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RESONANCE (BLUE DOT APP) ONLY PROGRAMS

- Alaskan Gem Elixirs (48)
- Australian Bush Flowers (68)
- Bach Flower Remedies (39)
- Deep Cycle (12)
- I-Ching (64)
- Schuessler Salts (27)
- Vital Substances (76)



ALASKAN GEM ELIXIRS

AQUAMARINE

Indications: repetitive thoughts; overstimulated from studying, worrying, and circular thinking; having difficulty letting go of thoughts and shifting into a meditative state of mind; not present for others because of preoccupation with mental activities.

Healing Qualities: brings a calm, quiet clarity to an overactive mental body; increases the ability to achieve a neutral, serene state of mind; helps create a mental oasis of cool, clear receptivity.

AVENTURINE

Indications: lacking stamina and fortitude; wanting to quit when faced with obstacles, such as one's own limiting belief systems; fearful when facing the unknown; afraid to take risks in order to take the next step in life.

Healing Qualities: strengthens the central vertical axis which stabilizes us during expansion experiences; helps us move into and through new experiences with grace, stamina, and perseverance; good for spiritual trailblazers and pioneers.

AZURITE

Indications: ungrounded communication; communicating from the head rather than through the body; struggling to communicate, straining to push words out; becoming physically depleted when speaking, teaching, or channeling information from non-physical sources.

Healing Qualities: helps us ground our communication; opens and strengthens the connection between the feminine Earth forces and the 5th chakra; helps us communicate with vitality, authenticity, and gentleness.

BLACK TOURMALINE

Indications: environmental toxicity; oversensitive to computers, fluorescent lights, and other sources of electromagnetic pollution; detoxing on the physical, emotional, or mental level in an unbalanced way.

Healing Qualities: a precision tool for the release of toxic energy from the mind, emotions, and physical body; helps us exchange old unwanted energies being held in the auric field for fresh, clean, neutral energy from nature.

BLOODSTONE (AKA - HELIOTROPE)

Indications: energetic stagnation and constipation; weak circulation of physical and emotional energy in the lower chakras and organs of the body; tendency to express emotional negativity; lacking emotional sensitivity and sympathy towards others.

Healing Qualities: strengthens one's connection to the Earth; brings a stronger flow of Earth energy into the 1st and 2nd chakras; stimulates the release of emotional energies that have been stuck in the lower chakras; rebalances these energy centers after trauma or emotional upset.

BRAZILIAN AMETHYST

Indications: over-identification with the gross, material aspects of life; separation from the spiritual realm; weak connection to one's higher self; resistance to bringing the spiritual into the physical.

Healing Qualities: transmutes energy from lower to higher vibratory frequencies; helps to lift energy from an overly material state; helps one sense and experience one's unique spiritual identity in the body.

BRAZILIAN QUARTZ

Indications: tiredness, fatigue, low energy; weak energetic connection to the Earth; toxic or inharmonious energies in the aura; feeling out of touch with one or more aspects of self (physical, emotional, mental, spiritual), as though they were operating in different time zones; chakra out of alignment with each other.

Healing Qualities: the essence of cleansing white light; energizes and synchronizes the subtle bodies, the chakras, and the physical body with the Earth's natural vibration.

CARNELIAN

Indications: burnout, fatigue, low energy during the day; giving in order to receive; a weak sense of personal identity; addicted to helping others; seeking validation and energy from others rather than from within.

Healing Qualities: increases the etheric body's ability to access pranic energy; energizes and clears the nadirs (the energetic interface between the etheric body and the meridians), allowing a greater flow of energy to the meridians.

CHRYSOCOLLA

Indications: unresolved feelings of grief; heart closed down because of past experiences of loss; feeling a need to guard the heart against attack from others; believing that having an open heart will result in being hurt or wounded again; heart not energetically connected to the Earth.

Healing Qualities: opens, softens, and expands the inner dimensions of the heart chakra; helps us release tension and armor around giving and receiving love; increases flexibility in the mind and body to allow the vibration of love to flow.



ALASKAN GEM ELIXIRS

CHRYSOPRASE

Indications: alienation; not feeling at home on the planet or comfortable in nature; loving others but not the Earth; a weak connection between the heart chakra and the Earth.

Healing Qualities: brings the heart chakra into harmonious union with the green energy frequency of the planet; synchronizes the subtle bodies with the heart energy of the Earth; helps us accept the Earth as our home.

CITRINE

Indications: mental confusion and distortion; lack of mental clarity and concentration; mental forces dominating the physical and emotional aspects of life; difficulty determining what is in one's highest good; closed to higher sources of wisdom and inner knowing.

Healing Qualities: harmonizes the mental body with higher spiritual laws; increases access to Divine intelligence; amplifies qualities of concentration, centering, and rational mind.

COVELLITE

Indications: feeling unprotected and vulnerable; too easily stimulated by the energies of others, regardless of their intent; unsure of one's boundaries; unable to claim one's own space; feeling challenged by the environment.

Healing Qualities: brings strength, clarity, and definition to the auric field; acts as a protective filter that encourages us to relax energetically, thereby enhancing our natural ability to receive love and support from our environment.

DIAMOND

Indications: life experience characterized by struggle; lack of clarity about the future; acting from a confused sense of what one is supposed to do; inability to make commitments; attached to personal will, to how "I" want it to be.

Healing Qualities: brings clarity to the 6th chakra; harmonizes Divine and personal will; helps us activate personal will in its highest form; strengthens our ability to act in alignment with our Divine purpose.

EMERALD

Indications: fear of not being good enough to deserve being on the planet; weak or abstract connection to the feminine principle and to the Divine Mother; blocking the experience of love in the physical body because of fear; feeling unloved and cut off from one's center.

Healing Qualities: a universal heart cleanser and balancer; helps us contact the energies of the Divine Mother and the Divine Feminine; gently coaxes the heart to open to a greater experience of love in the physical body.

FLUORITE

Indications: congestion, constriction, or stagnation of energy on any or all levels; rigidity, inflexibility; difficulty manifesting thoughts into action; hard to move one's focus from one area to another.

Healing Qualities: the "break up" elixir; increases the circulation of energy in the physical body by breaking up blockages in the etheric body; promotes flexibility on all levels.

FLUORITE COMBO

Indications: lacking focus or a clear sense of priorities when dealing with diverse issues that are all coming up to be healed at the same time; feeling out of synch with one's inner processes; a movement of energy between the etheric body and the physical body is not harmonious or synchronized.

Healing Qualities: synchronizes movement between the etheric and physical bodies; fine-tunes our focus so that we can deal with multiple issues in a healing process with precision, balance, and a clear sense of priorities.

GOLD

Indications: low self-esteem; a weak sense of personal identity; little or no confidence in one's ability to create; weak or uninspired masculine energies; difficulty manifesting wants and needs into physical reality; comparing one's accomplishments to others.

Healing Qualities: helps us access and express the highest aspects of our personal identity; brings strength and balance to the 3rd chakra; helps us tap into our inner truth, joy, and wisdom as sources for our creative power.

GREEN JASPER

Indications: ungrounded; lack of communication with the Earth; energy blocked in the lower chakras; an inconsistent and uneven flow of sexual energy resulting from the shock and trauma of sexual abuse.

Healing Qualities: reconnects body rhythms with the Earth's rhythm when there has been a disruption to the natural flow; helps us connect to the wild feminine; restores earthly sensuality and healthy sexuality.

HEMATITE

Indications: unable to maintain one's boundaries while witnessing a highly charged emotional experience; getting swept away by other people's negative feelings; emotionally codependent; difficulty containing one's own emotional energy, especially in group dynamics.

Healing Qualities: strengthens energetic boundaries in the emotional body; promotes emotional independence rather than codependence; helps us maintain a state of compassionate detachment while witnessing intense emotions in others; helps us boundary our own emotions in a responsible way.



ALASKAN GEM ELIXIRS

HERKIMER DIAMOND

Indications: cloudy or undeveloped psychic vision; low energy; unable to remember dreams, or having confusing dreams full of chaotic imagery; difficulty bringing information from dream symbols into conscious understanding.

Healing Qualities: a highly developed transmitter of white light; promotes clarity of vision; stimulates healing on all levels; facilitates clarity during the dream state; brings balance and focus to the 6th chakra.

JADEITE JADE

Indications: agitated, upset; easily pulled out of center by intense experiences; attached to drama; makes things harder or more involved than they need to be; unable to accept the way things are in the moment.

Healing Qualities: a vibration of peace, balance, and timeless simplicity; helps us stay centered in the moment with an awareness and acceptance of our true essence.

KUNZITE

Indications: feelings of guilt and embarrassment concerning one's past actions; out of touch with one's angelic presence; lack of awareness of the angelic love, guidance, and support that is available; heart closed to the flow of spiritual love coming into the body.

Healing Qualities: opens the heart to an awareness of one's angelic presence; helps one experience the spiritual love of the angelic kingdom and integrate it into the physical body.

LAPIS LAZULI

Indications: unable to hear or understand guidance and information from higher sources; difficulty communicating clearly with others, especially about the information that one has received from these sources; overwhelmed by the amount of information coming in.

Healing Qualities: opens and clears channels of communication in the 5th chakra; amplifies the ability to hear and understand information from physical and nonphysical sources at the same time; clears confusion between hearing and knowing.

MALACHITE

Indications: weak energetic connection to the physical world; forward movement in life held up because of a lack of grounding; physical, emotional, mental, and spiritual aspects of self-working at cross-purposes with each other.

