

LENYO Mobile program packages

The device is not suitable for treating the symptoms and healthcare problems listed in the program descriptions. They are purely mentioned to help the user to choose the most recommended program.

Names of the protocols and application fields do not involve any claim to the direct improvement of the assigned conditions and physiological functions. These names define the specific adjustment and fine tuning of the device itself to the given condition or physiological function.

1. Basic-01

ESSENTIAL

30:00 / 55:00 / 8:30:00

a. Digestion

Suggested use in case of

- digestive discomfort
- constipation
- loose bowel movements
- bloating
- reflux, nausea
- metabolic imbalance
- feeling like “getting old”
- weight management regimes as integrative support

b. Relax

Suggested use in case of

- the need of mental relaxation
- feeling out of sorts and out of natural rhythm
- unwanted muscle contractions
- energy flow feels blocked, or the chi flow feels out of balance
- the need of balancing mind and body (when feeling tense, worried, anxious), before sleep
- looking for inner peace, peacefulness and letting go
- emotional imbalance
- wishing full body harmonisation

c. Injury

Suggested use in case of

- any injury
- scar formation is in progress
- any types of inflammations
- shock, and post-traumatic stress
- post-operative support
- any inflammatory processes in any part of the body
- infections
- injury related discomfort
- old scars

d. Lymphatic

Suggested use in case of

- wishing to give some attention to the spleen, thymus, lymph nodes and lymph channels, as well as the tonsils and adenoids.
- Swelling of part or all of the arm or leg, including fingers or toes
- A feeling of heaviness or tightness
- Restricted range of motion
- Recurring infections
- Hardening and thickening of the skin (fibrosis)
- inflammations
- overweight
- severe illnesses
- major repairs in the body
- accompanying intestinal flora and bowel movement (digestive system) programs

e. E-smog

Suggested use in case of

- E-smog/EMF Stress exposure
- Feeling overwhelmed by other people, places, situations or activities
- long cell phone use (during and/or after)
- computer work (during and/or after)
- commuting (during and/or after)
- travelling in electric car (during and/or after)
- prolonged exposure of nearby wi-fi routers (during and/or after)

f. Mood

Suggested use in case of

- wishing to lift your mood
- wishing to optimise the general networking of the Central Nerve System
- mood swings
- depressive feelings
- aiming for inner Peace - stress management
- relaxation is needed
- feeling out of emotional balance
- feeling out of energy balancing
- electric charge distribution problems, before or after a session

2. Basic-05

BACK-SPINE-BONE

30:00 / 60:00 / 8:30:00

a. Back

Suggested use in case of

- concerns about the structures of the vertebral column (bones, discs, ligaments, nerves, muscles)
- concerns about the neurological connections of the segments (skin, internal organs, etc.)
- lumbar aches due to disturbances in the digestive system
- lumbar aches due to disturbances in the uro-genital system
- discomfort between the shoulder blades or in the neck region
- aches of any origin

b. Bone

Suggested use in case of

- concerns about the bone metabolism related communication channels
- fractures
- osteoporosis
- ageing related degenerations

c. Muscle

Suggested use in case of

- changes in muscle related metabolic processes
- muscle recovery support is needed
- blood flow and lymphatic flow optimisation/support is needed
- muscle coordination challenges

d. Nerves

Suggested use in case of

- changes in the metabolic activity of the nerves
- changes in the segmental reflex pathways
- changes in the local reflex circuits
- acute or chronic discomfort

e. Metabolic support

Suggested use in case of

- nervous system related changes are registered in the:
 1. digestive system
 2. urinary system
 3. respiratory system
 4. circulatory system
 5. hormonal system

f. injury & Inflammation

Suggested use in case of

- inflammatory processes
- injury related discomfort
- scarring process
- old scars

