Aha Halo Program Description

(2026-7-30)

1. General Principles

The effectiveness and duration of the programs may vary among individuals, depending on their physiological state, lifestyle habits, and baseline health conditions.

- For acute symptoms, it is recommended to use Aha Halo continuously during the day until improvement is felt. For chronic conditions, long-term and consistent use is often necessary, as the time and complexity of the health issue may influence the recovery process. In all cases, it is advised to complete multiple full treatment cycles to consolidate the results.

- Except for sleep-related programs, we recommend turning off the device at night when running other programs. This allows your body time to restore its natural functions. Our ultimate goal is to empower your body's innate ability to heal, so that one day, you may no longer need external support—because true wellness comes from within.

- All wellness programs, such as Holistic Body Care, require consistent and long-term use, combined with a healthy lifestyle that includes a balanced diet, moderate exercise, and good sleep habits. The core goal is to support the body's natural balance and promote overall well-being through systemic regulation, helping you feel your best over time.

Diet: Increase whole grains and dark leafy vegetables, while reducing refined sugars, trans fats, and meat consumption.

Exercise: Engage in moderate activities, such as brisk walking or swimming, on a weekly basis.

Recovery: Aim for 7-8 hours of high-quality sleep each night and avoid blue light exposure before bedtime.

- During the use of Aha Halo, some individuals may experience mild reactions, such as dry mouth, which can be a normal part of the body's adjustment process. To support your overall well-being, we recommend maintaining good sleep habits, eating a balanced diet, reducing stress, avoiding smoking and alcohol, and drinking plenty of water. These practices can help optimize your experience with the program.

2. Specific Guidelines

Comfort

To enhance your experience, try to minimize physical strain—avoid prolonged sitting or heavy lifting while using these programs.

Beauty

Pair these programs with a simple skincare routine: use SPF 30+ sunscreen, add antioxidant care, and gently massage your scalp while avoiding harsh styling.

Cleansing

Support your body by reducing exposure to environmental toxins (like plastics and heavy metals), drinking plenty of water, eating more fiber, and staying active with moderate exercise.

Emotional Wellbeing

For emotional well-being programs, take 10-20 minutes daily for mindfulness practices like breath observation or gratitude journaling. Stay positive, practice gratitude, and focus on one task at a time to reduce stress and enhance mental clarity.

3. Program Library

We offer two distinct program libraries: the JW Peptide Library and the Regular Library. Both libraries address the same health conditions, but they differ in their approach.

Regular Library

Our curated collection of pure frequency programs, each thoroughly tested for effectiveness. It features over 100 top-rated programs organized across 12 categories, making it simple to find exactly what you need.

JW Peptide Library

Specialized peptide programs designed to target specific health challenges at the cellular level. These programs are clearly marked with (P) at the end of their names. Important note: The following categories do not include any Peptide programs: Energy Pathways, Spiritual Wellbeing, and Solfeggio.

4. Disclaimer

While Aha Halo incorporates advanced technology, it is intended for experimental and educational purposes only. Aha Halo is not designed to diagnose, treat, cure, or prevent any disease or medical condition. Instead, it aims to support overall well-being, promote relaxation, and enhance vitality. Use Aha Halo as a complementary tool to support your lifestyle, and consult a qualified healthcare professional for any medical concerns or conditions. Individual results may vary.

Comfort (P)

- **Abdominal Discomfort (P)**
- **Back Discomfort (P)**
- **Body Discomfort (P)**
- **Head Discomfort (P)**
- **Intense Head Discomfort (P)**
- **Joint Discomfort (P)**
- **Lower Back Discomfort (P)**
- **Muscle Discomfort (P)**
- **Neuropathic Discomfort (P)**
- **Shoulder and Neck Discomfort (P)**
- **Stomach Discomfort (P)**
- **Throat Discomfort (P)**
- **Tooth and Gum Discomfort (P)**
- **Sciatica Support (P)**
  Assists in easing sciatic nerve tension and discomfort, supporting greater comfort and mobility in daily life.

Note:
All programs in this category are peptide programs. They have stronger targeting abilities.

