

There's electricity in your body. Now you can make sense of its messages.

Instant biofeedback,
personal guidance,
and balance at
your fingertips.



Unlock the Secrets of Your Energy, Body and Mind

Advanced Biometric Analysis and Personalized Well-being:
the future of self-improvement and personal health management is now.

Our mission:

Empower every individual
towards self-awareness, self-improvement and self-healing.



A Journey of Vision and Coherence

*When Christine and I began this journey more than 30 years ago, we were searching for meaning—personally, spiritually, and scientifically. Christine's groundbreaking work on Prology opened an entirely new way of seeing human life through systems, resonance, and the deep connection between body, energy, and spirit. My own path led me through the world of technology, creation, and data-driven understanding, always with the same question in mind: **How can we make invisible forces visible?***

That question became the beating heart of BioCoherence.

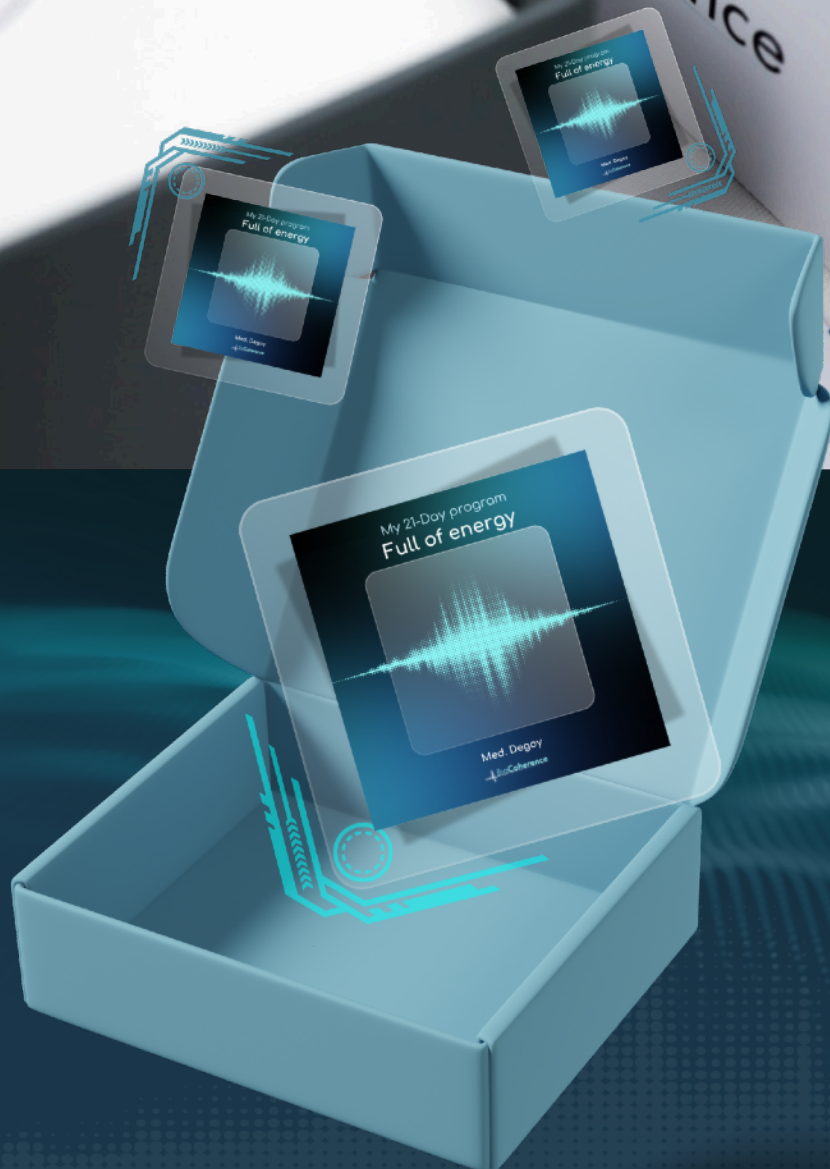
*What started as an intuitive connection between energy and health has evolved into a powerful platform—a system capable of reading over 1,600 biomarkers from a simple 2-minute ECG, visualizing your state of being with precision and poetry. Because **everything is interconnected!** From cellular activity to emotional resonance, from Ayurvedic constitution to the spirit's longings, BioCoherence integrates what modern science, ancient wisdom, and deep listening each have to offer.*

But this is just the beginning.

*We believe BioCoherence can help redefine the future of holistic health. It is a tool for individuals and professionals. It supports transformation, teaches inner coherence, and reveals the dynamic flow of life inside each of us. And behind it is our greatest ambition: to **make this approach available to everyone—globally, ethically, and beautifully.***

*With scientific integrity, with warmth, and with the firm belief that healing begins with understanding,
thank you for joining us on this journey.*

Christine & Médéric Degoy
Co-creators of BioCoherence
Authors of Prology and Sing the Body Electric



BioCoherence is a cutting-edge software and device ecosystem designed to analyze your whole body electrical activity with a medical-grade electrocardiogram (ECG) and reveal deep insights into your health. Using a 2-minute ECG recording, BioCoherence computes more than 1,600 unique biomarkers, providing a comprehensive overview of your energy, body, and mind, And building a custom set of resources and priorities to Balance your whole self with our Harmonic Boost and Personal Guide.

A New Way to See Yourself— Whole, Dynamic, and Deeply Connected

What if you could see your entire being—mind, body, and energy—as **one coherent system**?
What if you had a map that didn't just show parts, but showed **how everything works together**?

This is the promise of BioCoherence. Inspired by both ancient wisdom and modern science, BioCoherence offers a radically integrative view of health and life. With just two minutes of ECG recording, it opens the doors to over 1,600 biomarkers—each one decoded and positioned in a living web of Spirit, Energy, and Body. Modern medicine often isolates organs, molecules, or symptoms, treating the body like a machine made of interchangeable parts. But life doesn't work that way. In reality, we are not collections of things—we are networks of relationships. This is the essence of systems theory:

Analyze: Map and Understand What Is Happening Inside Your Energy, Body, and Mind

BioCoherence gives you access to a depth of information that few systems offer. With just a 2-minute ECG recording, you unlock over 1,600 biomarkers—each one offering insight into how your inner systems are working together. From energy flow to emotional drives, from organ-level activity to systemic coherence, BioCoherence reveals the invisible threads connecting your body, mind, and spirit.

Energy uncovers how your vital forces flow and balance. You'll see dynamic chakra readings, Ayurvedic Vata-Pitta-Kapha states, the energetic interplay of atoms and cells, and even momentum maps of how you move through life. These insights help restore regulation, rhythm, and resilience at the vibrational level.

Body grounds everything into physiology. See how your organs are functioning—not in isolation, but in their systemic and emotional roles. Visual maps of meridians, TCM points, organ systems, and tissue layers give you an immediate read on stress, strain, or stagnation. Recipes, rhythms, and priorities are suggested to support biological and energetic balance.

Spirit explores the realms of attention, emotion, and direction. Who are you when you're fully present? What fuels your drive, and what holds your focus? BioCoherence reveals patterns in personality, emotional cycles, musical resonance, mental drives, and even

everything is interconnected, and the quality of those connections often matters more than the individual elements themselves.

BioCoherence is built on this foundational insight. It doesn't just measure—it maps relationships: between your mind and your organs, between your energy and your intentions, between your spirit and your biology. It doesn't try to fix isolated pieces, but instead reveals how the flow between parts can be restored—bringing you back to coherence, meaning, and momentum.

intention. You'll see what brings you clarity—and what leads you to inner coherence.

But more than separate zones, BioCoherence reveals **the threads that link them**. How your thoughts affect your digestion. How your purpose affects your immunity. How unresolved emotions shift your energy and physiology. The Causal Chain reveals these hidden links.

It's not about symptoms. It's about systems.

Not about fixing parts—but restoring the flow of life between them. BioCoherence is a window into your living project—your evolution in motion. It invites you to make sense of where you are... and see where your energy wants to take you next.