Healing Qualities: the primary grounding essence in our system; helps align the physical, emotional, mental, and spiritual levels of our being in a grounded and cohesive way; supports the unity of one's being in all circumstances.

MOLDAVITE

Indications: caught up in the dualities of here or there, now or then; going out of the body for information rather than staying present to receive it; feeling separate and out of touch, especially with the higher self.

Healing Qualities: connectedness; an energetic window into a universal perspective; helps us stay present in the moment while accessing what we need from the higher realms to express our earthly potential.

MONTANA RHODOCHROSITE

Indications: heart closed down after an abrupt loss or separation from a partner or loved one; feeling unsafe in the heart and wanting to escape into one's thoughts; fearful of powerful emotions; unable to process emotions fully in the heart.

Healing Qualities: brings strength and solidity to the 4th chakra; clears confusion and chaos from the heart; clarifies intent and promotes courageous, heart-centered action.

MOONSTONE

Indications: heightened psychic sensitivity during menstruation; touchy, edgy, overreactive; emotional energy blocked and difficult to express in a clear way; lack of sensitivity and intuitive awareness in men and women; hard-edged persona.

Healing Qualities: cleanses and circulates energy in the emotional body; increases feminine energy aspects of receptivity and intuition in women and men; balances and focuses the psychic forces during menses.

OPAL

Indications: burned out; insomnia from overuse of the mental forces; tiredness that is not helped by sleep; excessive use of the fire element; depletion of certain energy frequencies in the chakras and subtle bodies; vital energy reserves used up; emotional exhaustion.

Healing Qualities: rejuvenates spent emotional and mental forces and counteracts the depletion of color frequencies in the aura; feeds all subtle bodies with a full spectrum of luminous colors; replenishes our creative energies.

ORANGE CALCITE

Indications: sadness; depression of unknown origin; lack of joy in daily life; lethargy; feeling weighed down with no creative spark; unable to see the positive side of everyday situations; greatly affected by seasonal fluctuations of sunlight and darkness.

Healing Qualities: dispels darkness and grief; amplifies the body's ability to assimilate light at the cellular level; uplifting, energizing, and warming.



ALASKAN GEM ELIXIRS

PEARL

Indications: irritated by one's problems and difficulties, especially those manifesting in the physical body in a painful way; lacking understanding and compassion for one's healing process.

Healing Qualities: promotes the release of layers of irritation in the mental and emotional bodies that manifest in the physical body as hardness and inflexibility; helps one turn antagonism for oneself or one's illness into awareness and acceptance.

PERIDOT

Indications: trepidation, fear, or insecurity during the beginning phase of any new experience; projections of failure when attempting to learn or do something new; feeling unprotected in that space where the known has fallen away and the new has not yet become manifest.

Healing Qualities: the stone of new beginnings; stabilizes the subtle bodies and the heart chakra during the incubation period of new creative projects; helps us initiate new cycles of learning and experience without fear.

PYRITE

Indications: easily influenced by others, especially members of one's peer group; unable to make decisions or stand up for oneself; involved in relationships that are not in one's highest good; tension and instability from not being true to oneself.

Healing Qualities: helps us build an energetic foundation in life-based on our highest personal truth; strengthens the sense of self, especially with regard to group dynamics and peer pressure; helps us solidify and honor our true values.

RHODOCHROSITE

Indications: deep trauma and emotional pain in the heart; unable to make intimate connections with others; shut down emotionally or sexually as a result of being abused; feeling cut off and alienated from the physical world.

Healing Qualities: increases energy, balance, and stability in the heart chakra and in the physical body; brings a balance of nurturing Earth energy to the heart chakra after an experience of deep healing and transformation.

RHODOLITE GARNET

Indications: emotionally and energetically disconnected from parts of the body that are in pain, or have been injured or operated on; parts of the body won't heal or return to their normal level of function after injury or trauma; poor circulation in certain areas of the body.

Healing Qualities: increases our ability to inhabit the physical body; helps us reconnect energetically with parts of the body that have been injured or traumatized; rebuilds the web of etheric energy in areas disrupted by accident or injury.

ROSE QUARTZ

Indications: pain held in the heart from traumatic events in one's past; heart closed down because of not being nurtured as a child; difficulty initiating and maintaining intimate contact with others; inner child not receiving nurturing energy from the adult; lack of compassion for oneself and others.

Healing Qualities: opens, softens, and soothes the heart; helps one connect to and nurture the inner child; harmonizes the heart forces so an individual is able to maintain emotional intimacy with oneself and others.

RUBY

Indications: unresolved survival issues blocking energy flow between the Earth and the 1st chakra; constipation of energies in the lower chakras and organs of the body; ambivalence about being present in the physical body; tendency to disconnect from the body during times of chaos and upheaval.

Healing Qualities: energizes and balances the 1st chakra and supports the ability to ground spiritual energy completely into the physical body; increases the upward flow of nurturing Earth energy to all chakras and improves circulation throughout the body.

RUTILE QUARTZ

Indications: overwhelmed by the amount of energy and information coming in from non-physical sources; distortion, confusion, and/or lack of focus and clarity during mediation or attunement; unable to understand or integrate information and guidance from the higher self.

Healing Qualities: promotes precision alignment with higher sources of energy and inspiration; helps us physically anchor the ability to access, synthesize, and communicate information from other dimensions.

SAPPHIRE

Indications: feeling unsupported for being on the Earth; unaware of life purpose; lack of inspiration and commitment; feeling out of touch and out of place; unwilling or unable to take responsibility for why one has incarnated.

Healing Qualities: strengthens devotion and commitment to Divine purpose; promotes loyalty and responsibility to one's true work on the planet; helps us connect to the energetic support we need to do what we came here to do.

SAPPHIRE/RUBY

Indications: weak body/soul connection; lack of alignment between spiritual and physical bodies due to past injury or debilitating disease; difficulty integrating awareness of life purpose into practical, heart-centered action.

Healing Qualities: for balancing spirituality with physical ability; enables us to gently integrate higher purpose into a physical reality, and receive physical nurturing through the fulfillment of Divine responsibilities.



ALASKAN GEM ELIXIRS

SCEPTER AMETHYST

Indications: lacking spiritual perseverance; unable to take an active stand for what one believes in; in a position of authority but lacking in spiritual leadership qualities; one's experience of the spiritual realm is abstract rather than direct.

Healing Qualities: opens and prepares the 7th chakra to receive energy from the higher chakras; helps us activate our highest potential through the embodiment of a new core of spiritual identity, authority, and leadership.

SMOKY QUARTZ

Indications: ungrounded; agitated, disassociated from the physical body; body feels out of synch with the surrounding environment; detoxification happening at too rapid a pace for the physical body to keep up with; jet lag.

Healing Qualities: grounding and calming; regulates and stabilizes the detoxification of unwanted energies from the physical, emotional, and mental bodies; synchronizes body energy with Earth energy.

SPECTROLITE

Indications: seeing with the eyes, but not with the heart; a low creative spark; unable to sense the deeper meaning of life's events; cloudy, dark, or outdated perspective on life; tendency to see the negative in each situation.

Healing Qualities: bathes and nourishes the entire energy system with full-spectrum light; refreshes and renews our perspective; helps us again see the magnificent in the mundane, and the Divine in the ordinary.

STAR SAPPHIRE

Indications: lacking trust in the universe; difficulty making the right choices and connections in life; over concern for the smallest details of one's process; unable to connect energetically with information about one's higher purpose.

Healing Qualities: promotes trust in the universe; helps us focus our awareness on what is necessary for the soul's progression in life; supports the formation of energetic connections with others that promote the realization of our life goals.

SUGILITE

Indications: living with a highly refined or intellectual concept of what the spiritual realm must be like, rather than a grounded, physically embodied understanding of what it is; believing that one must go outside of oneself to truly experience spiritual support.

Healing Qualities: brings depth and a physical richness to our spiritual lives; helps us physically manifest a warmer, more feminine quality of spirituality; promotes an easy acceptance of guidance and support from the spiritual realms.

TIGER'S EYE

Indications: losing a sense of self-identity when dealing with powerful emotions, whether generated by the self or by others; reacting rather than responding; often angry or jealous; strongly affected by the energy of others; always taking things personally.

Healing Qualities: for self-empowerment; strengthens the energetic boundaries between our true nature and our emotional experiences; helps us maintain a strong sense of self-identity when dealing with powerful emotions such as anger, fear, and jealousy.

TOPAZ

Indications: unable to take decisive action that supports one's true self; a confused sense of personal identity; trying to connect to others for energy in inappropriate ways; identifying more with others than with the self.

Healing Qualities: clears energy blockages in the 3rd chakra; helps us tap into appropriate sources of universal energy; strengthens the ability to act decisively from a clear sense of personal identity.

TURQUOISE

Indications: lack of reverence for the Earth; no gratitude for nature's gifts; too busy to honor the sacredness of life; taking without asking or giving something back; living a life without a soul.

Healing Qualities: attunes the energy field to the ancient wisdom and sacredness inherent in all of life; cleanses and deepens our connection to the soul of the Earth; helps us live a life of simplicity with gratitude and reverence for all.

WATERMELON TOURMALINE

Indications: disharmony between the masculine and feminine aspects of the self; lack of balance between giving and receiving; difficulty expressing love for others, or receiving love from others.

Healing Qualities: balances the universal polarities of yin and yang; helps us establish equality between the magnetic and dynamic (giving and receiving) qualities of love; brings the green, physical, Earth frequency into harmony with the pink, spiritual angelic qualities of love.



