

Dr. Nenah Sylver's

Newly Updated and Expanded Frequency Directory

5th Edition

second printing

SAMPLE PAGES from:

The Rife Handbook

***of Frequency Therapy and Holistic Health
an integrated approach for cancer and other diseases***

5th Edition

second printing

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www.nenahsylver.com

Nenah Sylver, PhD

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*an integrated approach
for cancer and other diseases*

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Praise for *The Rife Handbook*

Natural therapies and healing have been ridiculed as quackery by the medical-pharmaceutical complex for a century. Yet consumers spend thirty billion out-of-pocket dollars a year on alternative therapies. Why? Not because people are gullible, but because many of these modalities work. Holistic health is complex. It addresses the entire body, all one hundred trillion cells. Supported by abundant research, Nenah Sylver does an amazing job explaining the plethora of options, techniques and technologies that will help readers make informed decisions about how to naturally support their health and innate healing power. Simply put, *The Rife Handbook* is an encyclopedia of holistic health. It's so comprehensive, it's mind boggling. This stellar body of work belongs in every household as well as every practitioner's office.

—Bernard Straile, DC
author of *One Thousand Shades of Pink*
and developer of the IMAET quantum energy wellness equipment

This book is incredibly well written and comprehensive, relevant to students and practitioners alike. Covering an array of topics in medicine and holistic health, it comes at a most crucial time in the burgeoning field of alternative and complementary health care. Having read scores of books on electromedicine, I count this book as my number one reference on the topic. I only wish I had the knowledge presented in these pages many years ago. As a scientist with over forty years of clinical and academic experience, I am mesmerized by Nenah Sylver's quality of writing and knowledge. She explains the most difficult topics clearly so anyone can understand and benefit from what she has to offer. Dr. Sylver is sure to inspire and educate those fortunate enough to hold a copy of her book in their hands. Without question, she will be included as one of the great minds of the 21st century. It is with great pride and honor that I recommend *The Rife Handbook* without hesitation to all physicians and students in the health field.

—John A. Amaro, PhD, DC, LAc, Dipl Med Ac
past president, International Academy of Medical Acupuncture
and developer, Electro Meridian Imaging (EMI)[™] acupuncture diagnostic instrument

In this 5th edition of *The Rife Handbook of Frequency Therapy and Holistic Health*—the definitive work on Rife, resonant frequency, pulsed energies, and related technologies for therapeutic use—Nenah Sylver has set an even higher bar of excellence. She has conveyed so much new and important information in an even more organized and cohesive manner, that this edition is a “must have” even if you enjoyed the previous volume.

Dr. Sylver's unique ability to translate complex information into accessible content, suitable for health professionals and laypersons alike, leave most hard-core technical persons (like myself) in total awe. Her attention to accurate historical detail as opposed to myth, and inclusion of new, cutting-edge complementary healing modalities, allows readers to strategize a practical and effective approach for their often serious health issues. This latest edition empowers the reader by providing a wealth of knowledge compiled, sorted, and refined over the last decade. It offers information that few have time to research for themselves when their health requires it the most. This book is an incredibly valuable resource that everyone needs. If you have but a single reference in your library on the science and practice of these technologies and therapies, *The Rife Handbook* should definitely be the one!

—Jimmie Holman
co-founder, Pulsed Technologies Research (USA)
and Bioenergetics & Pulsed Technologies (EU)

Traditional medicine, with its faulty paradigm and obsolete Neanderthal protocols, is already in a state of decline. In its wake, Integrative Medicine has begun to fill the void with bio-mechanical therapies, electromedicine, and more natural remedies to heal. Keeping up with the many advances is a monumental task.

The previous edition was a first-rate, comprehensive, extremely well organized and documented manual to help laypersons and physicians better understand the concepts of vibrational medicine and the power of complementary health protocols. As an author, researcher and international lecturer with over forty years of clinical experience, I was literally blown away by that masterpiece and gave it a definitive five-star rating. This revised 5th edition of *The Rife Handbook of Frequency Therapy and Holistic Health* is a perfect example of intelligent evolution. Dr. Nenah Sylver has compiled an even more comprehensive holistic bible. In an improved format, it provides frequencies to treat new diseases, plus expanded sections on the politics of medicine and vaccines, more breakthrough complementary therapies, historical electromedicine references, and other topics to help one survive the pitfalls of modern medicine. It's a must for everyone's reference library.

—Gerald H. Smith, DDS, DNM
past president, Holistic Dental Association

Dr. Nenah Sylver has brought together the sciences of bioelectronics and naturopathic health care in a truly integrated approach. *The Rife Handbook* is the bible of holistic medicine for the 21st century.

—Brian McInturff
*creator of the Consolidated Annotated Frequency List (CAFL),
www.electroherbalism.com*

Dr. Nenah Sylver has gifted humanity with a magnificent, comprehensive, thoroughly researched guide to holistic health as well as the science and application of the work of a great medical pioneer, Royal Raymond Rife. This book will help physicians expand their base of practical and theoretical knowledge. I highly recommend it for any clinical practice utilizing complementary and energy medicine therapies.

—Robert S. Ivker, DO
*co-founder and past president, American Board of Integrative Holistic Medicine (ABIHM)
and author of *Sinus Survival**

At a time when health conscious individuals are concerned about drug-resistant infectious diseases, the government's push for mass inoculations, the over-medication of children, bioterrorism, and negative effects of vaccines and drugs, along comes a well researched, easy-to-read treatise that revives non-invasive and effective frequency therapy. *The Rife Handbook* is sophisticated enough for the seasoned health professional, yet thorough and understandable enough for the novice. This book does more than discuss the genius of Royal Raymond Rife; it superbly explains holistic approaches to treating disease. Even if the reader does not (yet) own a frequency device, this book is one of the best primers I have ever seen on holistic health. Anyone interested in alternative healing protocols must have this book.

—Rose Marie Williams, MA
Townsend Letter columnist, and natural health and environmental advocate

This 5th edition of *The Rife Handbook* is huge. Our definition of “handbook” must expand to include the book’s thousand-odd pages—making it a little unwieldy in the field, but absolutely worth keeping at the desk. It’s enormous in scope, but Nenah Sylver eases us into the text by explaining, in the Introduction, the premise under which she operates: “It became clear to me that I couldn’t just create a list of numbers [frequency settings] to go with the equipment . . . it wasn’t enough to receive frequency sessions; [people] had to actively eliminate the conditions that had allowed their illness to occur in the first place.” The end result is truly a comprehensive volume of healing.

Healing invariably makes us think of germs. But as Dr. Sylver writes, “As long as we perceive ourselves as helpless victims of germs, we’ll continue to rely on pharmaceuticals to help us get well.” A famous senior executive at GlaxoSmithKline (whom she quotes) once publicly admitted that over 90% of pharmaceuticals are only about 30%–50% effective (depending on the genetics of the person to whom they are administered). Dr. Sylver discusses the effectiveness and toxic effects of pharmaceuticals in depth. The political aspect of both pharmaceutical drugs and their marketing is also discussed and referenced extensively. The section on vaccination is to be particularly noted—the history, politics, science, and their incorporation into our own genetic material (a sort of biologic gene editing phenomenon). And that is only Chapter 1.

Other highlights made a particular impression as well. Dr. Sylver discusses the inventions of Royal Rife and the discoveries of other healers in this field of holistic medicine. The entire history, as recounted in this book, is sordid, and reflects very poorly on the medical establishment, including the American Medical Association. We are given a multitude of choices for healthy living—with the caveat that “one size fits all” does not work for either bathrobes or diets. I was especially drawn to the section on gratitude, toward both the animals and plants that provide us with our food. The Brix measurement of plant vitality was a brand new one to me. High Brix means more nourishment, and is measured by placing a drop of plant juice on a device called a refractometer and seeing how much the light is bent as it passes through the prism. There is also a very interesting discussion of wheat, and how it has become modified from the original 14-chromosome gluten-poor grain to the current 42-chromosome gluten-rich grain associated with multiple forms of illness known as “gluten intolerance.”

One of the appendices gives an excellent discussion of various electromagnetic frequency devices and magnetic therapy in general. Another appendix satisfies the research junkies among us, a list of published papers and books on electromedicine dating back to 1877. Plus, there are still all the chapter references, almost five hundred for Chapter 1 alone. Appendix E gives a tantalizing glimpse of current research on frequency treatment of cancer cells *in vitro*. And Appendix F lists commonly used chemicals, almost all of which are toxic to human life. There is so much more to this book that you need to read it for yourself and decide what your favorite portions are.

If you want to learn about Rife therapy or the context in which it is best used, this book is an excellent place to start. It is also an invaluable reference manual for complementary therapies and holistic living in general. The writing is superb. The information is well researched, logically presented, and accurate. “We cannot die in peace without living in love,” writes Nenah Sylver. The overall impression this book leaves is one of light and healing.