The BioCoherence Glossary

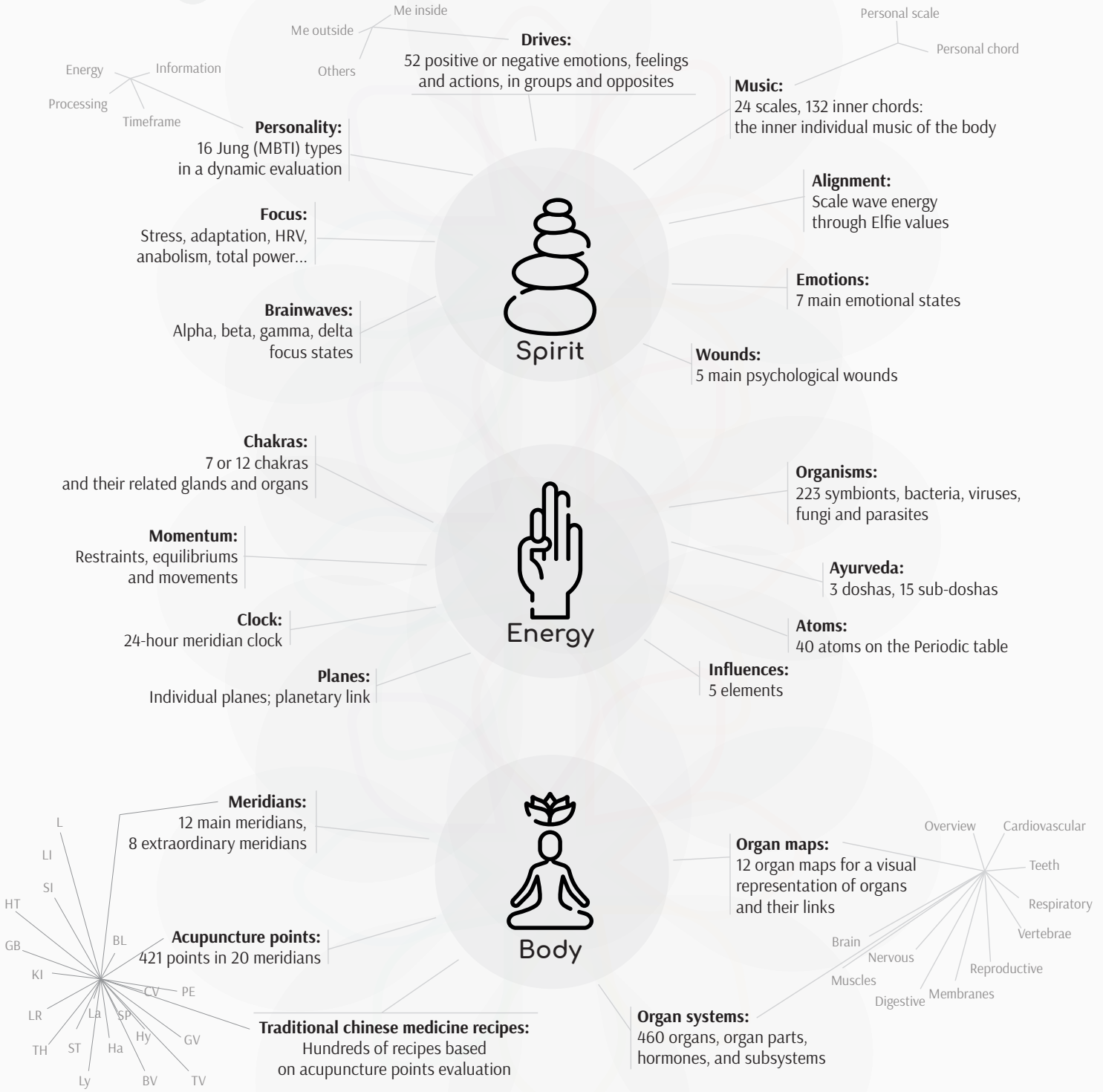
•**Exploration:** *one coherent file, with an individual assessment, subsequent re-evaluations, a set of priorities, resources, and protocols, a goal and problems to solve, and a 21-day program. Explorations can be synced across devices and between user and Pro through our Cloud. At the end of the 21-day program, you can continue this exploration or start a new one.*

•**Scan:** *an ECG recording of the whole body electrical activity. A scan can be the beginning of a new exploration, or a subsequent re-evaluation.*



The systems view of life

A systems theory map of 1668 biomarkers in BioCoherence



Links:
All elements in every category are linked through resonance with some other elements, allowing privileged information and energy exchange

Priorities:
Most in need for help in their category, priorities are discovered through our detection algorithm

Resources:
Best elements in their category, auto-discovered resources can help other elements through resonance connections

Resources and Priorities: A Whole New Perspective on the Flow of Life

Imagine your body and mind as a vast ecosystem—where every system, emotion, and organ is interconnected through a web of communication.

At the heart of BioCoherence lies a powerful realization: **health is not just about balance, but about *flow*—of energy, of information, of support between systems.**

Visualizing Your Inner State

BioCoherence presents biomarker data through body maps, graphics and intuitive flower-like diagrams, where petal States represent health levels from stable to optimal or indicate stress and imbalance.

This is where Resources and Priorities come into play. Each biomarker we measure isn't isolated—it's part of a living family of connections. Just like a flower drawing energy from its stem, every part of your system receives or gives support depending on what it needs, and when it needs it.

Our algorithm identifies which systems are feeding others, and which are being fed—revealing the true flow of vitality in your being. When a biomarker shows signs of stress, it's rarely alone. Understanding its causal chain—what came before and what it affects—helps us see whether it needs direct support, or if help lies elsewhere in the system.

Biomarker Petals: The Flower of Life

The visual flower on the facing page reveals this at a glance. Petals describe each biomarker's state—from low energy to optimal regulation. The axes of attention, intention, and horizon tell us how your body is managing each function: is it working in the background, or needing your full energy? Is it short-term adaptation or long-term learning?

Finally, the links—represented as threads between biomarkers—show where communication is strong or weak. These common resonances are how the body shares energy and information without depletion. It's a new map of coherence—and a new way to guide recovery, vitality, and growth.

This is more than monitoring. It's witnessing your body's own intelligence—and learning to follow the natural flow of life.

From Scattered to Focused

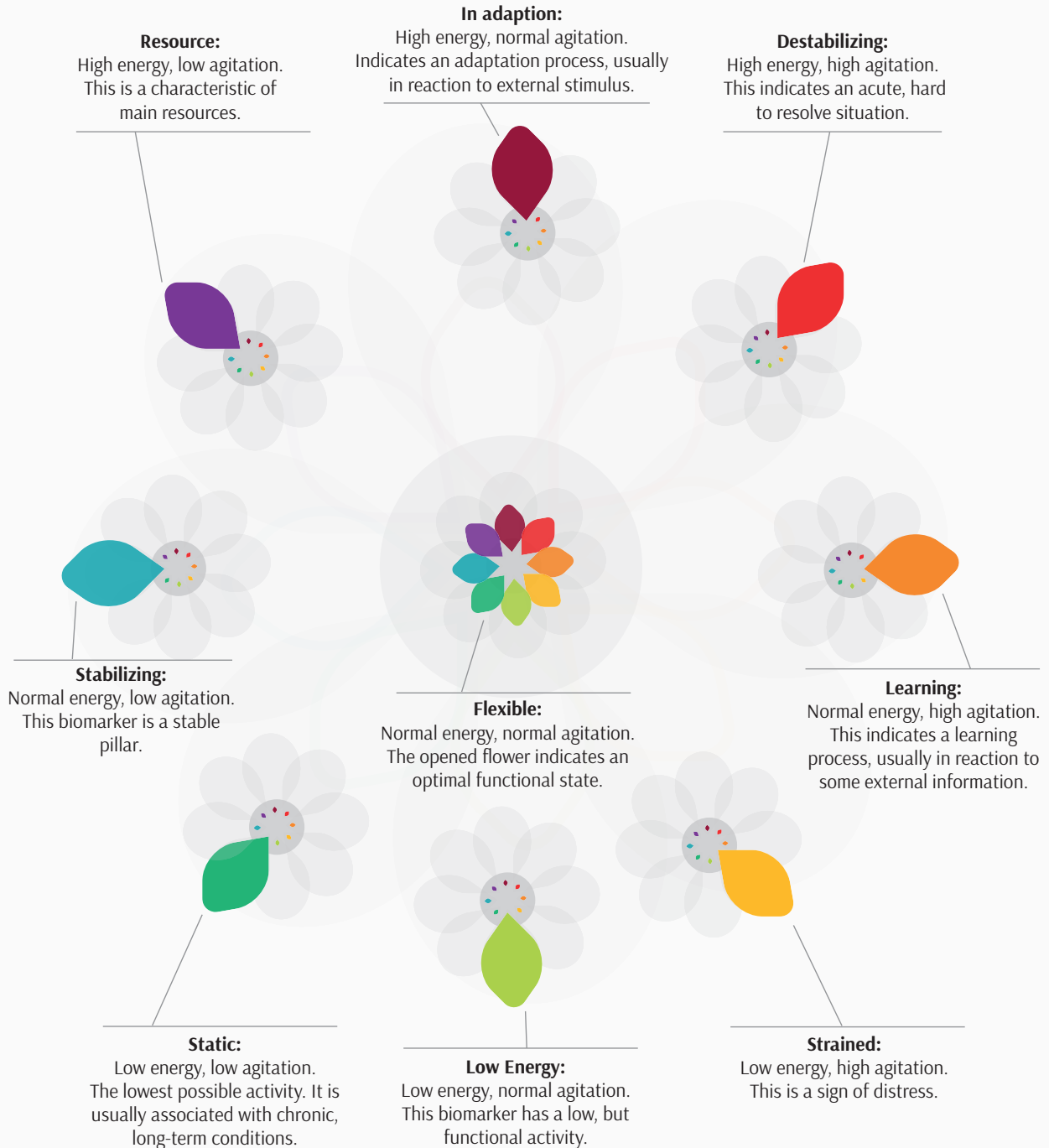
In a world flooded with health advice and conflicting priorities, it's easy to feel scattered. The Resources and Priorities view offers something rare: a compass. It reveals not only where support is needed, but also where strength already resides – helping practitioners and users focus their time, energy, and tools more effectively.