AUSTRALIAN BUSH FLOWERS

Alpine Mint Bush

Negative Condition: lack of joy and weight of responsibility of care givers. Burdened by responsibility
Positive Outcome: Revitalisation, Joy, Renewal

Angelsword

Negative condition: Interference with true spiritual connection to higher self. Spiritually possessed. Spiritual confusion
Positive outcome: Spiritual discernment. Accessing gifts from past lifetimes. Release of negatively held psychic energies. Clear spiritual communication.

Autumn Leaves

Negative Condition: Difficulties in the transition of passing over from the physical plane to the spiritual world
Positive Outcome: Letting go and moving on, Increase awareness and communication with loved ones in the spiritual world

Banksia Robur

Negative Condition: Disheartened, Frustrated
Positive Outcome: Enjoyment of life, Enthusiasm, Interest in life

Bauhinia

Negative Condition: Resistance to change, Rigidity, Reluctance
Positive Outcome: Acceptance, Open-mindedness

Billy Goat Plum

Negative Condition: Shame, Inability to accept the physical self, Physical loathing
Positive Outcome: Sexual ease and enjoyment, Acceptance of self and one's physical body, Open-mindedness

Black-Eyed Susan

Negative Condition: Impatience, "On the go", Overcommitted, Constant striving
Positive Outcome: Ability to turn inward and be still, Slowing down, Inner peace

Bluebell

Negative Condition: Closed, Fear of lack, Greed, Rigidity
Positive Outcome: Opens the heart, Belief in abundance, Universal trust, Joyful sharing, Unconditional love

Boab

Negative Condition: Enmeshment in negative family patterns, For recipients of abuse and prejudice.
Positive Outcome: Personal freedom by releasing family patterns, Clearing of other, non-family, negative Karmic connections

Boronia

Negative Condition: Pining, Broken hearted, Stuckness
Positive Outcome: Clarity, Serenity, Creative visualisation

Bottlebrush

Negative Condition: Overwhelmed by major life changes - old age, adolescence, parenthood, pregnancy.
Positive Outcome: Serenity and calm, Ability to cope and move on, Mother-child bonding

Bush Fuchsia

Negative Condition: Switched off, Nervousness about public speaking, Ignoring 'gut' feelings, Clumsy
Positive Outcome: Courage to speak out, In touch with intuition, Integration of information, Clarity, Integration of male and female aspects

Bush Gardenia

Negative Condition: Stale relationships, Self-interest, Unaware
Positive Outcome: Passion, Renews interest in partner, Improves communication

Bush Iris

Negative Condition: Materialism, Atheism, Physical excess, Avarice
Positive Outcome: Awakening of spirituality, Acceptance of death as a transition state, Clearing blocks in the base chakra and trust centre

Christmas Bell

Negative Condition: Lack of abundance, Sense of lack, Poor stewardship of one's possessions
Positive Outcome: Helps one to manifest one's desired outcome, Assists one with mastery of the physical plane

Crowea

Negative Condition: A sense of being "not quite right", Feeling out of balance
Positive Outcome: Peace and calm, Balances and centres the individual, Clarity of one's feelings

Dagger Hakea

Negative Condition: Resentment, Bitterness towards close family, friends, lovers
Positive Outcome: Forgiveness, Open expression of feelings



AUSTRALIAN BUSH FLOWERS

Dog Rose

Negative Condition: Shy, Insecure, Uncomfortable with other people

Positive Outcome: Confidence, Belief in self, Courage, Ability to embrace life more fully

Dog Rose of the Wild Forces

Negative Outcome: Perturbation, Sense of losing control

Positive Outcome: Calm and centered, Emotional balance

Five Corners

Negative Condition: Low self-esteem, Dislike of self, Crushed, held-in personality, Clothing drab and colorless

Positive Outcome: Love and acceptance of self, Celebration of own beauty, Joyousness

Flannel Flower

Negative Condition: Dislike of being touched, Lack of sensitivity in males, Uncomfortable with intimacy, Difficulty communicating feelings

Positive Outcome: Gentleness and sensitivity in touching, Trust, Openness, Expression of feelings, Joy in physical activity

Freshwater Mangrove

Negative Condition: Damage to aura, Lack of psychic protection

Positive Outcome: Heals damage to aura, Psychic protection, Releases psychic shock

Fringed Violet

Negative Condition: Impatience, "On the go", Overcommitted, Constant striving

Positive Outcome: Ability to turn inward and be still, Slowing down, Inner peace

Green Essence

Negative Condition: Emotional distress associated with intestinal and skin disorders

Positive Outcome: Harmonizes the vibration of any yeast, mould or parasite to one's own vibration, Purifying

Green Spider Orchid

Negative Condition: Nightmares and negative effects from past life experience, intense negative reactions to the sight of blood

Positive Outcome: Telepathic communication, Ability to withhold information until timing is appropriate, Attunement

Grey Spider Flower

Negative Condition: Supernatural and psychic attack, Upsetting dreams

Positive Outcome: Faith, Calm, Courage

Gynea Lily

Negative Condition: Arrogant, Attention seeking, Craving status and glamour, Dominating and over-riding personality

Positive Outcome: Humility, Allowing other to express themselves and contribute, Awareness, appreciation and taking notice of others

Hibbertia

Negative Condition: Fanatical about self-improvement, Driven to acquire knowledge, Excessive self-discipline, Superiority, Hyper vigilance

Positive Outcome: Content with own knowledge, Acceptance, Ownership and utilization of own knowledge

Illawarra Flame Tree

Negative Condition: Overwhelming sense of rejection, Concern about and overwhelmed by responsibility

Positive Outcome: Confidence, Commitment, Self-reliance, Self-approval

Isopogon

Negative Condition: Inability to learn from past experience, Stubborn, Controlling personality

Positive Outcome: Ability to learn from past experience, Retrieval of forgotten skills, Relating without manipulating or controlling

Jacaranda

Negative Condition: Scattered, Changeable, Dithering, Rushing

Positive Outcome: Decisiveness, Centered

Kangourou Paw

Negative Condition: Gauche, Unaware, Insensitive, Inept, Clumsy

Positive Outcome: Kindness, Sensitivity, Savoir faire, Enjoyment of people, Relaxed

Kapok Bush

Negative Condition: Apathy, Resignation, Discouraged, Half-hearted

Positive Outcome: Willingness, Application, "Give it a go", Persistence, Perception

Little Flannel Flower

Negative Condition: Denial of the 'child' within, Seriousness in children, Grimness in adults

Positive Outcome: Carefree, Playfulness, Joyful



AUSTRALIAN BUSH FLOWERS

Macrocarpa

Negative Condition: Drained, Jaded

Positive Outcome: Enthusiasm, Inner strength, Emotional endurance

Mint Bush

Negative Condition: Perturbation, Confusion, Spiritual emergence, Initial turmoil and void of spiritual initiation

Positive Outcome: Smooth spiritual initiation, Clarity, Calmness

Monga Waratah

Negative Condition: Neediness, Co-dependency, Inability to do things alone, Disempowerment, Addictive personality

Positive Outcome: Strengthening of one's will, Reclaiming of one's spirit, Belief that one can break the dependency of any behavior, substance or person, Self-empowerment

Mountain Devil

Negative Condition: Hostility, Anger, Holding grudges, Suspiciousness

Positive Outcome: Unconditional love, Happiness, Healthy boundaries, Forgiveness

Mulla Mulla

Negative Condition: Uncomfortable around fire, heat or hot objects, Emotional distress associated with exposure to heat and sun

Positive Outcome: Feeling comfortable with fire, sun and heat

Old Man Banksia

Negative Condition: Phlegmatic personalities, Disheartened

Positive Outcome: Enjoyment of life, Renews enthusiasm, Interest in life

Paw Paw

Negative Condition: Overwhelm, Unable to resolve problems, Burdened by decision

Positive Outcome: Improved access to Higher Self for problem solving, Assimilation of new ideas, Calmness, Clarity

Peach-Flowered Tea-Tree

Negative Condition: Lack of commitment to follow through projects, Easily bored, Hypochondriacs

Positive Outcome: Ability to complete projects, Personal stability, Take responsibility for one's health

Philitheca

Negative Condition: Inability to accept acknowledgement, Excessive generosity

Positive Outcome: Ability to receive love and acknowledgement, Ability to let in praise, Looking after one's own needs

Pink Flannel Flower

Negative Condition: Feeling and seeing life to be dull, flat and lack luster, Unappreciative, Unhappy, Taking for granted, Unmindful

Positive Outcome: Gratitude, Open-hearted, Joie de vivre, Appreciative, Lightness of being

Pink Mulla Mulla

Negative Condition: Deep ancient wound on the psyche, An outer guarded and prickly persona to prevent people coming close and hurting them

Positive Outcome: Deep spiritual healing, Trusting and opening up

Red Grevillea

Negative Condition: Feeling stuck, Oversensitive, Affected by criticism and unpleasant people, Too reliant on others

Positive Outcome: Boldness, Strength to leave unpleasant situations, Indifference to the judgment of others

Red Helmet Orchid

Negative Condition: Rebelliousness, Hot-headed, Unresolved father issues, Selfishness

Positive Outcome: Male bonding, Sensitivity, Respect, Consideration

Red Lily

Negative Condition: Vague, Disconnected, Split, Lack of focus, Daydreaming

Positive Outcome: Grounded, Focused, Living in the present, Connection with life and God

Red Suva Frangipani

Negative Condition: Initial upset and sorrow of either a relationship at rock bottom or of the death of a loved one, Emotional upheaval, turmoil and rawness

