

Holistic Healthy
Living with Healy

healy



The Wearable Medical Device for
Health · Wellbeing · Balance



Welcome to Healy World!

Who doesn't enjoy feeling healthy and well? After all, a healthy body and mind are probably the most important ingredients for happiness and quality of life!

But health is certainly not to be taken for granted, and it means something different for every one of us: are you searching for alternative ways to improve some pain or discomfort? Or would you like to restore the balance between your body, mind and soul? Feel more joy and vitality, and improve your sense of wellbeing?

To help you achieve these goals we created Healy. Healy with TimeWaver technology is a medical device for the treatment of pain in chronic pain, fibromyalgia, skeletal pain and migraine, as well as for the supportive treatment of mental illnesses such as depression, anxiety and related sleep disorders, that can be worn on the body. It is intended to stimulate certain areas in your body with the help of individually determined frequencies.

This small but extremely versatile device delivers frequency programs for all important

areas of life: it promotes vitality, well-being and balance! Healy provides applications that help keep you in shape and reduce pain. It should support you in stressful situations throughout the day, help you to recover more easily and find better rest at night.

Healy should help you increase your vitality, making your life energy flow smoothly and activating your energy reserves.

The applications of the Healy are designed to work in the bioenergetic field of the body and are based on many years of experience by Nuno Nina and our network of practitioners.

On the following pages we have written down the most important things you might want to know about Healy. We are happy to explain more to you in person. Of course it would be very helpful for you to try out Healy yourself!

We wish you enjoyable reading and good health, and we hope that you will soon become a member of the fast growing community of Healy users!

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

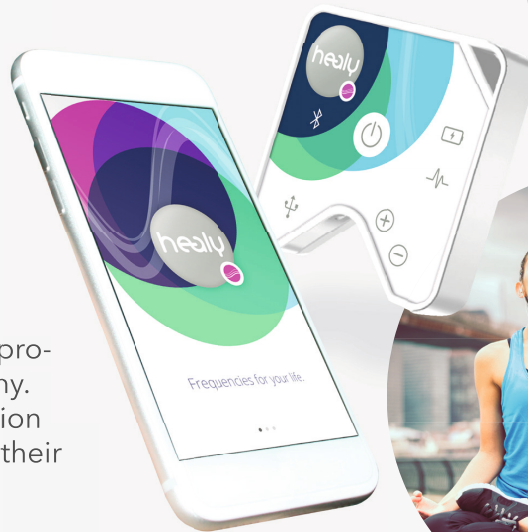


Developing Healy

Healy is a high quality medical technology product that was entirely developed in Germany. It was conceived and designed in cooperation with physicians and practitioners based on their practice and experience.

A seasoned team of developers and engineers, who had extensive previous experience working on the professional TimeWaver systems, faced the exciting challenge of bringing this complex technology into a compact and easy-to-use form.

The development of Healy, the testing and preparatory work for its clearance as a medical device consumed considerably more money, time and resources than all the TimeWaver devices that came before it.



This Is Healy

The result of all this work is Healy - small, inexpensive and very easy to use!

You can attach this compact and light device to your clothes using its clip. Healy is controlled by a smartphone app that you can download; it communicates with Healy via a Bluetooth connection.



Two Extraordinary People. Two Extraordinary Visions.

The leading figures behind the creation of Healy are Marcus Schmieke and Nuno Nina.



Marcus Schmieke

Marcus Schmieke, born 1966, is the inventor and developer of Healy and TimeWaver products.

For many years, Marcus had been thinking about a way to let all humans take advantage of the benefits of TimeWaver technology in a compact and simple package. What he had in mind was a device that everyone could use every day, a device that would be compact, simple and practical.

Nuno Nina

Nuno is a Portuguese therapist who runs seven private clinics. He is a specialist in integrative medicine and cell biology. Through his experience with thousands of patients, he brought the theories and findings from his research in the form of a collection of 144,000 so-called "Gold Frequencies" to the project.

When he first came into contact with TimeWaver technology years ago, he immediately suggested combining it with the possibilities of frequency therapy to create something greater than the sum of its parts.

Healthy Cells and Healthy Bodies

The cell is the smallest component in your body. A body consists of organs, the organs consist of cells. Each of us has about 70 trillion of them, that is 70 million million! Every cell, just like the whole human organism, has a metabolism: water, nutrients and oxygen have to get in, metabolism products need to be taken out. For the cells, this transport is handled through openings in their surface, the so-called cell membrane.