I am beyond impressed.

—Martha M. Grout, MD, MD(H)
Arizona Center for Advanced Medicine
Scottsdale, Arizona

Royal Rife developed equipment to apply frequencies. Since that time, various types of effective frequency devices have been produced. Hundreds of cancer patients have recovered without the benefit of surgery, chemotherapy, or radiation. Lyme disease, Multiple Sclerosis, rheumatoid arthritis, and many other conditions have yielded to frequency therapies. Non-professionals have produced many of these results. I have had the privilege of watching many people self-treat and enjoy improvements in their health.

An attorney with an autistic son reported that her child seldom slept more than three hours at a time; he would wake up in pain. The two of them were getting six hours or less of sleep a night. After the mother gave the boy one frequency session, he started sleeping consistently for ten hours, and his behavior improved. A prostate cancer patient had difficulty urinating and tried frequency therapy. Five days later, the urine flow was normal. A leukemia patient had a white blood cell count of 250,000. He decided to use frequencies that other leukemia patients had found useful. After six weeks, his white blood cell count was down to 16,000. A patient with pulmonary fibrosis made crinkling sounds in his lungs as he breathed. He was told that his prognosis was hopeless, that his oxygen saturation would continue to decrease until not even inhaling oxygen would keep him alive. After frequency therapy he coughed up a lot of material, after which his lung sounds and oxygen saturation returned to normal. Several people with degenerative hip conditions have used frequency therapies. So far, all have recovered. It appears that when the infections in the joints are removed, the body is able to repair the damage. And yet, most physicians have never heard of Rife's work.

The Rife Handbook of Frequency Therapy is a book that doctors and their patients can use to learn about this safe, effective and non-toxic therapy for cancer and so many other conditions. Dr. Sylver presents a fascinating account of the life of Dr. Rife and his accomplishments. She describes how his discoveries were, and continue to be, ignored or opposed. She explains why you may not get the best available care when you seek medical help. She covers in detail helpful steps to take in moving toward wellness, including how to get quality water and how to detoxify the body. She covers what you need to know to conduct a frequency therapy session. She lists a large number of conditions with appropriate frequencies. And she offers a wide range of complementary therapies that are natural, effective, and easy to use for a wide variety of ailments. Dr. Sylver has spent years studying how people get sick and how they can get well. She presents a wealth of valuable material that will be beneficial to all kinds of practitioners including doctors, and to those on the road to recovering their own health.

—Richard Loyd, PhD
practitioner, Health Balances
Graham, Washington, United States
and coordinator of the Rife International Health Conference, www.RifeConference.com

Nenah Sylver's direct style is a prophetic voice for the medicine of the future. She provides a well-organized history of Rife's work and a seminal guidebook for the modern application of his discoveries. This significant volume will encourage lively and informed discussion regarding the implications of bio-electromagnetic energies for human wellness.

—Joel P. Carmichael, DC, DACBSP
president, North American Academy of Energy Medicine
author of *What Should I Eat? A Food-Endowed Prescription For Well Being, 2nd Edition*
and *Nutrition For Endurance: Finding Another Gear*

Dr. Nenah Sylver's 2001 edition offered an impressive collection of long-suppressed information to help people break away from the self-serving deceits employed by conventional allopathic medical care and the pharmaceutical industry. With this new volume, Dr. Sylver demonstrates her mastery of this complicated field with massive amounts of hands-on information that you must learn if you are to finally be well. She courageously demonstrates how each of us has the power to take charge of our own lives and create our own wellness protocols, without abdicating responsibility to anyone else. *The Rife Handbook* is destined to become the definitive reference on attaining self-directed, holistic health.

—S. Nathan Berger, DDS, PC
Rife researcher and biological dentist

It doesn't happen very often, but occasionally I read a massive book on natural health and healing that just plain blows me away. Dr. Nenah Sylver's huge and impressive *Rife Handbook* is more than merely the best and most complete compendium on frequency healing that I've ever seen. In addition to a massive cross-referenced frequency directory for most human ailments, this wonderful book also features detailed, helpful, and groundbreaking information on complementary therapies—and much, much more.

—Chet Day
Health & Beyond Online, www.chetday.com

As an AAMA Board Certified Alternative Medicine Practitioner, I have many fine modalities from which to choose. I recently experienced a health issue that failed to be helped by either conventional allopathic medicine or even alternative medicine treatments. However, after a Rife frequency square wave treatment protocol was applied, this health issue was completely resolved.

Rife technology, until now, has been largely questioned by both alternative medicine and allopathic practitioners for efficacy and disease resolution. But *The Rife Handbook* will dispel your doubts. It is the recommended work for practitioners who need to understand how and why this therapy works, and who want to utilize frequency therapies in conjunction with current preferred interventions to help their patients heal. Nenah Sylver's definitive interpretation of frequency therapy identifies applications, indications, contraindications, safety, and specific treatments along with directions specifying "how, when, and what frequency" for therapy sessions. The detail with which the author examines treatment modalities is remarkable; she presents a variety of protocols to resolve most health issues. It is rare that I read another's views of various alternative medicine therapies that exude such succinct clarity and comprehension as hers. Dr. Sylver has a remarkable grasp of what works, how it works, and on whom it may be effective.

This well-referenced treatise provides treatment options when progress falls short, or when there appears to be an impassable plateau in the way of optimal recovery.

—Bill Misner, MS, PhD
AAMA Board Certified Alternative Medicine Practitioner

When Nengah Sylver published the first edition of *The Rife Handbook* in 2002, it received excellent reviews as the best book in the field. This new version is substantially updated and improved, reflecting many of the advances in frequency therapies that have occurred in over a decade. Frequency therapy, properly applied, may well replace every other modality. Frequencies can alter DNA, kill or enhance cells, affect all chemical interactions, break up toxic substances and cause them to be eliminated from the body, kill pathogens that disrupt bodily function, and enhance and stimulate all cells and organ systems to higher levels of performance.

There are superbugs and bioengineered diseases out there that might make it to your neighborhood. Will your local medical clinic help you when thousands of people are dying from a strange disease? Don't count on it! If you want to live long and prosper, learn about frequency therapy. Dr. Sylver spends a lot of time in her book to help you use frequencies safely. Even if you just want to make life a little better for your family and friends, you will want to read *The Rife Handbook*.

—Jeff Sutherland, PhD
co-principle investigator of research grants, National Cancer Institute
assistant professor, Department of Radiology, University of Colorado School of Medicine
co-founder, Center for Vitamins and Cancer Research
Frequency Foundation, Boston, Massachusetts, United States

We work in the area of complementary and holistic cancer healing education and recommend Rife therapy to all our clients. *The Rife Handbook* is a bible in our office, an invaluable tool toward the healing of dozens of cancer victors. Nengah Sylver's research is thorough and detailed. The book sits on a prominent place on my shelf next to every frequently used manual in my practice.

—Ellyn Hilliard, CNC, PhD
former co-owner of Twelve Ways Healing Center in Colorado, US
and author of *Cancer Healing Victories*

Royal Raymond Rife discovered one of the most groundbreaking medical tools of the last hundred years. Due to political and financial interests, his discoveries were driven underground. But today, people suffering from cancer and other diseases can base their treatment on authentic science instead of politics. A scientist in the true definition of the word, Dr. Sylver methodically guides readers through Rife's life and achievements, with a history of the technology and the scientific foundation for its use. She also provides practical tips that can be easily integrated into a comprehensive protocol for a wide variety of health conditions. Nengah Sylver is the "researcher's researcher"; I habitually turn to her work as a trusted reference. I recommend *The Rife Handbook* without reservation to every health seeker, patient, physician, and scientist who values objectivity and innovation in medicine and wants guidance on complementary healing modalities.

—Bryan Rosner
author of *Lyme Disease and Rife Machines*,
The Top 10 Lyme Disease Treatments,
and *Freedom From Lyme Disease*

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*Updated and Expanded 5th Edition
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Nenah Sylver, PhD

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*The Rife Handbook of Frequency Therapy and Holistic Health: an integrated approach for cancer and other diseases.
Updated and Expanded 5th Edition*

The first softcover edition of this book (with a different title) was published in 2001 by The Center for Frequency. Two larger, revised hardcover editions, almost identical, containing substantially new material, improved organization and an index, were published in 2009 and 2011 by Desert Gate Productions LLC. An updated and expanded 5th edition (with 1104 pages, almost 400 more pages than the 2011 volume) was published in 2018 by Desert Gate Productions LLC. In this second printing of *The Rife Handbook 5th Edition*, copyright 2021, a few errors have been corrected and some updates and newer material have been added to the text. The page count remains the same.

