



# Healy Starter Guide

*Customer*



Frequencies for Life

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# Healy

## Mission:

To elevate global consciousness through the use of intention and frequencies. To bring people to a level of health so they can know who they really are and fulfill what they came on Earth to do, ultimately fulfilling their mission.

## Healy: How it works

Healy is frequency therapy. It's the first wearable micro-current class II medical device that has been cleared by the FDA. It has a quantum sensor that analyzes your bioenergetic field in real time to assess which micro-current frequencies your cells need in that moment, then delivers them. The frequencies can be delivered through wrist bands or adhesive pad electrodes. The device connects directly to your smart phone or tablet via the Healy app.

The official FDA approved Healy disclaimer is: "Healy is a micro-current medical device that has been cleared by the U.S. Food and Drug Administration for relief of acute, chronic, and arthritis pain and muscle soreness due to overexertion. Healy also has non-medical applications that use individualized frequencies to help balance your mind and body and relieve stress."

## Why are frequencies important?

Two billion years ago, life first appeared on earth and our planet naturally bathed in electromagnetic frequencies. As life slowly evolved from simple to complex organisms, it did so surrounded by these frequencies, forming a harmonic relationship with them. It's a relationship that science is just beginning to comprehend, but new research is showing that exposure to this frequency is vital to human beings. It controls our mental and physical health, it synchronizes our circadian rhythms, it aids our immune system, and it improves our overall sense of well-being. Not only are we surrounded by these frequencies, but our bodies are suffused with them. Our cells communicate using these electromagnetic frequencies, our brain emits a constant stream of them and they even determine how our DNA delivers instructions. Without frequencies, we could not exist.

We are vibrational beings, each with a unique bioenergetic field that produces energy via these frequencies. Our body's frequencies are either balanced or imbalanced at any given time depending on the level of cellular assaults we are experiencing. Toxins, poor nutrition, EMFs, stress and trauma can each take us out of proper vibration and imbalances can occur on many levels such as physically, emotionally and/or spiritually. The correct micro-current frequencies, when supplied at the right time, can bring us back into alignment, maximizing our body's ability to thrive. Recently the term electroceuticals has been used to capture the essence of these frequencies and their interaction with the physical body. It is my personal opinion that electroceuticals, along with wearable technology, are the future of medicine. Healy offers both.

## Cellular voltage

Frequencies and cellular health are intrinsically linked. Humans are only as healthy as their cells and their cell's ability to communicate with one another. Humans appear to be solid, yet we are more energy than matter. All matter is bonded together by electrochemical bonds and every bond resonates at a specific frequency. This is the same with cell membrane receptors, too. They have bonds that will only resonate at specific signals. This is biophysics at its core.

Frequencies are nutrition for our cells. Much like our bodies have a metabolism, so do our cells. Cells must take in water, nutrients and oxygen to function, while also excreting metabolic waste products. This metabolic transport occurs via a "valve" in our cell membranes, which open and close as needed. To do this, the valve relies on a specific voltage potential that helps regulate the cell membrane's interior (a negative voltage) with that of its exterior or extracellular space (a positive voltage). Maintaining these voltages is how a

cell can communicate with its environment. Proper cell communication ensures proper cellular metabolism and vice versa.

Essentially, cell health can be determined by one simple parameter: the electrical cell membrane voltage. A young healthy cell has a voltage potential of -70 mV, which provides enough energy for the cell to live optimally and communicate with other cells. At -50 mV, a cell will start to get sick and symptoms can start to develop as the cell loses voltage. At -15 mV and under, the cell can mutate into a tumor cell as cell division becomes disrupted. At 0 mV, cell death occurs because there is no cellular communication whatsoever.

Providing micro-current frequencies to targeted cells can help create the proper cell voltage to dramatically enhance a person's quality of life. As the cell potential goes back up, and the voltage is maintained, cell resonance is achieved and the cell's capacity to create ATP can increase by up to 500% in the mitochondria. ATP is our body's energy currency. The more we have, the more energetic we feel. Proper cell voltage also has been shown to increase protein synthesis up to 70% and increase amino acid transport up to 40%. Electrical frequencies are the key to cellular communication and maintaining proper cell membrane voltage.

## Healy: the Company

The parent company that developed the Healy technology is TimeWaver, based out of Germany. TimeWaver was founded over 17 years ago by quantum physicist Marcus Schmieke. The TimeWaver is a machine that was developed specifically for therapists and medical practitioners for them to be able to deliver micro-current frequencies in a clinical setting. Seven years later, Marcus joined forces with Portuguese therapist, cellular biologist and clinic owner Nuno Nina. Nuno had already intuitively discovered 144,000 frequencies on his own and was using them with great success in all 15 of his clinics. When he joined TimeWaver, he brought these frequencies with him, realizing that more could benefit from his discovery if they were incorporated into a clinical device, opposed to being solely reliant on his intuitive gift. Those same frequencies are what are currently being used in the Healy Gold cycle. Under the TimeWaver umbrella they have been using frequency technology for 12+ years under 2,500 practitioners, helping 48,000+ patients and overseeing 500,000+ cases.