Comfort

- **Abdominal Discomfort**
  Helps address abdominal cramping and bloating, supporting natural digestive ease.
- **Back Discomfort**
  Aids in reducing back tension and promoting comfort.
- **Body Discomfort**
  Assists in easing general body tension and discomfort.
- **Head Discomfort**
  Assists in easing head tension and daily stress relief.
- **Intense Head Discomfort**
  Gentle support for intense sensations, aiding return to calmness.
- **Joint Discomfort**
  Assists in reducing joint discomfort and maintaining mobility for daily routines.
- **Lower Back Discomfort**
  Assists in easing tension from prolonged sitting or strain, supporting lower back comfort.
- **Muscle Discomfort**
  Helps relax tense muscles and supports natural recovery processes.
- **Neuropathic Discomfort**
  Helps with nerve tension and tingling sensations.
- **Shoulder and Neck Discomfort**
  Assists in easing stiffness for better mobility in daily life.
- **Stomach Discomfort**
  Gentle support for stomach sensitivity, aiding in soothing discomfort and relaxation.
- **Throat Discomfort**
  Soothes throat irritation and supports comfort.
- **Tooth and Gum Discomfort**
  Supports oral comfort by addressing tooth and gum sensitivity.

Sleep (P)

- **Good Sleep (P)**
- **Loud Sleep (P)**
- **Jet Lag Relief (P)**
  Supports sleep-wake rhythm adjustment, helping the body feel more settled after travel.

Note:
All programs in this category are peptide programs. They have stronger targeting abilities.

Sleep

Supports relaxation and deeper rest for improved sleep quality.

- **Good Sleep I**
  Assists in calming body and mind to support falling asleep more smoothly.
- **Good Sleep II**
  Helps manage emotional fluctuations for steadier sleep patterns.
- **Good Sleep III**
  Offers deeper support for persistent sleeplessness and mood-related sleep challenges.
- **Loud Sleep**
  Supports clearer breathing pathways for quieter nighttime rest.

Beauty (P)

- **Young Body (P)**
- **Acne (P)**
- **Collagen (P)**
- **Figure (P)**
- **Glowing (P)**
- **Thicker Hair Women (P)**
- **Thicker Hair Men (P)**

Note:
All programs in this category are peptide programs. They have stronger targeting abilities.

Beauty

- **Young Body**
  Helps Promote Youthful Vitality from Within.
- **Acne**
  Supports skin's natural clarity by addressing environmental and internal factors.
- **Collagen**
  Helps maintain skin's natural suppleness and daily renewal rhythm.
- **Figure**
  Assists in maintaining healthy metabolism and body balance through daily routines.
- **Glowing**
  Helps skin retain a fresh, luminous appearance and soft texture over time.
- **Thicker Hair Women**
  Encourages women healthy hair growth patterns and adapts to lifestyle influences.
- **Thicker Hair Men**
  Encourages men healthy hair growth patterns and adapts to lifestyle influences.

Cleansing (P)

- **Blood Cleansing (P)**
- **Full Body Cleansing (P)**
- **Gut Cleansing (P)**
- **Heavy Metal Cleansing (P)**
- **Kidney Cleansing (P)**
- **Liver Cleansing (P)**
- **Lymphatic Cleansing (P)**
- **Blood Vessel Cleansing (P)**

Note:
All programs in this category are peptide programs. They have stronger targeting abilities.

Cleansing

Daily support for the body's natural purification, helping maintain internal balance and vitality.

- **Blood Cleansing**
  Supports blood fluidity and systemic circulation efficiency.
- **Full Body Cleansing**
  Assists in reducing systemic burden and maintaining whole-body equilibrium.
- **Gut Cleansing**
  Helps balance gut environment for smoother digestive processes.
- **Heavy Metal Cleansing**
  Helps address daily exposure to metals, supporting reduced retention over time.
- **Kidney Cleansing**
  Encourages kidney-liver synergy to support essential organ functions.
- **Liver Cleansing**
  Supports the liver's natural detoxification rhythm and functional harmony.
- **Lymphatic Cleansing**
  Assists lymphatic circulation to help sustain immune resilience.
- **Blood Vessel Cleansing**
  Supports smooth flow through the body's pathways, helping to maintain natural circulation and overall vitality.