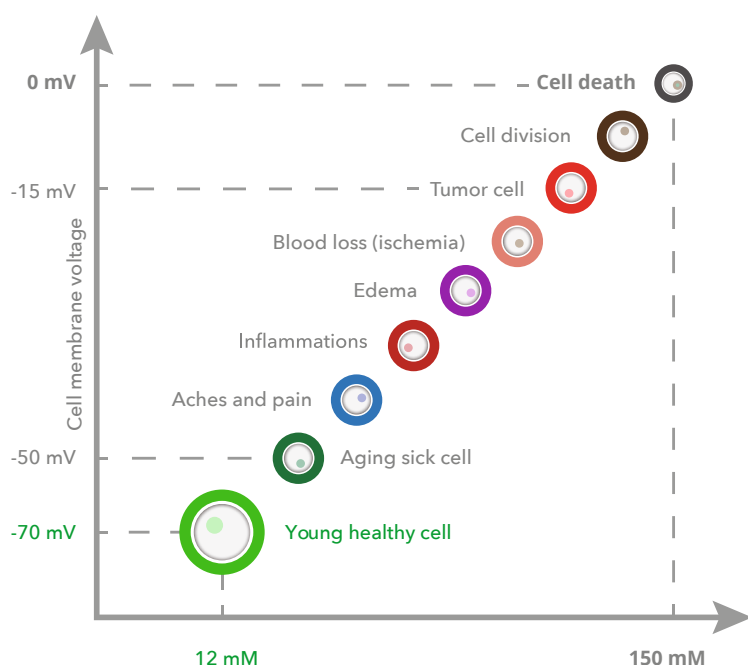
These "valves" in the cell membrane open and close as needed. This mechanism is based on

voltage potential, i.e., the difference in voltage between the cell interior and the intercellular space. The right or wrong amount of such potential is responsible for healthy or diseased cell metabolism.

Frequency therapy is believed to regulate this voltage potential; this is the underlying theory to explain why frequency therapy is a procedure that can be used to support energetic balance in a variety of ways.

Cell membrane voltage model

by Robert O. Becker and Bjorn Nordenstrom



Increase in
ATP production
by up to 500%

Increase in
**amino acid
transport**
by up to 40%

Increase in
protein synthesis
by up to 70%.

According to a study by Ngok Cheng, et al. (Clinical Orthopaedics and Related Research No. 171, November-December 1982.)

This animal study refers to the effect of microcurrent and does not pertain to Healy itself, but to the basic mechanisms on which it builds. These results have not been confirmed by other studies so far and the transfer of the results to Healy would be speculative.

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

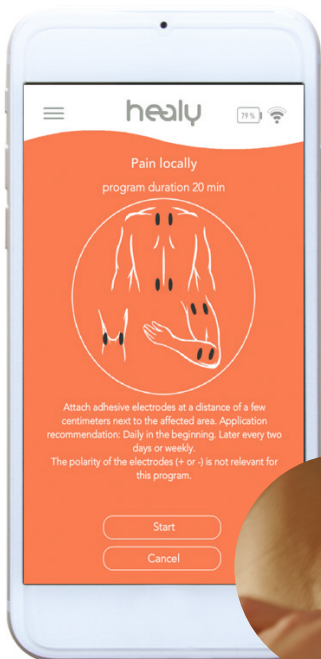
healy

Get Going Quickly and Easily

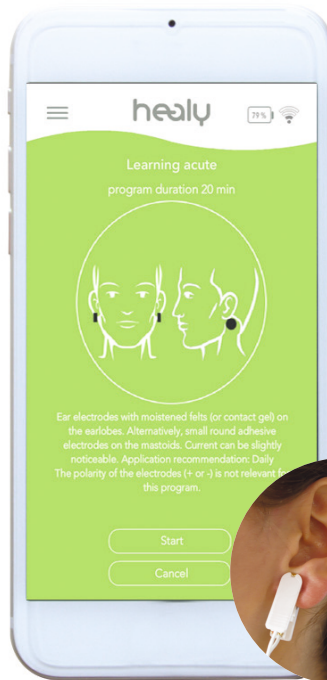
Healy is not only extremely practical and versatile: using Healy is also very easy and fun. Within minutes of getting your new Healy, you will be up and running and start improving your overall health and wellbeing!