Symptoms Are Only the Surface

What we feel or notice – fatigue, stress, pain – is often just the surface ripple of a deeper imbalance. Beneath the symptom lies a web of interactions: some biomarkers strained, others stepping in to compensate. BioCoherence doesn't just point to the visible issue – it **helps you trace the whole flow**. This is how we begin to restore harmony, not by suppressing signs, but by understanding the inner order and supporting it where it matters most.



The BioCoherence Flower



Biomarker regulation

Non-linear analysis of the biomarker.

Attention: The strength of management of the biomarker.

Intention: Indicates dispersion (low value), focus (high value), chaos (negative) or hypervigilance (very high value).

Horizon: Indicates short-term agitation (low value) or long-term relaxation (high value).

Biomarker resonance

Analysis of the connections between elements in the same group.

Threads: Total number of resonances with other elements.

Strength: Total strength of the links with the group.

Reach: Proportion of other elements reached by this biomarker.

Resources: The strong links with other biomarkers, indicating an energy exchange between 2 systems. The main direction of the energy exchange is indicated (receives from, or sends to).

Explore, Confirm, and Track: Evidence-Based Insight, Personalized

BioCoherence brings **clarity to complexity**.

With our integrated Biofeedback Tests and Questionnaires, you can explore targeted areas of imbalance, confirm insights with objective data, and track progress over time – all from anywhere in the world.

Tests: Tailored Exploration Based on Your Biomarkers

BioCoherence tests aren't generic checklists – they are dynamic assessments, built on your personal energy, body, and mind data. Each test automatically ranks items (foods, supplements, organ systems, emotional themes, and more) based on your current biomarker flow. This ranking reveals not only what may be relevant now, but also where your system is open or resistant to support.

For deeper confirmation, each suggestion can be verified in real time with Biofeedback Testing, using your own ECG resonance. This layered approach merges the power of systemic analysis with direct, live feedback – offering clarity and confidence.

Questionnaires: Self-Reflection Meets Scientific Tracking

We also provide a suite of validated self-assessment questionnaires, designed to capture your experience over time – physically, emotionally, and mentally.

Used both at the beginning and throughout your journey, these surveys offer a powerful way to reflect on progress and shift. Your practitioner can review your answers, monitor evolution, and validate the effects of interventions or meditations.

We rely on internationally recognized tools like SF-36 for quality of life, DASS-21 for Depression, Anxiety, and Stress, Big Five personality measures—And many more... These tools also provide an avenue to build long-term medical validation, as aggregated anonymous data will help support future clinical studies of BioCoherence protocols.

Remote Testing, Real Results

Whether you're with your practitioner or across the globe, both Tests and Questionnaires can be used remotely – a perfect companion to teleconsultations and long-term support.

Because when self-knowledge is paired with precise data, transformation becomes both measurable and meaningful.

What Can Be Tested?

With BioCoherence's advanced resonance-based testing system, you can evaluate much more than just supplements or symptoms. Our test engine is built to assess the subtle and the systemic:

•Every Biomarker

Test individually over 1,600 biomarkers using frequency resonance and biofeedback, to explore the current energetic, physiological, and emotional state of the individual.

•Products

Analyze any supplement, food, or remedy – including its ingredients, target organs, VPK constitution, and emotional impact – to see what fits harmoniously with your system.

•Resonances (frequencies and stimulus)

Evaluate high-level frequency-based programs, designed to help correct specific imbalances or optimize particular goals – from stress recovery to energy alignment or self-development steps.

•Meditation Parts

Test individual audio components (each associated with a targeted effect on organs or emotional states), then integrate the most resonant ones into your personalized 21-day meditation sequence.

Practitioners can even create custom meditations, tested and refined to support their clients' unique needs.



Live tests—here and there

Testing locally or remotely with biofeedback and questionnaires



Live biofeedback:
Our technology scans with our medical-grade Sensor and ranks according to the individual evaluation.



Remote testing:
Tests and questionnaires can be performed both by a Pro and by a Client. Results are synchronized through our Cloud.



Easy to use:
Questionnaires can be filled by any user on their device. Tests can be performed in minutes with our Sensor.

Rebalance with Intelligence, Harmony, and Guidance

Your body already knows how to heal – BioCoherence helps it remember.

Balance is not the absence of stress – **it's the presence of inner coherence.** Let BioCoherence help you restore the flow, reconnect with your inner compass, and step into harmony – one breath, one frequency, one day at a time.

Once we've mapped your internal landscape and identified your priorities, the next step is rebalancing. In BioCoherence, this is not a one-size-fits-all prescription – it's a dynamic and adaptive journey that meets you where you are. We bring three powerful tools to support this journey:

AI Helpers: Smart, Subtle, Supportive

Your BioCoherence AI Helpers are not just chatbots – They are resonance-based assistants trained on thousands of biomarker interactions, systemic logic, and therapeutic insights. They help you interpret your results, plan your next steps, and maintain momentum over time. Whether you're a professional guiding others or an individual working on yourself, the AI Helpers adapts to your context and knowledge level.

Harmonic Boost: Frequencies That Speak to Your System

The Harmonic Boost is your personalized frequency program – a daily or on-demand session created from your current biomarker priorities. It's a unique sound journey designed to support regulation, realign systems, and amplify your natural coherence.

Every Boost includes tailored bioactive solutions:

- A custom mix of audio frequencies from your most pressing energy, body, and mind imbalances
- Integration of any active protocols or acute needs (such

as inflammation, stress or high agitation)

•Instant access to focus your session on specific goals: Energy, Body, Mind, Protocols, Acute Systems...

Each Boost can be streamed directly or exported as an MP3, either in its entirety or in focused segments. You can replay them at your pace, or let the system guide you with daily updates and suggestions.

It isn't only sound—it's vibration intelligence, tuned to you: your body listens—your system responds.

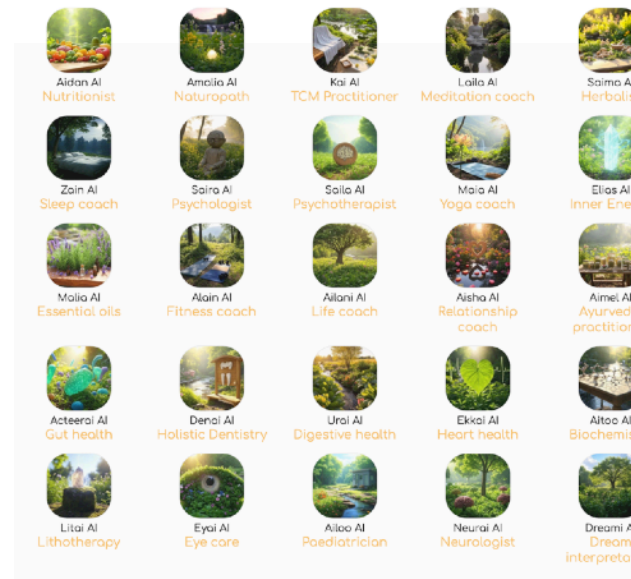
Personal Guide: Designed for Deep Change

Every day, your system changes. That's why BioCoherence doesn't deliver the same meditation twice. The Personal Guide is a frequency-based audio program with custom voice guidance personalized to your current biomarker state. It includes:

- Subtle vibrations from relevant Harmonic Boosts that resonate with organs, emotions, meridians, chakras...
- Daily adaptation to follow your evolution over 21 days
- A co-created journey – your responses, through periodic re-evaluations, shape the next steps.

Far beyond a daily meditation, your Personal Guide is a structured, progressive protocol combining audio frequencies, visualizations, and guidance. It's informed by both your biomarker history and the logic of your life project – your deeper reason for change.

With this, BioCoherence becomes more than a monitoring tool – it becomes a companion for transformation.



Your Inner Resources Are Already There

Prologus teaches us that every imbalance carries within it the seed of its own resolution. The question is not what's broken, but where are the unused resources that could help rebalance the system?