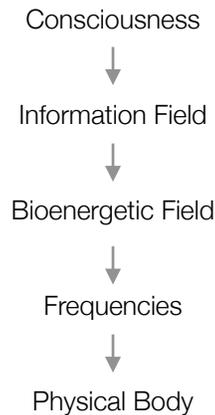
While TimeWaver continues to be hugely successful in its current incarnation, Marcus and Nino's vision was to make the frequencies more available and accessible to millions around the world by incorporating the frequencies into a wearable device. Thus, Healy World was born. Healy World holds 14 separate patents on its technology, one of which is a medical cloud patent – the first patent of its kind to be issued.

The company is membership driven. The device can't be purchased online or in retail outlets, only by knowing another member within Healy. This protects the price and discourages distributors from price gauging. It's also to allow an interested party to experience the Healy before purchasing it, which they wouldn't be able to do otherwise. You can either purchase it for personal use, or can build a business around it. It's your choice. If you choose to build a business, there are impressive commissions, bonuses and financial incentives offered (see the Compensation Plan). Even better, there is currently no competition, as this technology is 5-10 years ahead of its time. So, Healy is a category creator. According to recent independent user surveys, Healy has a 96% satisfaction and recommendation rate. The product truly speaks for itself.

## Consciousness and the quantum sensor

*"The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its entire existence."* – Nicola Tesla

Our consciousness affects our bioenergetic fields and it's our bioenergetic fields that affect our body systems. We're only as strong as we are in our consciousness. The space between our consciousness and our bioenergetic field is what Marcus Schmieke has termed the "information field". The area where the bioenergetic field connects to the body is where frequencies are found.



These two aspects – the information field and frequencies – are the essence of Healy. And, it's at the exact point where consciousness connects to the bioenergetic field and the bioenergetic field connects to the physical body, where the Healy is the most effective. This is where the resonance lies. The reading of the information field and frequencies is made possible by the invention of the quantum sensor, which allows the Healy to access data from all the different dimensions.

Both the TimeWaver and Healy technology have built into them two separate quantum sensors that can access these different dimensions of consciousness. One connects with our 5th and 6th dimensions, which analyzes the field just beyond the physical body and matter (bioenergetics). The other processor conducts an analysis in the 7th and 8th dimensions, which is the consciousness level. The two processors then provide feedback to the Healy to determine what frequencies are needed in that moment. In essence, we can think of it this way – our body is a frequency generator and the Healy is a frequency generator. The quantum sensor is what connects these two frequency generator, establishing resonance by way of creating one coherent vibration. This is how negative clutter such as trauma, fears, pain, inflammation etc. can be cleared. While this technology has been incorporated into the TimeWaver since its inception, it's unique to find it in a portable device as small as the Healy.

### Healy device and editions

Each Healy includes a hardware device and a set program edition that you determine upon purchase. The four edition options are: Gold, Holistic Health, Holistic Health Plus, and Resonance. Each Healy device can operate any of the program editions and each device includes the quantum sensor. You can always upgrade to a different edition, without having to change your physical device. The device is wearable, and only 2x2 inches in size. The software editions are constantly communicating via the Healy Cloud and it's through the Cloud that upgrades occur. The Healy apps run on iPhone or Android smart phones and tablets.

On the Gold, Holistic Health and Holistic Health Plus editions the individual chooses which program to run manually. Upon making the program selection, the Healy's quantum sensor then determines which frequencies within that program you need at that time based on the needs of the cells. The higher the percentage, the more you need it. Example: -95% indicates the cells really need that frequency. At +95% the cells already have enough of that specific frequency and won't run it during that program session.

As the program is running, the Healy continuously scans the next available frequencies in that program set at 10 second intervals to determine which are needed. If they are needed, the frequency will be delivered immediately. If not, it continues to scan for the next one that is needed.

The device has 230,000 programmed frequencies from which to draw from and each program set can contain up to 400 different frequencies. Each frequency is unique to specific tissues and areas of the body. During a specific program, a particular frequency will continue to be run until it reaches +95% progress, or

until the program time has run out. The sensor is constantly checking in with your bioenergetic field while the program is running providing feedback as to how relevant that frequency is in that moment for you.

