

GOLD CYCLE

The Gold Frequencies were developed together with the Portuguese clinical director and researcher Nuno Nina. Nuno Nina has successfully treated thousands of patients in his clinics with his proven therapy protocols for over 15 years. The Gold Cycle is based on three programs: BALANCE, BEING, and PURE. BALANCE should energetically balance the physical and BEING the emotional functions, while PURE stimulates the excretory organs to support recovery from environmental causes of energetic imbalances. These three programs can be used alternately every day to strengthen your bioenergetic field. The CARE program can be used when you feel your system is particularly challenged.

The Gold Cycle programs are all applied through the Healy Bracelet Electrodes.

The recommended usage for each of the programs listed is once daily.

BALANCE

The fine balance of the various bodily functions is very important for our well-being and health. BALANCE refers to the bioenergetic balance of the kidneys, circulation, lymphatic system and hormones. It is an ideal program for a deep bioenergetic balancing of the body's energy field.

Duration: 52 minutes

BEING

What the program BALANCE is for the body, BEING is for our soul. It should help you regain emotional balance.

Duration: 55 minutes

PURE

The PURE program is the ideal starting point for anyone using Healy for the first time. It should help the energy field of the organism to recover from the bioenergetic effect of environmental pollutants, toxins, an unhealthy diet, and other negative factors.

Duration: 52 minutes

CARE

We see a weakened bioenergetic field as a reason for many acute and chronic diseases. Strengthen your energy field through appropriate exercise, healthy nutrition, and pure water. CARE means "caring"; in other words, preventing a multitude of bioenergetic disorders.

Duration: 46 minutes

ENERGY

Performance needs support. No matter whether you are a well-trained competitive athlete, a stressed-out manager or a busy mother, ENERGY should help you to bio-energetically deal with health problems.

Duration: 55 minutes

RELAX

RELAX stands for a relaxing anti-stress effect. Stress is often the cause of hyperacidity and imbalances in the body. According to our understanding, many diseases are caused by continuous stress. Modern life keeps many of us from letting go of our daily sorrows and stress, and endeavor that we think is vital for achieving recovery.

Duration: 55 minutes

RELEASE

There are many different causes of pain. For example, pain can be a symptom of hyperacidity of the tissue. As an alternative or in addition to the classic pain applications in Healy you can use the Nuno Nina Goldcycle RELEASE program. In this program, you work systemically in the bioenergetic field of the body, no matter where the pain is located in the body.

Duration: 46 minutes

PAIN / PSYCHE

Pain can have various causes and is basically a warning signal from the body that something is physically or psychologically wrong. Since pain often affects muscles, joints, the head, organs, or tissue, pain therapy is one of the largest areas in modern medicine. Pain is often a complex entity of physical trauma and trauma memory, tissue acidification, tissue toxicity, cell energy reduction or lack of regeneration. Pain has a bilateral effect, which means that information flows in two directions: physical pain influences emotions and the psyche – conversely, emotions and the psyche clearly influence pain.

The programs of the Gold Cycle are the basis for the approval of Healy as a medical device.

In order to support you in the treatment of pain and mental distress with Healy, we have prepared the following programs for you.

The recommended usage for each of the programs listed is once daily.

CHRONIC PAIN

Relief of chronic pain via the CNS (Central Nervous System)

Duration: 20 minutes

CHRONIC BACK PAIN

Local relief of chronic back pain

Duration: 20 minutes

TOOTH – JAW LOCAL

Local supportive treatment of pain in the mouth area

Duration: 20 minutes

JOINTS LOCAL

Local relief of joint pain

Duration: 20 minutes

MIGRAINE

Cranial (head side) treatment of migraine

Duration: 20 minutes

INSOMNIA

Supportive treatment of sleep issues via the CNS (Central Nervous System)

Duration: 20 minutes

DEPRESSION

Supportive treatment of depressed feelings via the CNS (Central Nervous System)

Duration: 20 minutes

ANXIETY

Relief of anxious feelings via the CNS (Central Nervous System)

Duration: 20 minutes

FITNESS

In today's predominantly sedentary and unhealthy society, fitness is a good means of balance for physical, mental, and emotional well-being. Regular physical activity should always be followed by a recovery phase. In addition, it is essential to maintain a healthy, balanced diet rich in nutrients and fiber. Fitness is also characterized by the fact we become balanced and centered within ourselves.