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New interior book design by Nenah Sylver.
Cover design by Duane Burchett and Nenah Sylver.
Index by Nenah Sylver.

Cover Images, Back.

Top: Bipolar nerve cell, as seen through the Ergonom microscope.

Middle: Cross section of a bone 3.5 mm thick, as seen through the Ergonom microscope.

Bottom: Cell division, as seen through the Ergonom microscope.

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MILBANK JOHNSON, M. D.
PACIFIC MUTUAL LIFE BLDG.
LOS ANGELES, CALIFORNIA

November 9, 1931

My dear Mr. Rife:

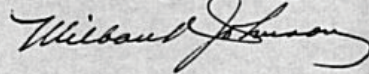
In the name of the other three gentlemen and myself I want to thank you for your most courteous reception and for giving us an opportunity to have a glance of your wonderful microscope. I want to say to you that we all spent one of the most instructive and interesting afternoons of our lives in your laboratory.

Upon returning to San Diego that evening I wired to Dr. Arthur I. Kendall of Chicago and gave him a brief description of what we had seen and our opinion of it, and upon my return to Pasadena this morning I received the following telegram from Dr. Kendall - "Expect to start for California Saturday night. Letter follows".

If he comes straight through, which I think he will, he will arrive in Pasadena on Tuesday, November 17 so be sure and have your microscope in perfect condition for the Big Chief when he arrives. I will bring him down to San Diego in my car at which time you and Dr. Kendall can make such arrangements as you desire.

Thanking you again for your courtesy, I am

Yours very sincerely,



Mr. Roy Rife
2500 Chatsworth Bldg.
San Diego, Calif.

600 BURLINGHAM DRIVE
SAN RAFAEL HEIGHTS
PASADENA

*Letter from Dr. Milbank Johnson to Royal Raymond Rife, November 9, 1931.
Milbank Johnson became one of Rife's most enthusiastic supporters and a trusted benefactor.*



San Diego Historical Society

Royal Raymond Rife with one of his microscopes, 1929.

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Some patients, though conscious that their condition is perilous, recover their health simply through their contentment with the goodness of the physician.

— HIPPOCRATES, “FATHER OF MEDICINE” GREEK PHYSICIAN (460–400 BC)

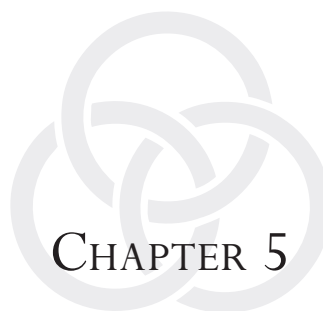


Chapter 5 Outline Frequency Directory

This outline does *not* include single, stand-alone entries, which are in alphabetical order.

| | | | |
|--|-----|--------------------------------------|-----|
| Arthritis | 610 | Ears | 708 |
| Bacteria | 615 | Eyes | 711 |
| Blood Sugar Problems | 643 | Gastrointestinal Tract | 717 |
| Bone and Skeleton | 645 | <i>Systemic Conditions</i> | 718 |
| Brain and Nervous System, Mind and Emotions | 648 | <i>Colon / Large Intestine</i> | 721 |
| Cancer | 669 | <i>Small Intestine</i> | 726 |
| Candida, Fungi, Molds and Yeasts | 684 | <i>Stomach and Esophagus</i> | 727 |
| Chemical Sensitivity / Poisoning | 696 | Glands | 730 |
| Dental | 701 | <i>Adrenals</i> | 730 |
| <i>Mouth and Gums</i> | 702 | <i>Pancreas</i> | 733 |
| <i>Teeth</i> | 705 | <i>Parathyroid</i> | 733 |
| | | <i>Pineal</i> | 734 |
| | | <i>Pituitary</i> | 734 |
| | | <i>Thymus</i> | 734 |
| | | <i>Thyroid</i> | 734 |
| | | Headache | 741 |

| | | | |
|--|-----|--|-----|
| Heart, Blood and Circulation | 741 | Respiratory Tract | 796 |
| Injuries | 750 | <i>Lungs</i> | 796 |
| Insect Bites | 752 | <i>Nose and Sinuses</i> | 800 |
| Liver and Gallbladder | 755 | <i>Throat and Lymph Nodes</i> | 801 |
| <i>Liver</i> | 755 | <i>Vocal Cords</i> | 803 |
| <i>Gallbladder</i> | 760 | Skin | 807 |
| Lymphatic System | 761 | Tuberculosis, All Types | 817 |
| Men | 764 | Tumors, Benign | 818 |
| <i>Penis</i> | 764 | Urinary Tract | 819 |
| <i>Prostate</i> | 765 | <i>Bladder and Urethra</i> | 819 |
| <i>Sexual Function</i> | 766 | <i>Kidneys</i> | 821 |
| <i>Testicles</i> | 766 | Viruses | 823 |
| <i>Urinary</i> | 767 | Women | 840 |
| Muscles | 772 | <i>Breasts</i> | 841 |
| Parasites, Protozoa and Worms | 779 | <i>Menstruation and Menopause</i> | 841 |
| Regeneration and Healing | 793 | <i>Sexual Function</i> | 842 |
| | | <i>Uterus, Cervix, Ovaries</i> <i>and Fallopian Tubes</i> | 843 |
| | | <i>Vagina, Labia and Clitoris</i> | 844 |



Frequency Directory

GETTING STARTED—READ THIS FIRST!

These next few pages are critical. They describe how the Frequency Directory is organized. At the end of the instructions is an outline of all the categories contained in the Frequency Directory.

Every entry in this Directory is in alphabetical order. In straight alphabetical order you will find:

1. The *pathogen* involved in the symptom picture. For example: **ENTAMOEBIA HISTOLYTICA**, the parasite that causes amoebic dysentery, is under **E**.
2. A *general symptom*. For example: **DIARRHEA** (which might or might not be a symptom of amoebic dysentery caused by *Entamoeba histolytica*), is under **D**.
3. The *medical term for the disease*. For example: **AMOEBIC DYSENTERY** is under **A**.

Exception: The medical term for a disease will *not* be listed separately when the disease name derives from the pathogen itself. For example, “Borreliosis” designates the disease caused by any number of *Borrelia* bacterial strains. The alphabetical listing therefore contains both terms:

Borrelia, all types / **Borreliosis**

Most of the time, after you find an alphabetical listing you’ll be told to see the entry under a specific category (discussed in a moment).

THE CATEGORIES

An alphabetical listing will sometimes be self-contained and complete entry if a condition cannot be easily classified.

- ◆ **Example #1: PRIONS / AMYLOIDOSIS**
- ◆ **Example #2: FIBROMYALGIA**
- ◆ **Example #3: CALCIUM METABOLISM AND UTILIZATION, TO IMPROVE**

The above examples are not typical, however. Usually, when you reach the alphabetized term you’ll be directed to the appropriate category to obtain the complete listing. A complete listing consists of descriptive text—origin of the condition, who is most susceptible to the condition, co-infections that might occur with the main condition you’re addressing, complementary therapies—and, of course, the frequencies for that condition.

Most of what you’re looking for will be found under one of four possible categories:

1. *Pathogen*
2. *Affected Body Part or Body System*
3. *Common Name of Condition*
4. *Stand-Alone Entry*

Each is discussed on the following pages.

1. **Pathogen.** Whenever possible, each disease is linked to a particular pathogen or pathogens. The harmful microbes appear under one of the following:

- a. **BACTERIA**
- b. **CANDIDA, FUNGI, MOLDS AND YEASTS**
- c. **PARASITES, PROTOZOA AND WORMS**
- d. **VIRUSES**

In these pathogen categories, entries are listed first with the name of the pathogen, then with the medical name for the disease, and then with the common name(s) of the disease, if there are any.

- ◆ **Example #1:** You are looking up **LYME DISEASE** in alphabetical order. So you go to **L**. You see:

LYME DISEASE

See “*Borrelia*, all types / Borreliosis / Lyme Disease” under **BACTERIA**.

If you’re accustomed to calling Lyme by either the name of one of its strains, *Borrelia burgdorferi*, or the medical term “Borreliosis,” you go to **B**. There, you are directed to the listing for the pathogen:

BORRELIA, ALL TYPES / BORRELIOSIS

See under **BACTERIA**.

- ◆ **Example #2:** You are looking up a specific pathogen, *Herpes zoster*, in alphabetical order. So you go to **H**. You see:

HERPES, ALL TYPES

See under **VIRUSES**.

The **VIRUSES** section has a general *Herpes* section, which is further subdivided into the various *Herpes* viruses, each of which is responsible for different symptoms (usually in different areas of the body).

- ◆ **Example #3:** You are looking up the disease Shingles in alphabetical order. So you go to **S**. You see:

SHINGLES

See under **SKIN**, under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**, or see “*Herpes Virus Type 3 / Herpes zoster / Chicken Pox / Varicella / Shingles*” under **VIRUSES, Herpes, all types**.

