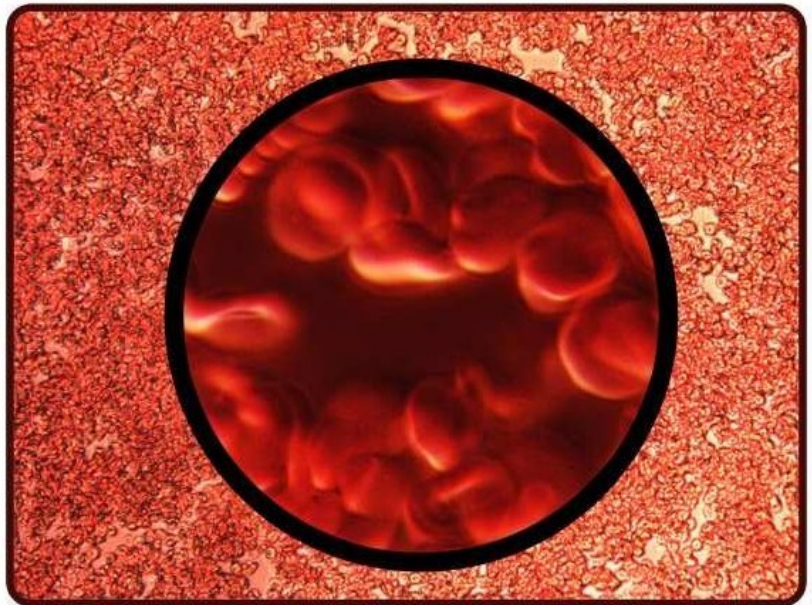


Be healthy by cell stimulation

The compendium for frequency therapy

Sara Kraft



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Edition**



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Graphic title page: Original microscopy of red blood cells

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Be healthy by cell stimulation

Working with electrical signals to stimulate the body's own defense.

Sara Kraft

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Introduction

This book is not a medical advise. It is my own experience that I would like to share here. It should also not replace the "normal" way to go to the doctor.

I want to help with the simplest possible examples to gain an understanding of when, and what can be used by a person to get healthier, more balanced and thus to make them happier. An essential part of this is the frequency therapy.

The whole universe is a frequency composition. Whether colors or shades, air or water, everything has its own vibration. These frequencies then go into resonance, meet with our individual body vibration, that is - our person. It produced a wide variety of interactions. If a color goes straight to our current mood, we feel good. If a sound for the current situation is too long high, it can cause discomfort. Depending on what a person needs at the moment, the cells might be stimulated by the frequencies to work some more, getting calmed down some or get stimulated to do a compensation between too much and not enough metabolism.

Take your own responsibility through self-determined action to YOUR health. Simple, fast and easy. Good luck!

My Work Technique

For 17 years, I run my own clinic. The treatments are recognized by most of health insurances in my country. I like working on the principle, clear only the big chunks out of the way and then work, until only needs to be "dusted". In my practice, body, soul and mind form a unit. Therefore I always use several methods including massage, different therapies or hypnosis.

The man should be viewed by all three levels. Sometimes, only one structure is slightly come out to show off, but mostly this is reflected by an imbalance of the other sides.

Beginning on the body, the first procedure on the patient is an atlas correction. After nearly any fall or accident, the first cervical vertebra (atlas) gets into trouble. I developed a method which brings the entire body structure back to its straight and upright position. Thus, all the signals of the brain are passed on without interference to the body.

Then I look to see if scars need to be suppressed. For this purpose, there are manual or magnetic techniques. The only certainty is that most scars cause a blockage in the energy flow of the meridians. I balance the meridians for example with APM.

As with a radio, the receiver must be set exactly to a transmitter frequency, for example news need to be correctly passed on to the receiver. In our body, the correlations are similar. The transmitter (the brain) must be in the exact setting (adjusted static) to supply the rest of the body with power (meridians) of the correct news at that time.

The various methods listed together form an adjustment.

If incorrect information is already present in the structures of thought or feeling, I try to influence with different mental techniques. MET (Meridian Energy Technology - tapping technique), detachment rituals, sculpting by Virginia Satir or hypnosis.

Using bio-resonance, I test whether Geopathy exists, if there are food intolerances, or which drug should rather be used or left out.

Of course, I take on the well-being and influence with various massage techniques such as reflexology therapy, deep tissue massage or lymphatic drainage.

And what about infections and diseases?

The introduction of frequency therapy in my practice

But what is with me, the therapist?

My customers are gone and now a cold is a cold is showing up by a sore throat. Maybe my lumbar region is so strained that it hurts? Maybe I cannot switch off the inner cinema? How can I help myself?

Why should I consult a therapist in the evening, during a weekend or during the holidays, when I exactly know what my body needs?

Against the inner cinema I must somehow get into the alpha state. To unblock the aching of the lumbar region, the muscles must be relaxed. Against the emerging cold, bacteria should be eliminated, and my immune system should be improved.

So far, so good. How do I realize this?

Frequencies are used in physical therapy (TENS currents) or drugs that are introduced into the body (iontophoresis) to relieve pain. And frequencies can also effect another phenomena, I remembered. I am absolutely not a technically talented person. I am just interested in simple solutions.



My first F-SCAN
from the first
generation of devices.



My self gold plated F-SCAN
TOUCH.

How I came up with frequency therapy

If somebody like me adjusts the career purposeful and with joy to a healthy life, we will sooner or later have to deal also with the frequency therapy.

A reply to the question what actually effects frequency therapy is probably a mixed answer. A large part of the effect of oscillation of electrical signals on the organism is certainly the fact that a specific stimulation of cells takes place. The electricity effects a recharge of the cells with electrical energy. The oscillation of the signal causes an increase in the mobility. Another reason for the effectiveness will be certain to be found resonance phenomena according CLARK.

The frequency therapy is successfully used in many scientific medical clinics for years. Long before Hulda R. Clark with her books went public, Royal R. Rife developed successful therapies applied and documented with frequencies in the 1940's. The idea is fascinating to treat by applying electrical oscillating signals. Progressive-oriented healers with simple laboratory equipment and self-made cables and hand electrodes have achieved successful self-tests within family and friends. They achieved clearly positive results. One of these experiments made a special impression. After the outbreak and treatment of common cold symptoms of influenza infection all had disappeared, while the surrounding area had two weeks to deal with sneezing, runny nose and cough after 12 hours.