Holistic Body Care (P)

- Blood (P)
- Bone (P)
- Cell (P)
- Endocrine (P)
- Immune (P)
- Joint (P)
- Metabolism (P)
- Muscle and Tendon (P)
- Nerve (P)
- Radiation (P)
- Scars (P)
- Vitamin and Mineral (R)
- Cartilage (P)
- Inflammation (P)
- Vagus Nerve (P)
- **Cortisol Balance (P)**
  Supports the body's natural cortisol rhythm and helps maintain a balanced response to everyday stress.

Note:
All programs in this category are peptide programs. They have stronger targeting abilities.

Holistic Body Care

Gentle support for the body's natural balance, adapting to daily internal and external influences.

- **Blood**
  Encourages smoother blood flow and systemic coordination.
- **Bone**
  Helps maintain bone density and structural integrity over time.
- **Cell**
  Daily support for cellular renewal and natural repair mechanisms.
- **Endocrine**
  Supports hormonal rhythm regulation for internal equilibrium.
- **Immune**
  Supports immune resilience against environmental shifts and stressors.
- **Joint**
  Assists in keeping joints mobile and comfortable during daily movements.
- **Metabolism**
  Helps maintain energy conversion rhythms for daily adaptability.
- **Muscle and Tendon**
  Supports muscle flexibility and recovery after activity or strain.
- **Nerve**
  Helps maintain neural coordination and stress response balance.
- **Radiation**
  Assists in adapting to electromagnetic exposure from everyday.
- **Scars**
  Helps to soften and smooth the scar tissue for a more flexible and even appearance.
- **Vitamin and Mineral**
  Supports daily nutrient absorption and utilization for balanced vitality.
- **Cartilage**
  Supports joint comfort and flexibility by promoting healthy cartilage maintenance.
- **Inflammation**
  Helps balance immune response for calmer, healthier tissues by easing excessive inflammation.
- **Vagus Nerve**
  Supports gentle vagus nerve regulation, encouraging deeper relaxation, emotional ease, and whole-body harmony.

Physical Wellbeing (P)

- Blocked Tummy (P)
- Running Tummy (P)
- Common Runny Nose (P)
- Current Runny Nose (P)
- Runny Nose 2019 (P)
- Sinus and Nasal (P)
- Seasonal Sensitivities (P)
- Digestion (P)
- Good Near Vision (P)
- Good Far Vision (P)
- Ear Discomfort (P)
- Ear Noise (P)
- Song of the Spine (P)
- Stomach Wellness (P)
- Tooth and Gum Wellness (P)
- Urinary Tract Wellness (P)
- Memory (P)
- Insect Bites (P)
- Pineal Gland (P)
- Parasites (P)
- Cough (P)
- Wounds (P)
- **Acid Reflux(P)**
  Calms the burning sensation and eases acid backflow, promoting a sense of comfort after meals.
- **Blood Pressure Balance(P)**
  Stabilizes circulation rhythms and calms the vascular system, maintaining the blood pressure in a steady-state.
- **Chronic Fatigue (P)**
  Releases the weight of persistent tiredness, fostering internal balance.
- **Fascial Support (P)**
  Supports fascial flexibility and helps ease tension patterns, promoting smoother movement and daily comfort.
- **Respiratory Ease (P)**
  Supports clearer breathing pathways and helps maintain respiratory comfort in daily life.
- **Varicose Vein Support (P)**
  Supports healthy circulation, helping maintain leg comfort and ease in daily movement.
- **Brain Fog Relief (P)**
  Helps ease mental cloudiness, supporting smoother thinking during daily routines.
- **Dry Eye Support (P)**
  Supports eye surface comfort, helping ease dryness and strain from screens or travel.
- **Foot Skin Wellness (P)**
  Supports everyday foot skin wellness and comfort, especially when feet are exposed to moisture, friction, or dryness.

Note:
All programs in this category are peptide programs. They have stronger targeting abilities.

Physical Wellbeing

Companionship for minor daily health concerns, supporting comfort in routines.

