

Lisa Golda



In 5 Weeks to Success

The Healy System from the Beginning

Works with
all Healys!



Lisa Golda

Success in five weeks!

Healy-

The Healy System from the beginning!

Congratulations!

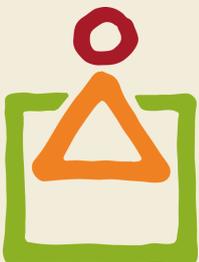
Now that you have your Healy – finally - in your hand and have already used the first programs. Surely you can already feel the tremendous possibilities in using this device!

Perhaps you purchased it to strengthen your concentration and fitness, to sleep better in the evening or to help you with stress? Do you have a symptom that you want to treat? Could it be that you are looking for a way to deal with a chronic illness of yours in a new way or do you want to help someone special?

But what is the next step?

Is there a plan how I can systematically apply the Healy's frequencies? Here it is!

Your plan to getting started with the Healy!



Lisa Golda

Expert for information
and frequency medicine,
TimeWaver and Healy

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- **What do I need to begin?**

You need your Healy, sufficient water and this Plan:

You can order your Healy here:

<https://www.healy.shop/de/partner/?partnertype=lisa.golda>

Length of the program: 5 Weeks

Necessary programs: NN – Gold cycle Nuno Nina

Beginning the third week DC -Deep Cycle Jan Fredrik Poleszynski

Upon request, you can have your own program or individually programmed therapeutic frequencies created with the Healy ABC protocols.

Learn step by step how to use your Healy optimally for you, learn about possible applications and combinations. Success with the programs can happen rapidly.

All the best.

Peace and health to all of you!

Love,

Lisa Golda

Heilpraktikerin

-Expert for information and
frequency medicine

TimeWaver, Healy and Frequency



Grevenbroich, Germany, June 2020

P.S. :

If you want to learn more about how to use your Healy optimally, have it easily explained and get the most out of your Healy for your health, take part in our

Healy-ABC online workshop!

German and English

+++ Every Month with Insider Knowledge,

Q&A Session, Video Links, Scripts, PDF Materials
and Bonuses +++

www.mosaik-medizin.com





- **For whom it this book intended?**

This book is useful for anyone new to Healy, whether a user, a therapist or someone in sales and marketing. It is very important to understand the usage of the Healy from the beginning and to approach the applications systematically. With this book you will find a healthy routine, step by step, so the Healy easily becomes your loay companion in everyday life.

- **Caution – Contraindications**

These warnings serve to keep everyone healthy. As we have already learned, the Healy has incredible and versatile application options, but also clear limits. I appeal to carefully handling the device and expect all to adhere to the following restrictions:

Some of these limitations are:

- Microcurrent treatment must not be performed when metallic foreign bodies are in the area of treatment
- Risk of bleeding, or embolism
- Areas treated by radiation or disturbed, sensitive areas of the skin
- Do not use in case of fever
- Not for use by pregnant women
- Not for use by those with epilepsy
- Do not use electrodes on the head

- **Use caution with some medications**

Please take note: When taking the following medications, please consult your doctor:

These include:

- Blood thinners
- Drugs for diabetes
- High blood pressure medication
- Hormones (especially thyroid hormones / medications)
- Betablockers



• First Week

Beginning tips: Try to do the programs at the same time every day, this makes it easier for you to incorporate it into your daily routine. Drink about 2 liters of clear water each day, at least 300 ml before each use. Each time, take enough time to note and observe how you are feeling. How are you doing with it? Write it all in your Success Journal.

Welcome to week one with one of the custom programs designed by Nuno Nina. Before each use, drink a large glass (300 ml) of clear water to improve the conductivity in your body and increase the frequency. Feel within yourself and note in your success diary what changes you feel within you. Start with 15% power and slowly increase it. If the current is too strong for you, start the first week without cables and simply put the Healy on your body.

