

Understanding the importance of cellular hydration

It is important to be drinking adequate quality filtered water as you begin to receive Healy frequencies to help rid your body of disharmonies. Your cells ability however to absorb the water consumed is more than just drinking enough or more water. Cellular hydration can be improved in a number of actionable ways. As we age, our bodies ability to move water from the extra cellular environment to the inside of the cells weakens. Oxidative compounds increase which then speeds up inflammation and the aging process. With consistent use of the Healy we are slowing down the aging process, inflammatory response and oxidative damage in the body. We are also improving cell voltage and the health of our cells with the integration of these powerful frequencies! Part of the success of these frequencies is dependent on how hydrated your cells are. Giving your body additional support on top of running these frequencies is essential for its success. Toxins build in a dehydrated state so the more we are hydrated the more we can flush these toxins out of our systems. The best way to rid your body of toxins is to focus on improving cellular hydration.

Biohacks to rehydrate your intercellular matrix

- get out in nature, ground and earth, spend some time if you can with your bare feet directly in the soil
- consume bone broth which is packed with essential minerals
- receive morning light in your eyes, create a new habit of spending time with the sunrise each morning
- reduce EMF exposure
 - Your cell membranes have little gaps in them called tight junctions that organize and direct the flow of electricity across your cell membrane. Tight junctions also control what can get in and out of your cells. They keep damaging compounds out. EMFs loosen your tight junctions.
- spend time deep stretching, or fascial release with a foam/cork roller. Yin yoga is helpful which gets into the connective tissue as you hold the postures for a longer duration of time.
- support your macro membranes in two ways:
 - consume proper intake of fiber rich foods (ground chia, ground flax, fruits, veg, nuts and seeds)
 - consume electrolytes (apple cider vinegar with the mother, coconut water, sea salt in water, or a quality electrolyte powder)
- get adequate quality sleep. Insufficient sleep can increase the chances of being dehydrated. Circadian signals cause the body to produce a hormone called vasopressin that promotes water retention and cellular water permeability.

UVA Light

UVA light cannot penetrate windows, which means as you spend more time indoors you are not getting direct access to the healing UVA light. Living indoors (under artificial light) dehydrates your fascia. When this tissue is dehydrated you reduce its communication speed. As you experience direct UVA light, morning sunrise light on your skin and gaze at the sky (not directly at sun) it causes you to release nitric oxide which can improve cellular hydration.

Fiber

Fiber keeps your cells hydrated. It adds a bulking action and element to your food which prompts nutrients to remain in your digestive system longer. This therefore allows you to digest food more fully and optimally so you get more nutrients out of it. This helps increase overall bioavailability .

Electrolytes

Electrolytes increase the level of electrical charge across the membranes. It is only when you add electrolytes to water that it can hold a charge and conduct electricity, water on its own cannot do that. A lot of your cells run on electricity, and you want plenty of electrolytes dissolved in your cellular water so that your cells can carry an electrical charge. The most important electrolytes are:

- Sodium
- Chloride
- Potassium
- Magnesium
- Calcium
- Phosphate

Fascia health

Hydrated fascia is like a sponge. When that sponge is wet and wrung out, you can pour water onto it and it will soak it up. But when it is dried out, if you pour water onto it, the water will just run off, not getting into the sponge at all. Similarly, if the fascia is dehydrated, it cannot soak up the necessary fluid carrying needed nutrients. Also, when a sponge is hydrated, it can bend and adapt, just like how our bodies need to move. When your body gets stiff, it can lead to poor cellular hydration.

Intensity settings

Higher does not equal better on the Healy. If you increase above what your body needs it can cause the therapy to be less effective as the body can go into fight or flight mode affecting the cells receptivity to the micro current frequencies.

You do not need to *feel it* to know that it is working. There may be a slight tingle, and the Healy will let you know by showing you a wavy line on your app at what intensity you are receiving.