Especially in times of stress, burnout, or depression, it is all the more important to find your own center. The Healy Fitness programs have been developed with this basic idea in mind. These programs include the body as well as the mind; we strongly believe that a balanced, sustainable, and holistic psychophysiological constitution must encompass both of them.

Our Healy Fitness programs, therefore, concentrate on the holistic bioenergetic support of four essential areas: muscles, performance, weight, and relaxation. This combination is suitable for everyone who enjoys sports and wants to remain active up into old age.

The recommended usage for each of the programs listed is once daily.

WEIGHT

Bioenergetic stimulation of the organs that eliminate waste products

Duration: 60 minutes

MUSCLE

Bioenergetic optimization of cell regeneration

Duration: 39 minutes

CIRCULATION

Bioenergetic support of the blood supply that supports metabolism

Duration: 30 minutes

PERFORMANCE

Energetic activation of life energy

Duration: 60 minutes

STRENGTH

Bioenergetic activation of the musculoskeletal system

Duration: 60 minutes

STAMINA

Bioenergetic optimization of the capacity for endurance

Duration: 60 minutes

REGENERATION

Bioenergetic stimulation of vitality

Duration: 57 minutes

DEEP RELAXATION

Bioenergetic optimization of the relaxation phase

Duration: 24 minutes

LEARNING

Learning succeeds particularly well when it is fun, easy, and relaxed.

Today, even young people face big challenges: examination stress, mental strain, grade pressure, social anxiety, and others. Whether at school or at college/university, young people experience stress and immense pressure to perform even before entering working life. This often manifests itself in concentration problems, burnout, addiction, compulsions, or depression.

Healy offers programs to support memory, concentration, stress reduction, and creativity-

Students can particularly profit from Healy technology during exam time. Healthy and deep sleep should be bio-energetically promoted as well as learning and concentration.

The recommended usage for each of the programs listed is once daily.

LEARNING SYST.

Bioenergetic activation of the CNS (Central Nervous System)

Duration: 57 minutes

LEARNING ACUTE

Supports learning through cranial stimulation

Duration: 20 minutes

MEMORY

Energetic stimulation of brain metabolism

Duration: 79 minutes

CONCENTRATION SYST.

Bioenergetic optimization of the oxygen supply

Duration: 57 minutes

CONCENTRATION ACUTE

Supports concentration via cranial stimulation

Duration: 20 minutes

EXAM SYST.

Support before exams through cranial stimulation

Duration: 30 minutes

EXAM ACUTE

Energetic balancing of anxiety before tests

Duration: 57 minutes

STRESS SYST.

Mental balancing and bioenergetic stimulation of creative power

Duration: 57 minutes

STRESS ACUTE

Supports mood improvement via cranial stimulation

Duration: 30 minutes

JOB

People leading a stressful working life often feel stuck on a treadmill. They might have been in a situation where they have little regard for their own needs and wants. During such a personal crisis, external commitment often seems more important than our inner voice calling for a break or a change of direction. If this call is ignored for too long and if one's own limits are permanently exceeded, the body may adopt a "refusal attitude" that can lead to the deactivation of entire functional areas. This, in turn, can lead to prolonged fatigue, exhaustion, sleep disorders, and hypersensitivity to stress.

In our experience, Healy provides valuable bioenergetic support when leading an active professional life, offering programs that have the goal of promoting deep relaxation and physical, psychological and emotional balance for people leading a stressful everyday life.

The recommended usage for each of the programs listed is once daily.

ACTIVATION

Bioenergetic stimulation of mental clarity

Duration: 57 minutes

POSITIVE THOUGHTS

Energetic orientation towards positive thoughts

Duration: 45 minutes

BALANCE NERVES

Bioenergetic promotion of the beta state

Duration: 60 minutes

FATIGUE

Energetic reduction of stressors

Duration: 60 minutes

EXHAUSTION SYST.