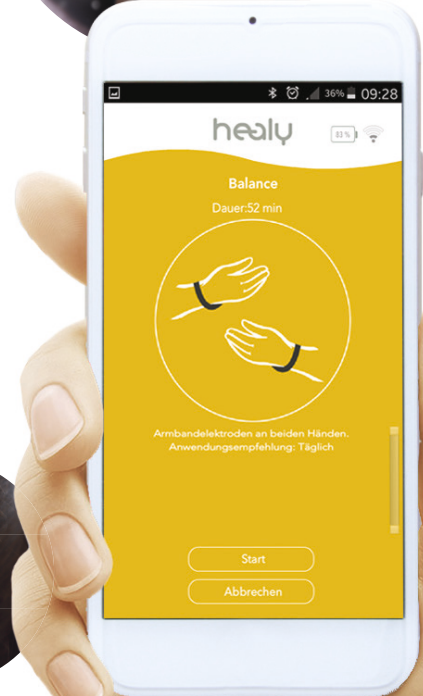
Wrist electrodes



Adhesive electrodes

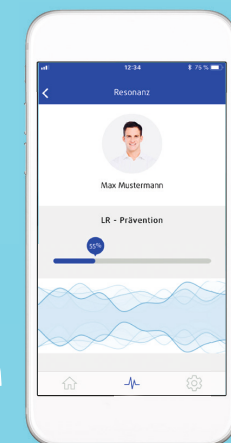
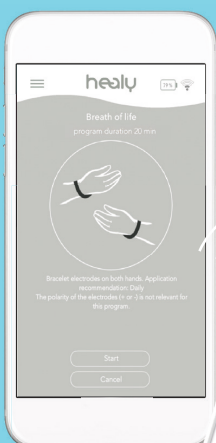


Ear electrodes



Easy as 1-2-3

① Frequency application



② Resonance analysis



Download the app

For easy and convenient operation of Healy we provide you with a free app. Simply download the Healy app from the Google Play Store or the Apple App Store. Install the Healy app on your smartphone and follow the instructions for setting it up.



Synchronize Healy with your smartphone

Turn on your Healy and activate your smartphone's Bluetooth connection. Follow the instructions given to you by your Healy app to connect your smartphone to your Healy. This will give you access to all of your Healy's features.



Start a frequency program

All your programs are clearly displayed in the Healy app. Just select the one that you want to run. The Healy app also shows you how long the frequency program will be running. Start the program and set the desired intensity, then your Healy provides you with the right frequencies.

Healy Editions

To help you get started with the right combination of a Healy and its program pages (i.e., program packages), we have put together several Healy Editions. Each Healy Edition consists of a Healy device and a number of programs for a specific application area.

Of course you can add other program pages to your Healy at any time, if your requirements change.



Healy Gold Edition

Healy Gold comes with Healy hardware, the Nuno Nina Gold Cycle and a program page of your choice.

Healy Holistic Health Edition

Healy Holistic Health consists of a Healy, the Nuno Nina gold cycle and 8 other program pages.

- Pain / Psyche
- Bioenergetic Balance 1
- Bioenergetic Balance 2
- Mental Balance
- Meridians 1
- Meridians 2
- Sleep
- Skin



Healy Holistic Health Plus Edition

This one has everything: the Healy Holistic Health Edition and 6 more program pages, providing you with more than 120 currently available Healy programs.

- Learning
- Fitness
- Job
- Beauty
- Chakras
- Protection Programs



Healy Resonance Edition

The Healy Resonance Edition contains Healy Holistic Health Plus, i.e., more than 120 Healy frequency programs, plus the Healy Analysis app with the Resonance and Aura modules.

With the analysis feature of the Healy Resonance module, doctors, practitioners and other health professionals can be supported to suggest suitable dietary supplements, foods, etc., for their patients or clients.

Not only professionals, but also individual users are able to use this for performing analyses for themselves and for their families and friends. However, analyses should be reviewed by a doctor if any signs of disease appear to be present.

Another useful tool in this edition is the Healy's Aura module. It lets you analyze the energy distribution of your chakras in the Information Field; after an analysis of the emotional background, you can point out suitable ways of optimization with the Aura module.