Positive Outcome: Feeling calm and nurtured, Inner peace and emotional resilience

Rough Bluebell

Negative Condition: Deliberately hurtful, manipulative, exploitive or malicious

Positive Outcome: Compassion, Release of one's inherent love vibration, Sensitivity



AUSTRALIAN BUSH FLOWERS

She Oak

Negative Condition: Female emotional imbalance

Positive Outcome: Emotionally open to conceive, Female emotional balance

Silver Princess

Negative Condition: Aimless, Feeling flat, Lack of direction

Positive Outcome: Motivation, Direction, Life purpose

Slender Rice Flower

Negative Condition: Prejudice, Racism, Narrow-mindedness, Comparison with others

Positive Outcome: Humility, Group harmony, Co-operation, Perception of beauty in others

Southern Cross

Negative Condition: Victim mentality, Complaining, Bitter, Martyrs, Poverty consciousness

Positive Outcome: Personal power, Taking responsibility, Positiveness

Spinifex

Negative Condition: Sense of being a victim to illness

Positive Outcome: Empowers one through emotional understanding of illness

Sturt Desert Pea

Negative Condition: Sorrows

Positive Outcome: Letting go, Triggers healthy grieving

Sturt Desert Rose

Negative Condition: Guilt, Regret and remorse, Low self-esteem, Easily led

Positive Outcome: Courage, Conviction, True to self, Integrity, Feeling better about self

Sundew

Negative Condition: Vagueness, Disconnectedness, Split, Indecisive, Lack of focus

Positive Outcome: Grounded, Focused, Living in the present

Sunshine Wattle

Negative Condition: Stuck in the past, Expectation of a grim future, Struggle

Positive Outcome: Optimism, Acceptance of the beauty and joy in the present, Open to a bright future

Sydney Rose

Negative Condition: Feeling separated, deserted, unloved or morbid

Positive Outcome: Realizing we are all one, Feeling safe and at peace, Heartfelt compassion

Tall Mulla Mulla

Negative Condition: ill at ease, Sometimes fearful of circulating and mixing with others, Loner, Distress by and avoids confrontation

Positive Outcome: Feeling relaxed and secure with other people, Encourages social interaction

Tall Yellow Tap

Negative Condition: Alienation, Loneliness, Isolation

Positive Outcome: Sense of belonging, Acceptance of self and others, Knowing that you are 'home', Ability to reach out

Turkey Bush

Negative Condition: Creative block, Disbelief in own creative ability

Positive Outcome: Inspired creativity, Creative expression, Focus, Renews artistic confidence

Waratah

Negative Condition: Inability to respond, Dark night of the soul

Positive Outcome: Courage, Tenacity, Adaptability, Strong faith

Wedding Bush

Negative Condition: Difficulty with commitment

Positive Outcome: Commitment to relationships, Commitment to goals, Dedication to life purpose

Wild Potato Bush

Negative Condition: Weighed down, Feeling encumbered

Positive Outcome: Ability to move on in life, Freedom, Renews enthusiasm

Wisteria

Negative Condition: Feeling uncomfortable with sex, Closed sexually, Macho male

Positive Outcome: Sexual openness, Enhanced sensuality, Sexual enjoyment, Gentleness



BACH FLOWER REMEDIES

Agrimony

Indication: hold it in, mask worries
Positive Potential: Encourages you to open up, face emotions freely. Promotes personal development.
Essential oil: sandalwood
Gemstone: ametrine
Orchid: Globosoa Orchid

Aspen

Indication: unknown fear, anxious
Positive Potential: Maintain a state of inner peace & security, regain assurance of mind
Essential oil: perubalsam
Gemstone: citrine
Orchid: Laeta Orchid

Beech

Indication: intolerant, critical
Positive Potential: Compassion; to see good despite imperfections
Essential oil: opoponax
Gemstone: magnetite
Orchid: Albanica Orchid

Centauray

Indication: subservient, weak will
Positive Potential: Follow your own path, uninfluenced by others
Essential oil: thyme
Gemstone: pink quartz
Orchid: Sancta Orchid

Cerato

Indication: seek advice, indecisive
Positive Potential: Strength of mind, trusting your own inner wisdom
Essential oil: vitiver
Gemstone: smokey quartz
Orchid: Palustrisa Orchid

Cherry Plum

Indication: lack of control, temper
Positive Potential: Find clarity in chaotic moments & think rationally
Essential oil: spruce
Gemstone: sapphire
Orchid: Argolica Orchid

Chestnut Bud

Indication: repeat mistakes, fail to learn
Positive Potential: Learn from past difficulties, gain wisdom & move forward
Essential oil: cascarilla
Gemstone: epidote
Orchid: Affine Orchid

Chicory

Indication: possessive, territorial
Positive Potential: Care for others without the expectation of reciprocity
Essential oil: lotus
Gemstone: diamond
Orchid: Insularis Orchid

Clematis

Indication: spacey, daydream
Positive Potential: Find concentration & interest in the day-to-day
Essential oil:
Gemstone:
Orchid: Orchid

Crab Apple

Indication: poor body image, "unclean"
Positive Potential: Embrace & accept your whole body & mind
Essential oil: tea tree
Gemstone: lavender calcedon
Orchid: Lycia Orchid

Elm

Indication: overwhelmed, take on too much
Positive Potential: Keep perspective & stay self assured when overwhelmed
Essential oil: lemongrass
Gemstone: chalcedony
Orchid: Apulica Orchid

Gentian

Indication: discouraged, doubt
Positive Potential: Approach challenges with conviction & a clear view forward.
Essential oil: lemon
Gemstone: red jasper
Orchid: Pallens Orchid

Gorse

Indication: hopeless, despair
Positive Potential: See the light through the dark. Regain faith & hope
Essential oil: orange blossom
Gemstone: hyacinth
Orchid: Adenocheila Orchid

Heather

Indication: talkative, self-centered
Positive Potential: Encourage a two way dialogue; hear & be heard

Holly

Indication: angry, jealous, envious
Positive Potential: Open your mind to others without judgment
Essential oil: rose
Gemstone: white zirconium
Orchid: Nidus-Avis Orchid



BACH FLOWER REMEDIES

Honeysuckle

Indication: dwell on past, nostalgia
Positive Potential: Live in the present, leaving regret behind
Essential oil: Immortelle
Gemstone: heliotrope
Orchid: Atlantica Orchid

Hornbeam

Indication: procrastinate, "Monday blahs"
Positive Potential: Face the day ahead with positivity, & without hesitation
Essential oil: Birch
Gemstone: red calcite
Orchid: Nigra Orchid

Impatiens

Indication: impatient, irritable
Positive Potential: Think & act mindfully, without haste or irritation
Essential oil:
Gemstone:
Orchid: Orchid

Larch

Indication: lack confidence, low self-esteem
Positive Potential: To approach situations with confidence & determination
Essential oil:
Gemstone:
Orchid: Orchid

Mimulus

Indication: specific fear, shyness
Positive Potential: To face your fears & difficulties with courage
Essential oil:
Gemstone:
Orchid: Orchid

Mustard

Indication: high and low states, gloom
Positive Potential: To work through the occasional sudden gloom, & return to joy
Essential oil: muscale
Gemstone: honey calcite
Orchid: Garganica Orchid

Oak

Indication: difficulties, lack inner strength, carrying the world on your shoulders
Positive Potential: To remain strong while understanding your own limits
Essential oil: ginger
Gemstone: green fluorite
Orchid: Mammosa Orchid

Olive

Indication: lack of energy, tired
Positive Potential: To let go, allowing revitalization & restoration of mental energy
Essential oil: rosemary
Gemstone: amber
Orchid: Monorchis Orchid

Pine

Indication: guilt, self-reproach
Positive Potential: To accept & respect yourself as you would others
Essential oil: rosewood
Gemstone: lapis lazuli
Orchid: Lapponica Orchid

Red Chestnut

Indication: fear for loved ones
Positive Potential: Peace of mind, to care for others with compassion & without worry
Essential oil: magnolia
Gemstone: emerald
Orchid: Parviflora Orchid

Rock Rose

Indication: panic, terror
Positive Potential: To show courage & strong will, especially in the face of emergencies
Essential oil: Tulasi
Gemstone: uwarowite
Orchid: Canariensis Orchid

Rock Water

Indication: rigid, inflexible
Positive Potential: To have a flexible attitude when striving for goals
Essential oil: hyacinth
Gemstone: hematite
Orchid: Sipontensis Orchid

Scleranthus

Indication: moody, indecisive
Positive Potential: For those who change their mind when making decisions between two possibilities
Essential oil: Ravansara
Gemstone: rhodonite
Orchid: Romana Orchid

Star of Bethlehem

Indication: trauma, shock
Positive Potential: Inner strength to self comfort & soothe one's own pain & sorrows

Sweet Chestnut

Indication: anguish, limit of endurance
Positive Potential: Hopefulness. Regain control with peace of mind
Essential oil: jasmine
Gemstone: azurite
Orchid: Odoratissima Orchid



BACH FLOWER REMEDIES

Vervain

Indication: righteous, enthusiasm
Positive Potential: Serenity, wisdom & tolerance
Essential oil: styrax
Gemstone: ruby
Orchid: Corneliana Orchid

Vine

Indication: bossy, dominate
Positive Potential: Determination, without domination & intimidation

Walnut

Indication: change, outside influences
Positive Potential: Move forward & make changes in life with constancy
Essential oil: cinnamon leaves
Gemstone: brown agate
Orchid: Doerfleri Orchid