Bioenergetic balancing of the adrenal hormones

Duration: 60 minutes

EXHAUSTION ACUTE

Supports stress resistance via cranial stimulation

Duration: 20 minutes

EXTREME STRESS

Bioenergetic support of mental and physical balance

Duration: 60 minutes

SLEEP

We spend about one-third of our life sleeping. The need for sleep varies for each individual, but on average it is about 7.5 hours per day. Depending on the age and life situation it can also be that 4-12 hours of sleep is required, in one go or spread over the day. Sleep is vital and serves to regenerate the body and process the impressions of the day. Disturbed sleep can throw us off balance and even make us sick in the long run. Longer lasting sleep disturbances can lead to physical fatigue, health deficits and a weakening of the immune system. In addition, poor sleep quality can also have a negative emotional effect and strain our psyche.

Healy should bio-energetically support you to rest quickly after a long day or the stress of everyday life and promote a night of deep and restful sleep.

The recommended usage for each of the programs listed is once daily.

SLEEP SYST.

Bioenergetic optimized changing into the delta state (deep sleep)

Duration: 51 minutes

BED REST

Bioenergetic promotion of parasympathetic functions (recovery, relaxation)

Duration: 55 minutes

BALANCED SLEEP

Bioenergetic balancing of the deep sleep state

Duration: 52 minutes

FINE FLOW

Bioenergetic activation through ionic movement in the body

Duration: 20 minutes

MENTAL BALANCE

The mental balance and the subconscious of the human being are complex and host all feelings and thoughts, as well as all mental characteristics and the specific personality traits of a person. The human being is a unity consisting of body, mind, and soul. Thus, as psychosomatics shows, one can have physical complaints caused by mental imbalances. This influence also works in the opposite direction, so that the body, for example, the intestine, has a great influence on a person's mental balance. If this colloquially called inner or soul life is intact, an individual is balanced and vital. Trauma experiences are partly unconscious experiences that can reach from the past into the present. They continue to have an effect on the physical as well as the mental and spiritual level, because the trauma has not been processed, integrated, or dissolved. A dysbalance can lead to various disorders that we all want to avoid, such as depression, anxiety, addiction, neuroses, and other symptoms. To bio-energetically support your mental balance with Healy, we have composed the programs below for you.

The recommended usage for each of the programs listed is once daily.

INNER STRENGTH SYST.

Energetic promotion of self-confidence when you feel anxious

Duration: 51 minutes

EMOTIONAL WELL-BEING

Energetic balancing of emotional blockages

Duration: 51 minutes

FEEL GOOD SYST.

Energetic activation of confidence when you feel dejected

Duration: 51 minutes

CONTENTMENT SYST.

Energetic balancing of the inner sense of self to help avoid addictive and compensatory behaviors

Duration: 60 minutes

CONTENTMENT ACUTE

Supports inner balance via cranial stimulation to aid recovery from nicotine addiction

Duration: 20 minutes

INNER UNITY

"Energetic reorganization of the sense of psychic wholeness"

Duration: 55 minutes

WELL-BEING SOUL

Energetic balancing to support the avoidance of compulsive behavior

Duration: 51 minutes

MENTAL BALANCE ACUTE

Supports mental balance via cranial stimulation

Duration: 20 minutes

BEAUTY

The skin, being the outer covering of our body, forms the physical boundary between the inner and outer world. It is our largest organ, fulfilling many vital functions. It is not only a respiratory, metabolic and protective organ in one, but also a visible “showpiece” representing beauty, youthfulness, and health., The outer beauty is decisively influenced by the inner beauty, which is influenced by factors such as intestinal health, inner balance, and bliss.

Nuno Nina’s experience in bio-energetically supporting inner balance and relaxation as well as his expertise in defining the appropriate frequencies for sustainable bioenergetic support of the skin have been integrated into the Healy Beauty programs.

The recommended usage for each of the programs listed is once daily.