Healy Gold, Holistic Health, Holistic Health Plus editions can be run by using electrodes that deliver micro-current frequencies. For those who are more sensitive, or who can't receive direct micro-current stimulation through electrodes due to contraindications, the frequencies can be run without electrodes. In this latter scenario, the Healy is generating the frequencies and delivering them through the user's magnetic field.

Note: If there is a specific program that you'd like to run, but your Healy edition doesn't have it, you can purchase the program a la carte and it'll be downloaded directly to your device via the Healy Cloud. Once you buy them, you own them forever.

Below are the programs that are included in each edition along with their corresponding price. Please reference the Healy Manual for full descriptions of each program:

**Healy Gold (\$470):**

Pure, Care, Balance, Being, Energy, Relax, Release.

**Healy Holistic Health (HHH) (\$942):**

Gold Cycle + Pain/Psyche, Bioenergetic Balance 1 & 2, Mental Balance, Meridians 1 & 2, Sleep, Skin.

**Healy Holistic Health Plus (\$1,413):**

Gold Cycle, HHH + Learning, Fitness, Job, Beauty, Chakras, Protection.

**Healy Resonance (\$2,357):**

All above programs plus: Bach flower remedies, Alaskan Gemstone Elixirs, I Ching, homeopathy (includes the entire Materia Medica digital library), Schuessler cell salts (mineral based homeopathy), amino acids (plus vitamins and minerals) and the Aura Analysis.

The Resonance edition is the Cadillac edition. It contains two separate program modules: the Resonance Analysis and the Aura Analysis. (The Heal Advisor Analyze App needs to be downloaded to access them both.) Unlike previous Healy editions that have to be manually initiated by the user, the Resonance Analysis module uses vibration to deliver the frequencies to you. Through the quantum sensor, it analyzes your bioenergetic field in real time then vibrates the bioenergetic correction back to you through your field.

After doing a Resonance analysis, you can decide how to send the frequencies by selecting from these three delivery options:

1. Vibrationally through the Resonance Analysis app (as discussed above).
2. Through the Healy app, using micro-current electrodes.
3. Through the Healy app, without electrodes.

It's important to note that when delivering frequencies without electrodes (through either the Healy or Resonance app) you will not be receiving direct micro-current stimulation (because you're not connected to electrodes), and therefore no increase in ATP production will occur. However, because micro-current is the carrier wave for the frequencies being broadcast, frequencies are still being generated – even without being hooked up. Receiving frequencies through either option 1 or 3 can still be very advantageous for working through any acute or chronic issue. But it also happens to be the preferred delivery for those who are extremely sensitive, have contraindications, and/or dealing with serious health challenges as it still provides great health benefits, but in a way that is much more gentle. For those desiring a more intense application, electrodes is the recommended delivery option.

Resonance Analysis session example: Create your user client profile. Hit the Resonance Analysis button. Select your name from the list of clients. Select the database you want your analysis to draw from (please note that "All Healy Programs" only scans from those programs that run micro-current, which are those on the Healy app). Hit the "Start Analysis" button. Place your thumb on top of the thumb print on the screen and

hold it there until the analysis is complete. (This forces you to be present while setting your intention for the session.) The sensor then conducts an analysis and delivers the results as a list with the top five program recommendations. The programs are listed in order of priority, with the first on the list being the highest. You can create a PDF of the list to send to a client or keep it for yourself. As with the other editions, the higher the percentage of the programs that are recommended, the more you need that program. Pick from one of the three delivery options listed above and enjoy your session! For more detailed information please reference the Healy Analyze App Manual.

The Resonance also includes the Aura Analysis module. This lets you analyze in real time the energy distribution of your chakras by capturing an aura image based on a current photograph. It then determines which chakras need the most support and lists them in order of highest importance to least.

With the Resonance edition, you also have the option of attaching the electrodes from the device to areas on your body or vibrating the whole program set remotely to yourself or others, regardless of the distance. This latter feature is perhaps the Resonance's most impressive. Distance remote analysis can be done without the use of cables. The vibration from the program frequencies are being sent into the information field via the quantum sensor as a result of a concept called quantum entanglement.

Quantum entanglement: two particles are connected by intention. If you stimulate one particle, the other particle will be simultaneously stimulated, regardless of the distance between the two. This is what makes the remote analysis possible and why proximity to the Healy device has no bearing on the functionality or results that can be obtained. Prior to the session however, it's encouraged that the person receiving the therapy send their information and a current picture of themselves to the person who is conducting the therapy. Even better would be if the person receiving the therapy can put the Healy into their hand so that the app can record their personal vibration. This is how the Healy knows who is receiving the therapy and how to identify them in the global information field. While this is not mandatory, the more information the field has to identify, the more precise the therapy. Besides a photograph, the vibrational recording is the strongest piece of identification one has and it is highly recommended. The success of the session is also dependent on the therapist's ability to hold a clear intention for the receiver during their remote session.