Day	Mornings	✓	Evenings 6 – 8 PM	✓
Monday	Care (Goldzyklus)		Balance (Goldzyklus)	
Tuesday	Energy (Goldzyklus)		Relax (Goldzyklus)	
Wednesday	Release (Goldzyklus)		Pure (Goldzyklus)	
Thursday	Care (Goldzyklus)		Being (Goldzyklus)	
Friday	Being (Goldzyklus)		Balance (Goldzyklus)	
Saturday	Energy (Goldzyklus)		Relax (Goldzyklus)	
Sunday	Release (Goldzyklus)		Pure (Goldzyklus)	

• Second Week

In the second week, you will begin to use an additional program in the afternoon. Choose from the Programs that you have additionally selected for Healy or repeat the morning program. Again, drink a large glass (300 ml) of clear, still water. You will certainly already feel the subtle changes and which program is particularly good for you. Make notes in your success journal!

Day	Mornings	✓	Additional program during the day until 4 PM	✓	Evenings 6 – 8 PM	✓
Monday	Care (Goldzyklus)		Use a new one of your favorite programs		Balance (Goldzyklus)	
Tuesday	Energy (Goldzyklus)		Use a new one of your favorite programs		Relax (Goldzyklus)	
Wednesday	Release (Goldzyklus)		Use a new one of your favorite programs		Pure (Goldzyklus)	
Thursday	Care (Goldzyklus)		Use a new one of your favorite programs		Being (Goldzyklus)	
Friday	Being (Goldzyklus)		Use a new one of your favorite programs		Balance (Goldzyklus)	
Saturday	Energy (Goldzyklus)		Use a new one of your favorite programs		Relax (Goldzyklus)	
Sunday	Release (Goldzyklus)		Use a new one of your favorite programs		Pure (Goldzyklus)	



- **Third Week**

The third week we will expand the weekly program with the intelligent programs by Jan Fredrik Poleszinsky from Oslo. Deep Cycle, abbreviated to DC, with the program name. Always drink a large glass (300 ml) of clear, still, water before each use to improve the conductivity in your body and to increase the effectiveness of the frequencies. You have probably already figured out how to get the most out of the programs and how you feel about yourself! Continue to feel your new findings and write down your results in your success journal so you will get to know yourself and your health better and better!

Day	Mornings	✓	Additional program during the day until 4 PM	✓	Evenings 6 – 8 PM	✓
Monday	First Application (Deep Cycle)		Breath of life (Deep Cycle)		Go to the roots (Deep Cycle)	
Tuesday	Second Application (Deep Cycle)		Use a new one of your favorite programs		Pure (Goldzyklus)	
Wednesday	Third Application (Deep Cycle)		Renewal (Deep Cycle)		Kidney all female / male (Deep Cycle)	
Thursday	Care (Goldzyklus)		Use a new one of your favorite programs		Digest all (Deep Cycle)	
Friday	Being (Goldzyklus)		Free flow (Deep Cycle)		Balance (Goldzyklus)	
Saturday	Energy (Goldzyklus)		Use a new one of your favorite programs		Clean all (Deep Cycle)	
Sunday	Release (Goldzyklus)		Relax (Goldzyklus)		Pure calm (Deep Cycle)	

- **Week four**

During week four, you can repeat your weekly program from week three and vary the days or you can add other individual programs in the afternoon. If you have special health needs and need individually programmed frequency programs, just contact me. Always drink a large glass (300 ml) of clear still water before each use to improve the conductivity in your body and to increase the effectiveness of the frequencies. Now you will soon be a professional when it comes to the effects of the programs on your body. Continue to record every application in your success journal and get to know your body and your health better and better!

