

Healy Studies



The Clinical Research Team conducted the following observational studies/market surveys with Healy users in the past:

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Coherence Study (with Bioenergetic Support)	5
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Healy Coil Study (Gold Cycle)*

Assessment:

- **Quality of Life (WHO-5)**
- Decrease in Concerns (Mymop)

Study programs:

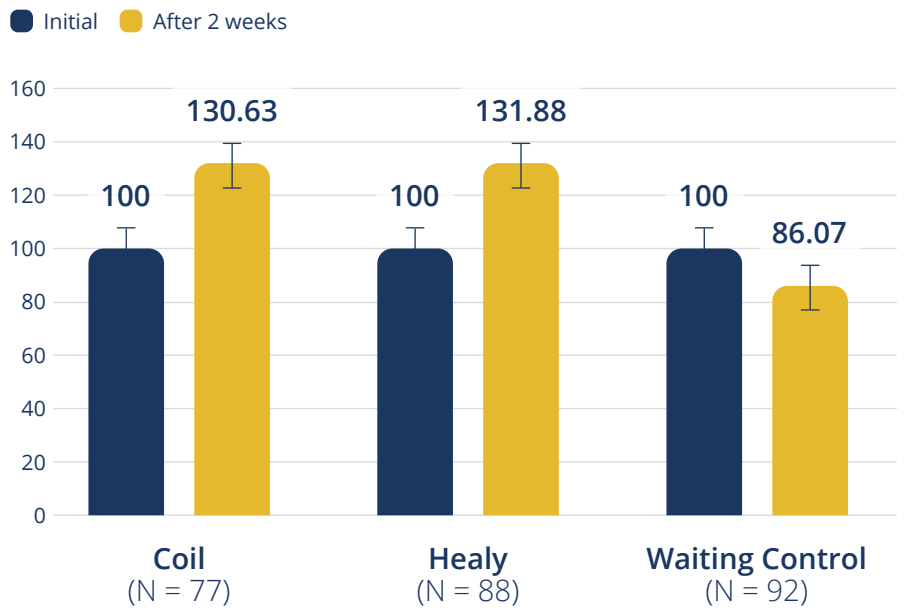
Gold Cycle (free choice, 2-3 programs per day);

- Group A: used the Healy Coil
- Group B: used the Healy
- Group C: without application (waiting group)

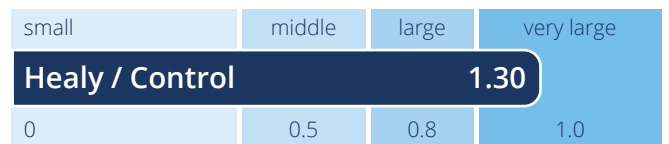
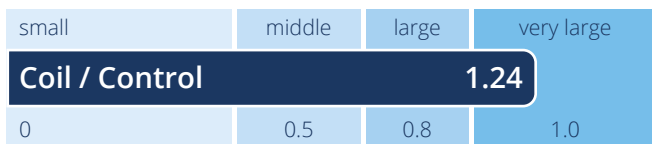
Incentive:

Healy Coil

Pre/Post Comparison Changes in Wellbeing (WHO-5)



Effect size (Cohen's d) Treatment versus Control**



Investigator-initiated, randomized, three-arm pilot study with waiting group control to quantify the effect of frequency application of healthy subjects using Healy and Healy Coil on overall wellbeing, Error bars = 95% confidence interval;

* Walach, H.et al; Self-Treatment to Improve Mental and Physical Health using Two Bioenergetic Devices: A Randomized Controlled Trial; Journal of Psychiatry and Psychiatric Disorders 5 (2021): 107-119.

** Effect size Cohens d: d < 0.5 small effect, d = 0.5-0.8 middle large effect, d = 0.8-1.0 large effect, d > 1.0 very large effect

Healy Coil Study (Gold Cycle)*

Assessment:

- Quality of Life (WHO-5)
- **Decrease in Concerns (Mymop)**

Study programs:

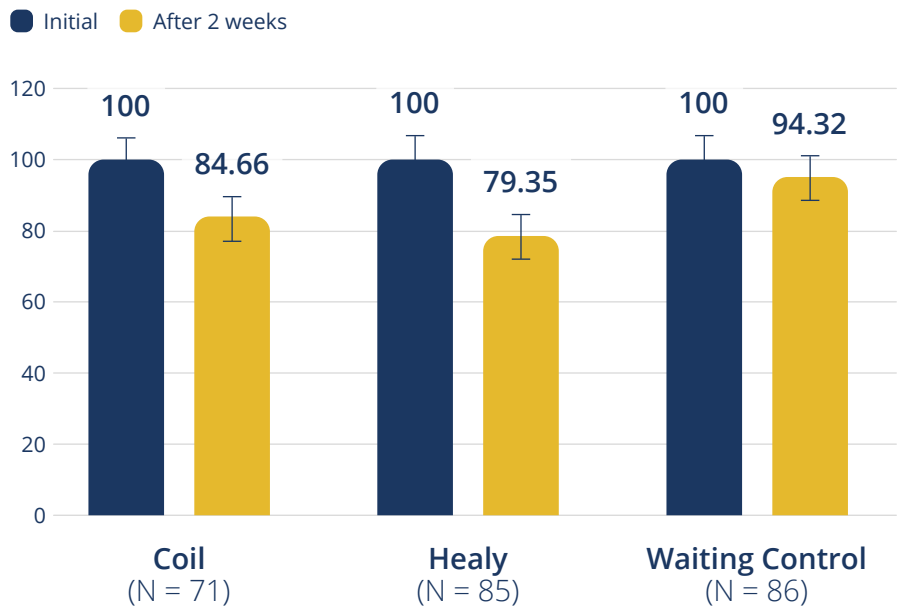
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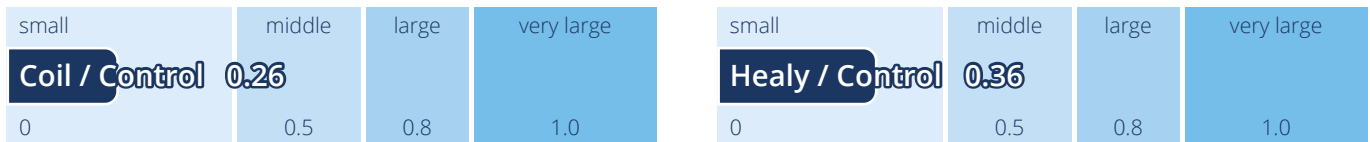
Incentive:

Healy Coil

Pre/Post Comparison Changes in Concerns (Mymop)



Effect size (Cohen's d) Treatment versus control**



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Coherence Study (with Bioenergetic Support)*

Assessment:

- **Quality of Life (WHO-5)**
- Decrease in Concerns (Mymop)

Study programs:

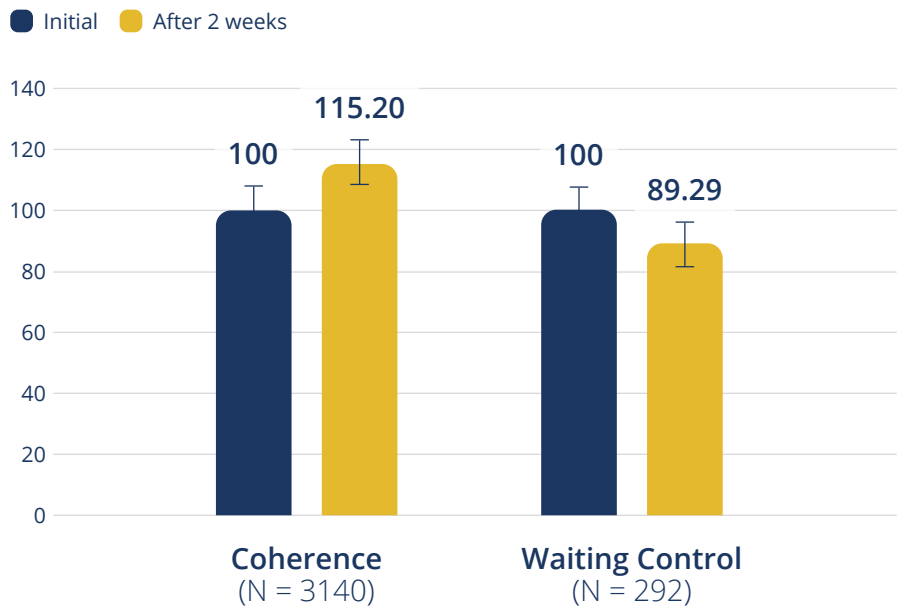
Coherence program

- Coherence group: applied the new Coherence program twice a day
- Non-users: participants who did not use the Coherence program were assigned to the non-user group

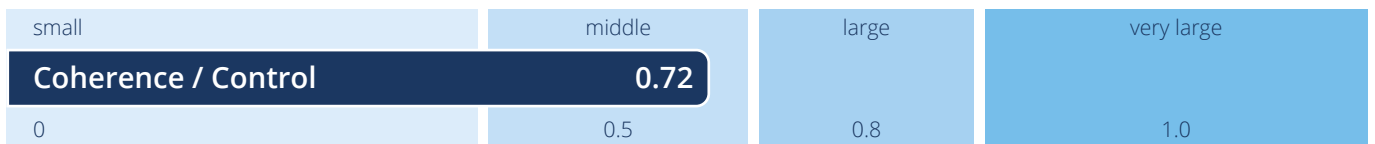
Incentive:

NA

Pre/Post Comparison Changes in Wellbeing (WHO-5)



Effect size (Cohen's d) Treatment versus control**



Self-application to improve general wellbeing using a new Individualized Microcurrent Frequency application (IMF); Error bars = 95% confidence interval;

* Schmieke, M., et al. (2021): Quantum Entangled Frequencies and Coherence in Bioenergetic Systems: Information Field Processes related to the Concepts of Akasha and Prana;

** Effect size Cohens d: d < 0.5 small effect, d = 0.5-0.8 middle large effect, d = 0.8-1.0 large effect, d > 1.0 very large effect

Coherence Study (with Bioenergetic Support)*

Assessment:

- Quality of Life (WHO-5)
- **Decrease in Concerns (Mymop)**

Study programs:

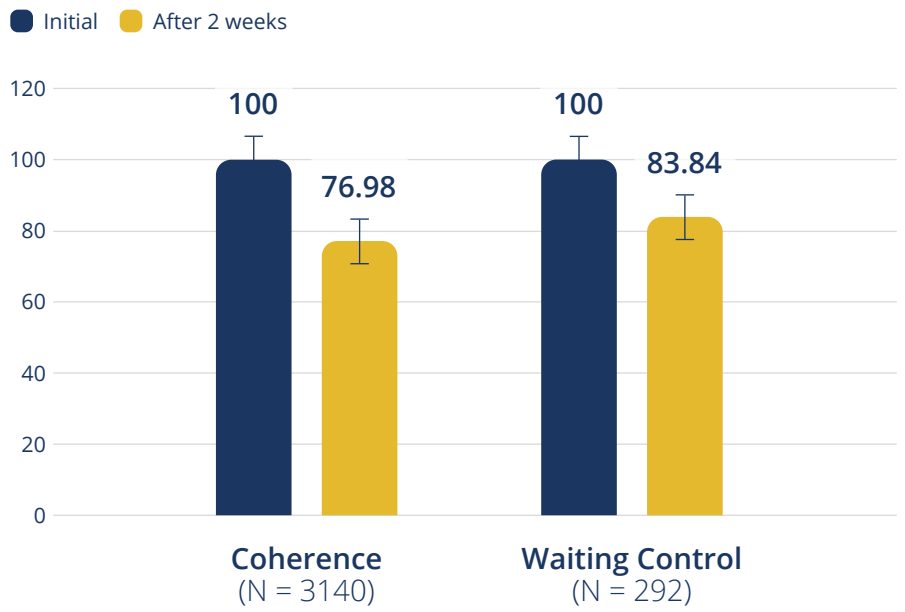
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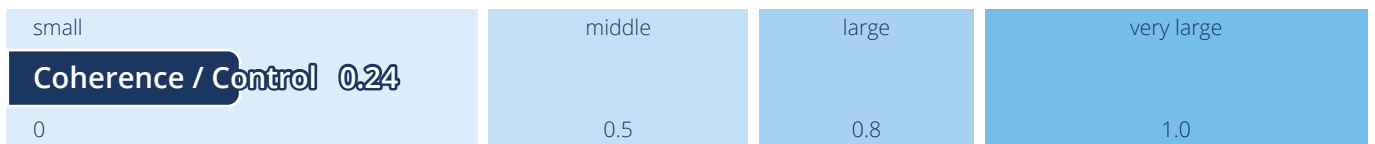
Incentive:

NA

Pre/Post Comparison Changes in Concerns (Mymop)



Effect size (Cohen's d) Treatment versus control**



Self-application to improve general wellbeing using a new Individualized Microcurrent Frequency application (IMF); Error bars = 95% confidence interval;

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** Effect size Cohens d: d < 0.5 small effect, d = 0.5-0.8 middle large effect, d = 0.8-1.0 large effect, d > 1.0 very large effect

Healy Resonance Study (Bioenergetic Harmony 1/2)*

Assessment:

- **Quality of Life (WHO-5)**
- Decrease in Concerns (Mymop)

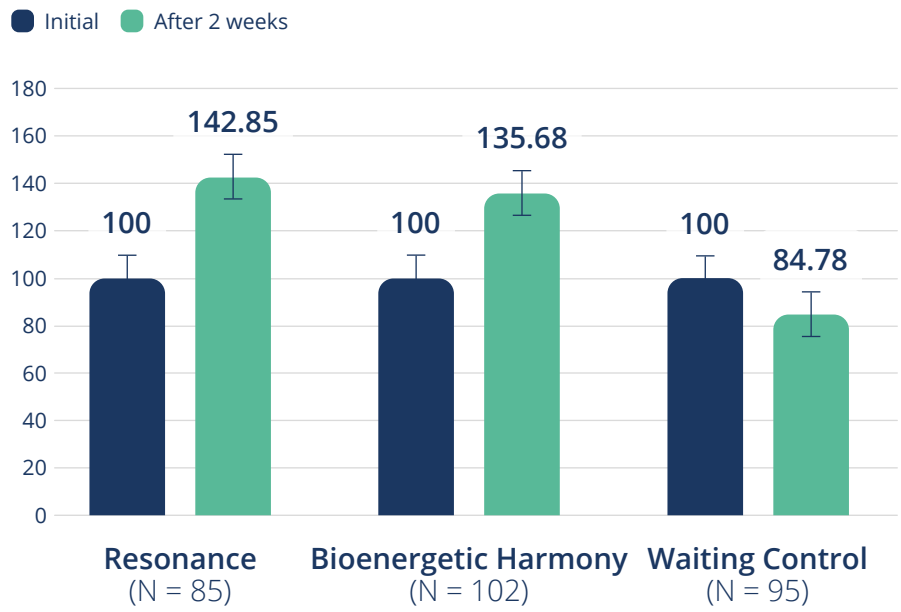
Study programs:

- Resonance group: Information Field analysis and vibration of the results (harmonization list)
- Healy group: Classical Healy application with Bioenergetic Harmony 1 and 2 (1-2 applications per day)
- Control group: no use of Healy applications for 14 days

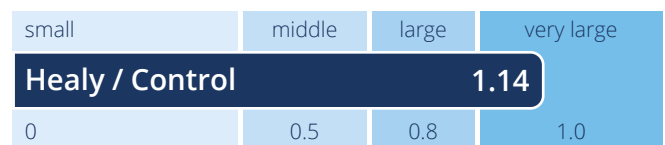
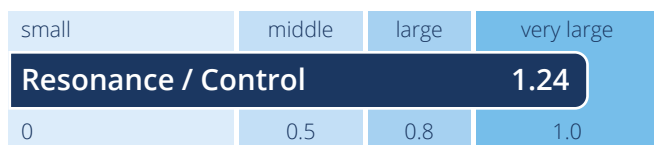
Incentive:

Plant Power Database
(for 1 year)

Pre/Post Comparison Changes in Wellbeing



Effect size (Cohen's d) Treatment versus control**



Three arm Pilot study with waiting group control to quantify the effect of information field analysis and vibration and the application of Individualized Microcurrent applications on improvement of general wellbeing and goal attainment in healthy volunteers; Error bars = 95% confidence interval);

* Schmieke, M., et al. (2021): Three Arm Pilot Study with Waiting Group Control to Quantify the Effect of Information Field Analysis and Vibration and the Application of Individualized Microcurrent Treatments on Improvement of General Wellbeing and Goal Attainment in Healthy Volunteers

** d < 0.5 small effect, d = 0.5-0.8 middle large effect, d = 0.8-1.0 large effect, d > 1.0 very large effect

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Assessment:

- Quality of Life (WHO-5)
- **Decrease in Concerns (Mymop)**

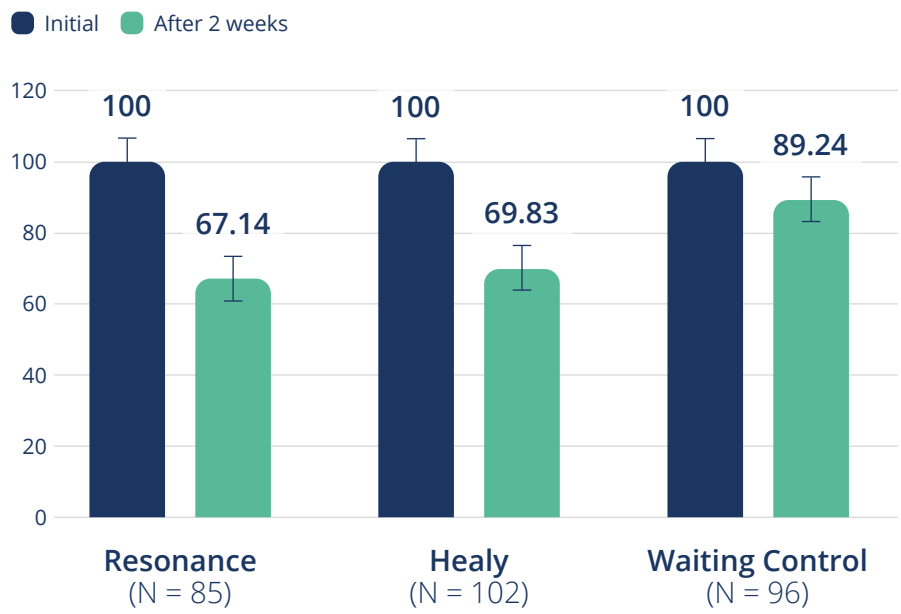
Study programs:

- Resonance group: Information Field analysis and vibration of the results (harmonization list)
- Healy group: Classical Healy application with Bioenergetic Harmony 1 and 2 (1-2 applications per day)
- Control group: no use of Healy applications for 14 days

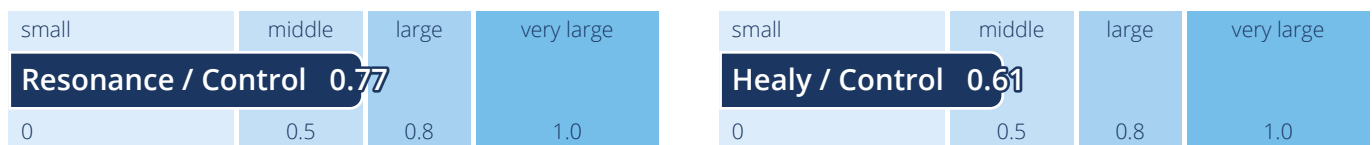
Incentive:

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Pre/Post Comparison Changes in Concerns (Mymop)



Effect size (Cohen's d) Treatment versus control**



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** d < 0.5 small effect, d = 0.5-0.8 middle large effect, d = 0.8-1.0 large effect, d > 1.0 very large effect

Soul Cycle Study (Mental Balance)

Assessment:

- **Quality of Life (WHO-5)**
- Decrease in Concerns (Mymop)
- Stress Level (PSS)

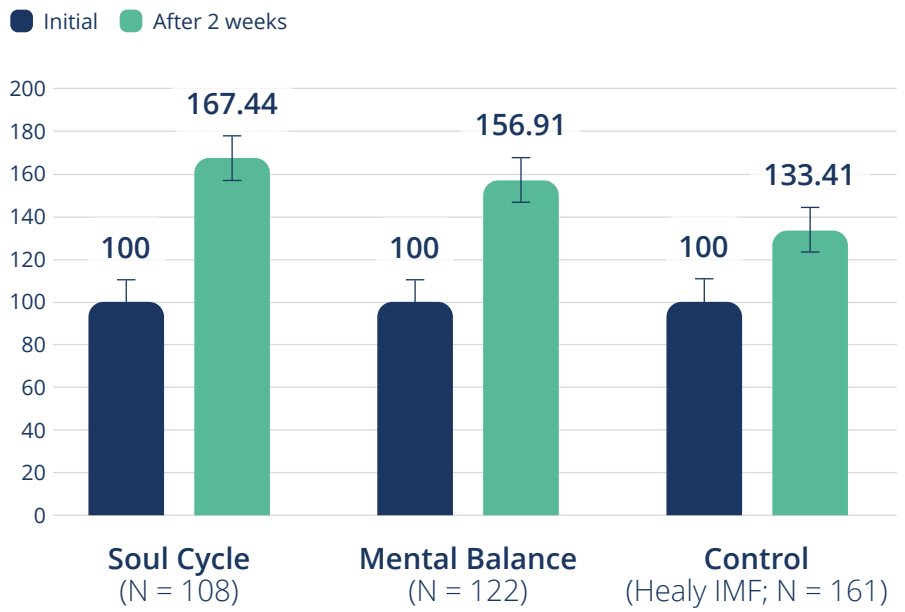
Study programs:

- Group A: Soul Cycle programs (freely selectable, daily 1-2 times)
- Group B: Classic Healy application with Mental Balance (programs of which were freely selectable and could be used daily 1-2 times)
- Group C: Did continue to use their Healy device as before; there were no predefined programs

Incentive:

Soul Cycle (unlimited)

Pre/Post Comparison Changes in Wellbeing



Effect size (Cohen's d*) Treatment versus control



Randomized, 14 days, 3-arm controlled study (Soul Cycle vs. Mental Balance vs. control group); Error bars = 95% confidence interval);

* $d < 0.5$ small effect, $d = 0.5-0.8$ middle large effect, $d = 0.8-1.0$ large effect, $d > 1.0$ very large effect

Soul Cycle Study (Mental Balance)

Assessment:

- Quality of Life (WHO-5)
- **Decrease in Concerns (Mymop)**
- Stress Level (PSS)

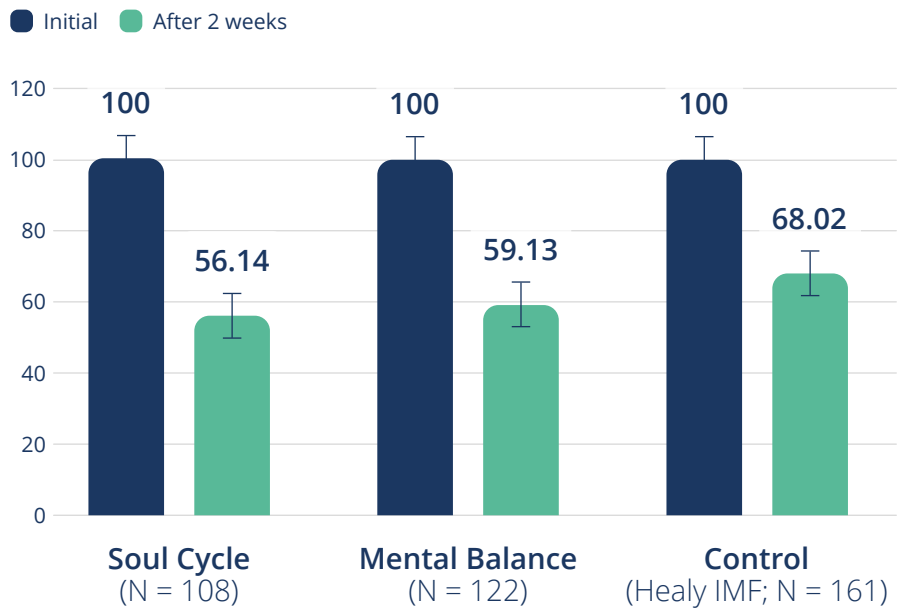
Study programs:

- Group A: Soul Cycle programs (freely selectable, daily 1-2 times)
- Group B: Classic Healy application with Mental Balance (programs of which were freely selectable and could be used daily 1-2 times)
- Group C: Did continue to use their Healy device as before; there were no predefined programs

Incentive:

Soul Cycle (unlimited)

Decrease in Concerns (Mymop)



Effect size (Cohen's d*) Treatment versus control



Randomized, 14 days, 3-arm controlled study (Soul Cycle vs. Mental Balance vs. control group); Error bars = 95% confidence interval);

* $d < 0.5$ small effect, $d = 0.5 - 0.8$ middle large effect, $d = 0.8-1.0$ large effect, $d > 1.0$ very large effect

Soul Cycle Study (Mental Balance)

Assessment:

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)
- **Stress Level (PSS)**

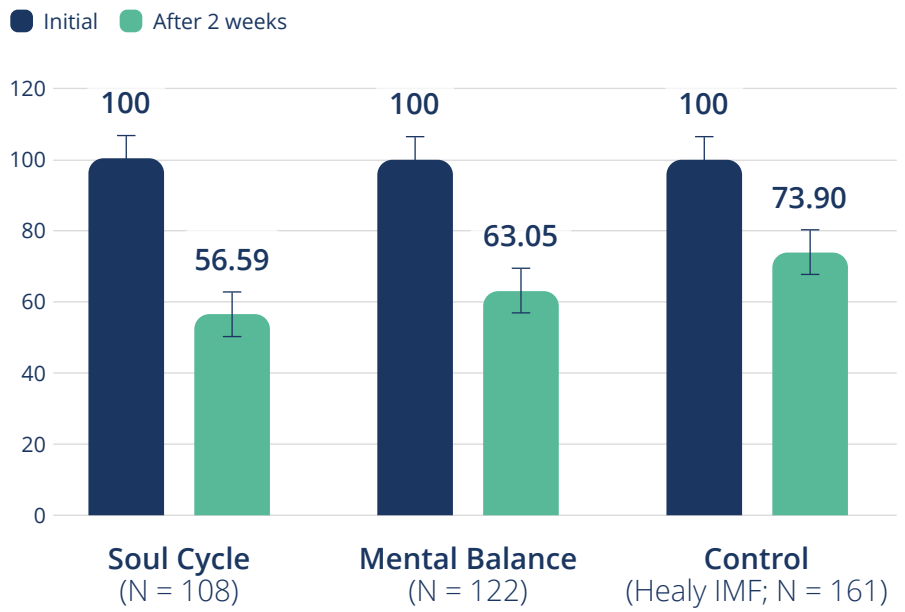
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- Group B: Classic Healy application with Mental Balance (programs of which were freely selectable and could be used daily 1-2 times)
- Group C: Did continue to use their Healy device as before; there were no predefined programs

Incentive:

Soul Cycle (unlimited)

Decrease in Stress Level (PSS)



Effect size (Cohen's d*) Treatment versus control



Randomized, 14 days, 3-arm controlled study (Soul Cycle vs. Mental Balance vs. control group); Error bars = 95% confidence interval);

* $d < 0.5$ small effect, $d = 0.5-0.8$ middle large effect, $d = 0.8-1.0$ large effect, $d > 1.0$ very large effect

Natural Cycle Study (Meridians 1 & 2)

Assessment:

- **Quality of Life (WHO-5)**
- Decrease in Concerns (Mymop)
- Insomnia Severity Index (ISI)
- Checklist Individual Strength (CSI)

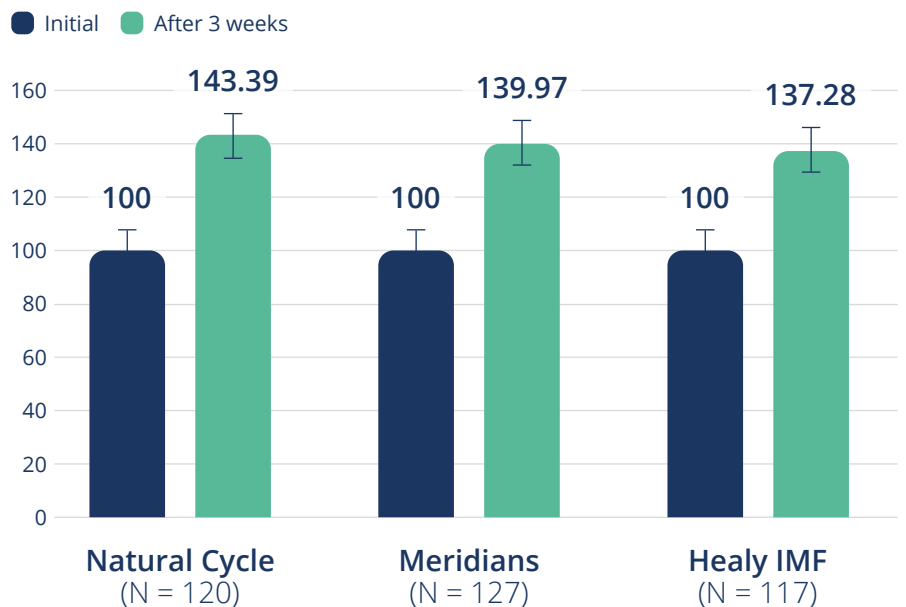
Study programs:

- Group A: 1 program of the Natural Cycle and one stabilization program per day applied on predefined optimized times.
- Group B: only applied programs from the Meridians 1 and 2 program group 1-2 times a day, with no programs to be used on Sunday
- Group C: used the Healy as usual, without further specifications.

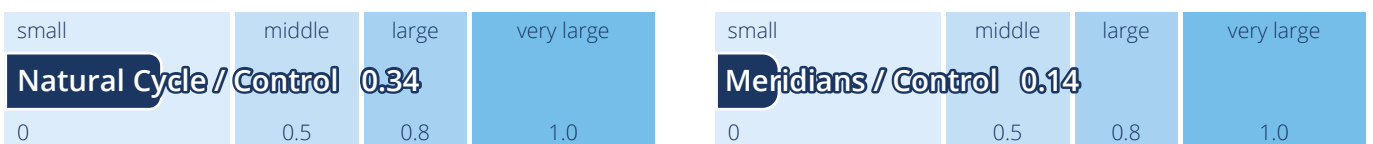
Incentive:

Natural Cycle (unlimited)

Pre/Post Comparison Changes in Wellbeing



Effect size (Cohen's d*) Treatment versus Control



Randomized, 21 days, 3-arm controlled study (Natural Cycle vs. Meridians 1 and 2 vs. control group); Error bars = 95% confidence interval);

* $d < 0.5$ small effect, $d = 0.5-0.8$ middle large effect, $d = 0.8-1.0$ large effect, $d > 1.0$ very large effect

Natural Cycle Study (Meridians 1 & 2)

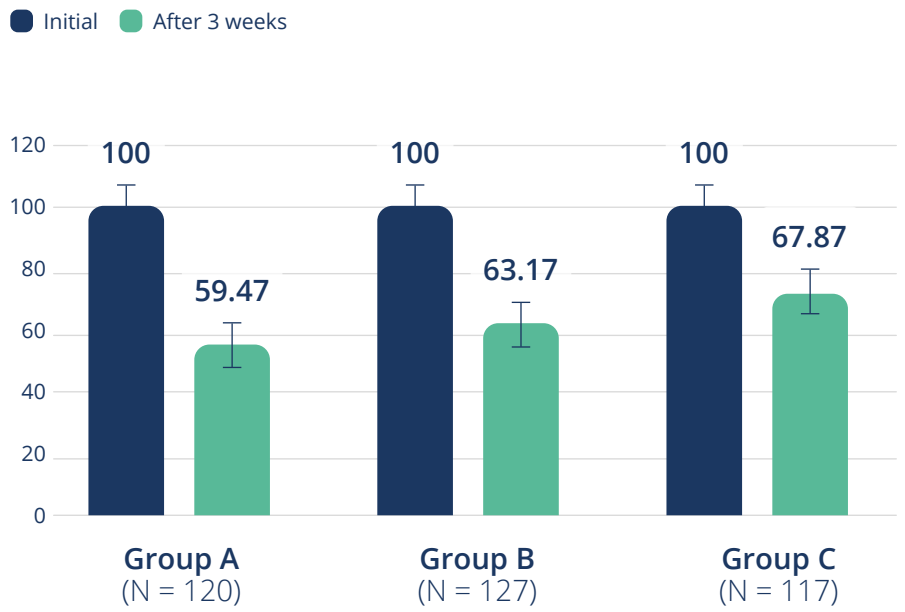
Assessment:

- Quality of Life (WHO-5)
- **Decrease in Concerns (Mymop)**
- Insomnia Severity Index (ISI)
- Checklist Individual Strength (CSI)

Study programs:

- Group A: 1 program of the Natural Cycle and one stabilization program per day applied on predefined optimized times.
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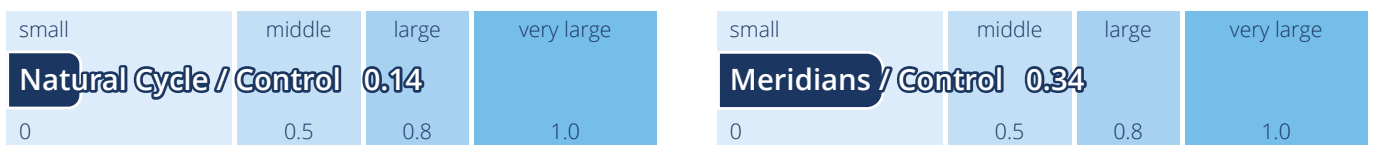
Decrease in Concerns (Mymop)



Incentive:

Natural Cycle (unlimited)

Effect size (Cohen's d*) Treatment versus Control



Randomized, 21 days, 3-arm controlled study (Natural Cycle vs. Meridians 1 and 2 vs. control group); Error bars = 95% confidence interval);

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Natural Cycle Study (Meridians 1 & 2)

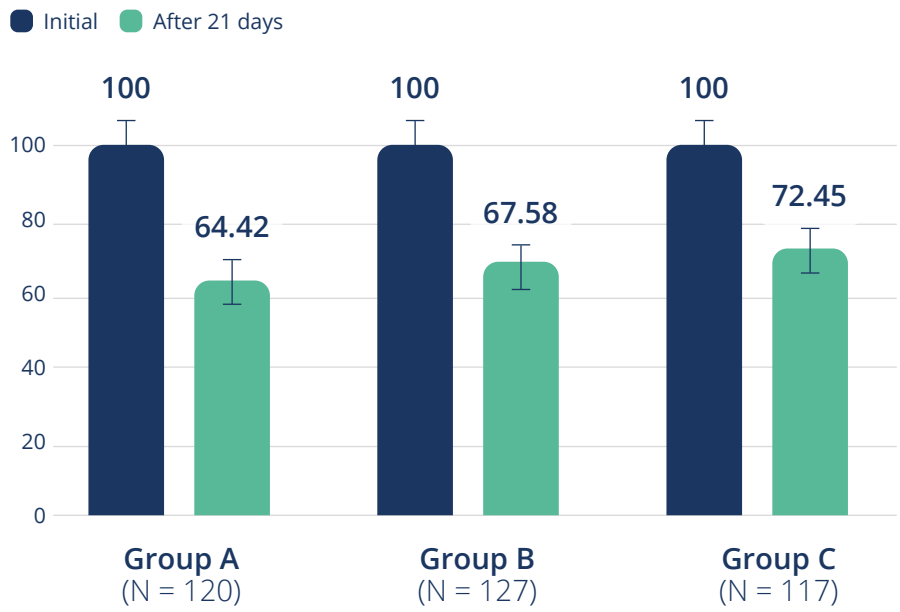
Assessment:

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)
- **Insomnia Severity Index (ISI)**
- Checklist Individual Strength (CSI)

Study programs:

- Group A: 1 program of the Natural Cycle and one stabilization program per day applied on predefined optimized times.
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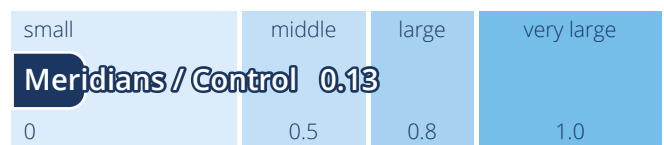
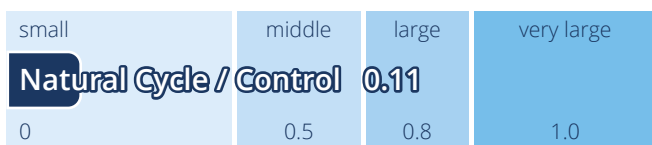
Decrease in Sleep Disturbances (ISI)