## Virtual consultations

You can request customized programs for your individual needs by connecting with one of the 1,500 TimeWaver therapists for an additional charge. Programs can be downloaded directly onto your phone via the Healy Cloud. The therapists have access to FSM and Rife frequencies, too. Each Healy, regardless of the edition, has 12 open therapist program spaces that can be devoted to these customized programs.

## Subscriptions

There are four separate Healy apps that can be obtained from the app store: the main Healy program (pink dot), HealAdvisor (blue dot), Healy Digital Nutrition, and Healy Watch Connector.

**Digital Nutrition App (DNA):** The DNA module uses the Healy quantum sensor to analyze which nutrients your cells need in real time. There are 120 total frequency programs available in the DNA, including 48 nutrient combinations for popular issues such as hair, performance, weight loss etc. as well as individual nutrients such as vitamins, minerals, amino acids, etc. The DNA module contains the frequencies for the individual nutrients, not the nutrients themselves. In this way, the program is designed to support you bioenergetically so that you can better absorb and synthesize nutrients from food, ensuring better nutrient assimilation into your cells. Best of all, you can save money on supplements!

With the DNA search function you can search programs by frequency, program groups (i.e. metabolism), program substances (i.e. vitamin C), deficiency symptoms of conditions (i.e. headaches), and nutrients for specific scenarios (i.e. hangover, menstruation, libido). The module also creates lists of foods that naturally contain the required nutrients you need based on your analysis scan. The DNA requires a monthly subscription of \$95.

**Heal Advisor Search:** Enables the user to ask a question and the answer is given from a database of over 20,000 expert advisors. Search criteria can come from a variety of categories that pair the right frequency program with the search query. Categories consist of symptoms, organs, chakras, emotions, meridians, pathologies or Healy programs. Once the search has been completed, you will have the option of scheduling the recommended programs to run on certain times and days of the week. In order to access the search function, you need to download the HealAdvisor App. Make sure you're connected to Bluetooth and have a stable internet connection as it needs to synchronize large databases when doing the search. The app is constantly being updated through its self-learning algorithms that process the queries and data into optimal search results. All of this is networked through AI (Artificial Intelligence). Note: depending on the Healy edition you have, some program recommendations may not be available.

**Healy Watch:** This device is controlled by the Healy Watch app, which connects to your phone via Bluetooth. It uses state of the art scientific algorithms for measuring your bioenergetic field, exercise, sleep, breathing and lifestyle patterns and determines which frequency programs are needed for you at any given moment. Through its rhythm, pulse and infrared bioenergetic analysis, it can measure heart rate variability, stress level and sleep quality then recommends and delivers specific frequency programs. The app also has an Organ Clock function. This clock provides recommendations for specific frequencies to be delivered to certain organs based on Traditional Chinese Medicine principles. With the Watch, you get 24 additional programs that are not found on any of the other Healy editions. The Watch requires the Healy Watch Connector module as an ongoing subscription to operate. \$22/month + the purchase of the Healy Watch.

## Other energy modalities

There are many machines out in the marketplace that utilize frequency technology. Many of these devices have dramatically helped those who have used them. However, there is a major difference between them and the Healy. Bemer (PEMF), TENS and Rife (probably the three most popular machines) use specific amounts of static frequencies to support specific body systems. All users get the same programmed frequencies, every time they use it. The Healy uses 230,000 dynamic frequencies that change moment to moment. No two sessions are alike. The quantum sensor in the Healy is providing real time analysis, which is more accurate because it's assessing exactly what you need in that moment. Only our cells know what we need. While there are practitioners who are highly intuitive and excellent diagnosticians, there is no way for them to know exactly what is needed in every circumstance. We can't either. Only our cells have that capability.

Neurofeedback is another modality that is commonly confused with the Healy. Neurofeedback measures brain wave frequencies and uses sound waves to manipulate and change brain connectivity patterns. Sensors are placed on the scalp to monitor the brain waves (electrical pulses from neurons communicating with each other). While neurofeedback has helped many, its technology is limited to the brain, and uses a narrow amount of frequencies to do its work.

Frequency Specific Micro-current (FSM) is a type of therapy that was discovered and popularized by Dr. Carolyn McMakin. FSM therapy uses a micro-current machine with 88,000 frequencies designed to provide the user with two separate frequency currents running simultaneously. One current is for the "issue", the other for the "tissue". In contrast, the Healy is a one-channel device, meaning that at any given time your body is only receiving one frequency, before it switches to the next frequency in the program set. TimeWaver therapists have access to all of Dr. McMakin's frequencies and protocols and they're available to be downloaded to a Healy device if someone wishes to schedule a consultation.

