



MagHealy

McMakin Training

www.healy.world

Notice

The MagHealy programs are designed to support your wellbeing through the harmonization of the Bioenergetic Field. We conducted before/after wellbeing surveys in the context of a controlled random group of MagHealy/Healy users, which were not blinded. The user surveys suggest that users feel better after use. 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. 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 MagHealy. Always use your MagHealy according to the Instructions for Use.

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 information on these pages is for reference and educational purposes only. It 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. While Healy World endeavors to keep the information contained in these pages current, no warranty or guarantee concerning the accuracy, suitability or timeliness of information is made. Healy World is not responsible for any loss or damage resulting from the use of the information provided on these pages. All information is presented on an “as is” basis and responsibility for its interpretation and use lies solely with the user.

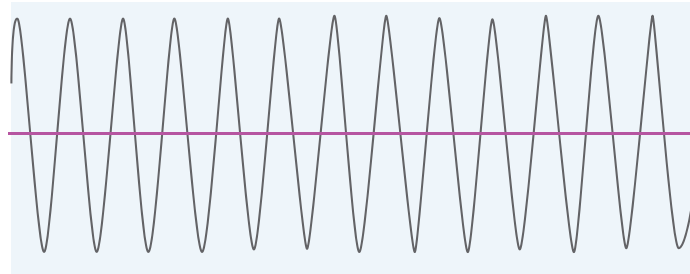


FSM – Frequency Specific Microcurrent

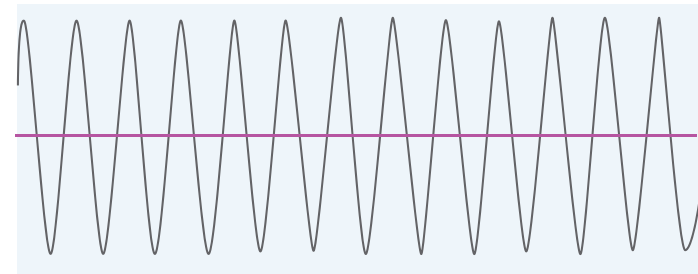
This method was developed by Carolyn McMakin in the USA since 1995 and first taught in 1997.

FSM uses two stimulation outputs in parallel, where frequency-modulated microcurrent is transmitted to the body via electrodes. This also involves the use of frequency interference.

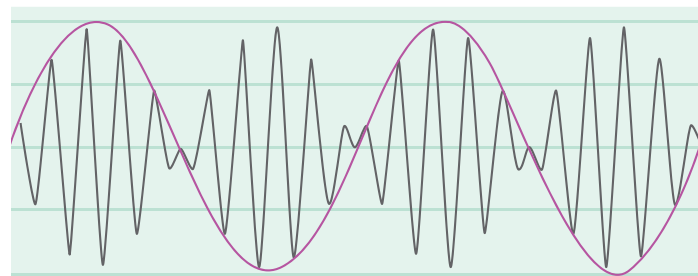
The medium for FSM can be either microcurrent (via cable) or (in the case of MagHealy, which is cable-free) magnetic fields.



Frequency A (channel 1)



Frequency B (channel 2)



Frequency A + B

The History of FSM

More than 100 years ago, frequency-modulated microcurrent and its effects were being researched and successfully applied until the 1930s.

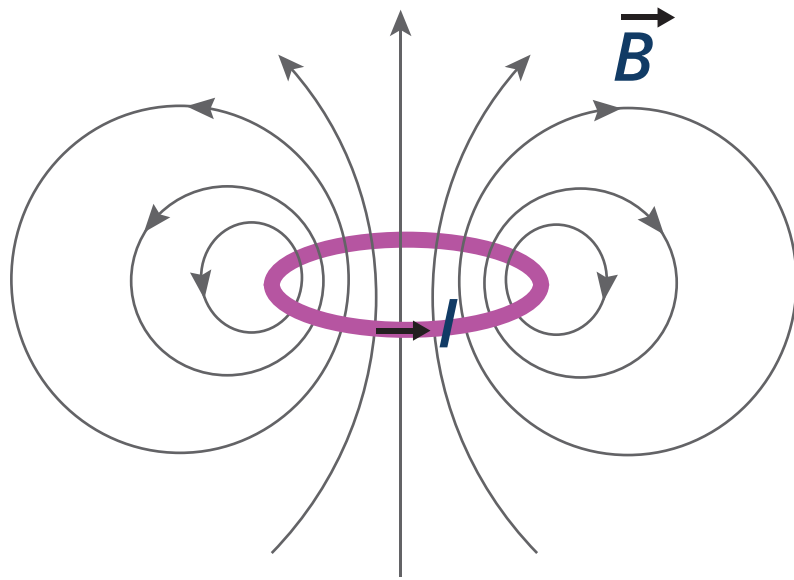
Due to regulatory changes, most alternative treatments such as homeopathy, herbs and microcurrent were then banned.

The birth of modern FSM was in 1995, when Carolyn McMakin found an old frequency device with a frequency list during a practice acquisition and she applied these frequencies with a 2-channel microcurrent device.

Since 1997 Carolyn McMakin has been teaching physicians, therapists and alternative practitioners worldwide, and many studies and experiments ensued. The FSM community today consists of several thousand users.

Through MagHealy FSM, previously a method for professional users only, becomes available to everyone.