3. Basic-06

PSYCHOLOGY

30:00 / 60:00 / 3:00:00

a. Vegetative Balance

Suggested use in case of

- changes in the natural adaptation processes of the vegetative nervous system
- decision making ability feels off balance
- rebalancing needed after stressful situations

b. Nerve Metabolic Support

Suggested use in case of

- the metabolic processes of nerve cells or of the entire nervous system proven to be off-balance
- ongoing treatment of all nervous system related disorders, as integrative well-being approach
- anti-aging treatments, as integrative well-being approach

c. Anxiety

- Suggested use in case of anxiety.
- Suggested to use at least two times per day.
- Might be used during periods of anxiety and during panic attacks

d. Infantilism

Suggested use in case of

- presenting immature personality aspects
- the development of self-awareness is desired

e. Depression

Suggested use in case of

- losing mental-emotional balance
- experiencing depressive emotional periods
- constitutional depressive tendencies

f. PTSD

Suggested use in case of

- significant mental-emotional trauma has been experienced
- having PTSD related treatments - as integrative well-being self-help
- intending to avoid the development of PTSD after shocking events

4. Basic-09

LONG DISTANCE AND AIR TRAVEL

30:00 / 2:30:00 / 7:30:00

a. Jet Lag

Suggested use (examples) in case of

- adaptation to new time zones is needed
- feeling time zone change related changes in the circulatory system
- psychological imbalancing after a long travel process

b. Relax

Suggested use (examples) in case of

- feeling emotionally imbalance after/during long travel
- stress tolerance problems after/during long travel
- mental-emotional and behavioural changes after/during long travel

c. Immune support

Suggested use (examples) in case of

- needing to adapt to the new place
 1. dealing with tiredness
 2. with the new flora
 3. with worries, confusion
- immune support needed after vaccination (travel relates) or medication
- tommy bugs, diarrhoea, bug or mosquito bites

d. Respiratory support

Suggested use (examples) in case of

- respiratory problems after air conditioner, different flora, engine exhaust gases, lack of sleep, etc.
- changed breathing pattern due to distress
- altitude related breathing problems

e. Circulation support

Suggested use (examples) in case of

- distress, constant sitting (lack of movement/physical activity), and altitude related circulation problems
- long hours in confined airplane or car seats (during or/and after)
- Also, use as complementary program for all other programs of this program package

f. Digestion support

Suggested use (examples) in case of

- long hours in confined airplane or car seats (during or/and after)
- distress caused by long travel
- lack of movement/physical activity (during or/and after)
- needing to adapt to new local diets (use this program often during your trip)
- needing support to the appropriate assimilation of nutrients, and for metabolic waste elimination during your trip
- Also use it during all meals, and before going to bed
- Complementary program for all other programs of this program package

5. Basic-12

ANTI-AGING-2 (SENIOR)

30:00 / 50:00 / 3:00:00 (with some exceptions)

a. anti-aging – 30/50/3:00:00

Suggested use (examples) in case of

- tissue ageing and functional losses
- bone, connective tissue, and skin metabolic functions loss (use it in case of Age spots too)
- age related circulation changes
- *Use it as part of general prevention programs*

b. nerve metabolic activity – 45/105/3:00:00

Suggested use: (examples) in case of

- age related nerve cell and nervous system functions changes
- age related muscle coordination changes
- age related psychological disorders (as part of nerve metabolic support)
- *Might be used for other chronic pain/discomfort treatments*

c. digestion-detox – 40/90/4:00:00

Suggested use: (examples) in case of

- age related decrease of assimilation of nutrients, and metabolic waste elimination
- *Might be used during meals and during the entire digestive process*
- *Use it at least once a day, after your dinner*
- *Might be used for other detox programs*

d. eye – 30/50/3:00:00

Suggested use: (examples) in case of

- age related decrease of eye and related tissues' metabolic activity
- Dry Eye
- Floaters
- Glaucoma
- Macular Degeneration
- Cataracts
- Diabetic retinopathy
- Detached retina
- Trichiasis
- Eyestrain
- Blepharitis
- *Use it twice a day, or after computer work*
- *Use it during watching the tv, and during night driving*
- *Might be used for other eyesight rehab programs*

e. ear – 30/50/3:00:00

Suggested use: (examples) in case of

- age related decrease of ear and related tissues' metabolic activity
- *Use it twice a day, and after being in noisy environment*
- *Use it during watching the tv, listening to foreign language, speaking with people who are acoustically difficult to understand*
- *Might be used for other hearing acuity rehab programs*

f. mental fitness – 30/50/4:00:00

Suggested use: (examples)