However, the matter had a significant disadvantage. A lab - frequency device is unsuitable for use in practice. Only with great difficulty, it is possible to set a stable frequency and the adjustment of the signal level and offset level is a tedious procedure.

What is a RIFE treatment?

A RIFE treatment is an application with frequencies in the lower frequency range (1 cycle per second to about 34000 cycles per second.) These are usually for symptom-specific sequences of frequencies that perform selective cell stimulation. Originally, the RIFE frequencies were at high frequency (about 80,000 cycles per second). For technical reasons, it has divided down these frequencies. Therefore, it is important that RIFE applications are performed with the waveform "rectangle" which create also harmonics in the higher frequencies.

What is CLARK?

According to CLARK, many diseases are caused by pathogens. CLARK has identified 234 pathogens from their frequencies. By treatment with these specific frequencies, the resonance effect and has positive influence in the body.

Side effects

Side effects in terms of intolerance are unknown. Persons with very sensitive nerve system sometimes show overreaction. This can show up as toothache or neuralgia. Such symptoms are very rarely and disappear if the application are performed less frequently. However, it may come to reactions such as fatigue, weakness or discomfort. In such cases it is advised to reduce the duration of treatment.

Number of treatments

The number of treatments depends on the chronicity. A once or twice weekly application of "IMMUNSTIMULATION" or common cold protects against seasonal flu very well. In case of intolerance it is advised to reduce the numbers of applications or reduce the time per application.

My mobile frequency device

For myself, I prefer to use the frequency generator F-SCAN[®] COMPACT. It is so small that it fits in a pocket and is easier to use than a cell phone. Perfect for me!
I call this device as "my personal medicine chest".

At home, the F-SCAN[®] COMPACT is always connected to the wall charger. This makes sure that the device is always fully charged and also I always know where to find it.

My F-SCAN[®] COMPACT, my keys and my wallet are the three things that I would also find blind in case of an explosion!



Basic Settings

When starting the first applications of the F-SCAN® COMPACT, I left the default settings, which is done by the company.

These are:

Timer (time per frequency): 3 minutes

Signal amplitude for square wave: 80%

Language: English

Beep (beeps of the device): on

F-Min: 80,000
(lower frequency limit for SWEEP)

F-Max (upper frequency): 560,000
(upper frequency limit for SWEEP)

Time for SWEEP, Spectral ZAP:
and production of colloidal
silver 20 minutes

The very first application that I have made with my F-SCAN® COMPACT was "infection". To understand how I came to this decision, I now describe step by step of my reflections I made according to exclusion method.

For the first use, it came as a common cold coughing, sniffing and sneezing client had left my clinic. That same evening I felt cold symptoms coming up. Tingling in the nose, slight cough, lack of energy feeling. I now had to make a choice between the following programs:

- 1) Cold
- 2) Cough
- 3) Runny nose
- 4) Flu Infection
- 5) Sore throat
- 6) Immunstimulation
- 7) Pharyngitis
- 8) Rapid exhaustion
- 9) Streptococcal infection
- 10) Infection

Ten different programs to choose from and my subjective perception as a guide:

Neck or throat inflammation was not seen with me: So programs 5), 7), or 9) were not considered. Fever was not present: so program 4) was not considered.

Besides a slight cough tingled the nose: the choice was reduced to program 2) plus 3) or 1).

I wanted to run only one session, so I tended to program 1).

Programs 6) and 8) were too unspecific. I felt already a possibly bacterial effect.

Program 10) remains then: Infection.

So I had to make my choice between program 1) and program 10).

The worst what can happen if you decide for the wrong program is that it does not work. So at least after a few hours - it should show an effect after 12 hours - just choose the other program.

I decided for infection.

Now I had also to decide what kind of application parts I should use. Handheld electrodes or sticky pads. Because I wanted to relax on the couch anyway and there was no local therapy necessary, I decided for the handheld electrodes. In case I had selected sticky pads I would have had the idea to iron laundry... In such situations it is recommended to give the body some rest to allow quick recovery.

Rings, necklaces and other jewelry I had taken off previously. Electricity always uses the shortest path of least resistance which would be through metal. I wanted to know my body gets floated. I am convinced that wearing jewelry is a obstructive for a successful frequency therapy.

12 hours later I was fit again to go to work. I was happy that I had chosen the right program right away!

Like me, also you will get a sense of when to use which program is appropriate. Depending on how often you are faced with illness, it takes a little time.

Since I have been working around 15 years with this technology, I could gain some experience. I have not experience with every disease. Therefore I describe only of my personal experience. But there are so many that you will find your own deduction. So in the following I will only describe the programs which I myself have experienced.

General notes with my COMPACT

Stepwise approach to ABC application:

1. press middle round button until the unit turns on
(= center button)



2. short press the Right button to highlight ABC.



3. Press the middle round button (enter key) shortly, then the actual selected program shows up. You are in the “ABC” menu.



4. Use key UP or DOWN button to select a program – all programs are sorted in alphabetical order.
5. Middle button (center button) or button F1 start a selected program.

Use of electrodes

When the adhesive electrodes are placed right and left under the clavicle, the entire body is flooded. Likewise, when using the hand electrodes.

It does not matter if the red electrode is right and the blue electrode is left or vice versa.

If a local treatment shall be performed, stick the red-electrode close to the area to be treated, or at least as close as possible.

The blue marked adhesive electrode shall be placed in a way so that a flow takes place around the target area.

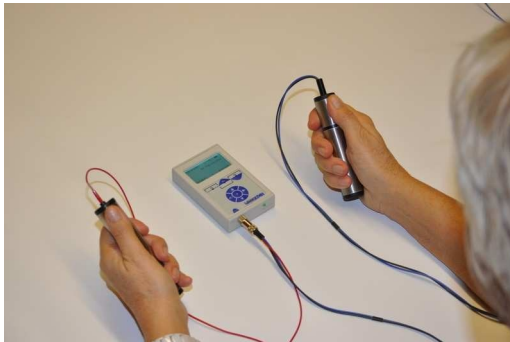
The red electrode should be always placed where a local treatment should take place.

Programs - Applications

In the following, only programs from my personal experience are described.