The *Herpes zoster* virus that causes Shingles is listed in three places: (1) large category of **VIRUSES** and its subcategory “*Herpes, all types*”; (2) category of affected body part **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**; (3) category of affected body part **SKIN**.

2. **Affected Body Part or Body System.** The majority of all entries in the Frequency Directory are listed according to where the symptoms appear, such as:

- ◆ **BONE AND SKELETON**
- ◆ **GASTROINTESTINAL TRACT**
- ◆ **GLANDS**
- ◆ **MEN** (body parts specific to men)
- ◆ **MUSCLES**
- ◆ **RESPIRATORY TRACT**
- ◆ **URINARY TRACT**
- ◆ **WOMEN** (body parts specific to women)
- . . . etc.

Some of the body part categories are further divided into subcategories. For example:

- ◆ **GASTROINTESTINAL TRACT**
 - Systemic Conditions*
 - Colon / Large Intestine*
 - Small Intestine*
 - Stomach and Esophagus*
- ◆ **GLANDS**
 - Adrenals*
 - Pancreas*
 - Parathyroid*
 - Pineal*
 - Pituitary*
 - Thymus*
 - Thyroid*

You will find it very useful to look for frequencies according to the body part or system that’s affected, because when browsing, you may find other frequencies that apply to your situation.

- ◆ **Example #1:** For **DUODENITIS**, go to **D**. You’ll see:

DUODENITIS

See under **GASTROINTESTINAL TRACT, Small Intestine**.

- ◆ **Example #2:** For **CROHN’S DISEASE**, go to **C**. You’ll see:

CROHN’S DISEASE

See under **GASTROINTESTINAL TRACT, Colon / Large Intestine**.

Cancer is an exception. All cancers, no matter what part of the body they appear in, are listed under **CANCER** because cancer is a life-threatening condition that can migrate, and the protocol for all types is basically the same.

3. **Common Name of Condition.** Some conditions are listed *solely* as generic terms or symptoms. For example:

- ◆ INJURIES
- ◆ INSECT BITES
- ◆ TUMORS, BENIGN . . . and so on.

4. **Stand-Alone Entry.** A few entries that are not easily classified under other categories appear alphabetically as self-contained, stand-alone entries.

- ◆ **Example:** For **PRIONS / AMYLOIDOSIS**, go to **P** where it's listed in alphabetical order. This is the only place in which it appears.

EXPLANATORY TEXT IN EACH ENTRY

Each complete entry—in other words, an entry that's not simply a redirect line—contains many possible names for a condition, a description of symptoms, and the frequencies that eliminate or manage the symptom picture. Many entries also summarize how the pathogen is transmitted, and suggest therapies that complement rifle sessions or can be used by themselves if you don't have a rifle machine.

DIFFERENT FREQUENCY POSSIBILITIES

In most cases, the frequencies are listed from the lowest to the highest.

Many of the entries are divided into several sets.

1. The first frequency sets in an entry consist of the numbers that the majority of experimenters find most useful for that condition. *Frequencies associated with known experienced researchers are considered primary.* It will be stated when the numbers come from such sources (John Garvey, Richard Loyd, Jeff Sutherland, Jimmie Holman, and others). The exception to this “known experimenters come first” rule is the Hulda Clark frequencies. Due to the complexity of her listings, her data is usually listed last.
2. Subsequent frequency sets (if any appear) may be for related conditions, possibly relating to co-infections.
3. More frequency sets (if they appear) might or might not be helpful. They might devitalize pathogens, or prove helpful to the body in other ways such as tissue rejuvenation or some other effect or benefit.

ABBREVIATIONS, NUMBERS, PUNCTUATION

Hertz. Abbreviated **Hz**. Each Hz is one cycle per second. *Relation to frequency numbers:* Most of the numbers designating frequencies are in Hz. For example:

464 is 464 Hz
522 is 522 Hz
2008 is 2008 Hz

Kilohertz. Abbreviated **KHz**. “Thousands of hertz.”

When you see a “K” after a number, add three zeros: 000.

5K = 5000 Hz
10K = 10000 Hz
20K = 20000 Hz
40K = 40000 Hz

When a plus sign (+) is present. Sometimes a plus sign connects several numbers. In the 1980s, a Rife researcher advised running numbers together, connected by a plus sign, in the same session based on the theory that they worked synergistically. *If you find that you don't need all the numbers in the group, don't use them.*

When a decimal point—punctuation that looks like a period or dot (.)—exists within a number. (This is *different* from the system, used in many European countries, that depicts commas instead of periods or dots for decimal points.)

Some frequencies may contain more than one decimal place. Decimals are important, so use them if possible. If your unit can't handle decimals, program a sweep. For example: If your unit can output 9 or 10 but not 9.6, sweep from 9 to 10, which will cover 9.6. Allow extra time for a sweep to ensure that your equipment will dwell for a long enough time on 9.6 to accomplish your goal.

When a comma (,) is present. A comma separates each frequency from the next when used *between* numbers. Ordinarily, the comma is *not* part of a number. Therefore, rifers in Europe who use commas instead of periods to indicate decimals, should note that the comma does *not* indicate a decimal. A comma is part of a number *only* when the frequency is in the millions of hertz and there is a *semicolon* between each frequency (see below).

When a semicolon (;) is present. Some entries contain frequencies in the millions of hertz. Occasionally, one of these numbers can be easier to read if it contains commas. In such a case, a *semicolon* instead of a comma is used *to separate each individual frequency*.

LENGTH OF TIME FOR EACH FREQUENCY

The usual amount of time for each frequency is 3 minutes, unless otherwise specified. However, different machines have different penetration power and each user has different needs. Thus, some equipment may require less or more time. Experiment to see what works best for you.

THE SCOON AND HOLLAND EFFECTS

After experimenting with more effective ways to deliver frequencies, Dr. Richard Loyd devised the following, named after prominent Rife researchers:

- ◆ **The Scoon Effect.** You'll need either two radiant plasma units, or the Atelier Robin F165 electrode device, which can run two frequencies simultaneously. All equipment must be able to output frequencies to at least one decimal point place. On one plasma unit, run the main frequency and on the other plasma unit, run a secondary frequency 1 Hz above the primary frequency. On the F165 frequency generator, run both frequencies. (Example: 727 Hz and 728 Hz, at the same time.)
- ◆ **The Holland Effect.** Using two radiant plasma units, run the primary frequency on one and on the other, the 11th harmonic of the primary frequency. (Example: 1000 Hz and 11,000 Hz at the same time.)

MANY FREQUENCIES ARE EXPERIMENTAL

When you see entries that contain long lists of frequencies, it's easy to become overwhelmed. Remember that some of these numbers are *experimental*. Some rifers have found them helpful, while others haven't noticed many (or any) significant benefits. These numbers must be considered possibilities rather than definites. The exceptions are those frequencies that were calculated by Royal Rife himself; or in a laboratory using methods similar to those used by Rife; or by researchers who counted the increase or decrease in pathogens after the colonies were exposed to the frequency fields. Some of the numbers were calculated with mathematical formulas, using measurements derived from the pathogens themselves. Still other numbers—found to be surprisingly accurate—were obtained through dowsing or muscle testing (see Chapter 4).

Keep in mind, however, that the most accurate lab-tested frequencies might not work for you if your equipment's signal does not penetrate the body. Even if it does, there may be mutations in the pathogen—depending on the terrain (you), which includes the larger environment (climate and geography). Focus on *how you feel* after your session. “Experimental” means: You observe. You change your approach when necessary. And you keep learning. These frequencies are guidelines only, starting points.

BEING LINEAR ABOUT A HOLISTIC SYSTEM

Cataloguing illness and wellness in creating this chapter presented some challenges. Establishment medicine teaches us that such-and-such a pathogen “causes” such-and-such a disease. Yet why do some people become ill from a pathogen while others, living in the same environment or neighborhood or even home, don't? The bodily terrain is heavily influenced by the foods we eat, our level of exercise, our attitudes, our emotions—even the intangibles we inherited from our ancestors. These, and more, play a huge role in determining why some people and not others get sick. On the other hand, so many volatile microorganisms (including genetically engineered superbugs) have appeared since Royal Rife's time that even mentally and physically well-balanced people can become ill. So, on some levels, a cause-and-effect relationship between microorganisms and disease cannot be denied.

My use of the word “cause” to link a pathogen to a disease is not meant to deny the many factors involved in health (or deny our ability to heal). The word “cause” also saves a lot of space. So, when I say that a pathogen “causes” instead of “is implicated in” a disease, understand that I am making a shorthand report within a very narrow paradigm.