INNER BEAUTY

Supporting the coherence and expression of the energetic field

Duration: 45 minutes

HAIR

Bioenergetic stimulation of the follicles

Duration: 60 minutes

SKIN

Bioenergetic fostering of the epidermis

Duration: 60 minutes

AGING

Bioenergetic support of the cell organelles (i.e. the “organs” within the cell)

Duration: 57 minutes

NAILS

Bioenergetic stimulation of the nail bed

Duration: 42 minutes

SKIN ELASTICITY

Bioenergetic promotion of the lymphatic system

Duration: 51 minutes

SKIN

Wounds can occur anywhere inside and outside our bodies. An external violent, accidental, or targeted action leads to an injury, which can manifest itself in a separation of the tissue or the destruction of the skin, mucous membrane, or organs. Using Healy, you can provide bio-energetic support for a wide range of abrasions, cuts, bruises, and surgical wounds during regeneration, as well as disease-related wounds resulting from a lack of blood circulation.

Acne mainly occurs on the face of the affected person. In addition to the external “flaw”, there is usually also pain. The inner conflict, which can be a mental imbalance or possible food intolerance, is literally written on the face of the affected person. Healy should offer you the right bio-energetic support for damaged skin.

If an injury does not heal smoothly, scar tissue develops and can act as a source of disturbance. An untreated scar can cause a variety of sometimes serious complaints, which can strain both the body and the soul of the affected person. In our experience, scars can trigger or aggravate chronic pain, osteoarthritis, hormone disorders, limited mobility, depression, allergies, fatigue, and neurological disorders. It can be observed that the disorder rarely occurs directly in the scar area, but instead in the weakest part of the body.

The recommended usage for each of the programs listed is once daily.

SUPPORT WOUNDS LOCAL

Supports the cells through local stimulation

Duration: 60 minutes

SUPPORT WOUNDS SYST.

Bioenergetic stimulation of the cell metabolism

Duration: 30 minutes

ACNE SYST.

Bioenergetic promotion of toxin transport

Duration: 60 minutes

SCARS SYST.

Balancing energetic interference fields in scars

Duration: 60 minutes

SCARS LOCAL

Local stimulation of scar tissue

Duration: 20 minutes

MERIDIANS 1

Traditional Chinese medicine (TCM) says that life energy (Qi) flows in channels or meridians. According to this concept, there are twelve main channels and each meridian is assigned to a functional circle (organ system). The corresponding acupuncture points, therefore, thread themselves onto the meridians like pearls on a string. Furthermore, acupuncture points have relationships or connections to organs or parts of organs, which the acupuncturist activates by stimulation and thus attempts to influence the healing of the organ.

The individual programs according to the meridian system of Dr. Reinhold Voll have the aim to bio-energetically stimulate the individual meridians and to harmonize existing blockades. The recommended usage for each of the programs listed is once daily.

ALLERGY MERIDIAN

Energetic desensitization of the energy flow
Duration: 60 minutes

CONNECTIVE TISSUE

Energy regulation of the connective tissue
Duration: 51 minutes

BLADDER

Regulation of the bladder energy control
Duration: 51 minutes

LARGE INTESTINE

Harmonizing the energy field of the large intestine
Duration: 51 minutes

SMALL INTESTINE

Harmonizing the energy control of the small intestine
Duration: 51 minutes

FATTY DEGENERATION

Energetic regulation of cell update
Duration: 51 minutes

GALL BLADDER

Energetic regulation of the digestion of fat
Duration: 51 minutes

JOINTS

Energetic balancing of the flexibility
Duration: 51 minutes

SKIN

Energetic promotion of the energy pathways of the skin
Duration: 51 minutes

HEART

Energetic stimulation of the heart energy
Duration: 63 minutes

MERIDIANS 2

Traditional Chinese medicine (TCM) says that life energy (Qi) flows in channels or meridians. According to this concept, there are twelve main channels and each meridian is assigned to a functional circle (organ system). The corresponding acupuncture points, therefore, thread themselves onto the meridians like pearls on a string. Furthermore, acupuncture points have relationships or connections to organs or parts of organs, which the acupuncturist activates by stimulation and thus attempts to influence the healing of the organ.

The individual programs according to the meridian system of Dr. Reinhold Voll have the aim to bio-energetically stimulate the individual meridians and to harmonize existing blockades. The recommended usage for each of the programs listed is once daily.