As abbreviation the following shortcuts are used:

- handheld electrodes = HE
- Sticky pad electrodes = SP
- Under the clavicle = CL



Use of the hand electrodes



Use of the hand adhesive electrodes

For general (non-local) applications, use the sticky pads left and right below the clavicle.



For some people a frequency application work well and quickly. Some people show less reactions. Some people show no reaction. There are certain different reasons. Please understand that I can not give any guarantees for the functioning of the applications described.

I made the experience that one to two daily applications are effective.

Examples

Program 4 abscess

Running sore = pain, swelling, sometimes fever, wherever the abscess is (there must not be an open abscess) as elbow, on this point the red marked electrode has to be attached (SP). The blue marked SP can be attached on the inside of the elbow in this case.

With liver abscess:

Red marked SP under the frontal right costal arch.

Blue marked SP rear onto 7 th chest rib.

Program 140 hangover

HE or SP CL

Program 14 allergy

HE or SP CL

In case of contact allergy: place red marked SP to the infested area; place blue marked SP as a counterpoint.

Program 19 appendicitis

Red market SP on appendix, blue marked SP on Navel. Test patients for parasites.

Program 13 loss of appetite

HE or SP CL

Program 22 arterosclerosis

Daily HE or SP CL.

Program 26 asthma

HE or SP on bronchia.

Program 27 asthmat bronchitis

HE or SP on bronchia, also helpful in normal cough.

Program 122 fibromatosis (swollen connective tissue)

SP on swollen area

Program 76 conjunctivitis

HE or SP CL

Program 205 meteorism

SP on Stomach and parasite program. Patients tested with respect to a food intolerance.

Program 83 cystitis

SP on bubble.

Program 163 low blood pressure, hypotension

HE or SP CL

Program 159 high blood pressure, hypertension

HE or SP CL, avoid processed food and alcohol.

Program 198 breast cancer, mammary tumor

SP on breast, other treatments for cancer are also recommended! See carcinoma.

Program 86 depression

HE or SP CL plus Mental methods and nutritional testing.

Program 89 diabetes

HE or SP CL, use parasite program additionally alternately.
Attention to low-carbohydrate diet.

Program 90 diarrhea

SP on stomach.

Program 236 ovaritis

SP over ovaries

Program 127 furuncle

SP from right and left of Fruncle. Check streptococci and diet.

Program 116 eye arteriosclerosis

HE

Program 123 fibrositis, Inflammation of connective tissue

HE and SP on strongest impact.

Program 249 pelvis inflammation

SP in change, right and left from pelvis.

Program 169 inflammation generally

HE or SP CL

Program 1 abdominal inflammation

SP on stomach.

Program 306 stomatitis aphthous

SP on cheeks.

Program 109 Epstein – Barr

HE or SP CL, can also be used with mononucleosis.

Program 69 cold

HE or SP CL

Program 112 Escherichia coli

SP on stomach.

Program 121 Fever

HE or SP CL

Program 291 simple herpes

HE or SP CL

Program 125 fistula ulcer

SP on cheeks.

Program 207 mold infection

SP on fungus daily.

Brainwave programs

Program 37 Brainwave Alpha
 (like Meditation)

HE or SP CL, useful in combination with mental techniques.

Program 38 Brainwave Beta
 (stimulates alertness and concentration)

HE or SP CL Recommended before sports.

Program 39 Brainwave Delta
 (stimulates deep sleep)

HE or SP CL

Program 40 Brainwave Theta
 (falling asleep)

SP CL.

The best experience I made, as I myself have programmed this sequence twice and turning off the beep. After falling asleep, the device did not disturb me any more. For own programs, just use “123” section as described below.



7 Hz, 6 Hz, 4 Hz, 7 Hz, 6 Hz and as the last input 4 Hz shall be input into a program. The timer should be set to 3 minutes.

In DEVICE SETTINGS set the beep OFF.

Program 180 joint pain

SP on painful joint. If you own a device with power port, you can connect the magnetic field electrode here and hold "N" or "S" on the area of pain.

Program 328 tissue edema

SP on swelling tissue, helpful even with carpal tunnel syndrome, sprains and fractures.

Program 138 gout

HE or SP CL, check diet. If you own a device with power port, you can connect the magnetic electrode here and keep up with "N" or "S" on the area of pain.

Program 170 influenza

HE or SP CL, is often associated with fever.

Program 322 throat inflammation

SP on Neck.

Program 321 throat edema

SP on Neck.

Program 150 haemorrhoid

HE, apply also Parasite program. No alcohol Consumption!

Program 341 ureteritis

HE or SP on pain area.

Program 111 erysipelas

HE or SP on the affected area.

Program 151 hepatitis

HE or SP CL

Program 209 mouth Herpes

HE.

Program 152 herpes zoster, shingles

SP on the affected area.

Program 261 pollinosis

HE or SP CL daily, as required. Initially, the symptoms disappear for a day. After several days of repeated use, the symptoms completely disappear.

Program 192 lumbago

SP red sore on hip side, blue under buttocks, same side.

Program 166 immune stimulation

HE or SP CL

Program 167 impotence

SP on groin. DAILY USE:

Program 168 infection

HE or SP CL or SP close to infected area.

Program 177 ischia

SP on painful side.

Program 49 carcinoma group 1

HE or SP CL, there is more detailed information below.

Program 50 carcinoma group 2

HE or SP, there is more detailed information below.

Program 51 carcinoma group 3

HE or SP, there is more detailed information below.

Program 182 knee joint pain

SP on Knee, if you own a device with power port, you can connect the magnetic field electrode here and hold "N" or "S" on the area of pain.

Program 146 Headaches

HE or SP CL, check Atlas (first vertebra), eliminate intoxicification.

Program 257 pneumonia

HE or SP CL

Program 195 lymph blockade

HE or SP on lymph.

Program 130 gastric trouble

SP on stomach

Program 330 tonsillitis

HE or SP on neck.

Program 199 measles

HE or SP CL

Program 15 amenorrhea

SP on stomach.

Program 212 mumps

HE or SP on neck.

Program 215 muscle rigidity

SP on pain area.

Program 219 neck cramp

HE or SP on neck.

Program 230 nose mucous hypersen

HE or SP on nose.

Program 292 sinus

HE or SP on sinuses.

Program 274 renal insufficiency

SP on kidneys.

Program 234 otitis

HE or SP CL.