Classifying microorganisms is much harder than you might think. Due to their pleomorphism, the divisions between bacteria, fungi and viruses—some of which behave and appear in ways that defy their own categories—is sometimes a struggle even for experienced pathologists. Nonetheless, conventional labeling systems are still useful.

I also found it difficult at times to organize the body. For example, the immune system was once regarded as comprised solely of the immune cell factories: the lymph nodes, the thymus, and the bone marrow. But hormones formerly regarded as immune-related are now exceeding their boundaries. Where exactly *is* the immune system? The entire body is an immune system! This is why I refer to immune *response*, immune *function*, immune *cells*.

The heart was challenging, too. It is well known that the heart is an organ. But this organ is also comprised of muscle fiber. Plus, recent research has shown that the heart secretes a hormone, thus sharing some characteristics with endocrine glands. Not only that, 65% of the heart contains nerve cells that are receptive to neurotransmitters—which we used to think belonged only in the brain! How, then, should the heart be classified? A similar conundrum exists with bone and fat cells. Scientists have discovered that both these types of tissue secrete hormones (again, the former province of the endocrine system). And many of us already know that the gut produces and responds to neurotransmitters—which once we believed were unique to brain function. What on earth is going on?

The takeaway? Human beings are difficult to classify. We are so much more than the sum of our body's cells, systems, biochemicals and electrical impulses—or even the pathogens that inhabit us, no matter how many there are.

OUTLINE OF CATEGORIES IN THIS FREQUENCY DIRECTORY

Here again is the list of categories—without the page numbers,
in the same typeface as it appears in the text.

This list does *not* include single, stand-alone entries, which are in alphabetical order.

ARTHRITIS

BACTERIA

BLOOD SUGAR PROBLEMS

BONE AND SKELETON

BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS

CANCER

CANDIDA, FUNGI, MOLDS AND YEASTS

CHEMICAL SENSITIVITY / POISONING

DENTAL

Mouth and Gums
Teeth

EARS

EYES

GASTROINTESTINAL TRACT

Systemic Conditions
Colon / Large Intestine
Small Intestine
Stomach and Esophagus

GLANDS

Adrenals
Pancreas
Parathyroid
Pineal
Pituitary
Thymus
Thyroid

HEADACHE

HEART, BLOOD AND CIRCULATION

INJURIES

INSECT BITES

LIVER AND GALLBLADDER

Liver
Gallbladder

LYMPHATIC SYSTEM

MEN

Penis
Prostate
Sexual Function
Testicles
Urinary

MUSCLES

PARASITES, PROTOZOA AND WORMS

REGENERATION AND HEALING

RESPIRATORY TRACT

Lungs
Nose and Sinuses
Throat and Lymph Nodes
Vocal Cords

SKIN

TUBERCULOSIS, ALL TYPES

TUMORS, BENIGN

URINARY TRACT

Bladder and Urethra
Kidneys

VIRUSES

WOMEN

Breasts
Menstruation and Menopause
Sexual Function
Uterus, Cervix, Ovaries and Fallopian Tubes
Vagina, Labia and Clitoris

You now have all the tools you need
to use this Frequency Directory effectively.
Please refer to the beginner guidelines again as needed.

Also, before you begin, please review
“A Short Course on How to Give Yourself a Rife Session”
at the end of Chapter 4.

-A-

ABDOMINAL INFLAMMATION, PAIN, AND INFECTIONS

See all abdominal conditions under **GASTROINTESTINAL TRACT, Colon / Large Intestine**.

ABSCCESS, GENERAL

Cavity formed by the disintegration of tissue, which creates pus, an accumulation of dead white blood cells. This can occur anywhere in the body, including the mouth. Also see **BACTERIA**, “*Staphylococcus pyogenes aureus*,” as this pathogen is a frequent cause of abscesses; and **DENTAL, Mouth and Gums**. 190, 428, 444 + 1865, 450, 464, 500, 566, 587, 660 + 690 + 727, 760, 787, 802 + 1550, 880, 2170, 2720

ACANTHAMOEBA KERATITIS

See “*Acanthamoeba castellani* / Acanthamoeba Keratitis” under **PARASITES, PROTOZOA AND WORMS**.

ACID REFLUX

See under **GASTROINTESTINAL TRACT, Stomach and Esophagus**.

ACIDOSIS

Occurs when the kidneys and lungs cannot keep the body’s pH in balance. See a health professional; this condition is more complex than one might think, with many possible causes. It could even be life-threatening.

ACNE

See under **SKIN**.

ACTINOBACILLUS

See under **BACTERIA**.

ACTINOMYCES / ACTINOMYCOSIS, ALL TYPES

See under **BACTERIA**.

ADDICTION TO FOOD, ALCOHOL OR DRUGS

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

ADDISON’S DISEASE

See under **GLANDS, Adrenals**.

ADENOIDS, SWOLLEN

See under **LYMPHATIC SYSTEM** or **RESPIRATORY TRACT, Throat and Lymph Nodes**.

ADENOMA, CERVICAL

See “Cervical Adenoma” under **WOMEN, Uterus, Cervix, Ovaries, and Fallopian Tubes**.

ADENOVIRUS, ALL TYPES

See under **VIRUSES**.

ADHESION

See “Adhesion / Scar” under **SKIN**.

ADNEXITIS

See “Fallopian Tube Inflammation / Adnexitis” under **WOMEN, Uterus, Cervix, Ovaries and Fallopian Tubes**.

ADRENAL GLAND CONDITIONS

See under **GLANDS, Adrenals**.

ADYNAMIA, GERIATRIC

See **FATIGUE, GERIATRIC / ADYNAMIA**.

AFLATOXIN

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

AFRICAN TRYPANOSOMIASIS

See “*Trypanosoma brucei gambiense* / African trypanosomiasis / Sleeping Sickness” under **PARASITES, PROTOZOA AND WORMS**.

AGITATION

See “Akathisia / Agitation” under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME)

See “HIV (Human Immunodeficiency Virus) / AIDS (Acquired Immune Deficiency Syndrome)” under **VIRUSES**.

AKATHISIA / AGITATION

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

ALCOHOLISM

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

ALLERGIES, GENERAL

The inability of the body to properly assimilate, process, break down, neutralize or excrete an offending substance in the form of a food or airborne plant particle (usually a protein). Symptoms of airborne or foodborne allergy may include a runny nose; red, itchy, watering eyes; sneezing; dark circles under the eyes; headache; hives or other skin rash; digestive distress; and fatigue. Foodborne allergies may additionally cause constipation, diarrhea, gas, and leaky gut.

The body can regard any food as an irritant, but there’s a difference between a genuine food *allergy* and food *intolerance*. True immune-mediated allergies (there are several types) constitute overreaction by the body’s immune cells which, in response to the ingestion of a food or nutrient, mobilize and sometimes even attack the body’s own tissues. A food intolerance (mistakenly called “allergy”) is the inability of the body to absorb or assimilate nutrients from food, usually related to a digestive malfunction. Regardless of the provocation, the body should not be exhibiting these abnormal reactions. Overreactions to nourishing food that’s not spoiled, sprayed with pesticides, or genetically engineered, can be caused by insufficient digestive enzyme production, an overworked liver, infections, or even unbalanced meridians, which cause the body to become stuck in a negative faulty electrical feedback loop. Practitioner-administered Nambudripad’s Allergy Elimination Technique

(NAET) may correct imbalances (see Chapter 3 Insert on page 388, “Food and Nutrient Allergies”). The following protocol can be self-administered: Hold the irritant (“allergan”) close to or against your body while scanning the entire surface of each ear for 30 seconds with a 635–660 nm LED. (A low-power laser will work too, but an LED is safer; see Appendix C.) The ears contain the acupuncture points for the entire body. This will help the body dump toxins. For additional information and other perspectives, see *Food Allergies and Food Intolerance* by Brostoff and Gamlin.

For foodborne allergies, see **GASTROINTESTINAL TRACT, Systemic Conditions; PARASITES, PROTOZOA AND WORMS;** and **CANDIDA, FUNGI, MOLDS AND YEASTS.** For airborne allergies, see **RESPIRATORY TRACT, Nose and Sinuses.** Allergies can also relate to a sluggish liver, so see **LIVER AND GALLBLADDER.** Also see **GLANDS, Adrenals,** which are intimately involved in allergies due to the role these glands play in stress. In the meantime, here are frequencies to try: 30, 33, 254, 303, 330, 430, 470, 484, 610, 620, 624, 644, 646, 690, 727, 740, 742.4, 787, 790, 864, 866, 880, 1234, 1550, 1918, 2213, 2600, 2650, 2900, 2950, 986, 4412, 5148, 7344

Allergy to Dust Mites

Mites live in furniture, drapery, pillows and carpet, and feed on the dead skin cells of humans. Allergies are generally not to the mites themselves but to the large amounts of feces they generate and expel into the air. If these frequencies work, it’s unclear whether they kill dust mites or whether they reduce sensitivity to the fecal matter. From Dr. Hulda Clark: 707K or 1752.48 (for units unable to emit KHz)

Allergy to Pollen

Pathogens grow on pollen. Experimental:
116113, 119061.03, 119441.8

Allergy to Ragweed

473

ALTITUDE SICKNESS

Chest pain, weakness, and difficulty breathing resulting from a rapid change in air pressure and oxygen levels. Nitric oxide supplements will help increase circulation.