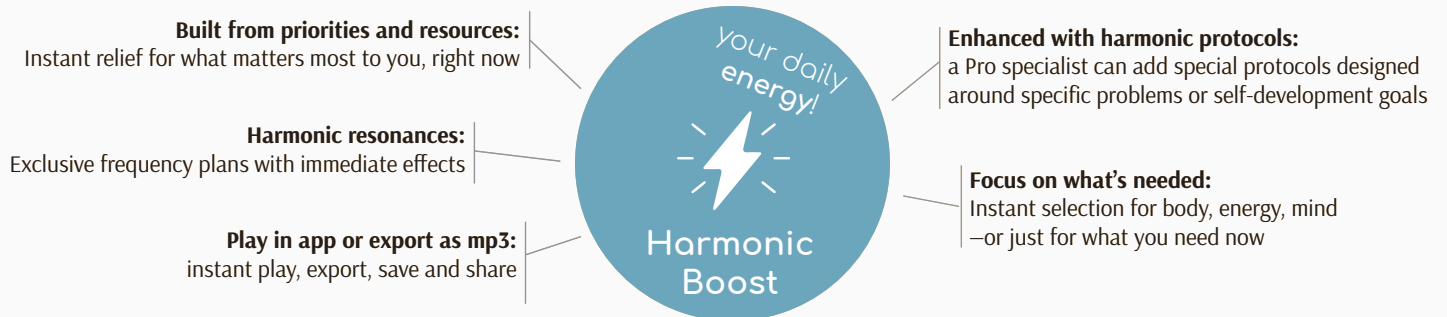
BioCoherence's algorithms don't force the body or mind – they help uncover and mobilize what's already present. From there, clarity emerges, and true healing begins.



Balance

Harmonic Boost, AI Helpers and Personal Guide:
your exploration becomes a game

*Amazing user feedback:
dozens of testimonies
of instant, durable relief**



Unique insights:

Our exclusive technology scans with our medical-grade Sensor and computes thousands of individual data to build your Balance programs.



Stay connected!

You can share your data with your Pro Specialist through our secure Cloud. Your Specialist can update your program and follow your progress.



Easy to use:

Works on any device: smartphone, tablets and computers. Connects and syncs Pro and User through our Cloud.

The Science Behind BioCoherence

Rooted in rigorous research. Inspired by living systems. Built for the future of well-being.

At the heart of BioCoherence lies a bold ambition: to redefine how we understand health, coherence, and healing. Every analysis, every sound protocol, and every visualization is based on real physiological signals—with no random number generators or artificial simulations. Our algorithms extract over 1,600 biomarkers from a simple 2-minute ECG recording, using exclusive, high-resolution signal processing developed specifically for BioCoherence.

A New Kind of Measurement

While most health platforms focus on isolated metrics like heart rate or stress index, BioCoherence offers an integrative, systems-level understanding. It interprets your ECG through a holistic lens, mapping your energy, body, and mind into dynamic visualizations, timelines, and interactive assessments.

We use known ECG-derived metrics (like RMSSD, LF/HF,

or Baevsky's Stress Index), but go far beyond that. Our proprietary algorithms detect subtle patterns of resonance, dissonance, regulation, strain, adaptation, and destabilization—delivering a living, evolving picture of your inner state.

Everything is connected. The science behind BioCoherence reflects this truth.

Meditation, Frequencies & Self-Regulation

Over the past decades, a growing body of research has confirmed the therapeutic effects of meditation, sound therapy, and frequency-based interventions. Studies show that specific audio frequencies can influence heart rate variability, reduce stress markers, and stimulate parasympathetic activation. BioCoherence takes this one step further.

By using frequency protocols generated directly from your real-time data, BioCoherence acts as a bridge between

self-awareness and biological regulation. These frequencies are not random affirmations or ambient tracks — they are precisely calculated to match your biomarkers' needs. Whether used for meditation, active rebalancing, or emotional support, they help restore internal communication and coherence.

This is science in motion — not just data, but vibration-based interaction with the body's own intelligence.

Exclusive Innovations You Won't Find Anywhere Else

BioCoherence is the result of years of multidisciplinary development — combining physiology, physics, signal processing, psychology, and ancient medical systems into a single, unified model. Some of our innovations include:

- Interactive Flower Maps that visualize each biomarker's regulation status across energy and agitation axes
- Causal Chain Analysis to detect root causes across systems
- 21-Day Adaptive Meditation Programs that evolve daily
- Bioactive frequencies that act in minutes
- Multi-platform compatibility and Cloud sync, from mobile to desktop
- AI Helpers that explain, contextualize, and guide your healing path...

And we're just getting started. Our goal is to help you live a more connected, more coherent life—with science as your ally and your own body as the guide.

What is HRV?

HRV (Heart Rate Variability) measures the tiny differences in time between each heartbeat. Rather than a fixed rhythm, your heart naturally fluctuates depending on breathing, stress, and other inputs. HRV is scientifically associated with stress, recovery, emotional regulation, vagal tone (parasympathetic activation) but also fatigue or burnout, chronic stress, inflammatory states or poor cardiovascular adaptability when it's low.

But BioCoherence doesn't stop at HRV. This is only one of more than 1,600 biomarkers! We go far deeper—analyzing the entire waveform and its resonance with body systems.

Why the Full-Spectrum Pulse Wave?

*Most devices analyze a single number from ECG or PPG data. We analyze **the entire spectral distribution** of the ECG's frequency components—offering a full-spectrum view of physiological coherence. This allows us to detect patterns in energy flow, track resonances and disharmonies, reveal hidden regulatory signals and tailor frequency-based responses for precise rebalancing. You get a richer, multidimensional insight into your body's real-time dialogue.*

Learn and Grow with BioCoherence

Explore. Understand. Evolve.

BioCoherence is not just a technology—it's a journey of self-discovery. To support every step of your evolution, we offer a wide range of learning resources adapted to your pace, your questions, and your level of curiosity.

Complete manual, Contextual Tutorials

The 130 page manual is available in PDF but is also directly integrated in the app. At any moment during your exploration, you can access contextual help directly in the interface. Whether you're looking at a biomarker, a graph, or a meditation recommendation, you'll find concise, clear explanations right where you are. No need to search in the manual—your guide is already with you.

Weekly Videos & Webinars

Every week, we invite our users to join live webinars hosted by the BioCoherence team. These sessions offer news and new function releases previews, feature walk-throughs, case study breakdowns, live Q&A with experts and deeper dives into health, energy, and mind.

Can't attend live? All sessions are recorded and available on demand! Check biocoherence.net/userseminar to attend or replay.

Books to Dive Deeper

Want to understand the deeper meaning behind the interface?

•*Sing the Body Electric* by Médéric Degoy, the creator of BioCoherence, explains the science and vision of BioCoherence, how your energy, body, and mind intertwine, and how to make sense of your signals. This book explains the whole approach of BioCoherence!

•*Prology* (by Christine Degoy) invites you to rediscover your life path, understand the body's wisdom, and explore healing as a process of alignment and purpose. This is where Resources and Priorities come from!

These books are your companions on the path to coherence. Buy them in many languages, in print or e-book, on biocoherence.net/book

A Growing Community

Share insights, ask questions, or just connect with others evolving with you. You're not alone on this journey! The BioCoherence community includes individuals, professionals, researchers, and explorers from all walks of life.

Join Online discussion groups, Community events, our annual BioCoherence Summit and peer-led learning circles. Our local distributors all around the world can help you find your community!

User-Created Learning Modules

Some of our most powerful tools come from users themselves. On the Learning Catalog right within the app or on our website, you'll find introductions and one-to-one with many specialists all around the world in many languages, specialized learning paths (e.g., for anxiety, recovery, focus), custom protocol bundles and explanation kits or tutorial sequences made by professionals. These modules will help you see through different lenses and learn from a diversity of practices.

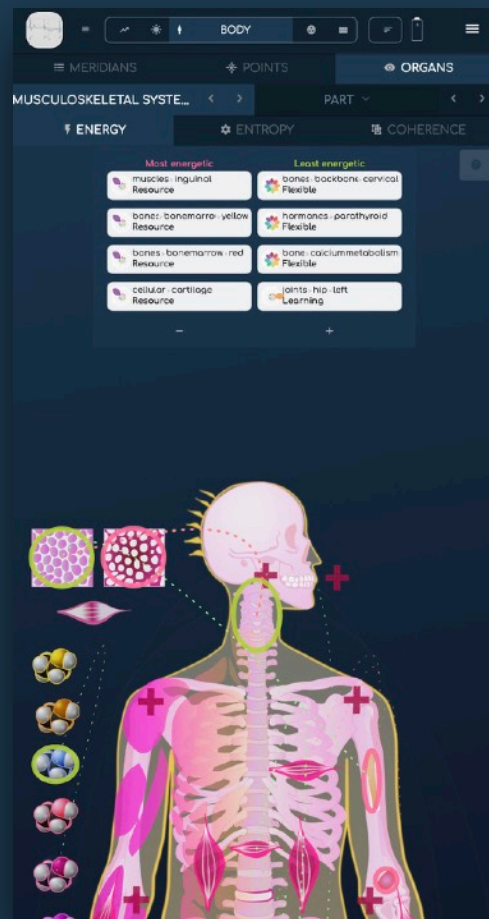
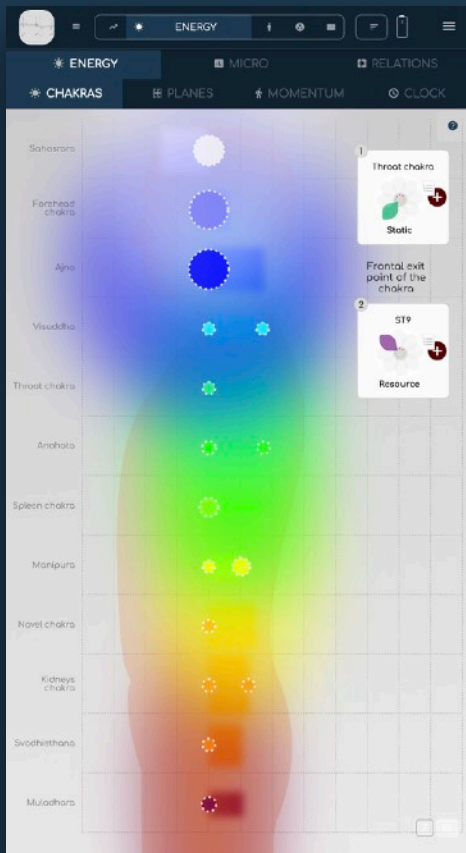