Incentive:

Natural Cycle (unlimited)

Effect size (Cohen's d*) Treatment versus Control



Randomized, 21 days, 3-arm controlled study (Natural Cycle vs. Meridians 1 and 2 vs. control group); Error bars = 95% confidence interval);

* $d < 0.5$ small effect, $d = 0.5-0.8$ middle large effect, $d = 0.8-1.0$ large effect, $d > 1.0$ very large effect

Natural Cycle Study (Meridians 1 & 2)

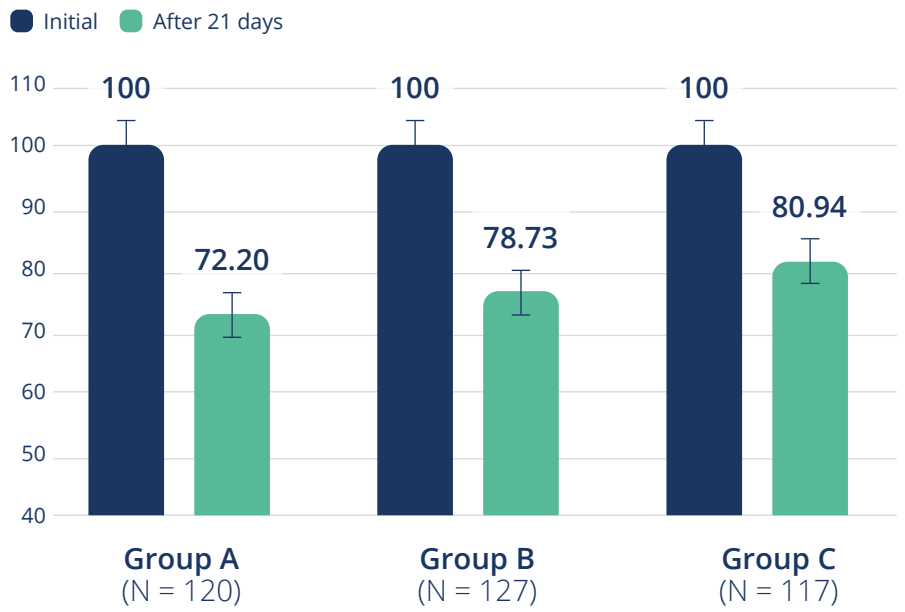
Assessment:

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)
- Insomnia Severity Index (ISI)
- **Checklist Individual Strength (CSI)**

Study programs:

- Group A: 1 program of the Natural Cycle and one stabilization program per day applied on predefined optimized times.
- Group B: only applied programs from the Meridians 1 and 2 program group 1-2 times a day, with no programs to be used on Sunday
- Group C: used the Healy as usual, without further specifications.

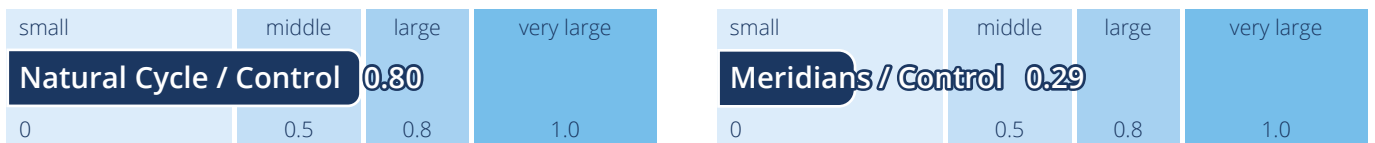
Change in CSI (Checklist of individual Strength)



Incentive:

Natural Cycle (unlimited)

Effect size (Cohen's d*) Treatment versus Control



Randomized, 21 days, 3-arm controlled study (Natural Cycle vs. Meridians 1 and 2 vs. control group); Error bars = 95% confidence interval);

* $d < 0.5$ small effect, $d = 0.5-0.8$ middle large effect, $d = 0.8-1.0$ large effect, $d > 1.0$ very large effect

Power of Three Study*

Assessment:

- **Quality of Life (WHO-5)**
- Decrease in Concerns (Mymop)
- Stress Level (PSS)

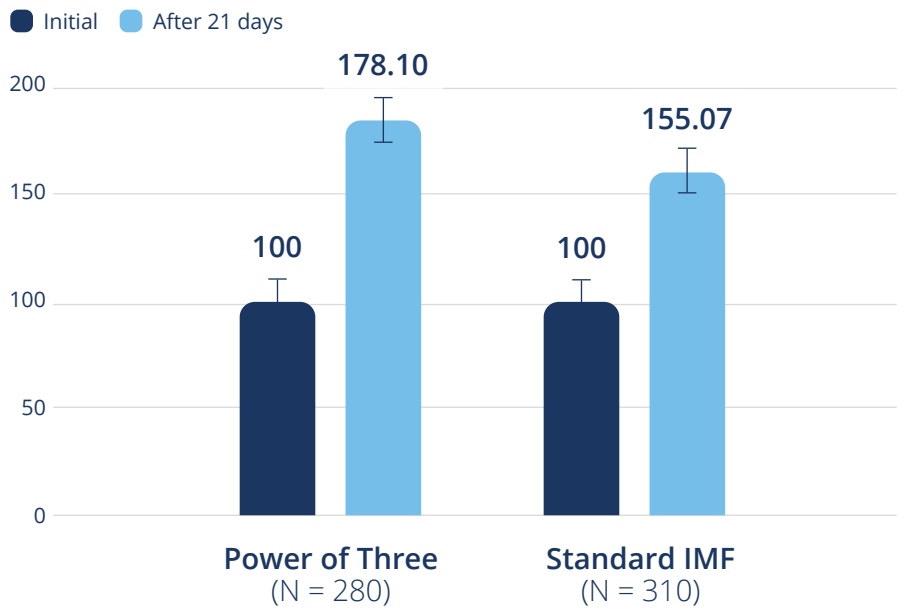
Study programs:

- Group A: Conflict Balance, Defense Support and Friendly 2x a day (except Sunday). Furthermore, they applied the program Rebalance every day from Mon-Sat)
- Group B: used the Healy as usual, without further specifications

Incentive:

Power of Three programs plus Rebalance

Pre/Post Comparison Changes in Wellbeing



Effect size (Cohen's d) Treatment versus Control**

small	middle	large	very large
0	0.5	0.8	1.0
P3 / Control 0.50			

Randomized, 21 days, 2-arm controlled study (Power of Three vs. control group); Error bars = 95% confidence interval);

* Schmieke, M., et al. (2022): Two Arm Stratified Pilot Study to Assess the Efficacy of the New Individualized Microcurrent Frequencies (IMF) Programs "Power of 3" in Comparison with Standard Healy Applications in Participants Under COVID-19 Crisis Induced Stress

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Power of Three Study*

Assessment:

- Quality of Life (WHO-5)
- **Decrease in Concerns (Mymop)**
- Stress Level (PSS)

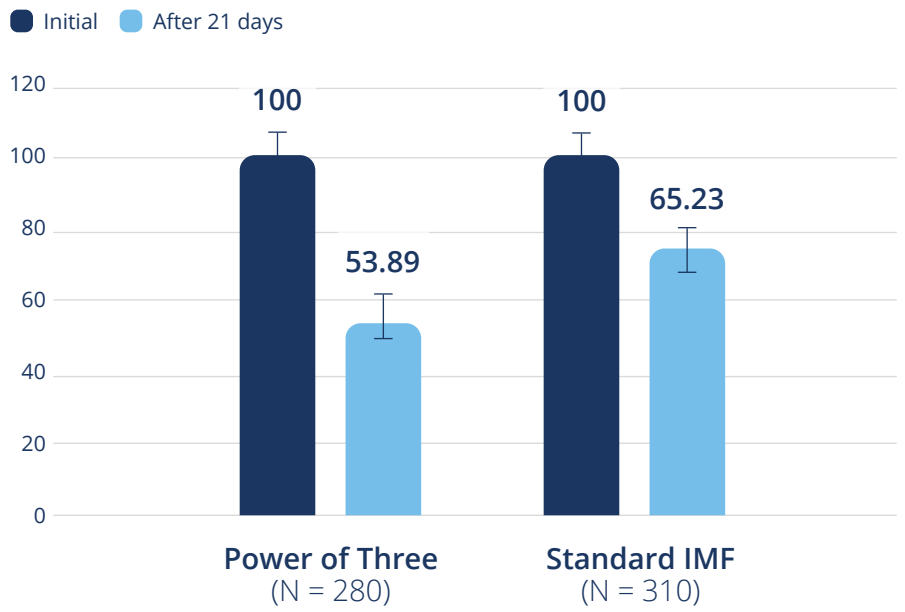
Study programs:

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- Group B: used the Healy as usual, without further specifications

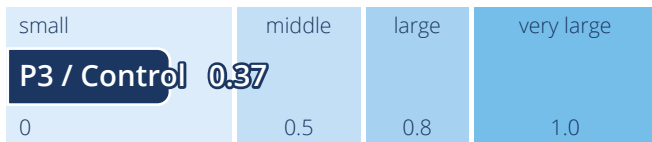
Incentive:

Power of Three programs plus Rebalance

Pre/Post Comparison Changes in Concerns (Mymop)