Water Violet

Indication: bossy, loner, aloof, proud, arrogance
Positive Potential: Nurture warmer relationships in a calm & relatable manner
Essential oil: vanilla
Gemstone: pink kunzite
Orchid: Conopsea Orchid

White Chestnut

Indication: preoccupied, mind races
Positive Potential: Tranquility & peace of mind
Essential oil: geranium
Gemstone: chrysocolla
Orchid: Elegans Orchid

Wild Oat

Indication: need direction, at a crossroad
Positive Potential: Find inner clarity, decide your own path
Essential oil: narde
Gemstone: chrysopras
Orchid: Bifoliaa Orchid

Wild Rose

Indication: apathetic, resignation
Positive Potential: Enthusiasm & an active interest in the world & people around you
Essential oil: grapefruit
Gemstone: sarder
Orchid: Palustris Orchid

Willow

Indication: resentment, self-pity
Positive Potential: Forgive & forget past injustices & enjoy life
Essential oil: galbanum
Gemstone: sunstone
Orchid: lacaitae Orchid



DEEP CYCLE

(Now Deep Cycle H)

Jan Fredrik Poleszynski's 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 bio-energetic field and are generally more comprehensive than the Gold Cycle programs. The systemic therapy by Nuno Nina and the Deep Cycle programs belong to alternative medicine and represent a bio-energetic 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 bio-energetic balancing. The Deep Cycle programs work on various levels and should not be used in the beginning. You need to gradually adjust to this frequency application.

Preparing for the Deep Cycle Programs

There are three programs that can be used in preparation for the Deep Cycle programs. The other Deep Cycle programs are designed for subsequent use after completion of the described preparation of the first 3-9 basic bio-energetic 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 bio-energetically 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.

I. FIRST APPLICATION

- The FIRST APPLICATION aims to gently touch the biofield, softly and bio-energetically stimulate the kidneys and lungs and induce relaxation and balance. Furthermore, the program includes frequencies that should bio-energetically 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.

2. SECOND APPLICATION

- 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.

3. THIRD APPLICATION

- The THIRD APPLICATION aims to bioenergetically stimulate the detox process even more and helps to integrate the heart on the 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 bio-energetic pH regulation (kidneys and lungs).

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DEEP CYCLE

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.

Short Descriptions of the Deep Cycle Programs

Below are short descriptions of the Deep Cycle programs. However, you should not feel limited by these descriptions, because the programs offer many more possibilities on an energetic 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.

Preparatory Programs

FIRST APPLICATION

- **When:** At the first application to establish a connection and to get a feeling for the frequency application
- **Body:** The kidneys and lungs should be energetically stimulated, hypersensitivity can be reduced and balance should increase
- **Affirmation and intention:** Feel good and be touched
- **Duration:** 42 minutes

SECOND APPLICATION

- **When:** At the second application, unless the first application was too sensitive
- **Body:** The kidneys and lungs should be energetically stimulated, hypersensitivity should be reduced and balance should continue to increase
- **Affirmation and intention:** My journey has begun
- **Duration:** 42 minutes

THIRD APPLICATION

- **When:** As soon as you're ready for a more intensive application
- **Body:** Kidneys, lungs, heart, and an accelerated energetic detoxification
- **Affirmation and intention:** Powerful waves of change are coming to me
- **Duration:** 39 minutes



DEEP CYCLE

The Deep Cycle Programs

BREATH OF LIFE

- **When:** Bioenergetic stimulation of the lungs and support for a variety of issues connected to breathing. There are energetic issues associated with lungs and their surrounding organs, including breast and surrounding tissue, along with feelings related to weakness and depression
- **Body:** Lungs and all energetic afflictions in the surrounding area
- **Affirmation and intention:** My breath is a reflection of the breath of the universe
- **Duration:** 52 minutes

CLEAN ALL

- **When:** Appropriate for follow-up after detoxification as an 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.
- **Caution:** To release old toxins from the energetic body and mind is powerful and sometimes carries discomfort, flu-like symptoms and side effects. Move gentle and slow and remember to consume lots of water.
- **Body:** Complete energetic detoxification of various systems, such as kidneys, lungs, liver, digestive system, lymph, and circulation system is always advisable, and many times needs follow up support.
- **Affirmation and intention:** My body is pure, I feel comfortable in it
- **Duration:** 59 minutes

DIGEST ALL

- **When:** 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.
- **Body:** Intestines, stomach, pancreas, gallbladder. This program is great for digestive issues that can block moving forward (e.g., if stomach issues continue even after the stress is reduced and the kidneys work well).
- **Affirmation and intention:** I accept my past, digest and integrate it
- **Duration:** 48 minutes

GO TO THE ROOTS

- **When:** 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.
- **Body:** Intestines, stomach, pancreas, gallbladder
- **Affirmation and intention:** I feed my roots and grow into a strong tree
- **Duration:** 47 minutes

FREE FLOW

- **When:** To energetically support the circulation and the supply of oxygen to the cells. It is suitable for use after basic kidney and lung balancing, as well as for general energetic stiffness and circulatory imbalance. In addition to supporting the circulation, it can bio-energetically promote muscle relaxation.
- **Body:** Intestines, stomach, pancreas, gallbladder
- **Affirmation and intention:** Movement, blood flow and circulation are powerful
- **Duration:** 42 minutes

RENEWAL

- **When:** In case of injuries or after operations, of an energetic regeneration is desired. It should energetically stimulate bone recovery. Also suitable for athletes.
- **Body:** Bones, skin, tendons, vessels, nerves, muscles, and DNA
- **Affirmation and intention:** Everything is restored, pain is temporary
- **Duration:** 45 minutes

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DEEP CYCLE

The Deep Cycle Programs

KIDNEY ALL FEMALE & KIDNEY ALL MALE

- **When:** 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 tinal nerve, which can also be indirectly stimulated.
- **Caution:** Do not use SP6 or K5-K6 stimulation during bleeding, which also includes menstruation.
- **Body:** Kidney, adrenals, bladder, urinary system, ovaries, genitals, prostate and related bio-energetic problems
- **Affirmation and intention:** My energy flows freely
- **Duration KIDNEY ALL FEMALE:** 49 minutes
- **Duration: KIDNEY ALL MALE:** 52 minutes

PURE CALM

- **When:** It should contribute to inner peace, emotional and spiritual balance.
- **Body:** Energetic Muscle relaxation. The other parts of the program are intended to support the non-physical aspects of life
- **Affirmation and intention:** I’m connected to everything
- **Duration:** 39 minutes

Advice for first time users – This is a powerful set of programs that are designed to address all areas of your physical and mental wellbeing. If you are not an experienced Healy user, after working your way through the Gold Cycle to your satisfaction (two or three programs a day in sequence, record your reactions, repeat if desired up to three times, leave a reasonable gap between programs to allow frequencies to settle and take effect), then what follows is a good way of introducing yourself to the Deep Cycle and gaining maximum benefit.

Deep Cycle Program Schedule

Days 1 to 3: Run First only, once each day

Days 4 to 6: Run Second only, once each day

Days 7 to 9: Run Third only, once each day

Days 9 to 12: Run Breath of Life only, once each day

Days 13 to 15: Run Clean All only, once each day

Days 16 to 18: Run Digest All only, once each day

Days 19 to 21: Run Go to the Roots only, once each day

Days 22 to 24: Run Free Flow only, once each day

Days 25 to 27: Run Renewal only, once each day

Days 28 to 30: Run Kidney All Male or Female only (gender dependent obviously), once each day **Days 31 to**

33: Run Pure Calm only, once each day

NB – This is a subjective view, a personal recommendation, based on the power of these programs and the ethos of going ‘slow and easy’ / the principle that ‘less is more’ to get the most out of your Healy

I-CHING

I-Ching (Chinese for "The Book of Changes") is an ancient text that's been used for thousands of years as a tool for self-knowledge, human development, bridging the gap between human life as we know and experience it and the larger cosmos. The book is used as a guide and like Richard Wilhelm describes, "with understanding first of all the dynamics in any situation and then what consequent actions might be appropriate, even when the action advised is most difficult or may go against the wishes or hopes of the enquirer. Sometimes the answer the oracle offers is not what you want to hear, but over time, you realize it is ALWAYS right. Often the changing lines lay out the consequences of different types of action possible in any situation."

The following are all clickable links to bring you to more information from the Book of Changes. Use this to dive deeper into your Healy I-Ching scans.