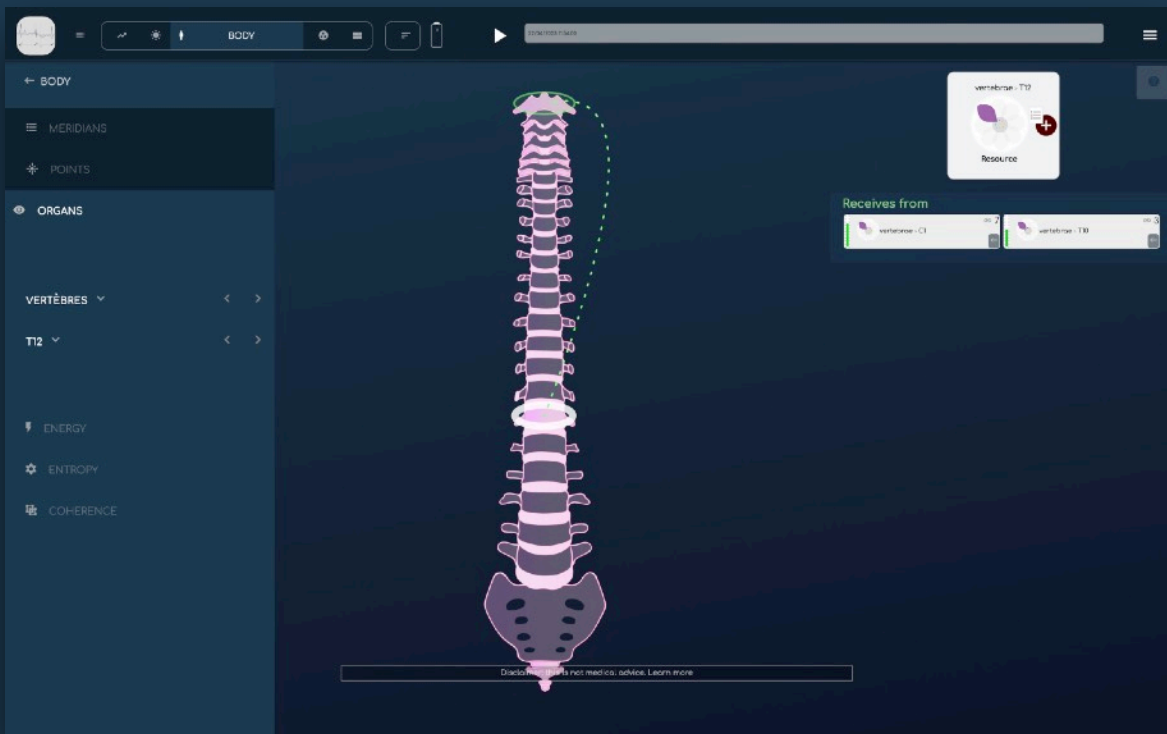
Map and Explore: A Deep Dive into Your Inner Landscape

Each Exploration with BioCoherence opens a world of insight.

What was once hidden becomes visible through a unique and holistic lens. BioCoherence doesn't just deliver numbers or charts—it offers a system-wide view of your Energy, Body, and Mind, fully grounded in measurable biomarkers and meaningful interpretation. Whether you're exploring chakra alignment, the balance of your nervous system, the emotional tone of your inner drives, or the resonance patterns across your physiology, every screen is designed to reveal connections that matter.

Together, they form a coherent and systemic view—because your health is not one part or another... it's the whole.





This is not analysis as usual.
It's a living map—
interactive, dynamic, and richly detailed.

Every screen you see is a window into a deeper understanding.

Each section gives you access to focused dimensions of your health and coherence:

- **Biomarkers:** understand how your body's regulation and rhythms behave in real-time.
- **Energy:** explore subtle forces through chakras, Ayurveda, global fields, atoms and organism influences.
- **Body:** go deep into organ systems, meridians, TCM points and physiological structure.
- **Mind:** uncover personality, alignment, brainwave activity, and core emotional patterns.

For advanced users and professionals, **Extensions** provide even more powerful insights—custom-built by practitioners for specialized needs, and available through additional subscriptions.

List of available screens

- **Biomarkers:**
Dynamics, Biomarker, Polygraph, Prevalence, Causal chain, Waveform, Stats, Frequencies, Harmonies
- **Energy:**
Chakras, Planes, Clock, Momentum, Atoms, Influences, Ayurveda, Organisms (*limited with Me*)
- **Body:**
Meridians, Acupuncture points, Main organs, Teeth, Vertebrae, Nervous system, Musculoskeletal system, Brain, Digestive system, Respiratory System, Cardiovascular System, Membranes, Reproductive Organs
- **Mind:**
Personality, Focus, Brainwaves, Music, Alignment, Emotions, Wounds, Drives

Universal Search: BioCoherence made easy

Biomarkers, Structures, Stimuli,
Recipes, Lists, Questionnaires...
all connected at your fingertips.

BioCoherence generates an extraordinary diversity of insights from each whole-body electrical recording. To help you make the most of it, we've introduced **Universal Search**, a simple way to access everything, from the smallest biomarker to the most advanced recipe.

Accessible from both your Home page and Exploration menu, Universal Search simplifies navigation by bringing together all sources of information and giving you direct answers across every domain of the app, including more than 700 video questions/answers, and all the online manual pages.

What are Biomarkers?

Biomarkers in BioCoherence are **measurements extracted from your whole-body electrical activity**. Visualised as flowers, they reveal the energy, balance, and resonance of thousands of systems in your energy, body and mind.

After a scan or re-evaluation, biomarkers become the foundation for exploration. Each one can be viewed in the Biomarker panel, where you'll see: Energy (full or depleted); Agitation (calm or stressed); Qualities (attention, intention, horizon); Links to other structures; and connections across the app: TCM points, recipes, meditations, list items, suggested stimuli...