Program 247 parasites

HE or SP on belly.

More often present than expected! Especially when in contact with pets? Human and animal treatment recommended!

Program 262 polyp

SP on the nose or stomach, works wherever are polyps.

Program 252 pharyngitis

HE or SP on throat.

Program 134 german measles

HE or SP CL.

Program 74 colitis

SP on stomach.

Test whether food intolerance is present.

Program 238 pain from cancer

SP on pain area. This application is useful also for other pain.

Program 69 Cold

HE or SP CL

Program 97 dyspepsia

HE or SP on stomach.

Program 303 Staphylococcus infection

HE or SP locally such as abscess.

Program 307 streptococcus infection

SP local.

If streptococci affect tonsils, organs (bladder, kidney, etc.), then stick the electrodes in the region of organ.

Program 295 skin sensory

SP on deaf skin.

Program 218 nausea

HE or SP CL.

Program 231 obstruction

SP on stomach.

Program 267 psychogenic delusion

HE.

Useful on all disorientation and anancasm.

Program 345 warts

SP on wart. Daily application is recommended. Sometimes up to 6 weeks treatment necessary before success.

Program 60 chicken pox

HE or SP CL. In most cases quick reaction.

Program 347 Worms

HE or SP on belly.

Daily application recommended. Can take long and needs patience. Source of infection should be found - mostly animals.

These are my tried and tested programs. I am sure that you also can use them successfully.

Special treatment for cancer

A device with integrated DIRP analysis function is very helpful for chronic diseases.

If the DIRP frequencies are recommended as described, it means that one can use the results of a DIRP session for the next 10 days for treatment. I do not recommend a daily new DIRP procedure. Note: every DIRP is also a short therapy. The following basic concepts have been proven for cancer:

First day

morning: use the results of a DIRP session
noon: carcinoma group 2
evening: SWEEP

Second day

morning: use the results of a DIRP session
noon: carcinoma group 1 evening:
SWEEP

Third day

morning: use the results of a DIRP session
noon: carcinoma group 3
evening: SWEEP

Repeat this day by day.

In addition to frequency application, the treatment should be accompanied with a diet described by Dr. Coy "Dr Coy's TKTL1 Anti-Cancer Diet" A short excerpt from is book reads:

Eat less carbohydrate (1g carbonhydrates per kg of body weight) . Only use healthy oils (3 parts of omega-3 fatty acids and 1 part omega-6 fatty acid). Eat high quality protein and fiber. Avoid all kinds of processed food. Take phytochemicals to it. Use lactic acid fermented foods. Exercise and "All that the soul does well."

Dr. Coy writes:

"Whether a tumor is benign or malignant, depends on the nature of its metabolism. The TKTL1 active cancer cells do not require oxygene for energy release. This is opposite to healthy cells. Cancer cells need lots of glucose (sugar) which they do not burn but ferment these to lactic acid which then block the immune system.

Dr. Coy clearly states that processed food is poisoned by sugar which causes the increase of cancer and other chronic diseases.

He is right. Have a look into the ingredient lists of processed food and you will find not only sugar but also sirup, glucose sirup, maltrodextrin, corn sirup. Even in packed meat.

The best diet is to buy fresh and natural food from the organic farmer. I our days, healthy food is becoming more and more of a challenge!

It's amazing what additional toxins may be used from the industry with legal protection and permission.

A butcher told me the following: Glucose inflates the meat which makes it more heavy so it can be sold more expensive. Sugar is added to sausages to change color to nice and brown on the barbeque.

In addition to frequency therapy and a diet with less carbonhydrates, the mind or psych builds an important part of the puzzle to health. Stress, anxiety and negative emotions such as anger, hatred, disappointment, etc. weaken the immune system. Dr. Hamer has even created a brain map, which indicate that any traumatic experience can trigger a physical reaction. For example ask a cancer patient about what he experienced before the outbreak of the disease. Usually it is some kind of shock.

There are many methods to stabilize the psyche again.

I like working with relief rituals, MET (Meridian Energy Technology) or hypnosis. It is very important that a sick person can experience again freedom, relaxation and self-determination. All the baggage from the past has contributed to the body to be sick. There must be a new, happier story written for the future.

As a summarization I state that for a necessary treatment of cancer and also other chronic diseases three points are important:

- therapy with frequencies
- diet
- psyche

Regarding psyche, I could make a very interesting experience.

Obviously the brain can be trained like a muscle. If someone suffers from insomnia over a long time, he should get used to alpha and theta waves daily. For example, apply daily at noon theta and alpha brain waves. After two weeks, the brain should be able to produce these waves itself at night time without external artificial trigger. The same can be said for stressful situations (divorce, unemployment). During noon time, delta waves and thereafter alpha waves should be applied until the body returned back to its own balance.

There are many different strategies for an individual to learn different languages. And so there are different patterns to return back to the personal structure. Some persons need the frequency – “reminder” sometimes before bedtime. Others need such a “refresher” only every three days. Each individual needs his sophisticated approach. The only guide line which everybody needs as his “truth” is the own subjective sense. Like children who play in the sandbox to find out how to create a sand castle and which of the different tools are necessary to achieve a better result, adults can try and find out the best method to achieve real well being. It is not important what professor “xy” says. Each person owns an individual structure in the brain and assimilates the experience in his own way. This causes also the different needs of body, spirit and soul to come into balance. Trust your inner consultant. An old proverb states “The proof of the pudding is in the eating. Which I totally agree.

My personal realization is: sometimes I have to solve a lot of problems but I have little time. My solution is to work simultaneously. Lucky me, I own frequency device of several generations. If I have a patient with cold and stiff shoulders, I treat both symptoms simultaneously with two different

devices. I use my F-SCAN COMPACT with handheld electrodes to treat the cold. The older F-SCAN with sticky pads is used to penetrate the shoulder muscles . I have made the experience that I can do such a procedure as long as I use the same wave form (square wave in this case) for both devices.

All this sounds quite simple. But we all find always excuses.

Device is very expensive

If a car, a tv set or a computer had to be fixed, it will be done immediately. But if health support is needed, no money is available.

Who gives me warranty that the frequency application will be successful?

Did your physician ever gave you a warranty for success?

I have little time...

If you continue like before, nothing will change. Disease can be an expression of your actual life style.

I am scared...