The resulting optimization patterns can be applied to different products with Healy in order to balance energetic blockages. Many patients and therapists also have reported that this is helpful.



Program Pages and Programs

In order for you to gain a better understanding of what Healy can do for you, we have divided the functional groups of Healy into different program pages, for different aspects of your health and well-being. Each program page contains a list of programs for a specific application area.

Program Nuno Nina Gold Cycle

The programs within Nuno Nina's Gold Cycle are valuable all-rounders, providing support and prevention, recovery from negative influences, optimal energy balance, emotional balance, well-being and relaxation.

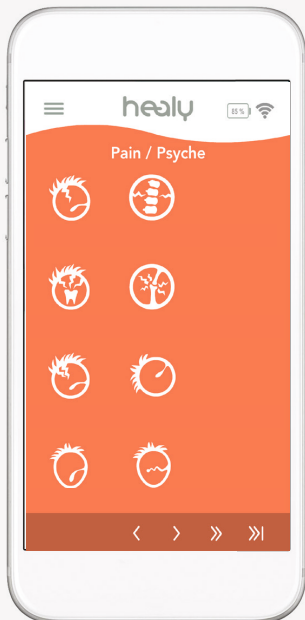
- | | |
|------------|------------|
| 1. Pure | 5. Energy |
| 2. Care | 6. Relax |
| 3. Balance | 7. Release |
| 4. Being | |



Program Pages and Programs

Program Page **Pain / Psyche**

Even the slightest pain, if you have to endure it long enough, can make everyday life unbearable. Healy's designed to help you get by on as little medication as possible.



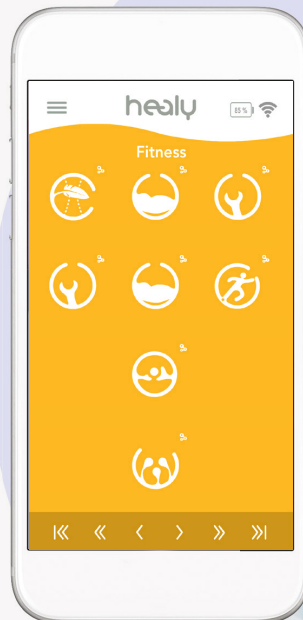
Program Page **Learning**

Whether at school or learning online: This helps you absorb knowledge faster and easier.



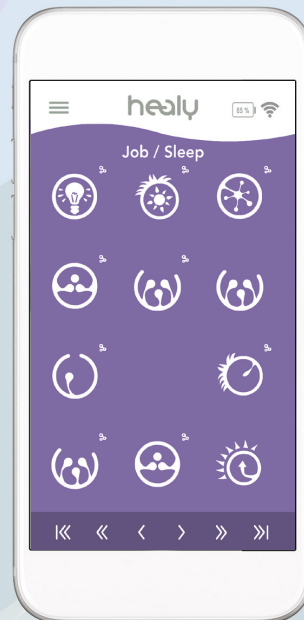
Program Page **Fitness**

Bring out your top performance, or simply stay healthy and fit: here are the programs to support you.



Program Page **Job / Sleep**

Only those who sleep well and healthy can be rested, active and able to perform all day long. Work is fun!



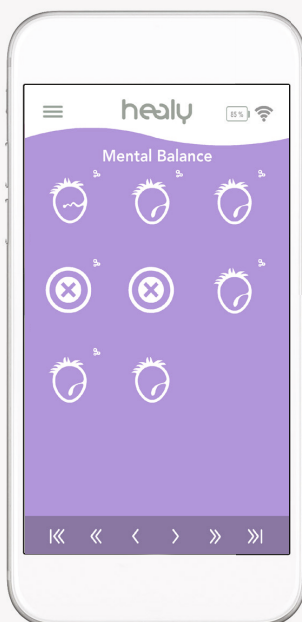
Program Page **Beauty / Skin**

The skin is your protection and your largest organ. Beauty comes from within! The Healy Beauty programs are designed to bring it out.