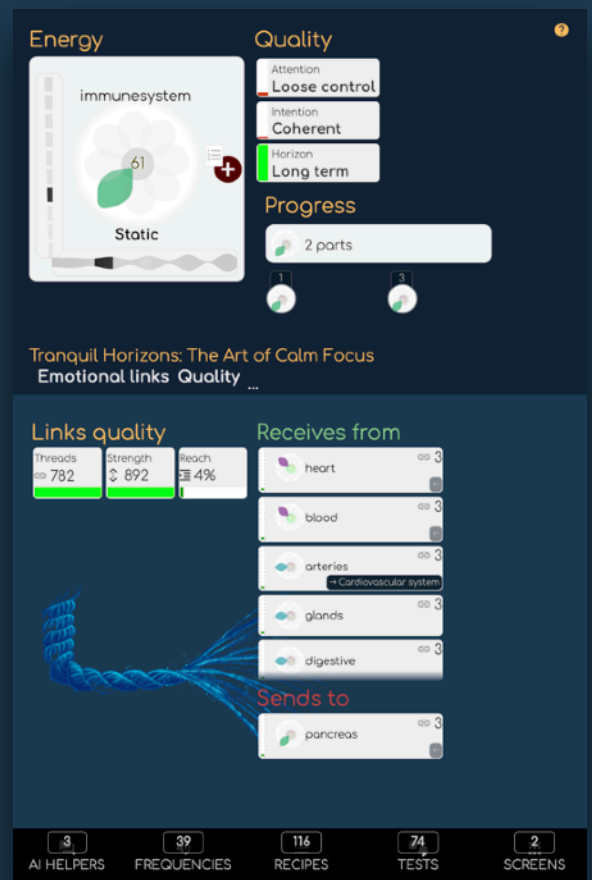
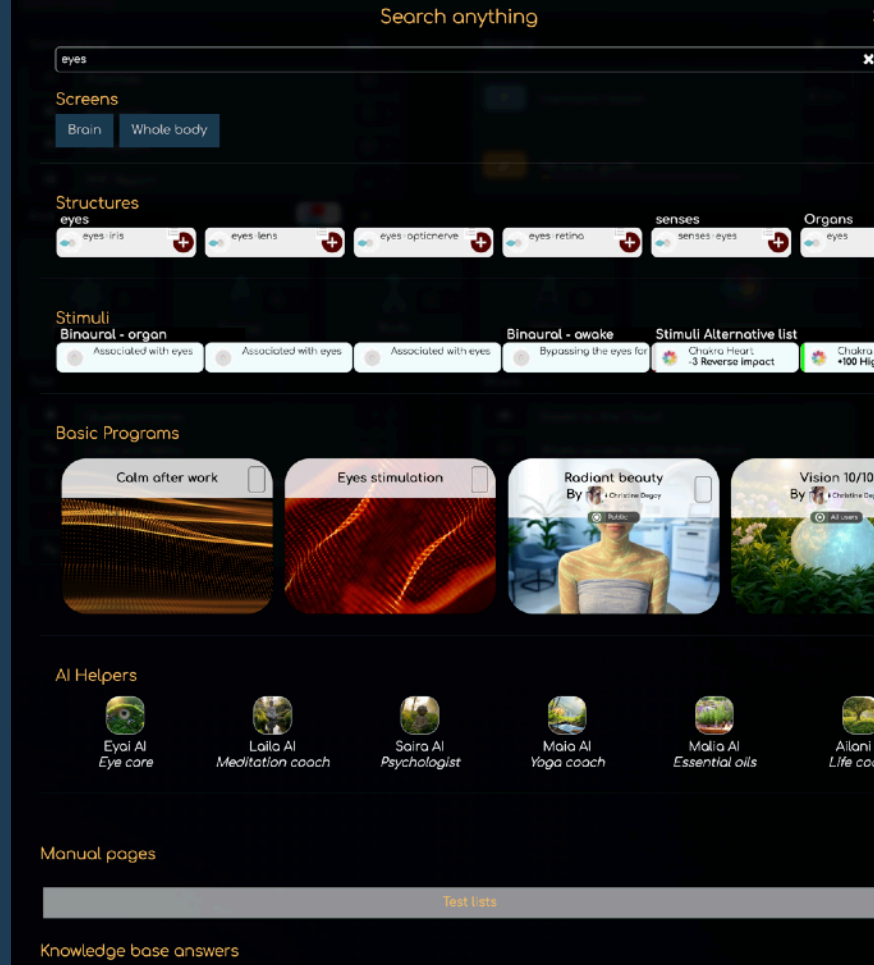
Example: A TCM point may show its energetic state, whether it is acute or chronic, which other points it resonates with, which recipes apply, and which stimuli or meditations can help rebalance it.

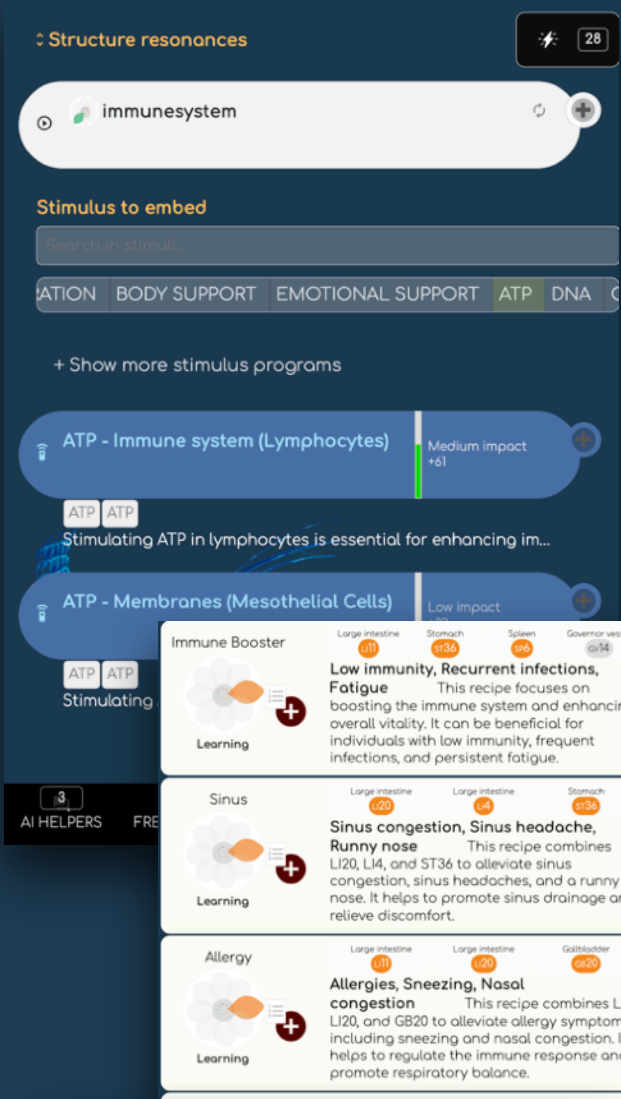
What are Structures?

Structures are the **core elements we extract** from your electrical recording. After multi-layered analysis, BioCoherence identifies more than 1,500 structures spanning your energy field, physical body, and mind.

Structures are the building blocks of your energy, body, and mind. BioCoherence **reveals** them, **measures** their state, and shows you their precise **condition**.

Structures form the basis of our balancing system. Using Harmonic Boost frequencies, each structure can resonate with its natural energy pattern. When Stimuli are embedded, those structures don't just vibrate... they sing a specific song, recalibrating toward balance.





What are Stimuli?

Stimuli are **targeted energy patterns** that can be embedded into any of the 1,500+ structures. Organised in folders and matched to your scan results, they are automatically suggested for precision. Stimuli go beyond balancing: they open the way to transformation by helping you achieve targeted, personalised results.

What are Recipes?

Recipes are BioCoherence's **bridge between ancient wisdom and modern technology**. With over 600 integrated TCM recipes, you gain access to millennia of Traditional Chinese Medicine knowledge—but, delivered through sound, magnetism, and bioelectricity, instead of needles.

Recipes are automatically evaluated in the context of your current scan, making it easy to select the most relevant and effective path for rebalancing.

What are Test lists?

Lists bring you into the world of **instant biofeedback testing**. They are endlessly flexible: you can create, share, and explore hundreds of lists covering topics such as meditation techniques, food intolerances, supplement matching, drug testing, emotional triggers...

With Lists, BioCoherence becomes open-ended—extending your exploration into every aspect of life.

Hundreds of lists have already been created and shared by the BioCoherence community. Lists are a collaborative space where users expand BioCoherence by integrating their own knowledge and expertise. Our integrated AI helps you populate quickly your descriptions, impacted organs and illustrations, and even write your guided meditations with you.

What are Questionnaires?

BioCoherence integrates a wide range of validated, recognised questionnaires to help assess both your initial state and your progress over time.

Questionnaires provide not only a clear evolution graphs to track changes, but also personalised 7-day targets that extend the 21-day Personal Guide program, automatically generated from your results.

What are Basic Programs?

Created by our Pro community, Basic Programs are ready-to-use collections of structures and stimuli designed to **address specific issues or support defined goals**. They can be launched directly as Harmonic Boost or Personal Guide sessions without any measurement, or easily integrated into your measured Exploration priorities for immediate balancing and targeted action.



Devices: From and to the Body Field

Measure with precision. Rebalance with harmony.

BioCoherence works through dedicated devices that both assess your state and rebalance your Body Field.

1. Measure with Sensor

More than just ECG, our **Medical-Grade Sensor captures your whole-body electrical activity**, reaching into every cell, every organ, and every structure. From this recording, BioCoherence extracts thousands of biomarkers that reveal your precise state. Sensor can be used for scans and reevaluations, but it also allows real-time biofeedback measurement of any information computed in BioCoherence, through our Tests technology.

2. Immerse in Real-Time Audio

With Harmonic Boost frequencies and the Personal Guide program, **audio becomes a powerful tool to restore balance**. These sessions blend sound, meditation, and self-help techniques into a coherent, adaptive journey. Real-time audio is delivered directly through your smartphone or computer. Harmonic Boosts can also be exported as MP3 sessions, ready to play anytime, on any device. Each program can be re-evaluated with biofeedback to create a daily custom session—precisely tailored to what you need—and further filtered for different goals.

3. Rebalance with Harmonizer

Our Harmonizer delivers targeted **TENS and PEMF programs** in real time, fully **synchronised** with your Harmonic Boost session. This dual action (audio plus electrical harmonised frequencies) is **unique to BioCoherence**, making the rebalancing process deeper and more effective. It offers both medically proven physiotherapy programs and exclusive real-time BioCoherence protocols, directly linked to your Harmonic Boosts for maximised impact. With two Harmonizers connected, BioCoherence unlocks Cross-Frequency Mode, where dual-frequency protocols are applied to specific body areas, creating even more profound rebalancing effects. The app always guides you step by step, ensuring correct Harmonizer placement and maximum therapy effectiveness.