The antagonist of anxiety is courage. A person who is active although he is scared is a brave person. Anxiety can only decrease if you look into the eye of the dragon. Try to find precise information and make up your decision.

This all is too much effort...

Nobody will take your decision. You have to decide with self responsibility.

These are just the most common arguments when someone wants to remain in the "dear child" situation instead of acting

as an energetic adult. If somebody continues as if the mother clears all obstacles, satisfaction will stay absent.

Many people think that everything in their world should be solved like it was done in their childhood, meaning " My parents will solve this problem ". But they don' t take the responsibility of a grown up adult. Nobody but oneself is responsible of what shall happen, it is always our decision. Especially with health issues. You and you only decide what is right to be done. Not even a doctor should get the power to decide what shall be done.

The 123 Function

After power on or if the key left or key right buttons are moved to the “123” icon, the function will be highlighted. Here you can create your own programs. Depending on the type of device, you can save either 10 or 100 sequences of frequencies (10 or 100 programs)- Each program can consist of up to 50 frequencies.

This feature is very useful, because new frequencies are continuously released. Most of them are being released via internet. This was the case for the "famous" swine flu. The frequencies are: 413Hz, 432Hz, 663Hz, 839Hz and 995Hz.

Or for influenza. The published frequencies are: 3133, 3239, 3200Hz, 3150Hz, 516Hz, 656Hz, 434Hz, 322Hz, 332Hz, 776Hz, 442Hz, 622Hz, 863Hz, 954Hz, 889Hz, 841Hz, 787Hz, 763Hz, 753Hz, 742Hz, 523Hz, 513Hz, 482Hz, 469Hz, 461Hz, 425Hz, 341Hz and 332Hz.

Here is the Programming example. Example: Input the frequency of 413Hz.

CENTER key and you will see the highlighted “123”



Press CENTER.



Select program 1 or any other free program by pressing KEY UP or KEY DOWN.

Press KEY UP once. The display shows the '41'.



KEY RIGHT. The display shows the '410'.



Press UP button 3 times. The display shows the '413'. The first frequency has been entered successfully.

KEY CENTER will store the result.

We continue with the next frequency 432Hz.

Press F2.

F=0 appears.

Press KEY UP four times until 'F = 4' appears.

KEY RIGHT: 'F=40'

KEY UP 3 times: 'F=43'

KEY RIGHT: 'F=430'

KEY UP 2 times: 'F=432'

KEY CENTER, and the second frequency is stored.

All frequencies of a sequence (program) can be entered in the same way:

Next frequency 663Hz:

F2 Again, KEY UP until 6, KEY RIGHT, KEY UP until 6, KEY RIGHT, KEY UP until 3, KEY CENTER.

The frequency 663Hz is stored

Next frequency is 839Hz:

F2, KEY UP until 8, KEY RIGHT, KEY UP until 3, KEY RIGHT, KEY UP until 9, KEY CENTER.

Next frequency is 995Hz:

F2, UP until 9, KEY RIGHT, KEY UP until 9, KEY RIGHT, KEY UP until 5, CENTER

Now all five frequencies of program 1 (or whatever you chose) are stored and can always be recalled.

If the "swine flu" is over or you want to use the same memory slot for something else, you can press F3 to delete this program. Or you can just overwrite it with a new sequence of frequencies.

If I am looking for frequencies which are not in the internal device list, I can use the book "The Rife Handbook" by Nenah Sylver or rian McInturff's "The Electroherbalism Frequency List". One other source is CAFLS (consolidated and annotated frequency list) in the internet www.electroherbalism.com.

At the time when I wrote these lines, there was just a big fuss about the EHEC bacteria, an aggressive form of Escherichia coli. This bacterium can not be treated with antibiotics. It causes a risk of deposition of corrosive toxins in the tissues so that peoples kidneys could be destroyed. As a result the EHEC caused a big fear.

The known Escherichia coli bacteria are indicated with frequencies between 350000Hz to 400000Hz. The frequencies of the EHEC bacteria is unknown. The most reliable and most effective device which can be used is a frequency device with a scanning capability. The F-SCAN3 is equipped with the DIRP function which can scan for resonant. This is the most practicable procedure to determine the appropriate frequency.

A special finger sensor has to be attached on the middle finger of the right hand, while a test signal is applied by a handheld electrode. The DIRP analysis of the F-SCAN3 can be started and the whole range between 80000 Hz and 1000000 Hz (which I recommend) automatically detects any resonant on which the patient shows a reaction. After the scanning is finished, the device automatically finds the most significant resonant frequencies. These can now easily be saved and used for a therapy. This therapy can be performed either with the F-SCAN3, or the sequence of frequencies can be transferred to my F-SCAN COMPACT which I prefer as my portable device.

The advantage of using the F-SCAN3 instead of any other device for the therapy is that the device offers an output signal which the manufacturer calls “SMART WAVE”. This is a combination of the therapy signal with a high frequency carrier. The carrier transports with a very high frequency the therapy signal into the tissue. This improves the efficiency of an application.

If such a professional device is not available, the SWEEP function with its “shotgun” effect in the range of 80000Hz up to 1000000 Hz is recommended.

A simplified DIRP function is also available for the F-SCAN COMPACT. I use this for traveling. I do not have the same features and readout as with the device with the large screen. But whenever I have hygienic problems with food, I can use the scanning feature of this small device. I never ever travel without my mobile frequency device.

Examples of treatment for family life

My grandson was two years old and very lively, began to scratch himself. Red pustules on arms and back, sleep was impossible. Even after the first treatment with sticky pads under the clavicle using the “chickenpox” program stopped the scratching. After one week, no more symptoms were visible.

Another grandchild. Dry cough with retching and transfer. Whooping cough. After six days of daily treatment, the symptoms were gone.

Holiday, constipation: Adhesive electrodes on the abdomen, no later than the next day the problem was gone.

Holiday, diarrhea with chills. Whether it was the discontinued cold chain of food or salad was washed with contaminated water, a cause is sometimes difficult to identify. For this I used the SWEEP function as a “shot gun”. The next day all symptoms were gone

Also I made my own experience with. Without any accident or other reason, I woke up one morning with pain on the right hip. I thought that just waiting some days and it would disappear. But after two weeks, the pain became worse and more annoying. I used my F-SCAN with power port and connected the magnetic field electrode. This is a coil like a “pancake” which is modulated with the frequencies. I selected “joint pain” from the application list and placed the electrode directly on the aching spot. After 45 minutes, I realized pain relief. The next day, the pain was gone. I repeated this procedure several times.