HORMONAL BALANCE

Energetic hormone balancing
Duration: 51 minutes

CIRCULATION

Energetic regulation of blood circulation
Duration: 51 minutes

LIVER

Energetic metabolism regulation
Duration: 54 minutes

LUNGS

Energetic balancing of the respiratory system
Duration: 51 minutes

LYMPHATIC SYSTEM

Energetic regulation of the lymphatic system
Duration: 51 minutes

STOMACH

Energetic harmonization of the gastric function
Duration: 51 minutes

SPLEEN / PANCREAS

Stimulation of the energy field of the spleen and pancreas
Duration: 51 minutes

NERVE MERIDIAN

Energetic harmonization of the nerve function
Duration: 51 minutes

KIDNEY

Energy control of the fluid balance
Duration: 54 minutes

ORGAN MERIDIAN

Harmonizing the energy flow of the organs
Duration: 54 minutes

BIOENERGETIC BALANCE 1

Bio-energetic Balance 1 contains a compilation of the most common applications in everyday life, selected according to the experience of our users.

The recommended usage for each of the programs listed is once daily.

IMMUNE SYSTEM

Activation of the body's bioenergetic defense system

Duration: 60 minutes

COLD

Bioenergetic calming of the mucous membranes

Duration: 51 minutes

ALLERGIES

Bioenergetic balancing to help relieve allergic reactions

Duration: 60 minutes

EYES

Energetic balancing of visual ability

Duration: 65 minutes

HORMONES

Bioenergetic balancing of the hormonal system

Duration: 57 minutes

INTESTINE

Bioenergetic stimulation of intestinal functioning

Duration: 51 minutes

NERVES

Bioenergetic regulation of the nervous system

Duration: 45 minutes

FLEXIBILITY

Bioenergetic mobilization of the joints

Duration: 51 minutes

CIRCULATORY SYSTEM

Bioenergetic stimulation of the body's energy supply

Duration: 55 minutes

POTENCY

Bioenergetic stimulation of the reproductive organs

Duration: 60 minutes

MENOPAUSE

Bioenergetic regulation of hormonal balance

Duration: 66 minutes

MENSTRUATION LOCAL

Local relaxation of the lower abdomen

Duration: 20 minutes

BIOENERGETIC BALANCE 2

Bio-energetic Balance 2 contains a compilation of the most common applications in everyday life, selected according to the experience of our users.

The recommended usage for each of the programs listed is once daily.

GASTROINTESTINAL

Energetic balancing of the gastrointestinal tract

Duration: 60 minutes

BACTERIA / INFECTIONS

Balancing of the bioenergetic defense system

Duration: 60 minutes

TONSILS

Energetically balancing the immune system in cases of infection

Duration: 60 minutes

LIVER FUNCTION

Bioenergetic promotion of liver metabolism

Duration: 52 minutes

INTOLERANCES

Bioenergetic fostering of food tolerance

Duration: 60 minutes

TOXINS

Bioenergetic stimulation of the body's excretory processes

Duration: 60 minutes

HEAD

Bioenergetic reduction of tensions

Duration: 72 minutes

PROSTATE

Energetic support of the prostate gland

Duration: 60 minutes

LUNG FUNCTION

Bioenergetic optimization of the lung function

Duration: 51 minutes

THYROID GLAND

Bioenergetic regulation of the thyroid function

Duration: 60 minutes

JOINTS / BONES

Bioenergetically stimulation the excretion of metabolites

Duration: 72 minutes

SCIATICA LOCAL

Local stimulation of the sciatic nerve area

Duration: 20 minutes

CHAKRAS

The chakra system is thousands of years old and references to it can be found in many cultures all over the world. The Hopi, Inca, and Maya cultures, for example, make references to the chakras.

A large part of Asian teachings and religions are based on the principles of the Indian chakra teachings. The influence of the Indian chakra teachings reaches so far that they form the foundation for Buddhism and Hinduism, as well as for various techniques of energy and bodywork, such as Yoga, Tai Chi, Ayurveda, TCM, and spiritual healing.

Furthermore, the spiritual as well as the energy-worker scene, have adopted this teaching for themselves everywhere and thus it functions as the basis of most methods of energy and healing work.

The chakras serve the physical body and the subtle body (the aura) as mediators and it is thought that they function as a kind of transformer.

According to this model, the chakras should be connected with the different aura layers and the meridians (energy paths) of the body and also be able to absorb energies of the cosmos and the ethereal world. Absorbed energies (vibrations) can be either beneficial and useful ("positive" influence) or a "negative" influence.