Toward the end of 2020, a new Healy model, based on the two-channel FSM technology, will be available and will be called the McHealy (in honor of Dr. McMakin). Dr. McMakin's work has inspired and helped many. She currently sits on the Healy Medical Board and spends a majority of her time training practitioners on FSM therapy. I highly recommend her book, *The Resonance Effect* where she shares her journey learning the intricacies of FSM therapy and its potential.

## Important Usage Tips

### General:

- Intention + grounding + hydration. 3 most important things you can do to get the most out of your Healy.
- Think of Healy as a partner, a conscious tool, something sacred. It's interacting with you and helping you to grow spiritually by increasing your vibration. Every time you use your Healy it's connecting with higher dimensions. Use the programs mindfully.
- It's important to set intentions before each session. What do you want from the session? Pay attention to how the Healy is working with you. What is shifting? Results can be subtle or obvious. Initially, you may be able to run only one program daily. Do it for a few days and assess - do you feel better, worse? Are you hydrating? Grounding? Getting sunshine? Having positive thoughts? It's forcing you to become more self-aware. Remember to focus on what you do want, not on what you don't. Your intention should be on the positive outcome you desire not on the current disease or issue you may be experiencing.
- Remember, the Healy is reading our information field, most of which we're not conscious of. What we think we need, may not be what is actually needed. Our consciousness knows best.
- Try to ground 15 minutes/day. Our bodies are mostly water, which makes us excellent conductors of electrons. When we practice grounding, we're drawing electrical energy from the Earth through our skin in the form of free electrons. This infusion of negatively charged free electrons creates frequencies that allows our body to immediately equalize to the same electric energy level of the Earth. When we practice grounding, we're also enhancing the absorption of the frequencies that the Healy provides.
- Remember to track your progress. Write down your health challenges and grade them on a scale of 1-10. Take a photo of any areas of focus. This will be helpful to reference as your health improves.

### First steps:

- Watch this video before doing anything else. It's a great step by step guide to setting up your Healy. <https://www.youtube.com/watch?v=-zCC8r0fXhM&feature=youtu.be>
- Read the Healy Manual.

### Healy written instructions (in lieu of watching video above):

- Charge your Healy until the green light goes off (it should only take 2-3 hours). Once fully charged, the green light will disappear and it is ready for use.
- Make sure Bluetooth is on.
- Download the apps. They can be found on the App Store for iPhone and Play Store for Android. Search for "Healy World". The icon with a pink dot is for the Healy Gold, Holistic Health and Holistic Health Plus editions. The icon with a blue dot is the Heal Advisor Analyze app for the Resonance. Even if you have the Resonance, you will need both apps.
- When first downloading both apps make sure you have good bandwidth and a strong wifi connection and that there are no apps running in the background. Downloading the databases takes a while to synchronize from the cloud to your app.
- Follow the program prompts, which includes scanning the serial number on your device.
- Allow the app to install any updates.
- Even if you have the Resonance edition, It is advised that you run the Gold cycle programs from the Healy app for at least the first week or two.
- Apply either the wrist bands or pads to your skin. Snap the electrode cables into the metal piece, then plug the other end of the two cables into the two ports on the Healy.
- Before any session, always follow these steps in order: 1. ensure that your phone's Bluetooth is on. 2. turn the Healy on. 3. Click on the Healy app.

- Go to your program of choice. Upon making the selection, it'll take about 30 seconds to download.
- Adjust the intensity on the program screen until you feel it, then go down a notch. See notes under "Adjusting the Intensity" below.