Universally valid knowledge

Gregg Braden writes in his book: "The Reality Code":
"If we learn how to leverage the impact of our beliefs specifically, we can change everything."

These findings have already been perceived in many different ways. In the Bible it says: "Faith can move mountains" Pavlov called it the "conditioning". Conventional medicine calls it "genetics", etc. All different ways of expressing a procedure: What we have experienced, whether in childhood, by our mirror neurons, by merely watching or by experiments, as long as we are convinced of the effectiveness of, our body can act according to this belief! In hypnosis, it is easy to understand how the body's accomplished. Once again we have had the experience

as a lemon tastes sour, and how it collects the saliva in the mouth, we can let our bodies at any time again react in the same way. The same goes for blisters, etc. for freezing food, the body does not forget what to do. So our body reacts with rest and sleep when certain brain waves appear. The body does not matter whether we achieve this through meditation or brainwave through external artificially generated frequencies.

Since I am the brain and the control of the body, I would like to mention an interesting book. "Intelligent cells" by Bruce H. Lipton. He is a cell biologist and has found, among other things, that the nucleus is not the "brain-control so each cell is" but the cell membrane! The cell dies immediately when the cell membrane is removed, which is not the case when the nucleus is removed! He writes: "The membrane is a liquid crystalline semiconductor, with gates and channels. We know this technique from our computers. The data is represented by the receptors in the cell or in the computer. Bruce Lipton has found through his research that "electromagnetic frequencies, transmit environmental information hundreds of times more efficient than is the case with biochemical signals such as hormones or neurotransmitters (Mc Clare 1974)"

That doesn't surprise me. Our brain works on an EEG to measure by electrical signals. The cardiac electrical signal is even 60 times higher than that of the brain, and the magnetic field is even more than 5000 times that of the brain? The investigations have shown the HeartMath Institute. These pulses are passed among other things on the meridians. This knowledge makes the Chinese medicine, with the advantage of acupuncture for thousands of years. "The living being" is the big miracle in which we find all the laws of the universe in my eyes. The fractal geometry teaches us, among other things, the predictability or regularity. "Every part of the whole

contains the whole. Nature is also holographically ". Whether we are moving as a farmer or a physicist, a biologist or a sportsman in this life, everyone can recognize the laws on "its territory".

In my profession of the massage therapy, I see the inseparable relationships of muscle chains. If I change something up (e.g. traps), also down (e.g. soleus) will change something. Up and down, left and right, inside and outside, one affects the other.

Back to the frequencies

Everything consists of frequencies. Our feelings, our thoughts and our body functions. With the F-Scan we stimulate mainly the body's cells. It is certainly not to be dismissed out of hand that a changed working cell also has an impact on our being and therefore also on our thinking. Once again, a familiar old wisdom: "In a healthy body, a healthy mind - and vice versa."

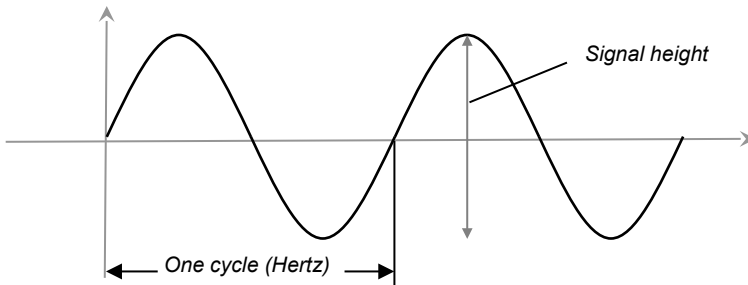
Are there any contraindications, cases in which frequencies should not be used? Yes, there is.

Since nature in doubt, always the better option is used as the man who is still explore the secrets, pregnant women should avoid frequency therapies. Also is common in people who wear a pacemaker, it is strongly discouraged. Through my own applications, I must add here that too frequent use, especially in the low frequency range, has led me nervous about irritation. This was demonstrated, for example, dental pain, whereas evidence on the teeth was no defect, or nerve irritation. I then fed just for a few weeks and no sound and then disappeared "sensations" by itself.

Appendix

Adapted from the therapy guidelines of the manufacturer of the F-SCAN Products

What is a frequency?



Sine wave

Everything in the universe – large or small – oscillates. An electrical signal is called a frequency if it oscillates in a specific rhythm. The unit to measure the rhythm is Hertz, abbreviated Hz. A 1 Hz signal completes a full cycle in one second (see the drawing above). The term 50 or 60 cycle is commonly used for the frequency of the electricity provided for household use.

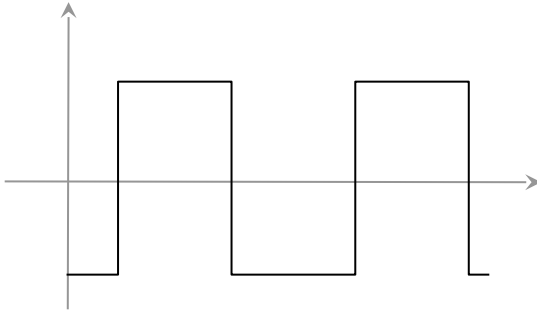
The horizontal line in the above drawing represents the zero line of the signal height. The electrical polarity of the signal above the line is positive, the polarity of the signal below the line negative.

Applications in line with Dr. CLARK's publications require mostly frequencies between about 80.000 Hz and 1.200.000 Hz. Applications attributed to Dr. RIFE require mostly frequencies between about 1 Hz and 35.000 Hz.

Sine wave

The sine wave is the basic form of constant electrical oscillations. This is the only natural wave form. All other wave forms are man made. A precise and stable frequency value – without “harmonics” (see below) – can only be generated with sine wave signals. This wave form is used for applications according to Dr. CLARK's publications.

Square Wave



Square (or rectangular) wave

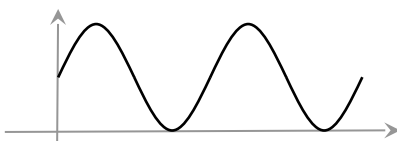
A square wave is formed by an infinite number of sine waves. An enormous quantity of frequencies – all related to the target frequency – is generated in addition to the target frequency. The signal height of the additional frequencies – called “harmonics” – is smaller than the one of the target frequency.