- in case of age related decrease of the ability of concentration, decision making, and orientation
- Might be used for other memory prevention programs
- after long working days
- in case of experiencing emotional trauma period

6. Basic-36

PSYCHOLOGY-2 PTSD, FEARS, ADDICTION

45:00 / 90:00 / 4:00:00

a. PTSD

Suggested to use when unprocessed feelings/emotions causing difficulties after events, like

- Sexual or physical abuse or assault
- Serious vehicle accidents
- Combat or war zone exposure
- Serious medical events
- Seeing death or dead bodies, including while at work
- Unexpected death of a loved one
- Natural disasters
- Arson or house fires
- Torture
- Domestic violence
- Witnessing or experiencing violence, such as a homicide or suicide
- Terrorism or mass violence

b. Fears-Addiction-OCD

Suggested to use in case of

- inner fears are present
- the need of the release of inner tension threatens to promote the development of OCD
- emotions which promote the development of addictions

c. Anxiety-Focus

- Suggested to use when the capability of focusing is needed in stressful situations

d. Digestion-Detox

- Suggested to use when the gut-brain connection thought to be behind the psychological problems
 - b. Immune

e. Immune

Suggested to use in case of:

- emotion, or stress related immune suppression
- inflammation related psychological problems

f. Falling Asleep

- Suggested to use when emotional release would be beneficial to help falling asleep
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7. Basic-53

SLEEP SUPPORT

30:00 / 60:00 /9:00:00

a. Sleep

Suggested use in case of (some examples):

- not sufficient night rest
- difficulty to fall asleep
- if waking up by unknown reason during the night then having difficulty to fall asleep again
- busy head, rushing thoughts when going to bed
- nightmare

- waking up regularly at the same time in the middle of the night
- being tired in the mornings, eventually having concentration issues during the day
- staying awake regularly during the night, working at night
- This program may be used daily
- **Warning:**
 - **this device does NOT substitute regular and sufficient sleep during the night! please, take into consideration that the natural circadian rhythms of the organism require a different activity level during the nighttime than during daytime**
 - **in case of nightshifts at work, make sure that you always have enough recovery during daytime and provide the opportunity of 4 or more weeks to your organism to switch back to nighttime recovery every 6 months before starting again the next nightshift period; please, consult a neurologist about these aspects of your circadian rhythm!**
- This program may be used in combination with all other programs

b. Digestion

Suggested use in case of (some examples):

- during the course of seasonal or prevention related wellness programs
- weight management programs

- digestive discomfort during or after the meal
- bloating
- nausea after a meal
- reflux
- constipation
- inadequate or insufficient bowel movement
- food intolerance related diarrhea
- chronic immune problems
- during the course of medication when loss of appetite, nausea, or indigestion occur
- This program may be used daily, preferably during meals and right after eating
- This program may be used in combination with all other programs
- This program may be used daily for pets too

c. Anti-aging

Suggested use in case of (some examples):

- during the course of prevention related wellness programs
- age related performance changes
- tissue ageing and functional losses
- maintenance of cell repair functions and stem cell availability
- mental performance declines
- physical performance declines
- aging skin symptoms, even if the symptoms start to occur at a relatively young age

- weather sensitivity symptoms
- This program may be used daily
- This program may be used in combination with all other programs
- This program may be used daily for ageing pets too

d. **Intestinal Flora**

Suggested use in case of (some examples):

- taking allopathic medication, especially antibiotics
- lack of raw food, salad and fiber in the diet
- all kind of metabolic imbalances
- large intestine related problems
- chronic constipation
- feeling bloated, gassy at the belly
- adaptation problems due to climatic and time zone changes
- needing integrative support for weight-loss regime
- decreased mental performance
- This program may be used daily
- This program may be used in combination with all other programs
- This program may be used daily for pets too

e. **Anxiety**

Suggested use in case of (some examples):