ALOPECIA

See **HAIR LOSS / ALOPECIA.**

ALS (AMYOTROPHIC LATERAL SCLEROSIS)

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS.**

ALTERNARIA TENUIS

See under **CANDIDA, FUNGI, MOLDS AND YEASTS.**

ALZHEIMER’S DISEASE

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS.**

AMOEBA HEPAR ABSCESS

See under **LIVER AND GALLBLADDER, Liver.**

AMOEBAS, ALL TYPES

See under **PARASITES, PROTOZOA AND WORMS.**

AMOEBCIC DYSENTERY / DYSENTERY

See “*Entamoeba histolytica* / Amoebic Dysentery” under **GASTROINTESTINAL TRACT, Systemic Conditions** or under **PARASITES, PROTOZOA AND WORMS.**

AMYLOIDOSIS

See **PRIONS / AMYLOIDOSIS.**

AMYOTROPHIC LATERAL SCLEROSIS (ALS)

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS.**

ANAPHYLACTIC SHOCK / ANAPHYLAXIS

See **SERUM SICKNESS / ANAPHYLAXIS / PROTEIN SENSITIZATION.**

ANCYLOSTOMA CANINUM

See under **PARASITES, PROTOZOA AND WORMS.**

ANEMIA, OXYGEN DEFICIENT AND SICKLE CELL

See under **HEART, BLOOD AND CIRCULATION.**

ALUMINUM, DETOXIFYING FROM

See “Mercury, Aluminum, and Other Contaminants” under **CHEMICAL SENSITIVITY / POISONING.**

ANEURYSM

See under **HEART, BLOOD AND CIRCULATION.**

ANGINA PECTORIS

See under **HEART, BLOOD AND CIRCULATION.**

ANKYLOSING SPONDYLITIS

See under **ARTHRITIS.**

ANOSMIA

See “Smell, Loss of / Anosmia” under **RESPIRATORY TRACT, Nose and Sinuses.**

ANTHRAX AND ITS SPORES

See “*Bacillus anthracis* / Anthrax” and “*Bacillus anthracis* Spores” under **BACTERIA.**

ANUS, ITCHING

See under **GASTROINTESTINAL TRACT, Colon / Large Intestine.**

APHTHOVIRUS

See under **VIRUSES.**

APOPLEXY

See “Stroke Paralysis / Apoplexy” under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS.**

APPENDICITIS

See under **GASTROINTESTINAL TRACT, Colon / Large Intestine**.

APPETITE, EXCESSIVE OR LACK OF

Appetite abnormalities have several probable, deeper causes. Check for depression and serotonin deficiency. See **BLOOD SUGAR PROBLEMS**; *Candida albicans* under **CANDIDA, FUNGI, MOLDS AND YEASTS**; **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**; **PARASITES, PROTOZOA AND WORMS**; **GLANDS, Thyroid**; and **GLANDS, Adrenals**.

ARM PAIN

See “Neuralgia, Brachial” under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

ARTERIAL SPASM

See “Intermittent Claudication” under **HEART, BLOOD AND CIRCULATION**.

ARTERIOSCLEROSIS

See under **HEART, BLOOD AND CIRCULATION**.

ARTERY, DILATION OF

See “Aneurysm” under **HEART, BLOOD AND CIRCULATION**.

ARTHRITIS

Arthritis (sometimes called “arthrosis” or “arthrangia”) simply means “swelling in the joints.” Inflammation and pain are linked to stress and weak immunity. The source of stress could be toxins such as vaccines, emotional distress (often anger), infection, allergies, overweight, excessive or improper use of joints and muscles, poor posture, metabolic imbalance, or injury. Common to all or most of these stressors is waste, which can come from many sources. Just a few sources are vaccines (which contain toxic chemicals and pieces of pathogens that invade the host’s DNA); emotional distress (which causes acidic stress hormones to pour into the blood, on which bacteria feed); or even metabolic imbalances (to preserve the pH integrity of the bloodstream, the body may deposit accumulated wastes in the joints). The injury type of arthritis can result from rupture of a tendon, ligament, muscle, or joint (the rubbery cartilage cushion between bones). Pathogens involved may be those responsible for rheumatic fever, gonorrhea, tuberculosis, or (according to some research) German measles. Some bacteria produce calcium phosphate shells to protect themselves and hide from the host’s immune cells. If these lumps of crystallized calcium lodge in the joints and muscles, we suffer from arthritis.

Even after one recovers from an illness, subclinical levels of harmful microbes may lie dormant, erupting when the systemic terrain is once again favorable to their repopulation. If you feel that you never completely recuperated from a particular illness; if you observed ill effects from vaccines; or if you were vaccinated and felt no ill effects but are still concerned about the possible mutation of the inoculation microbes into more virulent ones, you can use frequencies as a prevention against arthritis.

Avoid fake foods and adulterated dairy (see Chapter 3, **Food**). Eliminate all nightshades (tomatoes, eggplant, white potatoes, tobacco, bell and hot peppers). In some individuals, these plants hinder the metabolism and absorption of calcium and phosphorous, leading to inflammation, muscle spasms, pain, and stiffness due to deposits in connective tissue, damage to ligaments and tendons, mineralization on the walls of major arteries and veins, and changes in bone density. Studies show that over 70% of subjects saw moderate to significant improvement after removing nightshades. If you do eat them, you can minimize their effects by supplementing with calcium, magnesium, and Vitamin K2 during the meal.

When rifting for specific joints, use a pad device. Place electrode patches on either side of the affected area. Also try, for arthritis and any other type of pain, the Magnetex[®]. The magnetic vortex it creates literally pulls debris out of the tissues (see Appendices A and C for details). Massage only between flare-ups—otherwise, the tissue will become irritated. Moderate exercise grows capillaries and builds circulation. On painful areas, try heat or ice, whichever feels better. Drink plenty of clean water.

Also see **BACTERIA**, “*Mycoplasma*, many types,” as these pathogens have often been found in the blood of people with various forms of arthritis. Worms are implicated in arthritis, so also see, under **PARASITES, PROTOZOA AND WORMS**: “*Ascaris lumbricoides* / Roundworm,” “Hookworm, probably *Necator americanus*,” “*Strongyloides stercoralis* / Threadworm,” and “*Trichinella spiralis* / Trichinosis.” Frequencies alone won’t eliminate worms; so see other modalities (including herbs and color therapy), also in that section. Also see **CARTILAGE PRESERVATION**. And see **VIRUSES**, “*Rubella* / German Measles / 3-Day Measles,” as a high percentage of children with juvenile arthritis may harbor this pathogen.

First try: 2720 (for pain), 40K (for cell restoration).

Then try (from Jimmie Holman. These frequencies may work only on equipment made by Pulsed Technologies): 30720, 30784, 38400, 40K (for as long as desired), 40960, 41600, 43520, 43712, 44032, 46528, 48K, 49024, 49600, 49664, 50368, 51200, 51328, 53248, 56320

Then try (also from Holman): 31539, 32K, 32768, 38461, 38502, 42240, 44160, 46592, 49280, 50816, 51328, 56320, 57344, 58880

Then try (some of these are from Michael Tigchelaar): 1.2 + 250, 1.5 (for 10 minutes), 3 + 230, 7.69, 7.7, 9.39, 9.4, 9.6, 10, 20, 25, 26, 28, 30, 40, 60, 76.9, 80, 93.9, 96, 100, 120 (for 20 minutes), 120, 150, 727, 512, 600 + 625 + 650, 660 + 690 + 727, 683, 688, 766, 770, 776, 787, 802 + 1550, 1664, 800, 880, 962, 1500, 1664, 2720, 3K, 3176, 5K, 10K

Ankylosing Spondylitis / Bechterew’s Disease

A degenerative inflammatory condition of the spine and adjacent soft tissues, and often the hip and shoulder joints, causing pain and sometimes fever, anemia and fatigue.

1.2 + 250, 7.69, 7.7, 10, 28, 35, 60 + 100, 95, 110, 428, 600 + 625 + 650, 680, 660 + 690 + 727, 776, 787, 802 + 1550, 880, 3K, 40K

What Is Arthr-itis?

Medical terms for the layperson

During my first quarter of graduate school, I had to take a course in medical terminology. As I found out early on, chiropractic school was not much different from medical school. We had to learn to diagnose and, interestingly enough, terminology was the key to diagnosis.