Day	Mornings	✓	Additional program during the day until 4 PM	✓	Evenings 6 – 8 PM	✓
Monday	Breath of life (Deep Cycle)		Use a new one of your favorite programs		Go to the roots (Deep Cycle)	
Tuesday	Free flow (Deep Cycle)		Use a new one of your favorite programs		Pure (Goldzyklus)	
Wednesday	Renewal (Deep Cycle)		Use a new one of your favorite programs		Kidney all female / male (Deep Cycle)	
Thursday	Care (Goldzyklus)		Use a new one of your favorite programs		Digest all (Deep Cycle)	
Friday	Being (Goldzyklus)		Use a new one of your favorite programs		Balance (Goldzyklus)	
Saturday	Energy (Goldzyklus)		Use a new one of your favorite programs		Clean all (Deep Cycle)	
Sunday	Release (Goldzyklus)		Relax (Goldzyklus)		Pure calm (Deep Cycle)	



• Week Five

During week five, you can repeat your weekly program from week three and vary the days or you can add other programs. In the Healy Shop you can have a look and see what suits you and purchase and download it. Use this as another afternoon program. If you need a deeper root cause analysis for your individual situation, get in touch with me. I can support you with my experience and competence practicing TimeWaver and Frequencies. Always drink a large glass (300 ml) of clear still water before each use to improve the conductivity in your body and to increase the effectiveness of the frequencies. Now you will be soon a professional when it comes to the effects of your programs on your body. Continue to record every application in your Success Journal and get to know your health better and better!

Day	Mornings	✓	Additional program during the day until 4 PM	✓	Evenings 6 – 8 PM	✓
Monday	Breath of life (Deep Cycle)		Use a new one of your favorite programs		Go to the roots (Deep Cycle)	
Tuesday	Free flow (Deep Cycle)		Use a new one of your favorite programs		Pure (Goldzyklus)	
Wednesday	Renewal (Deep Cycle)		Use a new one of your favorite programs		Kidney all female / male (Deep Cycle)	
Thursday	Care (Goldzyklus)		Use a new one of your favorite programs		Digest all (Deep Cycle)	
Friday	Being (Goldzyklus)		Use a new one of your favorite programs		Balance (Goldzyklus)	
Saturday	Energy (Goldzyklus)		Use a new one of your favorite programs		Clean all (Deep Cycle)	
Sunday	Release (Goldzyklus)		Relax (Goldzyklus)		Pure calm (Deep Cycle)	

The three methods of using our Healy:

- The first method – The direct Line

The classic method of using a Healy is by connecting the Healy apparatus by cables and wrist electrodes. The current flows conventionally through the cables into the body. This works particularly well if the connection is uninterrupted. Moisten the wristband electrodes or the ear clips to help optimally transmit the current. A little salt in the water increases the conductivity by a few percent.

With the adhesive electrodes, you should place them on the right and the left around the area to be treated so that the current can flow through them. There is preferably neither hair nor a body oil film between the skin and the adhesive electrode, which could cause conductivity losses at the contact point.



The three methods of using our Healy:

- The second method – The cloud

If we use our Healy without any cables, an electromagnetic field is formed, figuratively speaking an „electromagnetic cloud.“ These fields have the property that they can penetrate bodies, and thus the effect takes place at the subatomic level. If we consider Bohr’s atomic model, the electrons circle around the atomic nucleus. We can imagine the proportions as follows: In the middle of a soccer field is a green pea, that is the nucleus. Around on the first row of spectators the electrons whiz around. The electronic field acts in the whole „nothing“ between these two. So, we are much more „nothing“ than „something“ and in this space, we can invite the electromagnetic fields of our Healy to deliver the frequencies free of charge to our core. Isn’t that EXCITING?

By the way:

We can also put our children or pets directly into this electromagnetic field or cloud. Or we use it when we are very sensitive to the first application.

Or:

We can put the Healy next to a fresh glass of water and send it Bach flowers and /or our favorite frequencies. We can drink it or use it for our animals, plants and children! Even for very sensitive people well suited. Alternatively start with this method, if the frequencies are felt to be too violent or cause side effects.





- For the third variation we need the Healy Resonance.
- And yet another field.