- **Blocked Tummy**
  Helps digestive rhythm for smoother gut function.
- **Running Tummy**
  Supports gut sensitivity management during diarrhea episodes.
- **Common Runny Nose**
  Helps ease nasal congestion from common colds for easier breathing.
- **Current Runny Nose**
  Supports nasal comfort during flu season for easier breathing.
- **Runny Nose 2019**
  Supports nasal and throat comfort during viral respiratory challenges.
- **Sinus and Nasal**
  Helps clear nasal congestion for smoother airflow.
- **Seasonal Sensitivities**
  Helps minimize seasonal irritants for respiratory ease.
- **Digestion**
  Encourages digestive enzyme activity for efficient nutrient breakdown.
- **Good Near Vision**
  Helps reduce eye strain from close-up tasks for clearer short-range vision.
- **Good Far Vision**
  Supports eye muscle relaxation for clearer long-range vision.
- **Ear Discomfort**
  Assists in alleviating minor ear discomfort and general ear tension.
- **Ear Noise**
  Assists in reducing ear pressure for clearer hearing comfort.
- **Song of the Spine**
  Supports spinal alignment during prolonged sitting or posture strain.
- **Stomach Wellness**
  Supports gastric energy harmony, aiding digestion and balancing acidity for optimal stomach function.
- **Tooth and Gum Wellness**
  Encourages oral and gum comfort in daily care.
- **Urinary Tract Wellness**
  Helps maintain urinary tract comfort and flow regularity.
- **Memory**
  Assists mental clarity for focused learning and recall.
- **Insect Bites**
  Helps soothe itching and reduce swelling after mosquito bites.
- **Pineal Gland**
  Supports your body's inner clock, promoting balanced sleep and mental clarity.
- **Parasites**
  Targets internal parasites and aids the body's natural cleansing process.
- **Cough**
  Promotes comfort in the chest and throat area, supporting easy breathing and the body's natural soothing process.
- **Wounds**
  Offers gentle energetic support around affected areas, encouraging natural recovery, comfort, and overall physical resilience.

Women's Care (P)

- Breast Care (P)
- Breast Discomfort (P)
- Female Reproduction (P)
- Menstrual Discomfort (P)
- Menstrual Clocks (P)
- Postpartum Relaxation (P)
- Menopause (P)
- **Hormone Balance Women (P)**
  Supports women's hormonal balance, helping maintain comfort, stability, and overall well-being.

Note:
All programs in this category are peptide programs. They have stronger targeting abilities.

Women's Care

Gentle support for hormonal shifts and lifestyle demands, promoting holistic balance.

- **Breast Care**
  Maintains breast tissue energy flow during hormonal fluctuations.
- **Breast Discomfort**
  Eases chest tightness and supports breast-lymphatic coordination.
- **Female Reproduction**
  Balances reproductive energy for natural fertility cycle adaptation.
- **Menstrual Discomfort**
  Assists in easing menstrual cramping and uterine energy rhythm regulation.
- **Menstrual Clocks**
  Helps adapt to cycle irregularities for smoother emotional transitions.
- **Postpartum Relaxation**
  Supports energy replenishment and gradual recovery post-childbirth.
- **Menopause**
  Supports hormonal balance and eases discomfort during menopausal transition.

Men's Care (P)

- **Male Confidence (P)**
- **Male Reproduction (P)**
- **Prostate (P)**
- **Hormone Balance Men (P)**
  Supports men's hormonal balance, helping maintain vitality, steadiness, and overall well-being.

Note:
All programs in this category are peptide programs. They have stronger targeting abilities.

Men's Care

Daily support for male physiological needs, promoting reproductive and metabolic vitality.

- **Male Confidence**
  Assists in reducing performance anxiety for renewed self-assurance.
- **Male Reproduction**
  Maintains genital energy reserves under physical and hormonal demands.
- **Prostate**
  Supports prostate energy balance for comfortable urinary function.

Emotional Wellbeing (P)

- **Clarity and Focus (P)**
- **Feel Good (P)**
- **Motivation (P)**
- **Negative Energy Cleansing (P)**
- **Relaxation (P)**

Note:
All programs in this category are peptide programs. They have stronger targeting abilities.

Emotional Wellbeing

Daily companionship for emotional balance, adapting to life's ups and downs.

- **Clarity and Focus**
  Assists in channeling scattered thoughts for clearer daily focus.
- **Feel Good**
  Encourages awareness of positive emotions, fostering natural contentment.
- **Motivation**
  Supports renewed drive during low-energy phases, sparking inner initiative.
- **Negative Energy Cleansing**
  Helps shift mental heaviness toward lighter perspectives.
- **Relaxation I**
  Gentle support for daily tension, guiding body and mind toward calm baseline.
- **Relaxation II**
  Helps manage stress-induced emotional shifts, supporting gradual mental resilience.