### **Resonance instructions:**

- Do not use the Heal Advisor Analyze app until you have worked with the Healy app for a week or two.
- Read the Healy Analyze App Manual and watch the Healy Resonance Analysis Explained video: [https://www.youtube.com/watch?v=w\\_S4bq-PEJE](https://www.youtube.com/watch?v=w_S4bq-PEJE)
- Once you've downloaded the Heal Advisor Analyze (blue dot) app, then follow the prompts. Allow it to use Bluetooth; click "Next" on the Disclaimer page; next page click "I have a Healy"; next page click "Login"; next page it'll ask to connect your Healy in order to register it in the cloud, hit "yes". The app should find your Healy and identify it by the serial number on the back. Click the one that matches your Healy to initiate the connection.
- Once it has connected, you'll see a Login page. Enter the email address and password you used to create your Healy account. Toggle the three buttons so that they are blue. Click "Login".
- You'll then see a page that says "Encryption is in progress. Depending on your device, this can take a few minutes". Click on the "Sync changes" button. It uses data to do this, so make sure you're hooked up to wifi (or ethernet) so that it can upload the data to the cloud.
- On the next screen you'll see a progress bar that reads "downloading translations". IMPORTANT: When you get to this screen it may take a while and even appear to be locked up. Walk away and let it do its thing for about 30 minutes. Give it time to finish, or you could potentially lose your ability to move to the next step.
- Once the changes are synced, a new screen will pop up with your User and Key Management info. When you get to this screen type in your user information, then it's VERY IMPORTANT that you choose "Backup Master Key". On the next screen hit the "Save Master Key" button.
- Make sure to save the encrypted master key in a few places and do not change its name. There are many options for saving the master key. You can email it, text it, airdrop it or use the "save to files" feature, which will save it to your phone. It's best to choose several methods. Definitely email it to yourself and save it on your computer. The file suffix will appear as ".json". Double check that your master key has been saved in all the places you designated.
- If for some reason you see a screen that says "import master key" instead of "save master key" – that usually means that one hasn't been generated for your Healy. You will have to submit a customer service support ticket.
- From here you can start using your Healy Resonance. it's advised to run an analysis in the morning to know what needs to be worked on during the day. Remember, the analysis is done in the moment. Running multiple analyses back to back will never match exactly because between the two moments your intention changed, affecting the analysis. Consult the Resonance Analysis App Manual for more information.

### **Program information:**

- It's recommended to first start with the Pure program found in the Gold cycle. That first week, run one program from the Gold cycle daily. All seven of the programs are foundational.
- After the Gold cycle programs, it is recommended to run the chakra programs (if purchased) from top to bottom. It can provide a good cellular "housekeeping", making frequency deliveries more effective.
- For any systemic and/or acute issues, the wrist electrodes via the Healy work the best. For more general maintenance issues, vibration through the Resonance works well.
- Note: the Pain/Psyche programs are listed with Roman numerals instead of program names due to FDA constraints. Please consult the Healy Manual for exact names.

- For any local pain use the Local Stimulation programs. They usually work in just one session.
- Everyone who purchases a Healy is given a program set called Deep Cycle. It will automatically be downloaded to your device 15 days after your initial purchase. This is more of an advanced program set for detoxification. For the beginner, it's recommended to run the Gold cycles first. Then when the cells are ready, you can run the Deep Cycle. It's important to "clean house" first.

### Conductivity:

- Because our bodies are 90% water, hydration is very important to get the most out of your Healy experience. It's important to not only drink filtered water, but to ensure you're getting enough electrolytes. Adding a pinch of sea salt and/or lemon juice to your water can help. More water ensures that there is more current migrating through the body, allowing the frequencies to be more effective. Headaches are common if hydration isn't sufficient. Aim for 3 quarts (one liter) daily (or half your body's weight in ounces).
- The Healy has a progress circle that runs during a program. When there is a white line, it means you have good conductivity, black means you don't. Grey means there is no standard available for that particular program (as when using the ear electrodes).
- During a program, it's normal for there to be small increments of time where conductivity will go between black and white; however consistent black can indicate that you have weak blockages in your system and need more hydration or that the cellular redox signaling needs to be improved. If it continuously stays black, try misting the electrodes with water or misting your skin for better conductivity (for pads try applying a small amount of ultrasound gel to the pad). Soaking a cotton ball in saline solution and putting it between the wrist band and your skin can also be helpful. You can also try vigorously shaking your body, as vibration can help stimulate the body's water supply, also improving conductivity.
- Keep in mind if you're running the Healy app without electrodes, the circle indicating conductivity on the program will always be black. It's only when the user is hooked up to electrodes that white/black/grey colors will show.

### Electrode tips:

- Don't put any lotions or oils under the wrist bands. It may block the conductivity.
- Healy can work on both a systemic and local level. Wrist band electrodes are usually for systemic application, while the adhesive pads can be used for more localized issues and should be placed a few inches from the area needing treatment.
- Try using Healy wrist bands where the electrodes are on top instead of the bottom of the wrist and vice versa to determine which has better conductivity for you. It's very individual. You can also experiment with buying large pad electrodes with clips and placing them on the palms of your hands. All the meridian points flow through the hands, which might provide better conductivity and results.
- The FDA did not approve the use of ear electrodes for the US market. The only way you can get them is through a prescription. As a workaround, you can use the electrode pads behind the ears near the mastoid bone instead. The pads are from 3M and you can get 10-15 uses out of each. Note: there is always better conductivity around soft tissue, then near bone. Conductivity can also be improved with the use of ultrasound gel. You can place a little dot on each wrist before putting on the wrist bands.
- To purchase extra pads and wrist bands go to [healyworld.net](http://healyworld.net). Go to shop, then scroll down to accessories. You can also purchase third-party pads and wristbands. However, keep in mind that although third party products may fit the Healy, they are not made for it. As such, there is no guarantee that you'll be getting the right frequencies with the right delivery. It's best to reorder directly from the Healy Shop when possible.