One of the first words we learned in that class was the term “-itis.” *Itis* is Latin for “inflammation of.” Other terminology included some words that probably sound familiar to you:

- ◆ *Arthro* means *joint*.
- ◆ *Stoma* means *stomach*.
- ◆ *Bursa* is short for the *fluid-filled sack* in many joints.
- ◆ *Fibro* means *muscle fiber*.
- ◆ *Mya* means *muscle*.
- ◆ *Cepha* means *head*.
- ◆ *Tendons* connect bones.
- ◆ *Ligaments* connect muscles to bones.

My classmates and I often laughed as we learned these words because we realized the vast majority of medical diagnoses weren’t actually “diagnoses” at all, but merely turning the name into Latin or something fancy to impress our patients. It’s also done . . . to make an impact on the patient so they’ll be satisfied they have a diagnosis. So if you’re told you have “arthr-itis,” “tendon-itis,” “burs-itis” or “stomat-itis,” it means your joint, tendon, bursa sack or stomach hurts. Doctors can then follow medical protocol and write a prescription to give you drugs that will hopefully ease the pain.

“Algia” is another interesting one that means *pain*. Therefore, “Cephalgia” is a *headache*. The oft-used diagnosis, “Fibromyalgia,” means *muscle fiber pain*.

There’s one very serious problem with diagnosing: People feel they have a “condition.” Everyone knows, once you have a “condition,” you always have a “condition.” . . . [However,] Arthritis, tendonitis and fibromyalgia are not death sentences. They’re merely Latin terms, combined with fancy medical English phraseologies, for pains doctors don’t understand and conditions for which they have no effective treatment. . . . Most doctors are only diagnosing and treating side effects, not the true cause of the problem. . . .

The most common form [of arthritis that] conventional medicine treats—they refer to it as “old age” arthritis—is . . . called “osteo-arthritis” (“osteo” means *bone*, so isn’t that name hilarious!). When someone says his or her right knee has arthritis because, “I’m old,” here’s how I typically respond: “Really, how old is the other knee?” Properly functioning joints don’t degenerate.

Arthritis is an “inflamed joint.” The joints are created by ends of bones meeting. At this point, they are

cushioned by cartilage. The knee, hip, shoulder and other bigger joints have a fluid-filled sac called a bursa (“burs-itis”). The inner lining of the joint has a grease-like fluid called synovial fluid which reduces friction and allows for freedom of movement. If the joint begins to malfunction, this is often coupled by a loss of synovial fluid that would aggravate the bones meeting in the joint.

When joints become arthritic, swelling causes stiffness, rigidity and tissue damage. The body will warn you with pain if the joint moves beyond its present limits. It’s a vicious cycle because, as mobility decreases, the muscles surrounding the joint also weaken and deteriorate, allowing for further damage to the joint. Eventually, you can have cartilage, ligament and tendon damage, as well as further bone erosion.

If these joints are functioning normally and well cared for, however, they just don’t “itis.” . . . Common medical wisdom is that if you have arthritis, essentially you’re doomed. This could not be farther from the truth. The body does heal.

Arthritis is due to a physical or chemical irritant in a joint or the system. If the cause of this irritation is avoided, removed or corrected, your body has a chance to heal. . . .

The majority of carbohydrates, particularly refined carbohydrates, can aggravate and even cause degeneration. Excess acids in the system do exactly what they sound like they do: They deteriorate and damage cells. Additionally, the body’s survival mechanism will attempt to neutralize these acids. (Calcium from bone is an exemplary acid neutralizer.) Therefore, as you consume sugar, flours, grains and other refined carbohydrates, your blood stream ends up in acid overload and you actually give yourself degenerative arthritis. Dairy and caffeine are two additional major acid culprits. . . .

Think of the tires on your car. When they’re misaligned, they wear unevenly. The musculoskeletal system operates the same way. . . . The vast majority of people in today’s culture have muscular imbalance. . . . [as well as] postural imbalance. . . .

Structurally, the only person you can go to is a chiropractor. The job of a chiropractor is to balance posture and correct misalignment in the spine and other joints. . . . Chiropractic rehabilitative exercises are actually designed to cause “regeneration,” the reversal of arthritis and rehydration of discs. . . .

Arthritis is not a terminal disease. If that’s what you’ve been told, fire your doctor.

—Ben Lerner, DC, 2010

arthritis-cats-dogs.com/article-detail.php?ID=152

Nutrients and Supplements for Inflammation

- ◆ ***Boswellia serrata* (Indian Frankincense).** Herb with potent anti-inflammatory effects.
- ◆ **Chondroitin sulfate.** Found in cartilage. Promotes moisture retention and elasticity. Inhibits enzymes that break down cartilage. In bone broth too.
- ◆ **Protease, Pancreatic, Serrapeptase, Nattokinase, Lumbrokinase Enzymes.** Anti-inflammatory. Used by white blood cells to break down waste products. Take on empty stomach so intact enzymes reach bloodstream instead of being used to digest food.
- ◆ **Glucosamine sulfate.** Found in cartilage. Promotes its formation and repair. In bone broth too.
- ◆ **Magnesium.** Vital mineral involved in many functions. Relaxes muscles. Different types of magnesium have an affinity for different body areas, so take all; most people are deficient. Onto sore muscles and joints, rub magnesium "oil." You can make it yourself. Half fill jar with magnesium chloride flakes (also called *nigari*, used to make tofu). Keep adding water; shake jar until flakes dissolve and solution is saturated. Bypasses digestive tract, reaches body areas instantly.
- ◆ **Proline-Rich Polypeptides.** Also known as transfer factors. Modulates immunity: stimulates lax immune function and calms hyperactive immune cells.
- ◆ **Turmeric.** Gold-colored root used in Indian cooking. Anti-inflammatory, immune-protective, anticancer.

Arthritis related to Gout

Gout is a metabolic disease of excessive uric acid in the blood. Avoid fructose (see Chapter 3, **Food**). Also see **GOUT**.

9.39, 9.4, 20, 660 + 690 + 727, 787, 880, 3K, 10K, 40K

Arthritis related to Nervous System Paralysis

9.39, 9.4, 10K

Arthritis related to Stomach Infection

9.39, 9.4, 10K

Arthritis related to Tonsil Infection

9.39, 9.4, 10K

Arthritis with Parathyroid Disturbances

Parathyroid disturbances affect calcium metabolism and cause either an excess or deficiency of calcium.

First try: 9.6, 10K

Then try: 326, 328, 4760.5, 673.1, 771, 40K

Bunion

Inflammation and thickening of joint, often in big toe.

20, 10K, 2720, 40K

Bursitis

Inflammation of connective tissue, mainly around joints. May be caused by a great many organisms. Also experiment with the arthritis, tendomyopathy, and sprain frequencies. Because white blood cells require enzymes to break down the waste products of inflammation (as well as infection), taking enzyme supplements on an empty stomach may help.

660 + 690 + 727, 787, 880, 10K, 40K

Elbow Pain / Epicondylalgia

1.2 + 250, 26, 160, 3K, 10K

Fluid in Joints and Tissues, to Reduce Excess Amounts

15, 24.3

Hip Pain

20, 660 + 690 + 727, 787, 880, 2720, 10K, 40K

Knee Pain

See a chiropractor to rule out subluxation or other structural causes.

1.2 + 250, 3 + 230, 7.69, 7.7, 9.39, 9.4, 9.6, 20, 28, 73, 160, 660 + 690 + 727, 787, 802 + 1550, 880, 2720, 3K, 40K

Osteoarthritis

The most common form of arthritis in the United States. Symptoms usually build up gradually. In the early stages, joints may ache after physical work or exercise. Repetitive injury and physical trauma can exacerbate the condition. Older and overweight people are especially susceptible, as are women after menopause.

Cartilage is a rubbery substance in the body that cushions the bones and help the joints move easily and smoothly. Osteoarthritis begins with the erosion of cartilage between the joints of fingers, knees, hips, and spine. As cartilage breaks down, the ends of the bones thicken, may knock against each other—giving the person a “crunching” feeling or the sound of bone rubbing on bone when the joint is used—and the joint may lose its shape. Bony protrusions may start to grow where they don’t belong. Damaged joint tissue can also cause the release of biochemicals called prostaglandins, which can add to the pain and swelling.

Other symptoms include steady or intermittent pain in a joint, stiffness after periods of inactivity, swelling, and tenderness. The wrists, elbows, shoulders, and ankles can also be affected. If this condition occurs in a joint not commonly affected, there is usually a history of injury or unusual stress to that joint. Toxins excreted by bacteria into the joints also cause pain.