The chakra teachings say that there are seven main chakras that are located along the spine or in the vertical central axis of the body, following the Kundalini energy, from the root chakra to the crown chakra. According to the chakra system, the Kundalini power rises through this assumed energy channel (called sushumna or hara line) upwards.

The seven main chakras have certain functions and colors that characterize them. For example, the lowest of the seven chakras, the red root chakra, indicates the basic trust in a person. It stands for a part of the developmental process because the basic trust is established as the basis of the life process in the child. The crown chakra, the highest of the chakras, which is usually depicted in white or slightly violet, reflects, among other things, the knowledge about the universe that a person has collected by old age. The colors of the chakras correspond to their individual vibration frequencies.

In addition to the subtle interpretation of the chakras, the main chakras can be assigned physically to the organs and glands with which they are supposed to be connected. Every chakra can give energy to the organs and glands and support them energetically. Physical and mental illnesses often lead to changes in these energy fields.

With a little intuition, you also have the possibility of perceiving the existence and the position of the chakras and exploring your own energy field. Of course, everyone has the opportunity to learn how to feel energy fields in appropriate seminars under professional guidance and with practice. Often more and more sensitive abilities are developed in the process of and energetic initiation and with progressive use of the different methods of energy work. The Healy chakra programs aim to bio-energetically strengthen these ventral energy centers and bring them back into their natural balance.

The recommended usage for each of the programs listed is once daily.

CROWN CHAKRA

Energetic harmonization of the topics of the crown chakra and connection to the higher self

Duration: 33 minutes

THIRD EYE CHAKRA

Energetic harmonization of the topics of the third eye chakra and strengthening of intuition

Duration: 33 minutes

THROAT CHAKRA

Energetic harmonization of the topics of the throat chakra and promotion of construction communication

Duration: 33 minutes

HEART CHAKRA

Energetic harmonization of the topics of the heart chakra and stimulation of balanced empathy

Duration: 33 minutes

SOLAR PLEXUS CHAKRA

Energetic harmonization of the topics of the solar plexus chakra and strengthening of self-confidence

Duration: 33 minutes

SACRAL CHAKRA

Energetic harmonization of the topics of sacral chakra and stimulation of creativity

Duration: 33 minutes

ROOT CHAKRA

Energetic harmonization of the topics of the root chakra and activation of basic trust

Duration: 33 minutes

PROTECTION PROGRAMS

These energetic programs should energetically balance electrosmog, stress, geopathic disturbances or negative influences and protect you from bio-energetic breakdowns. The protection programs unfold their effect directly in the Information Field. The Information Field has many different names, such as Morphogenetic Field, Akashic Record, etc. The Information Field is a field surrounding us everywhere at all times, interacting between the mental and physical world.

In principle, no electrodes are required when using the programs. However, you can intensify the effect of the programs by using electrodes.

The recommended usage for each of the programs listed is once daily.

GENERAL PROTECTION

Energetic Shielding

Duration: unlimited

ELECTROSENSITIVITY

Energetic balancing of the tolerance for so-called "electrosmog"

Duration: unlimited

CELL

Bioenergetic strengthening of the cell

Duration: unlimited

MENTAL

Energetic promotion of clear perception capacity

Duration: unlimited

SLEEPING

Energetic protection during sleep

Duration: unlimited

GEOPATHY

Energetic reduction of sensitivity to interference fields

Duration: unlimited

SUBTLE

Energetic protection against external influence

Duration: unlimited

PLANETS

Harmonizing the influences of planets

Duration: unlimited

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:

FIRST APPLICATION, SECOND APPLICATION, and THIRD 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 bio-energetic detoxification process is too strong and unpleasant, continue with the program FIRST APPLICATION until the symptoms decrease.

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. The THURD APPLICATION aims to bio-energetically 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).

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.

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

The Deep Cycle Programs

BREATH OF LIFE

When: 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. To release old toxins from the energetic body and mind.

Body: Complete energetic detoxification of various systems, such as kidneys, lungs, liver, digestive system, lymph, and circulation system

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

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

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 bio-energetically 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