Pads: [https://www.amazon.com/gp/product/B06X1CL4S6/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o00\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B06X1CL4S6/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1).

Wristbands: <https://zaptheparasites.com/CONDUCTIVE-WRISTBANDS-p67964110>.

### *Adjusting the intensity:*

- Keep in mind that lower frequencies (below 100 Hz) you will feel, the higher frequencies you won't.
- Adjust the program intensity using the app so that you feel just a slight tingling, but not more. Most of the frequencies you won't feel. Go to the level where you feel a slight tingle, then go down 5% and keep it there. (As a gauge, most people run the intensity between 15-30%.)
- The intensity of the program should never feel uncomfortable. You don't want to feel any twitching. More is not better.
- The healthier you are, the more frequencies you can handle, the sicker you are the less. Frequencies are a lot for your body to take in and it can only handle so much repair at any given time. Many of the programs facilitate detoxification of body systems, so care must be taken. If too much micro-current is delivered at any given time for your body's needs, it can decrease ATP instead of increase it.
- Low intensity should be used on these individuals: small children, elderly, unhealthy, ultra sensitive, delicate  
High intensity should be used on these individuals: athletes, stout, denser body mass, healthy

### *Frequency of usage:*

- Use a maximum of three Healy programs daily. Two in the morning, one in the afternoon or evening. Use as much as you need, but as little as possible. This is powerful technology and less is more.
- Stay with an issue and its corresponding program(s) until the issue is resolved. Don't jump around.
- For chronic issues via the Resonance (vibration) - larger amounts of time, less often. 2-3x/week; 2:49 min/day (less frequent but longer stimulation). Duration: about a month. Example: separation trauma, stress, emotional blockages.  
For chronic issues via the Healy (micro-current): 1x per day, 3x per week, for 6 weeks or until the issue has resolved.
- For acute issues via the Resonance (vibration) – smaller amounts of time, more often. 6-8x/day; 0.37 min/day (frequent but short stimulation). Duration: until success. Example: Emotional shock/fear.  
For acute issues via the Healy (micro-current): 3x per day for several days or until the issue has resolved.
- Good rule of thumb for sessions: three days on, one day off.

### *Basic operations:*

- When the battery is at about 30%, the device will shut down. It'll take about 1.5 hrs to recharge. To get more life out of the battery, run a program until the battery is completely drained, then charge it all the way back up again. Do this three consecutive times when you first use your Healy in order to prolong the life of the battery.
- Only the Resonance app can be operational while the Healy is charging, the Healy app cannot.
- You can only connect one Healy to 5 separate phones. If you need more, then you'll need to delete one in order to add another.
- Be gentle with the charger. Don't pull it out too fast, or at an angle.
- The green light blinks when it is transferring data or running a program, otherwise it won't be illuminated.
- 9 minutes into the Healy program you'll see the progress percentage, not before. This is normal.

### *Troubleshooting:*

- The Healy power button: There is a science to turning on the Healy device. Before you go to power it on, run your finger along the circular power icon button. Get a sense for where it is the most raised – it may not be directly in the center. Once you've determined where it is located, press the top of the Healy power circle once with quick, hard pressure, using only the tip of your thumb/finger. It will require a little more pressure to power it on then you might be used to and it may work better on a solid surface. Timing is

everything. If you press the button for too long, it might switch the device off before it has even had a chance to turn on.

- If your Healy disconnects from Bluetooth keep in mind that it doesn't have a wide signal, so it needs to be close to your phone/tablet to maintain a proper connection. The Healy Bluetooth is a 2.4 GHz signal with a small range. You can also try going into settings for Bluetooth and disconnect all devices or reset Bluetooth settings by clearing its cookies/cache.
- When you first start the Healy and get a blue screen with only one program, wait for a few seconds. The app will usually prompt you to download the updates. If not, go to settings and prompt it to update.
- If you're having issues running programs try closing all apps, uninstall the Healy app, turn off the phone, then reinstall the app. Often just powering down your phone/tablet then turning it back on will resolve the issue.
- If you're still having issues you can do a hard reset on the Healy by holding down the power button for 20 seconds.
- Make sure to fully quit out of the program when the session is complete. On Androids you'll have the option to hit a "quit" button. On iPhone double click the home button and swipe up to quit the app. If you don't quit, the programs will be running in the background and will quickly deplete the battery on your phone/tablet. Also, after you finish a program, get in the habit of going back to the top three lines on the top left, select the program menu page and leave it there until you're ready to run your next session.