Spiritual Wellbeing

Companionship for inner energy flow and self-connection, aligning with life's rhythms.

Key reminder:
The categorie Spiritual Wellbeing do not feature any Peptide programs.

- **Delta Waves**
  Supports deep relaxation and restful states.
- **Theta Waves**
  Guides deep relaxation for gentle subconscious exploration.
- **Alpha Waves**
  Encourages relaxed yet alert mental states for daily cognitive balance.
- **Beta Waves**
  Promotes a state of wakefulness and concentration.
- **Gamma Waves**
  Supports mental agility and efficient problem-solving.
- **7.83 Hz Schumann Resonance**
  Synchronizes with Earth's natural frequency for inner stability.
- **Acceptance**
  Encourages embracing differences to harmonize inner conflicts.
- **Aura Cleansing**
  Supports energetic field clarity by minimizing lingering negativity.
- **Cosmic Frequency**
  Facilitates cosmic energy awareness, expanding spiritual perception.
- **Forgiveness**
  Supports emotional release to soften the weight of past experiences.
- **Good Luck**
  Cultivates openness to opportunities, enhancing awareness of possibilities.
- **Gratitude**
  Deepens daily gratitude awareness, nurturing positive emotional roots.
- **Love**
  Enhances relational energy flow for deeper emotional connections.
- **Mindfulness Meditation**
  Supports focused stillness, gently deepening meditation practices.
- **Seven Chakras**
  Helps align energy points for holistic vibrational harmony.
- **Study Stress**
  Helps manage academic pressure for steady focus and retention.
- **Water Charger**
  Enhances water's natural vitality through subtle energetic alignment.
- **Wealth Luck**
  Encourages abundance mindset for balanced financial choices.
- **Kundalini**
  Resonate the latent spiritual force of within, helping to foster renewal and self-awareness.

Energy Pathways

Gentle support for energy channel flow, helping maintain systemic harmony and vitality.

Key reminder:
The categorie Energy Pathways do not feature any Peptide programs.

- **Bladder Pathways**
  Supports energy circulation in lower abdomen, aiding urinary system coordination.
- **Gallbladder Pathways**
  Facilitates gallbladder-liver synergy for dietary fat processing efficiency.
- **Heart Pathways**
  Balances cardiac energy to align emotional states and blood circulation.
- **Kidney Pathways**
  Balances renal energy storage and release for fluid regulation and vitality.
- **Large Intestine Pathways**
  Assists intestinal energy conduction for efficient nutrient processing.
- **Liver Pathways**
  Assists liver-related energy flow and adapts to metabolic demands under stress.
- **Lung Pathways**
  Encourages respiratory energy rhythm for smoother oxygen-carbon dioxide exchange.
- **Pericardium Pathways**
  Supports pericardial energy shielding for sustained cardiac stability.
- **Small Intestine Pathways**
  Aligns energy with nutrient absorption and waste differentiation processes.
- **Spleen Pathways**
  Enhances spleen-immune synergy for adaptive responses to external shifts.
- **Stomach Pathways**
  Stabilizes gastric energy flow for better digestion rhythm adaptation.
- **Triple Burner Pathways**
  Coordinates tri-burner energy to regulate systemic temperature and fluid harmony.

Solfeggio

Key reminder:
The categorie Solfeggio do not feature any Peptide programs.

- **Solfeggio**
  Uses vibrational alignment to harmonize body-environment resonance.
- **174 Hz**
  Supports the body's natural pathways for relief and rejuvenation.
- **285 Hz**
  Encourages cellular renewal, helping the body restore its innate state of balance and vitality.
- **396 Hz**
  Assists in dissolving fear and emotional burdens, creating space for profound inner cleansing.
- **417 Hz**
  Clears stagnant energies and supports the gentle release of mental and emotional blockages.
- **528 Hz**
  Inspires restoration at a foundational level, nurturing a state of wholeness and loving resonance.
- **639 Hz**
  Strengthens connections and fosters understanding, supporting harmonious relationships.
- **741 Hz**
  Clears mental clutter and awakens inner clarity, supporting intuitive insight.
- **852 Hz**
  Deepens the connection to inner wisdom and expands awareness of higher guidance.
- **963 Hz**
  Activates higher states of consciousness, facilitating a sense of unity and spiritual awakening.