The Healy Resonance has another special feature, namely the information field. We no longer need electricity there because the information transfer works at the level of consciousness. It is independent of our material world in terms of time and space and therefore exists simultaneously and everywhere. Studies have shown that information can be transmitted instantaneously via light quanta. This means „information“ without the slightest loss of time, „transporting“ to someone over long, enormous distances. „Beaming“, so to speak. Those who have a Healy Resonance therefore use quantum physics processes to wirelessly „send“ Healy information to the person for whom it is intended.

No magic. Pure physics.

My Success Journal

- Enter the programs you used here.
- Note how you felt about it.
- After 6 PM, do not use any programs that stimulate, as this could impair your sleep.
- See if kidney programs help you to detoxify.
- Find out what calms you down or wakes you up.
- Every organism is a little different and can react differently to the same program.
- Put your Success Journal next to your Healy to remind yourself to take notes. Just use the first five weeks to succeed.
- You can also use the Healy time to meditate at the same time or to have a walk. That way you profit twice!



- **First Week**

Week 1	My current Healy programs	How I'm feeling
Monday Morning		
Monday Midday		
Monday Evening		
Tuesday Morning		
Tuesday Midday		
Tuesday Evening		
Wednesday Morning		
Wednesday Midday		
Wednesday Evening		
Thursday Morning		
Thursday Midday		
Thursday Evening		
Friday Morning		
Friday Midday		
Friday Evening		
Saturday Morning		
Saturday Midday		
Saturday Evening		
Sunday Morning		
Sunday Midday		
Sunday Evening		



- **Second Week**

Week 2	My current Healy programs	How I'm feeling
Monday Morning		
Monday Midday		
Monday Evening		
Tuesday Morning		
Tuesday Midday		
Tuesday Evening		
Wednesday Morning		
Wednesday Midday		
Wednesday Evening		
Thursday Morning		
Thursday Midday		
Thursday Evening		
Friday Morning		
Friday Midday		
Friday Evening		
Saturday Morning		
Saturday Midday		
Saturday Evening		
Sunday Morning		
Sunday Midday		
Sunday Evening		

- **Notes**



- **Third Week**

Week 3	My current Healy programs	How I'm feeling
Monday Morning		
Monday Midday		
Monday Evening		
Tuesday Morning		
Tuesday Midday		
Tuesday Evening		
Wednesday Morning		
Wednesday Midday		
Wednesday Evening		
Thursday Morning		
Thursday Midday		
Thursday Evening		
Friday Morning		
Friday Midday		
Friday Evening		
Saturday Morning		
Saturday Midday		
Saturday Evening		
Sunday Morning		
Sunday Midday		
Sunday Evening		

- **Notes**



- **Week Four**

Week 4	My current Healy programs	How I'm feeling
Monday Morning		
Monday Midday		
Monday Evening		
Tuesday Morning		
Tuesday Midday		
Tuesday Evening		
Wednesday Morning		
Wednesday Midday		
Wednesday Evening		
Thursday Morning		
Thursday Midday		
Thursday Evening		
Friday Morning		
Friday Midday		
Friday Evening		
Saturday Morning		
Saturday Midday		
Saturday Evening		
Sunday Morning		
Sunday Midday		
Sunday Evening		

- **Notes**



- **Week Five**

Week 5	My current Healy programs	How I'm feeling
Monday Morning		
Monday Midday		
Monday Evening		
Tuesday Morning		
Tuesday Midday		
Tuesday Evening		
Wednesday Morning		
Wednesday Midday		
Wednesday Evening		
Thursday Morning		
Thursday Midday		
Thursday Evening		
Friday Morning		
Friday Midday		
Friday Evening		
Saturday Morning		
Saturday Midday		
Saturday Evening		
Sunday Morning		
Sunday Midday		
Sunday Evening		

- **Notes**



- **What do I do if...?**

...the circle remains black?

With good contact, he'll turn white. Then the contact is not sufficient for wrist band electrodes or you use the Healy without electrodes. Then the circle stays black and that's okay. At system programs, the circle should be gray.