Effect size (Cohen's d) Treatment versus Control**



Randomized, 21 days, 2-arm controlled study (Power of Three vs. control group); Error bars = 95% confidence interval);

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Power of Three Study*

Assessment:

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)
- **Stress Level (PSS)**

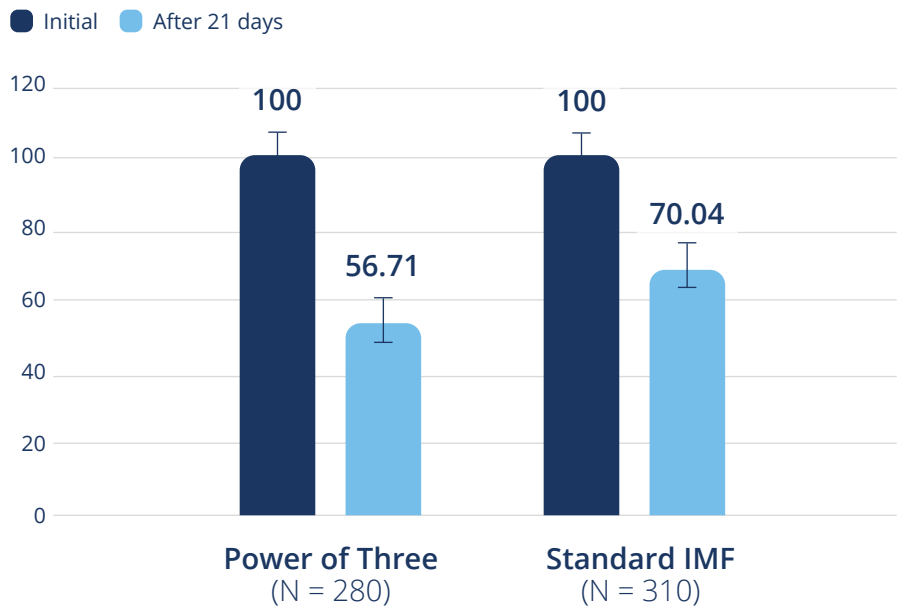
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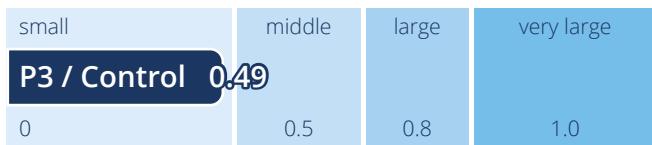
Incentive:

Power of Three programs plus Rebalance

Pre/Post Comparison Changes in Perceived Stress (PSS)



Effect size (Cohen’s d) Treatment versus Control**



Randomized, 21 days, 2-arm controlled study (Power of Three vs. control group); Error bars = 95% confidence interval);

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Deep Cycle Study

Assessment:

- **Quality of Life (WHO-5)**
- Decrease in Concerns (Mymop)
- Stress Level (PSS)

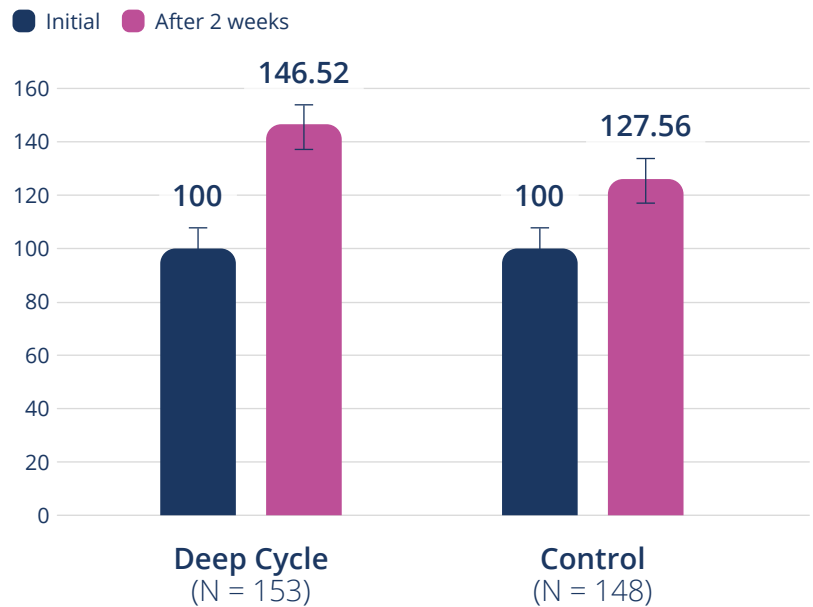
Study programs:

- Application group (Group A):
Deep Cycle programs (predefined schedule by Jan F. Poleszynski, daily 1-2 times)
- Control group (Group B):
Did continue to use their Healy device as before; there were no predefined programs

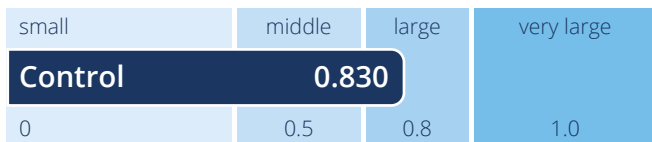
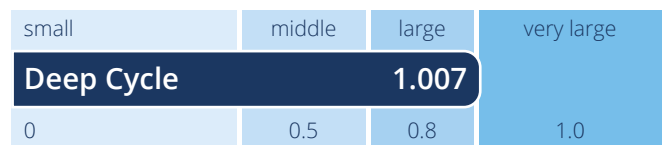
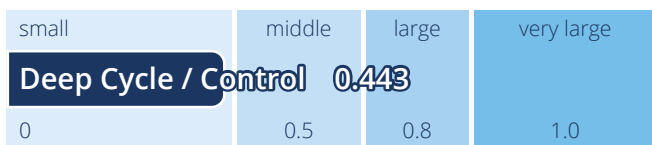
Incentive:

Plant Power Database (for 1 year)

Pre/Post Comparison Changes in Wellbeing (WHO-5)



Effect size (Cohen's d*) Treatment versus Control



Three surveys were completed to assess quality of life (WHO-5) and individualized goal achievement (decrease in individual burdens according to Mymop questionnaire, data not shown) and Stress Level (PSS): Initial survey on day 1 (pre-treatment), final survey on day 17 (3 days post-application).

Randomized study with 301 participants; Error bars = 95% confidence interval

* Effect size Cohens d: d < 0.5 small effect, d = 0.5-0.8 middle large effect, d = 0.8-1.0 large effect, d > 1.0 very large effect

Deep Cycle Study

Assessment:

- Quality of Life (WHO-5)
- **Decrease in Concerns (Mymop)**
- Stress Level (PSS)

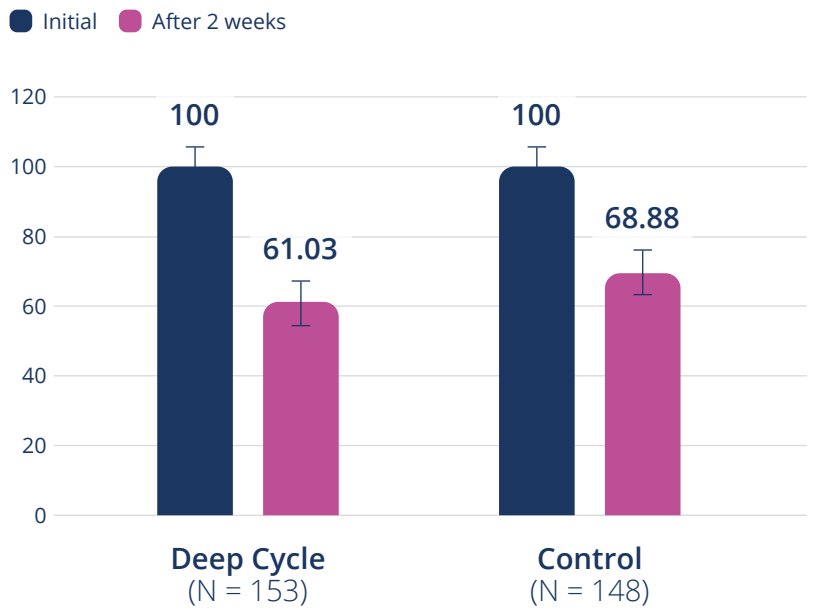
Study programs:

- Application group (Group A): Deep Cycle programs (predefined schedule by Jan F. Poleszynski, daily 1-2 times)
- Control group (Group B): Did continue to use their Healy device as before; there were no predefined programs

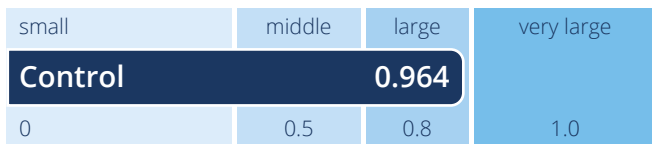
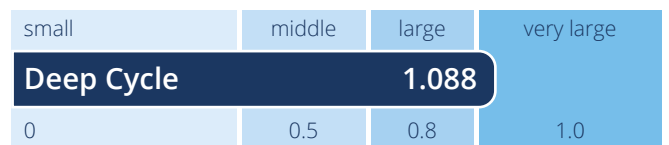
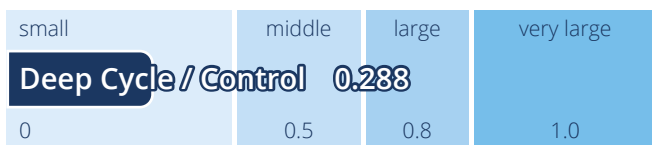
Incentive:

Plant Power Database (for 1 year)

Pre/Post Comparison Changes in Concerns (Mymop)



Effect size (Cohen's d*) Treatment versus Control



Three surveys were completed to assess quality of life (WHO-5) and individualized goal achievement (decrease in individual burdens according to Mymop questionnaire, data not shown) and Stress Level (PSS): Initial survey on day 1 (pre-treatment), final survey on day 17 (3 days post-application).