FSM and MagHealy – the Principle



The McMakin harmonization programs, being predefined frequency combinations, are running in the form of a frequency protocol for a certain period of time. In this process, MagHealy generates a Frequency Specific magnetic field with two frequency-modulated magnetic fields overlaid on each other.

Each frequency combination consists of two frequencies (between 0.1 Hertz and 1,000 Hertz) and is transmitted into the body via two channels (A + B) by means of a modulated magnetic field.

The frequency of the A channel always indicates an imbalance in the Bioenergetic Field (e.g. 970 Hz = an emotional component) and the frequency of the B channel indicates a specific target (e.g. 191 Hz = the Bioenergetic Field of a tendon). These frequency combinations are interfering in the body and thus have a different effect than a single frequency.

FSM and MagHealy – the Principle

Instead of microcurrent, MagHealy is employing a pulsating magnetic field as a transport medium for FSM frequencies into the body.

Conventional FSM devices require an additional magnetic field generator to achieve this.

MagHealy, controlled by a smartphone app, is a 2-in-1 solution: microcurrent generator that produces a magnetic field.



How do I apply the MagHealy programs?

- Each program contains a description, which includes the total duration, the positioning of the MagHealy both as text and visualized, as well as a brief description of the application frequency.
- You determine the intensity yourself (between 0 % and 100 %) according to your subjective sensitivity.
- Start at 20 % and increase the intensity as desired.

Questions & Answers

Q: How many programs can I run in one day?

A: We recommend a maximum of 1-3 programs per day.

Q: Will I experience any sensations during the application?

A: The application is under the threshold of perception.

Q: Are there any contraindications?

A: The contraindications are pregnancy, pacemakers, heart disease and epilepsy. If in doubt, please always consult a physician.

Q: Do I need to drink water before and after use?

A: As a guideline, you should drink approx. 1 liter (or quart) of water within 4 hours before use in order to be sufficiently hydrated. Additionally, at least half a liter (or quart) of water after the application.

Important: Drinks containing caffeine or alcohol do not provide sufficient hydration!

MagHealy McMakin Study

Assessment:

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

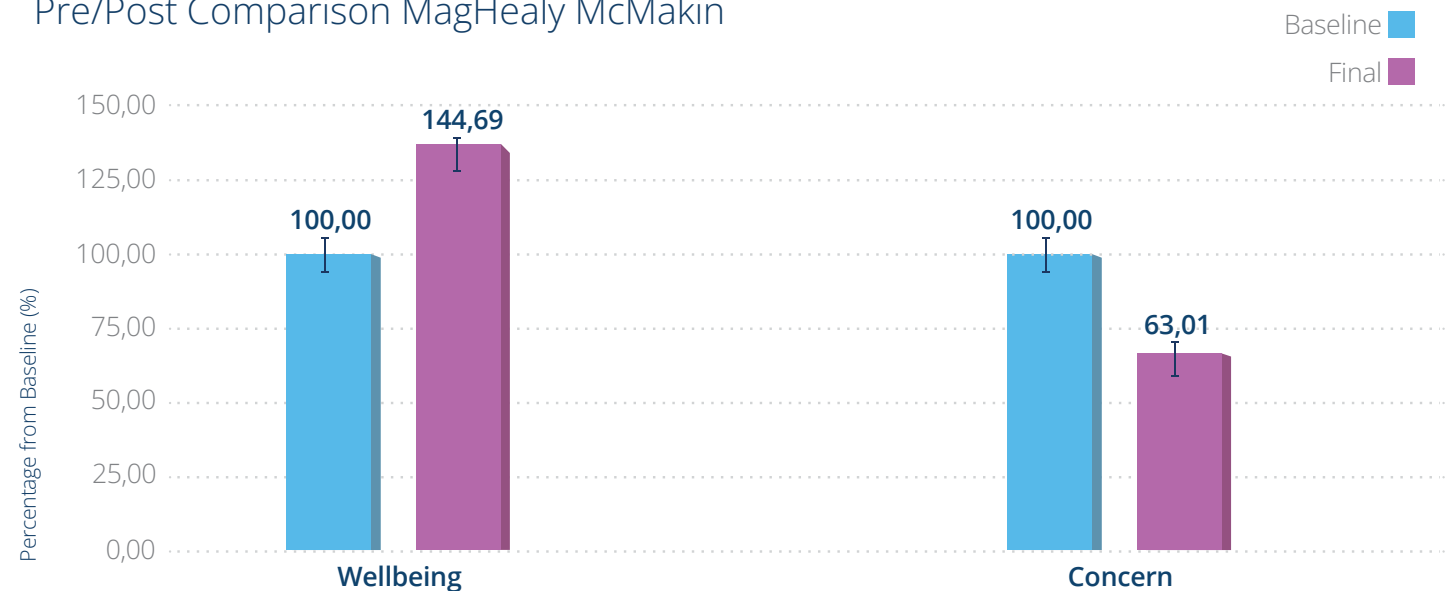
Study programs:

- **Brain Harmony** (morning)
Vagis (evening) are used daily for basic harmonization

In addition, if needed the programs **Sleep** and **Digestion**, are provided.

Incentive: Deep Cycle H program group

Pre/Post Comparison MagHealy McMakin



Effect size (Cohen's d*)



Randomized, 14 days, 2-arm controlled study (McMakin programs versus waiting control with MagHealy with 194 participants, Error bars = 95 confidence interval)

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