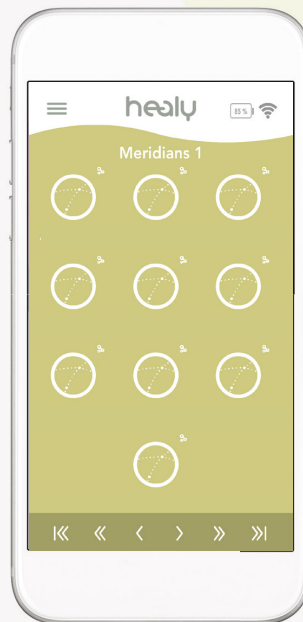
Program Page **Mental Balance**

Face your life balanced and full of confidence. These programs help to support you.



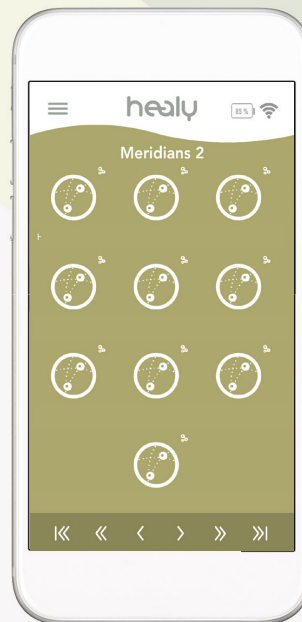
Program Page **Meridians 1**

Stimulating the flow of life energy that connects everything.



Program Page **Meridians 2**

Stimulating the flow of life energy that connects everything.



Program Page Bioenergetic Balance 1

All-round healthy with Bioenergetic Balance 1 – the “digital first aid kit”.



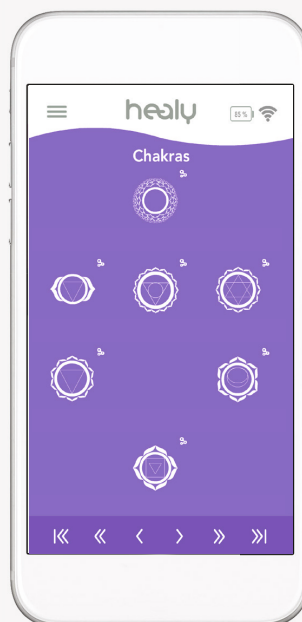
Program Page Bioenergetic Balance 2

The second part of the “digital first aid kit”.



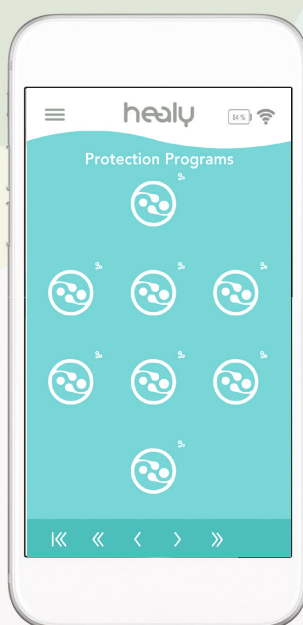
Program Page Chakras

Strengthen your seven ethereal energy centers.



Program Page Protection Programs

Providing protection against harmful environmental influences, wherever they may come from.



Program Page Deep Cycle

The Programs were developed at the Uno Vita Clinic for Holistic Medicine in Oslo. They are a variant of the Nuno Nina Gold Cycle and often used in conjunction with it.



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

Comparison

	HEALY GOLD*	HEALY HOLISTIC HEALTH	HEALY HOLISTIC HEALTH PLUS	HEALY RESONANCE
Wide range of accessories	✓	✓	✓	✓
Holistic Health Cloud technology	✓	✓	✓	✓
Systemic programs	✓	✓	✓	✓
Conventional medicine programs	○	✓	✓	✓
Program page Gold Cycle (Pure, Care, Energy, Being, Balance, Relax, Release)	✓	✓	✓	✓
Program pages Healy Holistic Health (Program page Gold Cycle and Pain / Psyche, Bioenergetic Balance 1 + 2, Mental Balance, Meridians 1 + 2, Sleep, Skin)	✗	✓	✓	✓
Program pages Healy Holistic Health Plus (Program page Gold Cycle + program pages Healy Holistic Health + Learning, Fitness, Job, Beauty, Chakras, Protection Programs)	✗	✗	✓	✓
Healy Resonance (Program pages Healy Holistic Health Plus + Healy Resonance module + Healy Aura module)	✗	✗	✗	✓

*One program page of your choice