Solution:

- Drink at least 300 ml of clear water before each treatment
- Moisten the wristband electrodes or the ear clips

...I get skin irritation under the wrist electrodes or ear electrodes?

Solution:

You probably have an allergy, your skin is too dry or the current is set too high. Use wet wipes between the electrodes and your skin.

... I don't feel anything?

This is normal because not all people can feel the microcurrent. In addition, it depends on the particular frequency and the current intensity whether you can feel anything at all.

Solution:

Check your contact and all cables. Adjust the intensity slowly from 15% at the beginning.

...I feel too much or get dizzy?

You are very sensitive. You may have a medical disposition that requires further analysis or you may need detox.

Solution:

Use the Healy without cables for the first week. Simply put it by your side or carry it on your lap or in your pocket.

... I want to customize something for me from my existing Healy programs?

Solution:

If you are looking for finished monthly programs on more than 26 health topics with simple treatment, then use [the e-book](#).

The [37 most important Healy treatment programs](#) from Healy gold to HHH+ are contained here.



- **What do I do if...?**

.... I have a special health topic for which I can not find suitable programs in the standard Healy programs?

Healy is not designed to treat (chronic) illnesses. Many people use the Healy more to optimize their existing health to be more fit and in shape or to treat simpler symptoms.

Solution

If you have a specific topic, then use a [therapist protocol from our Healy ABC series](#). There are well-coordinated programs with systematic treatment plans on many health topics.

...my issues do not completely match with a program from the Healy ABC series and I have deeper causes?

...after a while, I still don't notice enough, or my symptoms persist and remain?

This could be due to the fact that there is a chronic illness or unexplained causes continue to work in the background. If these are not recognized and eliminated, the Healy alone will not make sufficient progress.

Solution:

A individualized TimeWaver Analysis with Mosaik Medizin.

You can ask your TimeWaver therapist Lisa Golda. With me you can benefit from extensive frequency knowledge and TimeWaver and Healy experience since 2008. My interactive medical history and therapy with the Mosaic Medizin includes analysis with the TimeWaver and the TimeWaver Frequency in the information field, detailed discussions with the individual seeking advice and Mosaik Stones from naturopathy from different areas of life, as well as a Healy ABC protocol specifically designed for you with detailed information treatment plan.

... I do not know how best to proceed?

The possibilities are extensive and from a distance it is difficult to assess what is right for you now.

Solution:

Arrange an **appointment with Lisa** via email and we will arrange to speak. Very simple: Healy@mosaik-medizin.com

Subject: I would like a conversation!

All options at a glance

E-Book für Healy beginners:

> Five Weeks To Success! The Healy System from the beginning< 9,90 Euro

E-Book – The Next Treatments

The 37 Most Important Healy Treatment Plans with the Healy Standard Programs with Healy Gold through Healy Holistic Health+ 48 Euro

Therapist packages from the Healy ABC series (online Upload):

Up to 26 (and more) Health Issues , 12 Healy ABC programs each with detailed treatment plan for four weeks 185 Euro

Your personalized Healy ABC therapist program if your topic is more specific and you have individual needs for your own.

Healy programs include: TimeWaver organ, coherence analysis, meridian energy analysis and resonance analysis of your selected Healy programs. All 3 Lists including Balancing for one month plus detailed treatment plan for four weeks. 350 Euro

Your TimeWaver / Healy causes analysis with the Mosaik Medizin

health coaching with a system, very extensive, including Healy programs, chronic diseases. Detailed medical history. Price upon request

Questions, bookings or orders? Write me!

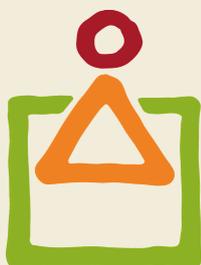
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Love and peace and health to all.

Lisa Golda



Prices valid June 2020, Prices subject to change.



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