To learn more about each symbol click the link below:

- [KIAN- the creative](#)
- [Khuan- the receiving](#)
- [TSHUAN- difficulty of commencement](#)
- [MONG- youthful foolishness](#)
- [SU- the waiting](#)
- [SONG- the dispute](#)
- [SHI- the firm leadership](#)
- [PI- the agreement](#)
- [SIAO-TSHU- the small gathering](#)
- [LI- the way of living, the demeanor](#)
- [THAI- the peace](#)
- [PI- the stoppage, the obstruction](#)
- [THONG JEN- the community](#)
- [YU-TAE- the large property](#)
- [KIAN- modesty](#)
- [YUE- the joy, enthusiasm](#)
- [SUEI- the followers](#)
- [KU- the decay](#)
- [LIN- the approach](#)
- [KWAN- consideration](#)
- [SHIH HO- the criminal trial](#)
- [PI- the decorating](#)
- [PO- the decline, fall](#)
- [FU- the return point](#)
- [WU WANG- innocence, without guile](#)
- [TA_KHU- the taming, inhibition](#)
- [I- nutrition](#)
- [TA KW0- overburden, excess](#)
- [KHAN- risk abyss](#)
- [LI- Insight, brightness](#)
- [HSIEN- taking influence](#)
- [HANG- long duration](#)

I-CHING

To learn more about each symbol click the link below:

- [THUN- the retreat](#)
- [TA KWANG- big power, strength, wealth](#)
- [ZIN- progress, rise](#)
- [MING I- injured brightness](#)
- [KIA ZAN- family, Heini](#)
- [KUEI- alienation, contrast](#)
- [KIEN- the danger](#)
- [KIAE- exemption](#)
- [SUAN- the loss](#)
- [YI- profit](#)
- [KUAW- decision, breakthrough](#)
- [KEU- the encounter, contact](#)
- [TSUEI- the assembly](#)
- [SHENG- the rise, uplift](#)
- [KUEN- Exhaustion, distress](#)
- [TSING- the fountain](#)
- [KO- radical change](#)
- [TING- the pot, jar](#)
- [TSHEN- the arousal](#)
- [KEN-keeping still](#)
- [TSIAN-development](#)
- [KUEI MEI- the marrying maiden](#)
- [FONG- the abundance](#)
- [LU- the wanderer](#)
- [SUN- the gentle](#)
- [TUI- the joy](#)
- [HOAN- resolution](#)
- [TSIE- limitation](#)
- [TSHONG FU- confidence](#)
- [SIAP KUO- preponderance of the small](#)
- [KI TSI- after completion](#)
- [VI TSI- before completion](#)

The Frequency Mamas Healy Team

SCHUESSLER (CELL) SALTS

No 1: Calcium fluoride (Calc Fluor)

Part of the body: bones, joints, skin, elastic/connective tissues, veins, arteries, teeth

Healing Qualities: gives tissues the quality of elasticity, preserves contractile power of elastic tissue.

Main Uses: cracks in the skin, skin illnesses, joint pains, relaxed condition of the veins and arteries, sluggish circulations, loose teeth.

Desired State: supporting ones own determination and developing equanimity in relation to ones own effects on others.

No 2: Calcium phosphate (Calc Phos)

Part of the body: bones, muscles, nerves, brain, connective tissues, teeth

Healing Qualities: aides normal growth and development, restores tone and strength, aides digestion, aids bone and teeth formation, stimulates immune system, for eczema

Main Uses: back pains, blood circulation disturbances, regeneration.

No 3: Iron phosphate (Ferrum Phos)

Part of the body: all cells, hemoglobin of the red blood cells

Healing Qualities: rebuilds new blood, reduces inflammation, for skin irritations

Main Uses: for inflammation, to support the immune system, for fevers and colds

Desired state: resistance-

No 4: Potassium chloride (Kali Mur)

Part of the body: all cells, red blood cells, mucous membranes

Healing Qualities: antiinflammatory

Main Uses: for being overweight, pharyngitis, rhinitis

No 5: Potassium phosphate (Kali Phos)

Part of the body: nerves, brain, muscles, blood

Healing Qualities: relaxes the nerves/nervous system and psyche

Main Uses: exhaustion, impulsivity, sleeplessness

Desired state: challenges- supporting the ability to cope with all tasks, to manage ones strength well and to face challenges courageously.

No 6: Potassium sulphate (Kali Sulph)

Part of the body: skin, mucous membranes, metabolism

Healing Qualities: aides with late stage inflammation and metabolism

Main Uses: asthma, eczema, sinusitis

Desired state: stability- supporting the ability to advance courageously, to live ones own emotions harmoniously and to be independent of the expectations of others

No 7: Magnesium phosphate (Mag Phos)

Part of the body: bones, muscles, nerves, red blood cells, thyroid, liver

Healing Qualities: pain relief

Main Uses: pains and cramps, migraine

Desired state: courage and serenity- supporting the ability to accept and use ones own life and possibilities. Promoting serenity and generosity.

No 8: Sodium chloride (Nat Mur)

Part of the body: external cellular liquid, bone, cartilage, stomach, kidneys

Healing Qualities: aides metabolism and warming the body

Main Uses: diabetes, dry skin, rheumatism, migraines

No 9: Sodium phosphate (Nat Phos)

Part of the body: brain, nerves, muscles, red blood cells, digestive organs, skin

Healing Qualities: aides metabolism and warming the body, calming to the skin

Main Uses: high blood lipids, weight loss, kidney/bladder stones

Desired state: integration- supporting the ability to feel tolerance and respect for others. Promoting gentleness and mindfulness.

No 10: Sodium sulphate (Nat Sulph)

Part of the body: interstitial fluid

Healing Qualities: detoxification

Main Uses: colds, digestive problems, headaches, swelling

No 11: Silica (Silicea)

Part of the body: connective tissues, skin, hair

Healing Qualities: cleanses and eliminates, initiates the healing process, insulator of the nerves, restores the activity of skin.

Main uses: odorous feet/armpits, abscesses, boils, tonsillitis, brittle nails, stomach pains, connective tissue weakness, arteriosclerosis,

No 12: Calcium sulphate (Calc Sulph)

Part of the body: cartilage, liver, bile, joints

Healing Qualities:

Main uses: arthritis, rheumatism, boils

No 13: Potassium arsenite (Kali Ars)

Part of the body: skin, hair, liver, kidney, thyroid, brain

Healing Qualities: skin healing

Main Uses: vitality, weakened states, menstrual discomfort, skin illnesses, intestinal complaints, menopause

No 14: Potassium bromide (Kali Brom)

Part of the body: hormonal glands, nerves and lymph glands

Healing Qualities: aides the nervous system, anti-inflammatory and hormonal balance

Main Uses: neuralgias, sleeping disturbances, nervous disorders, headaches, migraines

Desired State: calming- supporting free flow of life energy, abundance in life and bioenergetic balance.

SCHUESSLER (CELL) SALTS

No 15: Potassium iodide (Kali Iod)

Part of the body: thyroid, kidney, liver, stomach, spleen, skin, hair

Healing Qualities: supporting the metabolism and psyche

Main Uses: high blood pressure, dejection, weakness, anxiety, skin disorders

No 16: Lithium chloride (Lith Mur)

Part of the body: lungs, joints, urinary apparatus

Healing Qualities: supporting the metabolism, removal of toxins

Main Uses: discord, tiredness

Desired state: light-supporting positive mood, building up self-confidence and body tension.

No 17: Manganese sulfate (Mang Sulph)

Part of the body: blood, cartilage

Healing Qualities: supportive to the blood, nervous system, metabolism

Main Uses: anemia, arthritis, osteoporosis

No 18: Calcium sulfide (Calc Sulf)

Part of the body: skin, mucous membranes, muscles

Healing Qualities: support detoxification, excretion and the skin

Main Uses: weight loss, amalgam poisoning, rheumatism

Desired state: peace- promoting the ability to emphasize with the point of view of others and to offer appropriate assistance when needed. Strengthening confidence and hope. Supporting the ability to overcome emotional challenges and to develop oneself.

No 19: Copper arsenite (Cuprum Ars)

Part of the body: bones, muscles, nerves, red blood cells, thyroid, liver

Healing Qualities: pain relief

Main Uses: pains and cramps, migraine

Desired state: Believing in your own stability and seeking access to inner sources of strength. Promoting reorientation after setbacks.

No 20: Alum (Kali Alum Sulph)

Part of the body: external cellular liquid, bone, cartilage, stomach, kidneys

Healing Qualities: aides metabolism and warming the body

Main Uses: diabetes, dry skin, rheumatism, migraines

No 21: Zinc chloride (Zinc Mur)

Part of the body: brain, nerves, muscles, red blood cells, digestive organs, skin, immune system

Healing Qualities: aides metabolism and warming the body, calming to the skin

Main Uses: high blood lipids, weight loss, kidney/bladder stones

Desired State: Growing- supporting the ability to strengthen ones self-confidence. Promoting the courage to make mistakes and the certainty that you are loved for your own sake. Strengthening the ability to be alone with oneself.

No 22: Calcium carbonate (Calc Carb)

Part of the body: interstitial fluid

Healing Qualities: detoxification

Main Uses: colds, digestive problems, headaches, swelling

No 23: Sodium bicarbonate (Nat Bicarb)

Part of the body: connective tissues, skin, hair, joints, metabolism and GI tract

Healing Qualities: cleanses and eliminates, initiates the healing process, insulator of the nerves, restores the activity of skin.

Main uses: odorous feet/armpits, abscesses, boils, tonsillitis, brittle nails, stomach pains, connective tissue weakness, arteriosclerosis,

Desired State: reality ad courage- supporting the ability to find the balance between burden and release and to face unpleasant situations.

No 24: Arsenic iodide (Ars Iod)

Part of the body: cartilage, liver, bile, joints

Healing Qualities: supportive to the skin, respiratory organs and thyroid gland

Main uses: arthritis, rheumatism, boils

Desired state: dealing with the past- supporting the ability to cope with past and unprocessed burdens and this to achieve lasting inner peace and serenity.

No 25: Aurum chloride sodium (Aurum Mur Nat)

Part of the body: reproductive organs, pineal gland, cartilage, liver, bile, joints

Healing Qualities:

Main uses: arthritis, rheumatism, boils

Desired State: focus on the essential- supporting tha ability to be in flow and to follow ones intuition and rhythm. Promoting transcendental thinking.