Randomized study with 301 participants; Error bars = 95% confidence interval

* Effect size Cohens d: d < 0.5 small effect, d = 0.5-0.8 middle large effect, d = 0.8-1.0 large effect, d > 1.0 very large effect

Deep Cycle Study

Assessment:

- Quality of Life (WHO-5)
- Decrease in Concerns (Mymop)
- **Stress Level (PSS)**

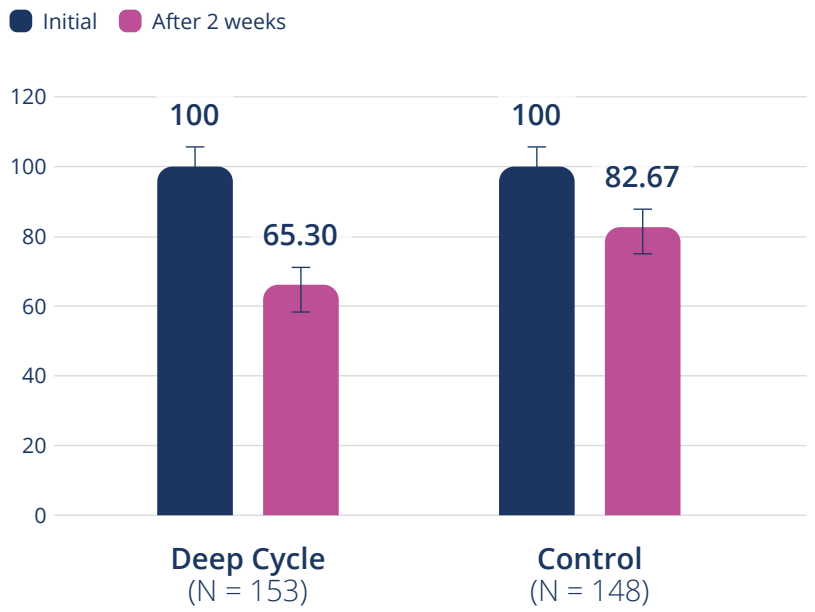
Study programs:

- Application group (Group A): Deep Cycle programs (predefined schedule by Jan F. Poleszynski, daily 1-2 times)
- Control group (Group B): Did continue to use their Healy device as before; there were no predefined programs

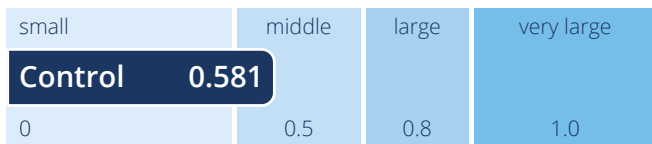
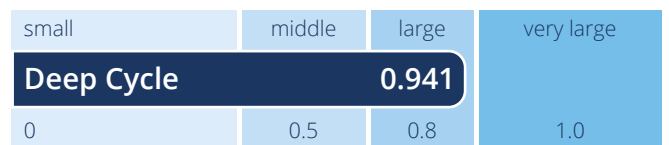
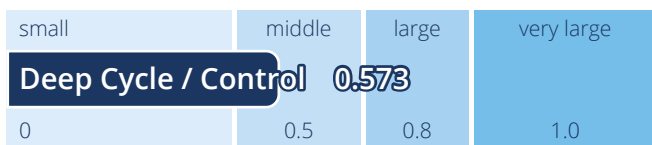
Incentive:

Plant Power Database (for 1 year)

Pre/Post Comparison Changes in Perceived Stress (PSS)



Effect size (Cohen's d*) Treatment versus Control



Three surveys were completed to assess quality of life (WHO-5) and individualized goal achievement (decrease in individual burdens according to Mymop questionnaire, data not shown) and Stress Level (PSS): Initial survey on day 1 (pre-treatment), final survey on day 17 (3 days post-application).

Randomized study with 301 participants; Error bars = 95% confidence interval

* Effect size Cohens d: d < 0.5 small effect, d = 0.5-0.8 middle large effect, d = 0.8-1.0 large effect, d > 1.0 very large effect

Coaching Study

Assessment:

- Quality of Life (WHO-5)
- Goal Attainment (Mymop)

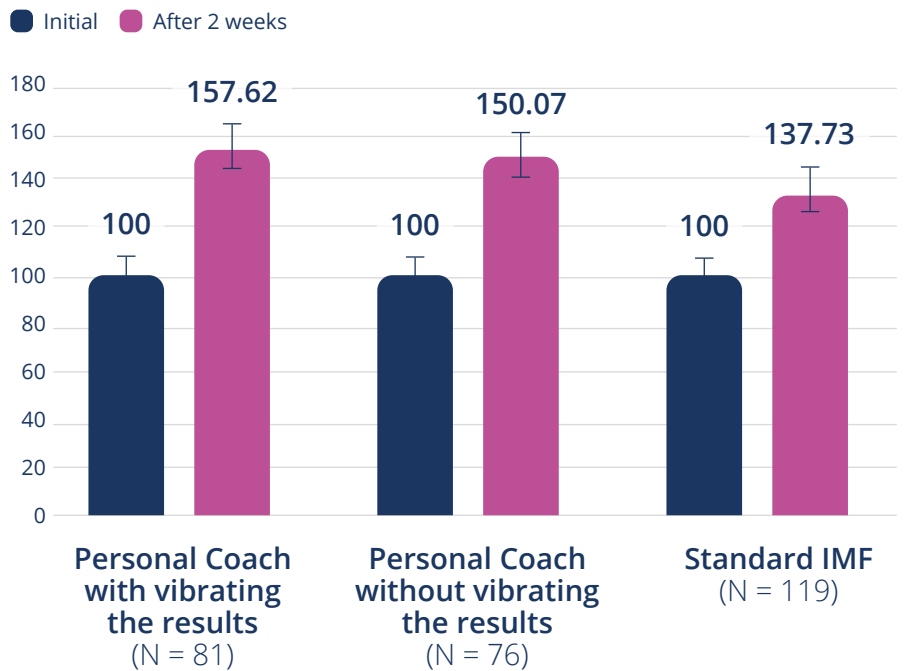
Study programs:

- Group A: did an Analysis on day 1, read and self-interpreted the results carefully and vibrated the results from the harmonization list 3x per day (2Min 37Sec) for 14 days of study duration
- Group B: did an Analysis but without vibrating the results
- Group C: without application (waiting group)

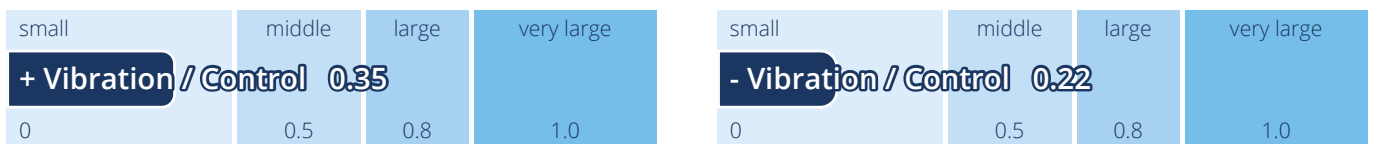
Incentive:

Personal Coach (lifetime)

Pre/Post Comparison Changes in Wellbeing



Effect size (Cohen's d*) Treatment versus Control



Randomized, 14 days, 3-arm controlled study (Analysis and Vibration vs. Analysis and Non-Vibration vs. control group); Error bars = 95% confidence interval);

* $d < 0.5$ small effect, $d = 0.5-0.8$ middle large effect, $d = 0.8-1.0$ large effect, $d > 1.0$ very large effect

Coaching Study

Assessment:

- Quality of Life (WHO-5)
- **Goal Attainment (Mymop)**

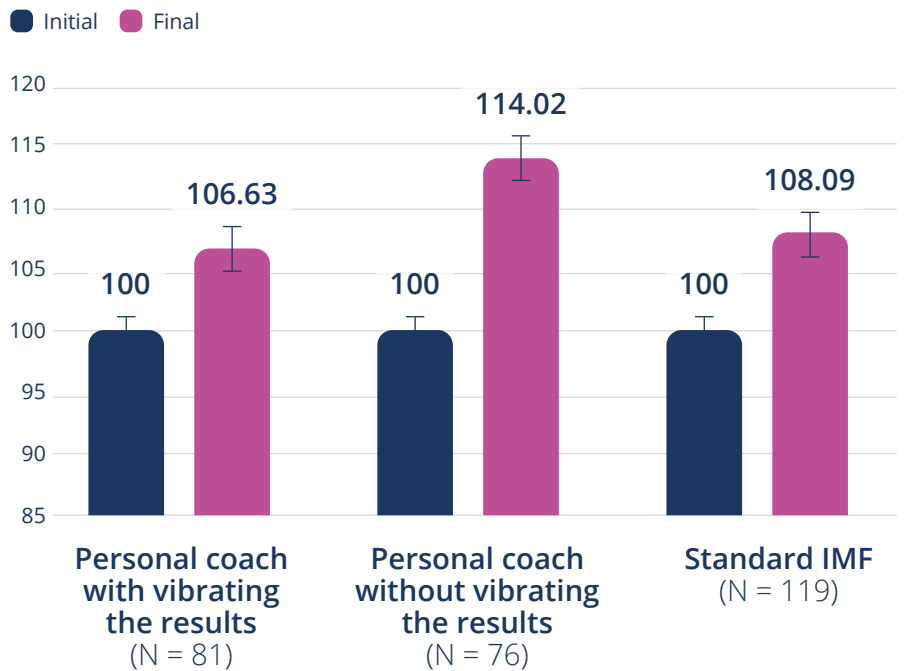
Study programs:

- Group A: did an Analysis on day 1, read and self-interpreted the results carefully and vibrated the results from the harmonization list 3x per day (2Min 37Sec) for 14 days of study duration
- Group B: did an Analysis but without vibrating the results
- Group C: without application (waiting group)

Incentive:

Personal Coach (lifetime)

Goal Attainment Sum Score



Effect size (Cohen's d*) Treatment versus Control



Randomized, 14 days, 3-arm controlled study (Analysis and Vibration vs. Analysis and Non-Vibration vs. control group); Error bars = 95% confidence interval);

* $d < 0.5$ small effect, $d = 0.5-0.8$ middle large effect, $d = 0.8-1.0$ large effect, $d > 1.0$ very large effect

Animal Module Study

Assessment:

- Wellbeing (Pets)*
- Goal Attainment (GAL-Mymop)

Study program(s) and module(s):

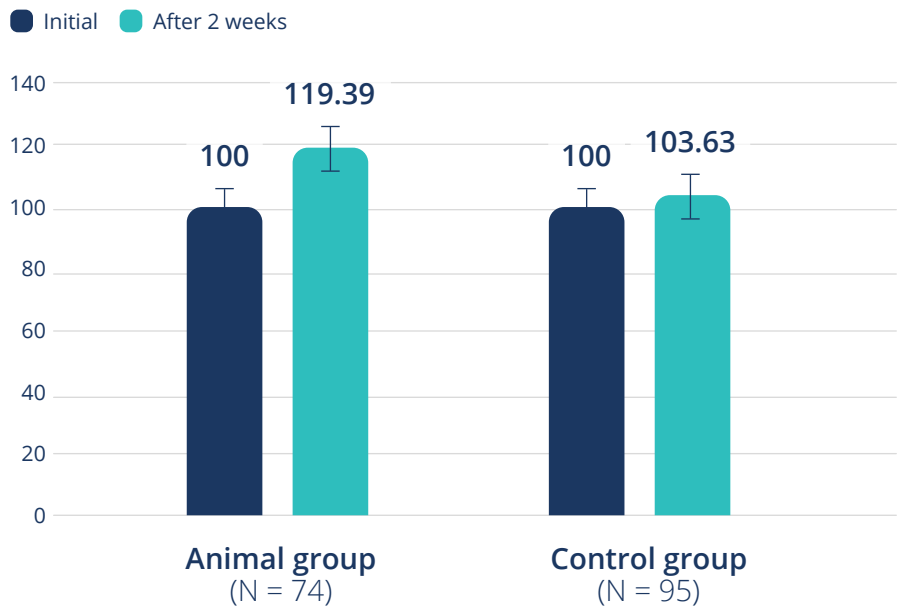
Healy Animal Module (incl. Animal programs) + Healy Coil

- Animal group: recommended Animal programs for 14 days (IMF Plan in HealAdvisor App)
- Control group: No Animal programs for 14 days

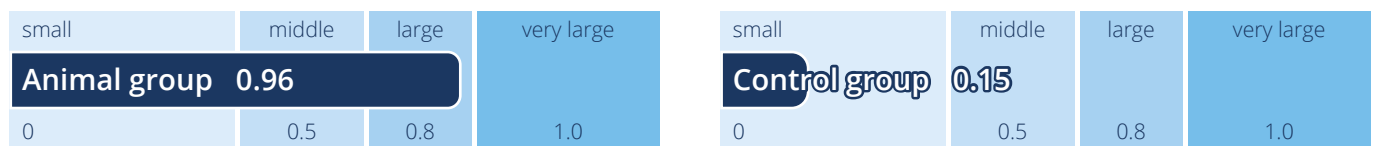
Incentive:

Animal Module for 12 months

Pre/Post Comparison Changes in Wellbeing (Pets)



Effect size (Cohen's d) Treatment versus Control**



Two surveys were completed to assess the individualized goal attainment (according to Mymop questionnaire) and a special adapted survey to assess the wellbeing of the pet (pre/post); Initial survey on day 1, final survey on day 14

Randomized, two-arm pilot study with waiting group control to quantify the effort of the Animal Module/Animal programs and harmonization on improvement of general wellbeing and goal attainment in pets conducted by Healy World with 169 animals (Error bars = 95% confidence interval)

* adapted questionnaire to assess the individual health status of the animals
 ** d < 0.5 small effect, d = 0.5-0.8 middle large effect, d = 0.8-1.0 large effect, d > 1.0 very large effect

Animal Module Study

Assessment:

- Wellbeing (Pets)*
- **Goal Attainment (GAL-Mymop)**

Study program(s) and module(s):

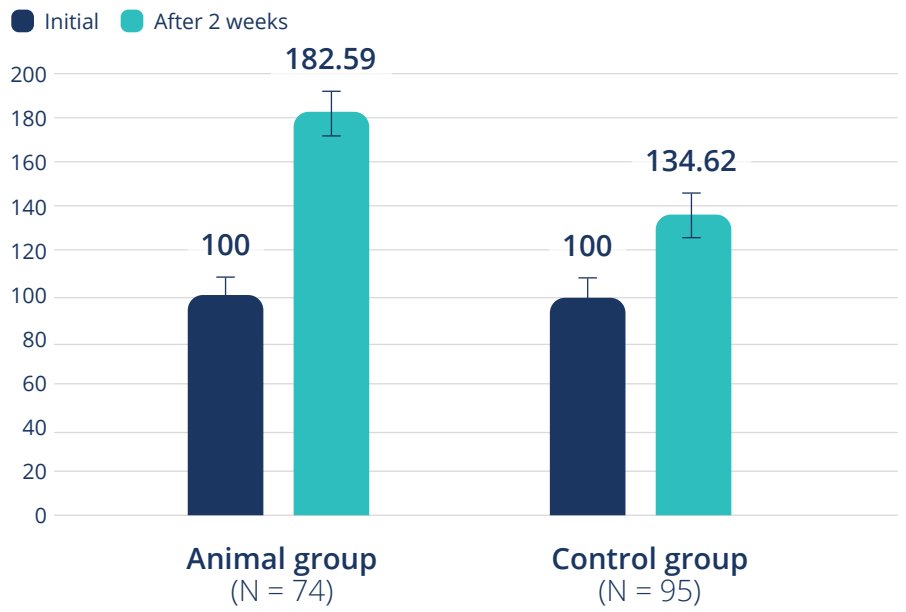
Healy Animal Module (incl. Animal programs) + Healy Coil

- Animal group: recommended Animal programs for 14 days (IMF Plan in HealAdvisor App)
- Control group: No Animal programs for 14 days

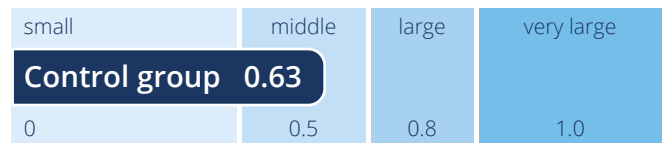
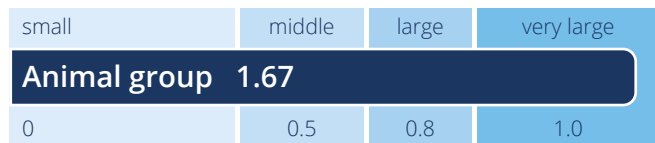
Incentive:

Animal Module for 12 months

Pre/Post Comparison Changes in Goal Attainment (Mymop)



Effect size (Cohen’s d) Treatment versus Control**



Two surveys were completed to assess the individualized goal attainment (according to Mymop questionnaire) and a special adapted survey to assess the wellbeing of the pet (pre/post); Initial survey on day 1, final survey on day 14

Randomized, two-arm pilot study with waiting group control to quantify the effort of the Animal Module/Animal programs and harmonization on improvement of general wellbeing and goal attainment in pets conducted by Healy World with 169 animals (Error bars = 95% confidence interval)

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<ul style="list-style-type: none"> • BioenergeticHarmony 1 & 2 • Mental Balance • Meridians 1 & 2 		✓	✓	✓	✓
<ul style="list-style-type: none"> • Chakras • Fitness • Local Stimulation • Sleep • The Power of Three • HealAdvisor Analyse Resonance Module 			✓	✓	✓
<ul style="list-style-type: none"> • Deep Cycle • Learning • Skin • HealAdvisor Analyse Aura Module • HealAdvisor Analyse Success Coach Module 				✓	✓
<ul style="list-style-type: none"> • Bioenergetic Defense • Job • Beauty • HealAdvisor Digital Nutrition Module • HealAdvisor Bioenergetic Vitalization Module 					✓

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