These “harmonics”, in addition to the target frequency, are desired for applications attributed to Dr. RIFE.

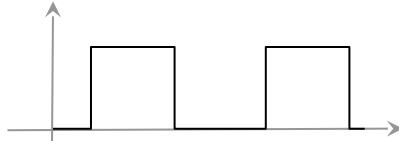
DC-Offset

DC-Offset is another often confusing term in electronics or physics. The drawings of the sine wave and the square wave explained before show, that the signal changes polarity between positive and negative in each cycle.

Some applications require signals with constant polarity without change in the target frequency.



Sine wave DC-Offset



Square wave DC-Offset

This is accomplished by moving the electrical signal vertically with a constant value above (as in the drawing) or below the zero line.

The constant value is called a “Direct Current“, abbreviated DC.

Signal height (or amplitude)

The signal height defines the size of the electrical signal used in an application. The amplitude of low frequency signals (RIFE) is tolerated much different from high frequency signals (CLARK). It is very important to determine the individual sensitivity – with adjustment of the amplitude value, if needed – before running a low frequency application with square wave signals.

The analysis function DIRP

With the exception of the F-SCAN COMPACT (but available there as an option), the automatic analysis function DIRP is integrated in all F-SCAN models. This unique function sets the F-SCAN Frequency Synthesizer apart from other products offered for frequency applications.

DIRP registers the resonance answer of a living organism to a frequency value fed to it for a brief interval.

The frequency value is fed to the host either through a handheld electrode or a self adhesive pad. A sensor clip, to be attached to the first digit of the middle finger of the right hand, receives the resonance answer and feeds it back to the F-SCAN. The latter routes the signal to the PC or Notebook, if applicable.

The position of the sensor clip should not be changed unless individual conditions, which would otherwise prohibit running a DIRP, require a different position (a different finger, or a toe). Skin irritations, or even burns, were sometimes caused when the sensor clip was tried on other parts of the body.

When a DIRP analysis is completed, all resonance values are drawn as a curve either on the F-SCAN display or – if operated with the PC software – on the PC monitor. In line with Dr. CLARK's publications some resonance values in the frequency band she researched point to the presence of pathogens. If their resonance values are fed back to the host for about 3 minutes each, these pathogens should be destroyed.

The severity of the illness and the hosts constitution will determine how many resonances can be used in each session. This governs the selection of the values used as well. Microbial mycotoxins and other waste materials have to be cleared through the normal detoxification channels of the body (colon, liver, kidneys). These channels must be clear and functioning well in order to avoid autointoxication.

The operator of F-SCAN is responsible for its proper use. He must determine when outside help should be sought to monitor the reactions of seriously ill people. As a general guideline 10 to 15 resonances can be used in one session in normal cases.

When looking at a DIRP curve one is always tempted to identify and associate individual resonant frequencies with conditions or pathogens. This is in part supported by the list

of pathogen frequencies published by Dr. CLARK. The values of the DIRP curve do sometimes match values of the Dr. CLARK list but most often they do not. This may be due to changes in the environment, mutations or other changes since Dr. CLARK's research was documented.

Experienced user take all resonant frequencies above values considered as body noise serious and treat them. If the condition of the host improves, and/or the resonant value in question has disappeared when another DIRP analysis is made in a subsequent session, the treatment was successful.

Other noteworthy functions and features of F-SCANs.

The amplitude (signal height) of square wave signals (full wave and DC-Offset) can be adjusted to match the individual sensitivity of a patient on all F-SCAN models, either on the device or via the PC software F-SCANT. It is strongly recommended to check the individual sensitivity of each patient to square wave signals prior to any application. The detailed test procedure is part of the Instruction Manual. The individuals sensitivity to a test frequency can be entered into the devices processor for calculation of equally comfortable amplitudes for all frequency values of an application.

The signal height for applications with sine wave signals and for the DIRP analysis is preset to 10 Volts.

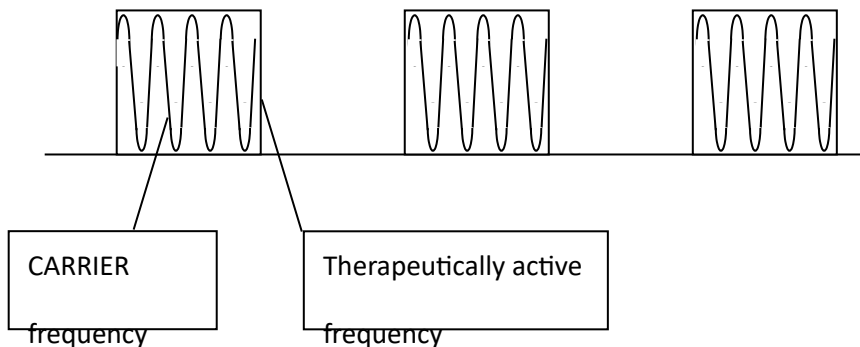
Most applications consist of a sequence of frequencies. An individual application time can be assigned to each value of

the sequence. Some applications published (i.e. The Rife Handbook by Dr. Nenah Sylver) suggest frequency sets to combat certain afflictions. They include frequencies with decimal points as well as asking to sweep the range between 2 adjacent frequencies for a certain time. F-SCAN devices support these settings and more.

Use of a frequency modulated CARRIER wave

A unique technical feature is offered by some models of the F-Scan series. A high frequency CARRIER wave (set as SMART WAVE) can be employed to carry the low frequency therapeutically active signals deep into the tissue. Two independent frequency synthesizer, one for the CARRIER wave, the other for the therapeutically active frequencies, generate the signals. The latter modulate the CARRIER wave. The combined signals are reported to improve the efficacy of the treatments.

Even so much of the legacy of Dr. R.R.RIFE seems to be lost, it is reported by some of his contemporaries that he used a similar approach for his successful treatments with frequencies in the 1940ies.



Applications and application components

Connectors

For frequency devices, always two poles are used in a circuit. The signal-carrying line is marked in red. The port returns the signal is marked in blue. Thus, for current to be able to flow, the circuit must be closed. This means that the signal is passed from the frequency generator to the user via the red wire electrode means. The signal is returned from the other electrode via the designated port to the blue frequency generator. Cable for the F-SCAN devices are all bipolar. This means that in a plug connector both signals are always accommodated. These two signals are then split the cable and is supplied to the "blue" and "red" electrode.