#### **Contraindications:**

- Healy contraindications: pregnant women, epileptics, those who have metal objects in their body such as pacemakers and implanted defibrillators. For those with metal implants, just don't place the electrodes directly on those areas. For those with dental metal amalgams, as a precaution, don't run any detox programs until you've had the fillings replaced. If you are on the following medications, please consult with your medical practitioner before using Healy, as your doses may have to be adjusted: blood thinners, insulin, blood sugar regulators, blood pressure regulators, any hormones (but especially thyroid), and beta blockers.
- Make sure to remove any energy pendants from your body when running a scan as they can interfere with the sensor's analysis. Always ask if a person is undergoing any type of medical treatment or therapies before conducting a session.

#### **EMF considerations:**

- Protection programs are available on the Healy. They automatically come with the Resonance, but can be purchased as stand-alone programs and added to any of the other editions. They deliver frequencies to help protect against EMFs and 5G. You can run the programs in one of three ways: vibration mode (Resonance only) to protect the area around you; or through the Healy program with or without electrodes. It's recommended to run the protection program at least once daily. It can be run while sleeping, too.
- Once the program has downloaded to your Healy via Bluetooth you can turn off your phone, put it on airplane mode, or set it away from you to minimize EMFs. The phone is only needed to launch a new program or change the intensity of a program. The downside to this is that you won't be able to change the intensity of the program because the app won't be visible. Please note: the amount of EMF being emitted from the Healy device when Bluetooth is on is no higher than what an ambient room registers when measured with a high level EMF gauss meter.

#### **Miscellaneous:**

- Healy can be used on pets! You can use the wrist electrodes on their legs while they're resting/sleeping. Or, if you have the Resonance edition, you can vibrate the programs to them.
- The cellophane membrane on the Healy device can be removed – it's only there for protection.

- Consider purchasing an extra phone or tablet exclusively for running the Healy programs. Having a device dedicated to Healy will ensure that your programs run faster and smoother. It'll also prevent transmission interruptions from texts and/or calls. This extra device doesn't need to have cell service, only wifi and bluetooth capabilities. (I purchased an iPod Touch that works great!)
- HealyWorld has designed their own cloud server in an effort to be completely autonomous. Given that an individual's data is encrypted over 4000 times, it is virtually impossible to hack. You can feel secure knowing that your data is not available to the Microsofts, Googles and Amazons of the world.
- Those who are really sensitive to energy might be best suited for vibrating the programs, as they can more easily sense the subtle energy shifts happening in their field. Those who aren't as sensitive might benefit more from the micro-current delivery system.
- There is a \$300 replacement cost fee for any lost, stolen or broken device. Your old serial number will be transferred to the new unit.
- There are dozens of clinical studies available on micro-current frequency technology that can be found in the back office, in the Healy Manual. At this time, there are no studies on the Healy, as the device has only been around for two years.

### Important video links to reference

#### **Healy intro videos (7 total, under 3 min each):**

<https://vimeo.com/showcase/6843133/video/396528746>

#### **Basic intro to frequencies video (2 min):**

[https://www.youtube.com/watch?v=xA\\_Ki3CIEQI&feature=youtu.be](https://www.youtube.com/watch?v=xA_Ki3CIEQI&feature=youtu.be)

#### **TimeWaver website (Healy's parent company):**

<https://timewaver.com/en/timewaver-frequency/>

#### **Dr. Carolyn McMakin on FSM technology, the brain and consciousness (1 hour):**

<https://www.youtube.com/watch?v=7w5H250f2E4&feature=youtu.be>

#### **Brid Hanlon, TimeWaver therapist, Healy intro video (1 hour):**

<https://www.youtube.com/watch?v=Y26Fbyw1CSA&feature=youtu.be>

#### **Healy Resonance Analysis explained (1.5 hours):**

[https://www.youtube.com/watch?v=w\\_S4bq-PEjE](https://www.youtube.com/watch?v=w_S4bq-PEjE)

#### **Science meets Spirituality, interview with Healy founder Marcus Schmiede (1 hour):**

<https://www.youtube.com/watch?v=ZQIKWf1iORM&feature=youtu.be>

#### **The Healy Experience (Facebook private group for Healy personal testimonials):**

<https://www.facebook.com/groups/645513899543603/>

#### **Live red blood cell analysis testimonial (3 min):**

<https://www.youtube.com/watch?v=w-Plgy2xJmM>