A trove of information, neatly organized: Energy, Body and Mind.

BioCoherence organizes thousands of biomarkers, structures, stimuli, and programs into three main categories: Energy, Body and Mind. Discover everything you can do.

Whether you're aiming to boost energy, optimize health, or enhance creativity, BioCoherence provides a clear, structured path to understand, balance and grow.

Analysis screens: maps and graphs to understand

Energy: Chakras, Planes, Clock, Momentum, Atoms, Influences, Ayurveda, Organisms

Body: Meridians, Acupuncture points, Main organs, Teeth, Vertebrae, Nervous system, Musculoskeletal system, Brain, Digestive system, Respiratory System, Cardiovascular System, Membranes, Reproductive Organs

Mind: Personality, Focus, Brainwaves, Music, Alignment, Moods, Wounds, Drives

Structures: your inner workings

From organs and emotions to TCM points, organisms, chakras and more, BioCoherence tracks and measures every component of your body and energy: **TCM:** 20 meridians, 400+ points; **Organs:** 59 categories, including brain, heart, liver, lungs, kidneys, muscles, joints, digestive system, hormonal, vascular, urogenital, and more; **Organisms & Microbiome:** Bacteria, Fungi, Parasites, Viruses; **Energy & Mind Systems:** Chakras, Doshas, Elements, Drives, Moods, Momentums... and also Atoms, Waveform, Temporal, Frequential, Systemic, Musical, Planes...

Stimuli: achieve and target

With nearly 2,000 stimuli programs, BioCoherence expands rebalancing into infinite targeting possibilities. You can work with **binaural beats** (emotions, energy, organs, conditions, sleep, planetary harmonics...) while other **programs** cover atom-level frequencies, biology and cellular like ATP, DNA, enzymes, hormones, and gut flora to vitamin and protein supports, genetic protocols (most important genes from chromosomes 1 to 22 and X), with additional RIFE, Hulda Clark, and consolidated frequency sets. All are seamlessly embedded onto structures, creating daily personalized sessions tailored to your unique state. Stimuli are accessible to experts and Pros only.

Recipes: restructure, rebalance

BioCoherence integrates **600+ TCM recipes**, organised by system and need, linking acupuncture points to sound, bioelectric, and magnetic delivery. The **Energy** recipes focus on vitality, balance, and overall performance. Sub-categories include Fatigue • Immunity • Vitality • Detox • Sleep • Recovery • Balance • Performance.

The **Body** recipes target your physical systems with precision. Sub-categories include Musculoskeletal • Respiratory • Digestive • Skin • Cardiovascular • Allergies • Women's Health • Disease • Rejuvenation • Performance.

The **Mind** recipes support mental clarity, emotional balance, and personal growth, with: Emotional • Stress • Mood • Depression • Clarity • Positivity • Neurodiversity • Performance • Creativity • Esoteric • Self-Development.

Test lists: the open system

With Energy, Body and Mind, but also extended to Stimuli, Products and Meditations, the lists are an open system where every user can add items to test.

Basic programs: an open door to experience BioCoherence

Basic Programs can be played without Sensor or added to your priorities.

The **Energy** Basic programs Focus on vitality, balance, and overall performance. **Body** target your physical systems with precision. **Mind** Support mental clarity, emotional balance, and personal growth.

Discovering BioCoherence — In Their Words

A Revolution in Self-Understanding, Healing & Energy Alignment

Across the world, people are using BioCoherence to unlock deeper insights about their health, emotions, and inner energy. Whether they are holistic practitioners, scientists, meditators, or simply individuals on a self-healing journey, these testimonials reveal a consistent pattern: **clarity, accuracy, empowerment—and transformation.**

1. Unmatched Accuracy in Scans

*“I think my current condition came out **exactly.**”*—Luke (South Korea)

*“There is **considerable consistency.** That’s excellent.”*—Katie (Korea)

*“The **report correctly identified** lower back issues, kidney and connective tissues... he has been having lower back issues for years.”*—Anca (Australia)

*“The technology **identified pain in my clavicle** before I even mentioned it.”*—Robert (USA)

*“Even the Emotions part, that was the most crazy for them... It was **always a match.**”*—Lionel (France)

2. Emotional Resonance & Deep Release

*“Every single time, **the scan matched the top emotion** they said they were feeling. It was **unbelievable.**”*—Leon (UK)

*“During the balance program, I just started crying unexpectedly. **It was as if I was healing without even engaging.**”*—Steven (Ireland)

*“For this client, the meditations **unlocked repressed emotions from 20 years ago.** She left me a voice message crying.”*—Leon (UK)

3. Real-Time Energy & Physical Healing

*“I have a recurring hip pain... now I can put on my pants without holding onto something. It’s **becoming easier each day.**”*—Laura (USA)

*“One client reported her **eye floaters disappeared** overnight.”*—Leon (UK)

*“After one 15-minute session for vision support, **my eyesight popped back to 20/20.**”*—Dan (USA)

*“A hypersensitive client played the harmonic boost and had to stop multiple times in amazement—**different body parts responded distinctly.**”*—Leon (UK)

Some instant effect testimonials

*“On Tuesday, February 11th, I took a new measurement and did four sessions. There was a significant healing in one of my ailments. I pulled a muscle in my left thigh. **If I could receive healing that quickly—that’s something that I could easily feel and recognize right away.** This is amazing to think about the healing going on that I could not have ever seen before. And of course, since I feel that I can use it and don’t have the pain anymore, this is amazing!”*—Francine (USA)

*“My mother has always been averse to these kinds of crazy ideas that her son comes up with from time to time. But out of absolute desperation, I asked her if she’d listen to a frequency program, and she agreed. I put together the harmonic boost and sent it to her. She didn’t even have headphones, so she just played it beside her bed. She called me **30 minutes later saying her pain had gone from 90% to 10%. And it’s basically still holding strong for her.** It really is incredible seeing these fast results. And if you can convince my mother, you can convince anybody.”*—Stephen (Ireland)

“I had a new problem with my right kneecap dislocating multiple times a day. It quickly got worse, to the point it would pop out almost every time I moved. It wasn’t painful, but it was limiting and starting to worry me. I hadn’t tried to fix it yet, but felt it was time to act. I used the BioCoherence device and chose a frequency for joints and tendons. It played for just a few seconds.

***Since that one session, my kneecap hasn’t dislocated again.** It’s now been six weeks without any reoccurrence. I didn’t expect it to work so fast or last this long. I’m very happy with the result and impressed by how simple it was.”*—Kat J. (USA)

4. Healing Frequencies That Feel Like Home

"Listening to the frequencies feels like hearing the essence of remedies I've made... I truly feel a **positive shift**."—Laura (USA)

"When I closed my eyes, I saw a bright green light—4th chakra. **Deeply relaxing**."—Luke (Korea)

"The meditations are a sound translation of ancient knowledge. I just listen with my eyes closed and **healing begins**."—Frederic (Canada)

5. Empowerment for Practitioners & Explorers

"In the Biohacker community, we're always seeking better tools. With this app, **the search comes to a full stop**."—Michael (Germany)

"Every element the software brought up **matched** what we use at the alchemical school. Not medical advice—but aligned!"—TJ (USA)

"**This is the tool I needed**. I'm more in research mode than helping mode now... so much to explore."—Lionel (Germany)

"I've stopped seeing Western doctors 24 years ago... and yet this test amazed me. Especially **how it saw my emotional state**."—Laura (USA)

6. Building the BioCoherence Movement

"It sells itself. **Every person** who receives the frequencies feels the difference."—Jeff (USA)

"I showed it to people—and **they wouldn't let me not give it to them!**"—Dan (USA)

"At a gathering, people started **sharing their experiences with BioCoherence**. It created instant excitement and connection."—TJ (USA)

"I believe BioCoherence will be **groundbreaking** in Korea. I'm honored to be part of its journey."—Luke (South Korea)

7. Endorsements from Visionaries

"Médéric is the Renaissance man of heart coherence, charge collapse, harmonics and healing."—Tufan Güven

"This is a whole new approach to heart coherence. With very, very in-depth ECG spectrum analysis."—Dan Winter

8. A Spiritual Technology for the Modern Age

"BioCoherence reads your entire being—not just the body. It's like **spiritual diagnostics without words**."—Leon (UK)

"It's like receiving energetic messages."—Laura (USA)

"I believe this is **the bridge between ancient vibrational medicine and the future of health tech**."—Frederic (Canada)

9. A Mirror for the Soul's Journey

"It showed me **not only what I was feeling—but what I was avoiding**."—TJ (USA)

"One of my clients said, '**I feel seen for the first time in years**.' It wasn't about therapy. It was resonance."—Leon (UK)

"There's no hiding with BioCoherence. It gently reflects exactly **where you are on the inside**."—Anonymous (France)

10. A Practice of Self-Compassion

"Instead of judging my anxiety, I began to **understand** it. That changed everything."—Anne (Belgium)

"BioCoherence gave me **permission to rest**. I realized my low energy wasn't failure—it was a message."—Selena (Spain)

"Now I don't just push through. I listen. I care. I **adapt**."—Martin (Switzerland)

11. Creating Deeper Connections

"My partner and I did our sessions together, and we finally understood how different our rhythms are. It brought **empathy instead of blame**."—Julia & Marco (Poland)

"As a practitioner, it helps me **understand my clients before they say a word**. That builds trust fast."—Christine (France)

"This isn't just a tool for health. It's a tool for **relationships**."—Sophie (USA)

Read more on biocoherence.net/testimonials

Subscriptions for Me and Pro: Choose Your Path

Whether you're exploring your inner landscape, guiding others on their journey, or developing a professional activity, BioCoherence adapts to your goals. With each subscription level, you gain new tools, deeper insights, and greater autonomy. You can change subscription anytime.