Handheld electrodes

The frequencies with their minute electrical current are fed to the host via electrodes. The most basic form of those has a cylindrical shape and is handheld. Handheld electrodes are used for general applications where the whole body is to be involved (i.e. colds, infections, general stimulation).

Handheld electrodes should be made from stainless steel or gold plated brass. Copper has been used in the past as an inexpensive alternative. Copper, however, is not bio-compatible and copper molecules moved into the body by the electrolytic affect of the current can be toxic.

Recommendations to cover the copper with wet paper tissue or cloth to avoid contact with the skin should not be followed

either. The paper or cloth dries due to the body heat and loses its conductivity rendering the application useless.

The surface of the handheld electrodes should be cleaned with an alcoholic agent after each application to remove the salt (NaCl) from sweat and as a matter of hygiene.

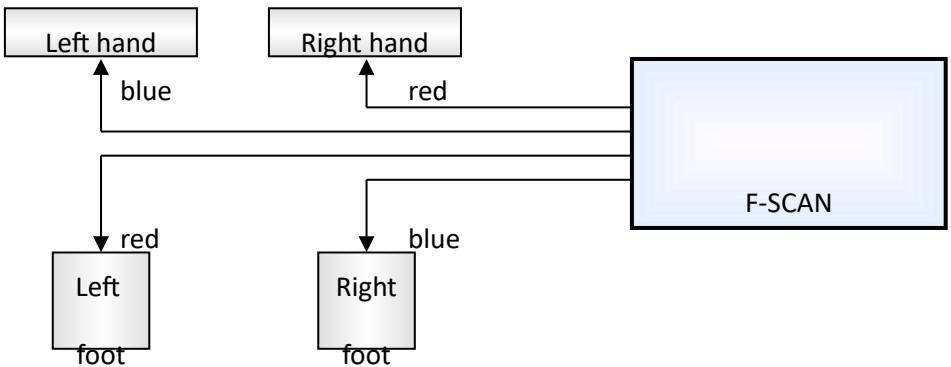
Even with gold plated electrodes some patient hands react electrolytic. The surface of the electrodes turns dark to black, the anode usually more than the cathode. The surface of the hands of the patient that had been in contact with the electrodes may look blue to black as well. This is no reason for worry. It is judged to be an electrochemical reaction of agents leaving the body through the skin and therefore a positive side effect. This reaction lessens after a number of applications as a sign of detoxification. The dark marks on the expensive gold plated electrodes may be hard if impossible to remove.

Stainless steel electrodes are bio-compatible, reasonably priced, easy to clean, and may be a better choice under above circumstances.

Foot electrodes

Foot electrodes are usually made from stainless steel but also available in a gold plated version, which is very expensive. Foot electrodes may be used in lieu of the hand held ones, or in addition to them. Some holistic health practitioner prefer to use foot electrodes to optimize applications since they see all body organs represented on the soles of the feet.

One special application is to send the frequencies crosswise through the body using hand held and foot electrodes simultaneously. A special application cable is required to connect all 4 electrodes to one output port of the frequency generator. The setup is shown in the illustration.



Self adhesive electrodes (sticky pads)

Sticky pads are optimal for local applications. Application cables with 2 mm connectors are required for them. They are tailored for either 2 or 4 electrodes. Sticky pads can be procured as throw away items for single use or for multiple applications. The latter must be individualized by customer for hygienic reasons and stored in sealed bags between applications to prevent the conductive glue from drying and getting hard. Some labels can thus be used for 15 to 20 applications.

Sticky pads can be used on almost any part of the body. As a general rule the electrode on the red lead (anode) should be placed over the problem area, the one on the blue lead (cathode) on the opposite side. In case of pain the anode is reported to have a sedating affect.

ELECTRODES MUST NEVER BE PLACED ON OPEN WOUNDS!!!

The user of sticky pads must make sure that their conductive surface remains active. A smaller active surface has to carry the same current into the body and may cause skin irritations or even burns. To buy cheap labels may be saving in the wrong area. Even if they seem to stick well, their conductivity may extremely vary from pad to pad.

A sticky pad electrode may be used instead of the hand held one to be placed in the left hand of the host according to the DIRP procedure outlined in the F-SCAN Instruction Manual. The sticky pad can be placed anywhere on the body but the

finger sensor must remain on the right hand. Experienced user place the sticky pad near the area where they expect to find problems and look for resonance answers there.

Wrist and ankle band electrodes

Wrist and ankle band electrodes are made from conductive textiles. They are adjustable and washable. They are less conductive than metal electrodes and application times should be about doubled compared to the ones used for metal electrodes. The wrist and ankle band electrodes are mostly used for children and for patients who cannot hold regular electrodes.

Electrodes emitting magnetic fields

Magnetic field electrodes are usually applied without contact to the skin. The magnetic field is generated by the frequency and extends about 5 cm from the centre of the electrode (the F-SCAN uses a specially designed Flat Magnetic Coil Assembly. The signal to excite the coil is amplified compared to the regular signal height and issued from a dedicated POWER PORT). Magnetic field electrodes are often found particularly affective in case of sinew or joint pains. The magnetic coil is marked “N” for the magnetic North Pole and “S” for the magnetic South Pole.

Which side should point to the body is a matter of opinion. Some user claim that it must be the “S” in cases of pain or to fight parasites.

Battery operation

In F-SCAN mobile devices, lithium-ion rechargeable batteries are used. This advanced technology ensures a long operating life in a small package. It is important to ensure that the battery is always fully charged before use. The F-SCAN COMPACT, it is important to know that the battery will not charge when connected to charger when the unit is turned on.

Electrical signals produced by stimulation with a new, healthy metabolic exchange.

The frequency therapy has its origins in the 40s of the 20th Century in the United States. Active electrical signals stimulate cells and promote healing processes used with TENS devices like a long time. Today's technology makes it possible to acquire the smallest and easy-to-use devices at affordable prices.

In this book the author describes your long experience with frequency therapy in an amazingly simple way. Thus, information is easily understandable for everyone.

The author referred to her mobile device like a "universal medicine cabinet".

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