No 26: Selenium (Selenium)

Part of the body: cartilage, liver, bile, joints

Healing Qualities:

Main uses: arthritis, rheumatism, boils

No 27: Potassium dichromate (Kali Dichrom)

Part of the body: cartilage, liver, bile, joints

Healing Qualities: Strengthens the ability to deal with ones feelings properly and to grow from them. Promotes the urge to move and harmony.

Main uses: arthritis, rheumatism, boils

Desired state: reconciliation with oneself- supporting the ability to balance ones own physical and mental reserves and perceive disease as an opportunity for growth.



VITAL SUBSTANCES

The information on vital substances is sourced [HERE](#) & from [MedlinePuls.com](#) and the [Nutrition Desk Reference](#)

Alpha-linolenic acid

Function: Lowers cholesterol. Anti-asthmatic properties. Anti-inflammatory effects. Protection against breast cancer. Supports bone health. Benefits for pregnant women including a longer duration of gestation and greater birth weight.

Arachidonic acid

Function: Improves intelligence in early neurological development. Shown to lower symptoms and slow progression of Alzheimer's disease. Aids in the development of infants. Supports muscle health, liver health, and brain health. Treats parasites. Regulates glucose.

Arsenic

Function: aides in the conversion of methionine and the development of fatty liver. possibly essential for growth and iron metabolism. Deficiency symptoms may include heart damage, impaired fertility, lower plasma taurine levels.

Boron

Function: Relieves menstrual pain. Aids in wound healing. Supports bone health and helps to prevent arthritis. Enhances testosterone levels. Lowers plasma lipid levels. Can reduce fungal infections. Improves cognition.

Calcium

Function: formation of bones, teeth; blood clotting; cell membrane permeability; prevention of hypertension; neuromuscular activity
Found in: milk, milk products, bonemeal, dark green leafy veggies

Chromium

Function: necessary for glucose utilization; possible cofactor for insulin
Found in: whole grains, brewers yeast, wheat germ, orange juice

Cobalt

Function: constituent of vitamin B12
Found in: chicken, vitamin B12 rich meats, fish, milk products

Copper

Function: formation of hemoglobin; constituent of oxidase enzymes
Found in: organ meats, egg yolk, whole grains, legumes.

Dihomo-γ-linolenic acid

Function: Anti-inflammatory. Fights cell damage and regulates pain as part of the healing process. Prevents or treats a variety of health conditions, including asthma; atherosclerosis; cancer; diabetic neuropathy; eczema; chronic fatigue syndrome; depression; high-cholesterol; menopause symptoms; metabolic syndrome; psoriasis; and rheumatoid arthritis.

Docosahexaenoic acid

Function: Reduces heart disease risk. May improve ADHD. Reduces the risk of early preterm births. Anti-inflammatory properties that may reduce the risk of chronic diseases that are common with age, such as heart and gum disease, and improve autoimmune conditions like rheumatoid arthritis, which causes joint pain. Supports muscle recovery after exercise. Supports eye health and may specifically improve dry eyes and diabetic eye disease (retinopathy). Known to lower the risk of several cancers, including colorectal, pancreatic, breast, and prostate. May help prevent or slow Alzheimer's disease. Lowers blood pressure and supports circulation. Aids normal brain and eye development in babies. Supports men's reproductive health. May reduce symptoms of depression.

Eicosapentaenoic acid

Function: Lowers ADHD symptoms. Reduces symptoms of depression. Supports heart health. Reduces symptoms and inflammation caused by rheumatoid arthritis. Reduces hot flashes. Reduces menstrual cramping and pain. Reduces discomfort and sensitivity to cold for people with Raynaud syndrome. Reduces joint pain and fatigue from lupus. Positive effects have also been reported on kidney and lung disease, type-2 diabetes, anorexia nervosa, Crohn's disease, burns, osteoporosis, and early stages of colorectal cancer.

Glutamic acid

Function: Improves memory and focus. Boosts the immune system. Supports prostate health. Detoxes the body. Improves athletic performance. Supports digestive health.

Gamma linolenic acid

Function: Anti-inflammatory. Fights cell damage and regulates pain as part of the healing process. Prevents or treats a variety of health conditions, including asthma; atherosclerosis; cancer; diabetic neuropathy; eczema; chronic fatigue syndrome; depression; high-cholesterol; menopause symptoms; metabolic syndrome; psoriasis; and rheumatoid arthritis.

The Frequency Mamas Healy Team



VITAL SUBSTANCES

Glutamate

Function: Acts as an important neurotransmitter in the brain. Supports growth and development of the brain. Supports cognitive functions, including learning and memory. Supports the “gut-brain connection”. Helps with bone formation and muscle tissue repair.

Iodine

Function: constituent of tooth enamel; strengthens bones and teeth
Found in: seafood, seaweed

Iron

Function: constituent of hemoglobin, myoglobin, catalase, cytochromes; enzyme cofactor
Found in: Organ meats, meats, green leafy veggies, whole grains

L-Alanine

Function: Supports muscle enhancement and boosts energy. Regulates blood sugar. Supports the immune system and prostate.

L-Arginine

Function: Relaxes blood vessels and may help with erectile dysfunction. Lowers blood pressure. Supports endothelium health which may reduce the chance of heart attack or stroke.

L-Asparagine

Function: Supports brain development and function. Supports liver function. Regulates mood and the central nervous system.

L-Carnitine

Function: Supports muscle repair and regulates muscle pain. Use is effective in the following conditions: serious kidney disease, hyperthyroidism, male infertility, and myocarditis (inflammation of the heart). Reduces memory issues in elderly people. Supports heart health. Supports weight loss and fat burning.

L-Cysteine

Function: Anti-aging properties. Supports immune function. Promotes detoxification from drug reactions and toxic chemicals. Increases male fertility. Balances blood sugar levels. Supports digestive health. Relieves symptoms of respiratory conditions. Helps to treat psychiatric disorders as well as addictions. Other uses include acne, angina, asthma, emphysema, colon cancer, and lung cancer.

L-Isoleucine

Function: Lowers glucose. Decreases muscle damage and soreness. Reduces fatigue and boosts performance.

L-Arginine

Function: Relaxes blood vessels and may help with erectile dysfunction. Lowers blood pressure. Supports endothelium health which may reduce the chance of heart attack or stroke.

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L-Glutamine

Function: A building block of protein. Used for weight loss, fat burning, and building muscle. Treats leaky gut syndrome. Improves gastrointestinal issues such as irritable bowel syndrome (IBS), Crohn’s disease, ulcerative colitis, diverticulosis, and diverticulitis. Boosts brain health. Decreases muscle wasting. Improves athletic performance and exercise recovery. Suppresses insulin levels and stabilizes blood glucose.

L- Glycine

Function: Helps build lean muscle mass. Prevents muscle wasting. Supports the production of human growth hormone. Boosts mental performance and memory. Helps to prevent ischemic strokes and seizures. Protects skin from signs of aging or cellular mutations. Protects collagen in joints and reduces joint pain. Supports flexibility and range of motion. Regulates blood sugar. Improves sleep. Reduces inflammation. Supports digestive health. Reduces allergic and autoimmune reactions. Supports production of red blood cells. Helps control symptoms of mental disorders.



VITAL SUBSTANCES

L-Leucine

Function: Helps regulate blood sugar levels and aids the growth and repair of muscle and bone. It is also necessary for wound healing and the production of growth hormones. Deficiency can lead to skin rashes, hair loss, and fatigue.

L-Lysine

Function: Builds muscle; maintains bone strength, aids in recovery from injury or surgery, regulates hormones, antibodies, and enzymes. Possible antiviral effects.

L-Methionine

Function: Along with cysteine, methionine supports the health and flexibility of skin, and hair, and the strength of nails. Supports proper absorption of selenium and zinc as well as the removal of heavy metals like lead and mercury.

L-Ornithine

Function: Supports muscle strength and health. Supports liver detoxification by assisting with eliminating extra nitrogen and other waste such as ammonia. Stimulates liver tissue regeneration.

L-Phenylalanine

Function: Used to treat vitiligo. Produces dopamine. Supports learning, memory, and emotion. May reduce symptoms of depression. May aid in the treatment of Parkinson's disease. Relieves chronic pain. May promote weight loss.

L-Proline

Function: Helps to heal wounds and repair skin. Supports digestive health. Helps to prevent joint pain. Supports the cardiovascular system. Supports healthy metabolism and fights inflammation. Supports toe formation of new collagen. Naturally prevents or treats cellulite. Treats leaky gut syndrome.

L-Pyrrolysine

Function: The largest naturally occurring amino acid.

L-Selenomethionine

Function: Supports healthy thyroid gland function, reproduction, DNA production, and protecting the body from infection. Supports healthy heart function. Supports cognitive function.

L-Serine

Function: Improves brain function. Fights fibromyalgia. Helps to relieve stress. Improves sleep. Boosts immune function.

L-Selenocysteine

Function: Supports heavy metal removal. Boosts immunity. Supports healthy gut.

L-Taurine

Function: Helps to maintain proper hydration and electrolyte balance in your cells. Helps to form bile salts for digestion. Regulates minerals such as calcium within cells. Supports the central nervous system and eyes. Regulates immune system and antioxidant function.

L-Threonine

Function: Supports healthy skin and teeth; is a component of tooth enamel, collagen, and elastin. Helps to aid fat metabolism and may benefit people with indigestion, anxiety, and mild depression.

L-Tryptophan

Function: Produces melatonin in the brain (pineal gland), the gut, the retina, and immune cells. Improves sleep quality and helps with insomnia. May improve obstructive sleep apnea. Helps with PMS. Assists with smoking cessation. May reduce symptoms of depression. May reduce manic symptoms. May reduce appetite. Used for dementia. Increases exercise performance, likely due to increased pain tolerance.