- feeling anxiety when going to bed
- constant worry about “the tomorrow”
- unable to stop thinking at night
- feeling irritable, tense or restless

- avoidance of eye contact
- trouble concentrating or making decisions
- being tense and experiencing nausea or abdominal distress
- being irritable, having tense muscles, getting tired easily
- This program may be used daily
- This program may be used in combination with all other programs
- This program may be used daily for ageing pets too

f. **Vitality**

Suggested use in case of (some examples):

- lacking energy, drive, motivation or enthusiasm
- being too active, working too much and being constantly tired
- lack of sleep due to lack of rest, lack of night recovery period
- deminished vitality and loosing the attitude of approaching the tasks in life with abundant zest
- aging related lack of motivation
- this program offers a good pairing with **Anti-aging** program for happy third age
- This program may be used daily
- This program may be used in combination with all other programs
- This program may be used daily for pets too

General remarques:

- dietary adjustments may be needed for optimal results of any health maintenance program
 - make sure that your vitamin-D and fatty acid levels are correct, including DHA, EPA and C-8 MCT levels
 - follow an enzyme rich diet
 - vitamin-Bs can improve the nutrient assimilation capability of the digestive system and support other vital functions of the organism; because of the typically consumed foods' content of vitamin-Bs is very low, it is necessary to supplement it
 - avoid hydrogenated fatty acids, artificial taste enhancers, and unnecessary preservatives

8. Basic-54

MEDITATION SUPPORT

30:00 / 60:00 / 9:00:00

a. Meditation 1 - level-1

- entry level meditation support
- suggestion: start with these programs to experience sinking into the realms of your inner world and cosmic connections
- Warning: Don't use these programs while driving or carrying out dangerous work or other potentially dangerous activities!

b. Meditation 2 - level-2

- advanced level meditation support

- suggestion: deepen the journey with these programs to stabilise your meditation capabilities without falling asleep
- Warning: Don't use these programs while driving or carrying out dangerous work or other potentially dangerous activities!

c. **Meditation 3 - level-3**

- deep inner journey level meditation support
- needs to be an experienced meditator in order not to fall asleep
- suggestion: try **Meditation level-3** and **Meditation level-4** programs to know which is more suitable for you to conduct deep consciousness meditations and cosmic journeys
- Warning: Don't use these programs while driving or carrying out dangerous work or other potentially dangerous activities!

d. **Meditation 4 - level-4**

- support for very deep level cosmic journey
- needs to be an experienced meditator in order not to fall asleep
- people who don't meditate may use these programs for helping to fall asleep; these programs facilitate the activity of the low frequency brain waves
- suggestion: try **Meditation level-3** and **Meditation level-4** programs to know which is more suitable for you to conduct deep consciousness meditations and cosmic journeys

- Warning: Don't use these programs while driving or carrying out dangerous work or other potentially dangerous activities!

e. **Energy Balance**

- supports general balance of bioenergetic activities
- supports re-balancing body energy after meditation
- supporting the grounding of your energies after emotionally extreme situations including very positive and negative emotional states
- you may use the night program for a balanced night rest
- you may combine **Energy Balance** and **Physical Balance** programs if you start meditating due to health concerns and/or if you are in the process of developing self-awareness
- these program can be helpful when after meditation old emotional issues become reactivated
- Warning: Don't use the long (8:30:00) programs during your active daily period. It may distract you from carrying out your tasks.

f. **Physical Balance**

- supporting body processes after long periods of still sitting
- these programs help to direct attention to the body and to somewhat neglected body parts
- you may combine **Energy Balance** and **Physical Balance** programs if you start meditating due to health concerns and/or if you are in the process of developing self-awareness

- these programs can be helpful when after meditation certain old injuries become reactivated
- Warning: Don't use the long (8:30:00) programs during your active daily period. It may distract you from carrying out your tasks.