BioCoherence for Me

Empower your own transformation! Me is designed for everyday and to connect with Pros.

Discover how your energy, body, and mind interact, and begin tuning your system with real, data-driven tools.

•**Harmonic Boost:** Your personalized daily support—frequency programs based on your real-time needs.

•**Personal Guide:** A clear view of your current priorities, challenges, and internal dynamics—all evolving daily and guided in plain language.

•**Basic Programs:** Access a preset selection of foundational frequency-based support for sleep, energy, emotions, and balance, complete with Harmonic Boost and Personal Guide.

•**AI Helpers:** Friendly assistants to help you understand your graphs, biomarkers, and emotional states. They can explain your scan, build a custom Basic Program for you, play needed Harmonic Boosts, work on your priorities and give advice.

•**Remote Scans:** Share and receive sessions from practitioners or other users—wherever they are.

•**Pro directory:** to help on your exploration, consult, add protocols, decide priorities, get a specialist report...

For **Me**, While **Play** is solely focused on unlimited play of Harmonic Boosts and Personal Guide, you can start interacting with your scans with **Basic** and **Expert**—and, with **Family**, you can manage your entire family (from 2 people with **Basic** up to 6 with **Expert**)!

Me Free is a free forever version, to send remote scans to a Pro and unlock explorations when needed.

BioCoherence for the Pro

Support others with precision and clarity. With an unlimited number of clients and full access to specialist screens, Pro is for you: Professionals gain full access to the BioCoherence analysis, remote sync and biofeedback tools.

Professionals gain full access to the BioCoherence analysis, remote sync and biofeedback tools.

•**Analyze:** Dive deep into over 1,600 biomarkers with body maps, graphs, and systemic insights.

•**Test Lists Creation:** design custom tests, verify substances, protocols, or meditations via resonance and biofeedback.

•**Progress & Compare:** Track your clients' results over time with comparison tools and guided follow-ups.

•**AI Assistants:** Get help interpreting complex cases and navigating between multiple hypotheses.

•**Stimuli:** Achieve specific, individualized goals by embedding stimuli on top of structures from our 3000+ stimuli library.

•**Remote Scans:** Offer distant consultations without compromise in accuracy or detail.

•**Contact Management & Reports:** Manage your clients and export customized reports.

•**Extension Modules:** Add advanced features (coaching, therapeutic approaches, etc.) as your practice evolves.

•**Questionnaires:** Analyze answers, graphs and dimensions.

•**Pro directory:** find new clients worldwide.

For **Pro**, From **Essential** (access to all tools, unlock scan details individually when needed) to **Expert** (all screens unlocked), BioCoherence **Pro** is accessible to every specialist.

Who is BioCoherence For?

•**Individuals** seeking deeper self-awareness and self-regulation.

•**Health & Wellness Professionals** integrating biometric insights.

•**Researchers** exploring advanced ECG-based diagnostics.

•**Personal development enthusiasts** who seek self-improvement

•**Business-aware and ethical driven individuals** wanting to invest their time and energy in a world-changing technology

Develop an Activity with BioCoherence

Grow your professional path with our collaborative opportunities: Show your offers, decide your prices, attract clients!

•**Pro Directory:** The official worldwide practitioner network.

•**Extension Modules:** Develop your knowledge as paid add-ons within the app. Every Pro can pay monthly or lifetime for access to your extension.

•**Learning Modules:** Create educational paths to guide clients or peers.

•**Test List Creation:** Build from your field of expertise, share with the world.

•**Become an affiliate:** Send invitation codes and get commissions.

•**Become a Distributor:** Join the BioCoherence mission, help bring coherence tools to more people around the world.

Me, Family, Pro — features comparison

BioCoherence has many features. Some say, too much! Let's see that now.

Subscriptions can be paid monthly, yearly (with one month free) or 2 years (with 3 months free).

Lifetime subscriptions are one-time payment license with lifetime free updates included.

With **all subscriptions**, you can have access to all tools like analyze, lists, remote access, client or family management, resources and priorities, Harmonic Boost, reports, 21-day programs, AI Helpers, questionnaires, etc.

- With **Basic**, all Analyze screens are blurred and some functions are limited. Unlock all screens when needed by simply buying a full exploration. It's **the best choice to keep an open access to the BioCoherence Technology**.
- With **Expert**, all Analyze screens are always unlocked. It's **the best choice for personal users with large knowledge or for the whole family, and for Pros with more than 15 clients a month**.

Me

Includes all self-balancing tools: analysis with automatic priorities and resources, Harmonic Boost, reports, 21-day programs, AI, questionnaires, basic programs, etc. For a complete analysis for yourself, buy one exploration or upgrade to **Basic** (with 50% discount on the purchase of a full exploration) or **Expert** (unlimited analysis screens always unlocked).

Family

Includes all balance tools and 2 family members management (includes their Family Play subscription): scans, automatic priorities and resources, Harmonic Boost, reports, 21-day programs, AI Helpers, questionnaires, basic programs, etc. For a complete analysis, with **Family basic** you can buy one exploration (Family includes 50% discount on the purchase of an exploration) or upgrade to **Expert** (all analysis screens always unlocked, and 6 family accounts with their Family Play subscription).

Pro

Includes everything needed for a professional use: local scan, analytics, test lists, remote scans, unlimited customer management, automatic priorities, resource and priority editing, Harmonic Boost, reports, 21-day programs, AI helpers, questionnaires, test creation, access to stimulus (added to Harmonic Boost and Personal Guide), complete list of microorganisms, etc. As well as the presence on the Pro directory, your trainings and extensions directory, and the possibility of selling your creations. For analysis with **Pro Basic**, you can buy one exploration (Pro includes 75% discount) or upgrade to **Expert** (all analysis screens always unlocked).

Pro Med limits to academic biomarkers: without harmonic boost, personal guide, test. Academic biomarkers only. Limited analysis: dynamics, biomarker, polygraph, prevalence, causal chain, waveform, statistics, frequencies, harmonies.

Go to biocoherence.net/price for details of subscriptions and duration discounts.

But don't take our word for it: **start with a Sensor with Me, Family or Pro unlocked for an included period, test all features, and decide by yourself!** Contact your local distributor to get a Sensor with an included test licence.

Key Features & Benefits

- ✓ **Medically Certified Device** – Reliable ECG readings
- ✓ **Advanced Non-Linear Analysis** – Far beyond conventional ECG metrics.
ECG-Based Biometric Analysis: No random numbers—everything is computed from real ECG recordings.
- ✓ **Graphs, Body Maps & Deep Analysis** – Discover the systemic health approach
Multi-Level Assessments: Energy dynamics, body functions, and mental well-being.
- ✓ **AI-Driven Guidance** – Personalized insights into biomarker health
Interactive AI Assistants: Help interpret results and suggest actionable improvements
- ✓ **Compare Progress Over Time** – Integrated with questionnaires like SF-36, Big Five, DASS-21...
- ✓ **Optimized for Professionals & Individuals** – Self-assessment tools with in-depth reports
- ✓ **Personalized Meditation Protocols**: Adapts daily for 21 days based on your own measurements.
 - ✓ **Multi-Platform Compatibility and Cloud sync**: Work everywhere.
 - ✓ **Multi-Language** (20 languages available and more coming)

Get Started Today!

- **Download** the BioCoherence App
- Get in touch with your local **distributor**
- Order Your BioCoherence **Sensor**, bundled with a Plus licence for one month to test everything
 - Decide your most useful **subscription** level: Essential, Custom or Plus
- Decide if you prefer to **subscribe** monthly (no commitment) or buy **lifetime** (free updates for life)
 - Order Your BioCoherence **Harmonizer** for multilayered rebalancing

For advice, Sensor and Harmonizer orders, training and local support,
check your local distributor on biocoherence.net/distributors

BioCoherence works on :
Smartphones (iOS and Android)
Tablets (iPadOS and Android)
Computers (Mac, Windows and Linux)

Open biocoherence.net/install and start your journey!