L-Tyrosine

Function: May boost cognition and alertness under stress or sleep deprivation. May improve mood. May increase thyroid hormones. May help with fibromyalgia. Used for patients with narcolepsy. Reduces addiction and substance withdrawal. May support weight loss.

L-Valine

Function: Essential for mental focus, muscle coordination, and emotional calm. Valine supplements are often used for muscle growth, tissue repair, and energy. Deficiency may cause insomnia and reduced mental function.

Lauric acid

Function: Strong antimicrobial and antiviral properties; helps to treat or prevent infections, viruses, digestive disorders, and chronic disease. Positive outcomes for treating herpes simplex virus (HSV), chronic yeast infections, and HIV/AIDS and has been shown to kill staphylococcus Aureus. Also controls infections like bronchitis, candida virus, sexually transmitted diseases like gonorrhoea, genital warts caused by human papillomavirus (HPV) or chlamydia, and intestinal infections caused by parasites. Helps fight antibiotic resistance. Supports heart health. Supports healthy skin and fights acne. Correlated with health and longevity in traditional populations.



VITAL SUBSTANCES

Linoleic acid

Function: Supports heart health. Supports healthy brain function. Supports skin and hair health. Supports reproductive health. Boosts immune function. Protects bone density.

Magnesium

Function: needed for more than 300 biochemical reactions in the body. It helps to maintain normal nerve and muscle function, supports a healthy immune system, keeps the heartbeat steady, and helps bones remain strong. It also helps adjust blood glucose levels. It aids in the production of energy and protein.

Manganese

Function: an essential trace element that is naturally present in many foods and available as a dietary supplement. Manganese is a cofactor for many enzymes. Through the action of these enzymes, manganese is involved in amino acid, cholesterol, glucose, and carbohydrate metabolism; reactive oxygen species scavenging; bone formation; reproduction; and immune response. It also plays a role in blood clotting and hemostasis in conjunction with vitamin K.

Molybdenum

Function: an essential trace element that is naturally present in many foods. Molybdenum is a structural constituent of molybdopterin, a cofactor synthesized by the body and required for the function of four enzymes: sulfite oxidase, xanthine oxidase, aldehyde oxidase, and mitochondrial amidoxime reducing component (mARC). These enzymes metabolize sulfur-containing amino acids and heterocyclic compounds including purines and pyrimidines. Xanthine oxidase, aldehyde oxidase, and mARC are also involved in metabolizing drugs and toxins.

Myristic acid

Function: a saturated fatty acid member of the sub-group called, long chain fatty acids. Occurring as a glycerol ester in most animal and vegetable fats/oils.

Sodium

Function: controls blood pressure and blood volume. Vital for proper nerve and muscle function.

Omega-3 fatty acid

Function: Reduces symptoms of depression and anxiety. Supports eye health and can reduce the risk of macular degeneration. Can promote brain health during pregnancy and early life. Supports heart health. Can reduce symptoms of ADHD in children. Can reduce symptoms of Metabolic Syndrome. Anti-inflammatory. Can fight autoimmune diseases, including type-1 diabetes, autoimmune diabetes, multiple sclerosis, lupus, rheumatoid arthritis, ulcerative colitis, Crohn's disease, and psoriasis. Can improve mental disorders. Can fight age-related mental decline and Alzheimer's disease. May help prevent cancer. Can reduce asthma in children. Can reduce fat in your liver. May improve bone and joint health. Can alleviate menstrual pain. May improve sleep. Supports healthy skin.

Omega-6 fatty acid

Function: May reduce symptoms of nerve pain in people with diabetic neuropathy. May reduce symptoms of Rheumatoid arthritis and assist with related joint pain. May reduce symptoms of ADHD. Reduces blood pressure and supports heart health. Supports bone health.

Palmitic acid

Function: Supports cellular functions. Helps to heal skin issues including rash, irritation and redness, dryness, and insect bites.

Phosphorus

Function: a mineral contained in each cell in our body. Most phosphorus is in the bones and teeth, and some is in your genes. Your body needs phosphorus to make energy and to carry out many important chemical processes.

Sulfur

Function: Important in enzyme reactions and protein synthesis. Major component of substances that occur in cells and in cartilage and skin, where they serve a protective and structural function. Important part of the substances that support tissues in the body. These substances, such as glucosamine or chondroitin sulfates, are used to help joint and arthritis pain. A major component of one of the main antioxidant protectors called glutathione. Sulfur is a component of various enzymes that help the body eliminate and deactivate many kinds of toxins.

Selenium

Function: important for reproduction, thyroid gland function, DNA production, and protecting the body from damage caused by free radicals and from infection.

Vanadium

Function: a trace mineral found in many foods. Scientists think your body may need vanadium in very small amounts for normal bone growth. Scientists aren't sure exactly what effects vanadium may have

Vitamin D2 (ergocalciferol) & Vitamin D3 (cholecalciferol)

Function: reduction of inflammation in the body. Modulation of processes such as cell growth, neuromuscular and immune function, and glucose metabolism. Promotes calcium absorption. Maintains adequate serum calcium and phosphate concentrations and enables normal bone mineralization. Needed for bone growth and bone remodeling by osteoblasts and osteoclasts. Many genes encoding proteins that regulate cell proliferation, differentiation, and apoptosis are modulated in part by vitamin D.



VITAL SUBSTANCES

Vitamin E (tocopherol)

Function: acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Supports the immune system and keeps it strong. Helps form red blood cells and widen blood vessels to keep blood from clotting inside them. Aides the body to use vitamin K. Cells also use vitamin E to interact with each other. It helps them carry out many important functions.

Vitamin K1 (phylloquinone) & Vitamin K2 (menaquinone)

Function: functions as a coenzyme for vitamin K-dependent carboxylase, an enzyme required for the synthesis of proteins involved in hemostasis (blood clotting) and bone metabolism, and other diverse physiological functions

Vitamin A (retinol)

Function: involved in immune function, cellular communication, growth and development, and male and female reproduction. Supports cell growth and differentiation, playing a critical role in the normal formation and maintenance of the heart, lungs, eyes, and other organs. Critical for healthy vision.

Vitamin B1 (Thiamine)

Function: plays a critical role in energy metabolism and, therefore, in the growth, development, and function of cells.

Vitamin B2 (riboflavin)

Function: essential component of two major coenzymes that play major roles in energy production; cellular function, growth, and development; and metabolism of fats, drugs, and steroids. The conversion of the amino acid tryptophan to niacin requires these coenzymes. Helps maintain normal levels of homocysteine, an amino acid in the blood.

Vitamin B3 (nicotinic acid)

Function: helps the digestive system, skin, and nerves to function. It is also important for changing food to energy.

Vitamin B5 (pantothenic acid)

Function: synthesis of coenzyme A (CoA) and acyl carrier protein. CoA is essential for fatty acid synthesis and degradation, transfer of acetyl and acyl groups, and a multitude of other anabolic and catabolic processes. Acyl carrier protein's main role is in fatty acid synthesis

Vitamin B6 (pyridoxine)

Function: needed for more than 100 enzyme reactions involved in metabolism and is also involved in brain development during pregnancy and infancy as well as immune function.

Vitamin B7 (biotin)

Function: a cofactor for enzymes that catalyze critical steps in the metabolism of fatty acids, glucose, and amino acids. Plays key roles in histone modifications, gene regulation, and cell signaling.

Vitamin B9 (folate)

Function: as a coenzyme or cosubstrate in the synthesis of nucleic acids (DNA and RNA) and metabolism of amino acids. Very important in the methylation processes within the body, required for proper cell division and detoxification.

Vitamin C (ascorbic acid)

Function: required for the biosynthesis of collagen, L-carnitine, and certain neurotransmitters. Involved in protein metabolism and is a physiological antioxidant that acts to regenerate other antioxidants within the body. Plays an important role in immune function and improves the absorption of nonheme iron.

Zinc

Function: constituent of insulin and enzymes; regulates taste and growth. Needed for protein and DNA synthesis. Aides in wound healing and immune system function.

Oleic acid

Function: Lowers total cholesterol. Decreases blood pressure. Boosts mood and energy. Improves cognition. Anti-inflammatory properties. Improves response to insulin. May decrease obesity. Anti-aging benefits for your skin.



HELLO THERE!

I am Robyn Grogitsky-Ramirez. I am a mother and wife (my favorite roles in life!) as well as an intuitive energy healer, Advanced Reiki Master Teacher and Practitioner, Emotion Code Practitioner, Empath Coach/Teacher, Nutritionist, and Director with Healy World.

You may be familiar with me from Instagram ([@empathic_mamahood](https://www.instagram.com/empathic_mamahood)), from one of my many courses on energy healing, or from being on the Frequency Mamas Healy Team with me. Through my journey as a mother, an empath, and energy medicine practitioner, I have ignited the healer within myself to not only help take the drivers seat back in our family's health and wellness, but also to help others learn to activate their own healer within! Healy has the ability to fast track you to activating that healer within for you and your family (or practice) as well!

Activating the healer within yourself is life changing!

Through working with Healy, my courses and my services, I hope you and your family will join me in learning about how you can help yourself and your family heal and learn how to transform your abilities into your greatest superpowers by activating with healer within! Thank you so much for allowing me to guide you on the basics of Healy and frequency medicine!

*Love and healing light,
Robyn Grogitsky-Ramirez*