

Your First Steps With **Frequency** Applications!

Congratulations on getting your new Healy World product!

Starting today, you are on a new path towards holistic health and wellbeing. As of now, a wide range of frequency applications are always available to you, to support you and your wellbeing goals.



FREQUENCY APPLICATIONS ARE **SIMPLE!**

Rest assured: When using frequency applications, you can never go wrong (as long as you follow the instructions and observe the contraindications in the Instructions for Use, that is!) As soon as you are familiar with the basic operation of your little helper, gaining your first experience with it is a breeze.

Healy and MagHealy contain a range of Individualized Microcurrent Frequency (IMF) and Quantum Analyzed Frequencies (QAF)* programs to harmonize your Bioenergetic Field.

So how do you choose the right program?

First, you should know: No program is ever the “wrong one” – they all are the right ones! In order to find the most suitable program for you, you have three different options:

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* “Individualized Microcurrent Frequencies” (“IMF”) and “Quantum Analyzed Frequencies” (“QAF”) are a proprietary technologies of Healy World. They uses the data from a physical noise generator to assign a priority to frequencies that professional user experience indicates have the highest relevance for the user.

The duration, frequencies, intensity, frequency, naming, and the descriptions of the Individualized Microcurrent Frequency (IMF) and Quantum Analyzed Frequencies (QAF) programs are based on the practical experience experts and our understanding of the interaction of frequency modulated magnetic fields with the Bioenergetic Field. They have not been confirmed by independent studies.

The Healy Individualized Microcurrent Frequency (IMF) and MagHealy Quantum Analyzed Frequencies (QAF) programs are designed to support wellbeing through harmonization of the Bioenergetic Field. We have conducted unblinded before/after surveys in controlled and randomized groups of participants. These surveys suggest that the participants’ wellbeing was higher after the application. We attribute this to the harmonization of the Bioenergetic Field, which we refer to as the energy flow of life, traditionally also called chi (or qi) and prana. This has not been confirmed by independent studies.

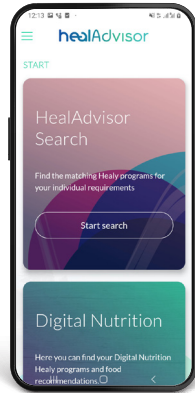
OPTION 1



The first option is to select a program that corresponds with your current needs in terms of its name and description. The descriptions can be found in the App guide in the Info Center of the Healy App.

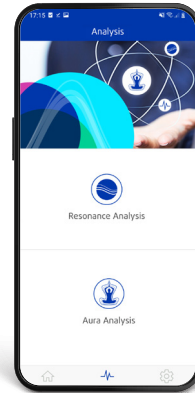
If, for example, you are under great tension choose the Relax program. If several programs seem appropriate, due to their name or description, you can use them alternately or one after the other.

OPTION 2



The second option is to use the HealAdvisor App which gives you access to the accumulated experience of our Expert Team and millions of Healy applications. The HealAdvisor App offers you a convenient and comprehensive search function, that shows you search suggestions for your search term, which you can then select. After a successful search, programs are recommended to you, for which you can also create an application plan.

OPTION 3



The third option is to use the Resonance module of the HealAdvisor Analyse App. In this module you can analyze with which programs you currently have the highest resonance. You see: Using your frequency applications is really easy! Again, this is as long as you follow the instructions and pay attention to the contraindications in the Instructions for Use. Once you have found your favorite programs through one or more of these three options, you can use them (in any order) when and as needed or on a regular basis.



Here are some valuable tips to optimize the effects of frequency applications:

- Use a maximum of three frequency programs daily.
- Drink enough water when using Healy. We recommend 1 cup of water before a frequency application and 2 cups after the application.
- Adjust the program intensity using the app on your smartphone so that it fits your needs. In this case, less is more!
- You can put away your smartphone, put it in flight mode or turn it off completely once a program is running; The Healy or MagHealy device will continue to run the program! You only need your phone when you want to select or start a new program or when you need to change the intensity.
- You should relax during frequency applications, maybe listening to some music that you like. Since your body needs a certain amount of time to process the information from the different frequencies and carry out the processes that are triggered, we recommend that you give yourself 2 hours after the application, without any other influences, to get the most out of the application.

Now all that remains for us to say is:

We wish you all the best and much success with your new Healy or MagHealy!

Notice: The Individualized Microcurrent Frequency (IMF) programs of the Healy device and the magnetic field programs of the MagHealy device are not medical applications. They are not intended to cure, treat, mitigate, diagnose, or prevent any disease or medical condition. The terms used in the programs do not constitute statements concerning their effects. The purpose of the programs is to provide the user with a tool to explore application options. Healy or MagHealy programs should not be treated as a substitute for professional medical advice, diagnosis or treatment. You should always seek such advice from a qualified medical professional. If you have or suspect you may have a medical condition, or if you are under the care of a healthcare practitioner, you should consult your practitioner before using Healy or MagHealy. Always use your Healy or MagHealy according to the Instructions for Use.

Disclaimer: The Individualized Microcurrent Frequency (IMF) programs of the Healy device and the magnetic field programs of the MagHealy device are not acknowledged by conventional medicine due to the lack of scientific evidence in the sense of conventional medicine.

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