From Jimmie Holman (in this order): 49280, 48K, 30784

Also try: 15, 324, 326, 528, 770, 1500, 40K

Use 512 along with the other frequencies you need.

Reactive Arthritis

Called “reactive arthritis” because chronic inflammation sets in after an initial infection by one of several bacteria, including *Chlamydia trachomatis*, *Shigella flexneri*, *Salmonella*, *Yersinia*, and *Campylobacter*. The initial bacterial infection can be transmitted via sexual contact or through food. Symptoms can include pain and swelling in joints, eye inflammation, and urogenital tract discomfort including painful (burning) urination and lesions on the penis. See entries for those pathogens under **BACTERIA**.

From Dr. Hulda Clark: 394K or 976.63 (for devices unable to accommodate frequencies in the kilohertz range)

Rheumatism

Severe joint pain, inflammation and swelling, often aggravated by inclement weather. May be accompanied by fever.

376 (from Dr. John Garvey), 262, 333 + 523 + 768 + 786, 776, 829, 10K, 40K

Rheumatoid Arthritis

An autoimmune disorder with similarities to Lupus erythematosus, rheumatoid arthritis can occur suddenly. The immune cells malfunction, attacking the body’s own healthy connective tissue in the joints—as though the person’s body itself were an unwanted foreign element, like a pathogen. Inflammation of the joint lining (the synovium) can cause pain, stiffness, tenderness, heat, redness, and inflammation. The affected joint may also lose its shape, resulting in loss of normal movement. Some people develop pea- or walnut-sized lumps of tissue under the skin of the elbow, hands, back of scalp, over the knee, or on the feet and heels, called rheumatoid nodules, which may or may not be painful. Both sides of the body are usually affected at the same time.

Rheumatoid arthritis attacks more than the joints of the wrist, fingers, neck, shoulders, elbows, hips, knees, ankles, and feet. Sometimes there is inflammation of the tear glands, salivary glands, spinal column, lining of heart and lungs, and the lungs themselves. Other symptoms may include disorientation and dementia, fatigue and malaise, and occasional fever. Rheumatoid arthritis can last a long time with active symptoms, or there may be few to no symptoms. Death can occur from this disease.

Although there’s a genetic predisposition to this condition, there also must be a trigger, such as a pathogen. (See the beginning of this section about arthritis in general.) The suddenness of this condition, along with the trigger, may suggest *Mycoplasma* infection. See, under **BACTERIA**, “*Mycoplasma*, many types” and “*Mycoplasma fermentans*,” as *Mycoplasma* infection is often the beginning of autoimmune conditions; and also **BACTERIA**, “*Helicobacter pylori* / Peptic (Stomach) or Duodenal Ulcer,” as research from Finland shows the presence of this pathogen (which also causes ulcers) in a high percentage of people suffering from rheumatoid arthritis. Also see **BACTERIA**, “*Chlamydia trachomatis*”; **CHEMICAL**

SENSITIVITY / POISONING, “Mercury, Aluminum, and Other Contaminants”; and **PARASITES, PROTOZOA AND WORMS**, “General (unspecified).”

First try: 376 (from Dr. John Garvey), 15, 324, 528 (these three frequencies worked for one person on record), 1.2 + 250, 7.69, 7.7, 9.39, 9.4, 9.6, 25, 660 + 690 + 727

Then try: 3 + 230, 20, 28, 262, 600 + 625 + 650, 776, 787, 802 + 1550, 880, 10K, 40K

End of Arthritis section.

ASCARIS, ALL TYPES

See under **PARASITES, PROTOZOA AND WORMS**.

ASPERGILLUS, ALL TYPES

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

ASTHMA

See under **RESPIRATORY TRACT, Lungs**.

ASTROCYTOMA

See “Brain Tumor / Astrocytoma” under **CANCER**.

ATAXIA, ALL TYPES

See under **MUSCLES** or under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

ATHLETE’S FOOT

See under **SKIN**.

ATTENTION DEFICIT DISORDER (ADD) / ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

AUTISM

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

AUTOIMMUNE DISORDERS

Normally, in the early stages of infection when the body is attacked by (for example) a virus, it releases chemical messengers called *interferons* from healthy cells to help them resist infection. Lymphoid cells known as Natural Killer T Cells (or NK Cells) attach to infected body tissue. This destroys both the foreign invader and the host cell. (Destroying the host cell limits the reproduction of new viruses because they cannot reproduce without a host.) NK Cells, whose number has increased, will recognize the same foreign invaders during a future infection and react more quickly. Even *Mycoplasma* (bacteria without a cell wall), and pathogens that have mutated, possess markers that the immune cells can recognize.

Another normal immune response is the creation of antibodies, produced in response to an antigen—a foreign protein, microbe, pollen, or other substance. Antibodies neutralize the infection by binding to the virus, thus reducing its ability to attach to a cell or penetrate it. These antibodies also help the body resist becoming reinfected.

Common Autoimmune Disorders

- ◆ Addison's disease
- ◆ Arthritis
- ◆ Celiac disease
- ◆ Crohn's
- ◆ Diabetes (some forms)
- ◆ Graves' Disease
- ◆ Guillain-Barre Syndrome
- ◆ Hashimoto's thyroiditis
- ◆ Lupus erythematosus
- ◆ Myasthenia gravis
- ◆ Multiple sclerosis
- ◆ Pernicious anemia
- ◆ Polyarteritis nodosa
- ◆ Polymyalgia rheumatica
- ◆ Psoriasis
- ◆ Raynaud's phenomenon
- ◆ Rheumatoid arthritis
- ◆ Sarcoidosis
- ◆ Sjogren's syndrome
- ◆ Ulcerative colitis

The body's immune response, however can malfunction. With chronic viral conditions such as Epstein-Barr, HIV and AIDS, the viruses attempt to slow the immune response by infecting the immune cells themselves. This is a clever survival tool for the virus because malfunctioning immune cells cannot respond to protect the host. With autoimmune disorders, the body's NK Cells attack the person's own tissues as though the tissues were foreign invaders. Autoimmune disorders are often due to the presence of tiny *Mycoplasma*—so-called “stealth pathogens”—whose lack of a cell wall enables them to invade our cells. The NK cells sense something hiding in our tissue, and attack. If *Mycoplasma* invade the central nervous system, the disease is Multiple Sclerosis (although MS can also have a non-autoimmune origin). If *Mycoplasma* invade our joints, the disease is rheumatoid arthritis. If the body attacks its own tissues that it mistakes for foreign proteins, resulting in a severe inflammatory response anywhere, the disease is Lupus erythematosus. If there is severe, progressive muscular weakness—causing difficulty in swallowing and breathing that can lead to death—the condition is Myasthenia gravis. If certain symptoms manifest in the thyroid, it's called Graves' (Basedow's) Disease. Fibromyalgia, a syndrome of assorted symptoms rather than a disease per se, is considered an immune disorder as well. The biofilms created by pathogens can also cause or exacerbate autoimmune conditions.

Vaccines, which are specifically designed to stimulate an immune response, do this to such an extent that the body is forced into an abnormal, hyper-responsive state. For more information, see Chapter 1, **The Vaccine Controversy**.

A body that cannot respond effectively to current or future pathogens needs a supportive foundation. Ozone therapy (see Chapter 3, **Oxygen Therapies**) not only destroys pathogens and abnormal cells, but helps maintain the health of normal cells. Build up the body through nutrition. Holistic clinics give raw green vegetable juices to people with life-threatening and chronic conditions. Fresh lemon juice in pure water is a potent liver detoxifier. Lemon also cleans and restores the receptor sites of cell membranes. If you're on hormone replacements, note that estrogen may interfere with proper immune function and trigger autoimmune diseases. There are different forms of estrogen as well as estrogen precursors, to which women respond differently.

Supplement with proline-rich polypeptides (PRPs, also called transfer factors). PRPs are “immune messenger molecules” that pass information among immune cells about what type of external or internal threat is present, and how the body should respond to this threat. They are present in colostrum, produced by nursing animals and humans before milk is produced. Because the amino acid sequences are the same in the colostrum of all species, supplements made from colostrum extracts of, say, a cow will work for humans. PRPs activate whatever healthy NK Cells are still in the body before an infection becomes entrenched. PRPs create, and educate, a large number of Helper T Cells involved in the manufacture of neutralizing antibodies. (T Cells are specific for a given virus. They circulate throughout the bloodstream to seek and destroy cells that have been virally infected.) PRPs also help restore body cells that are damaged.

Inflammation is always a component of autoimmune disorders. Pathogens are a common source of inflammation; there may be a chronic, underlying condition.

Another contributor to autoimmune conditions is hypothyroidism, which is either underactivity of the thyroid gland or the inability of the cells to properly utilize thyroid hormone. Over half the hypothyroid population suffers from excess mucin, a sugar-protein compound normally present in connective tissue. Accumulation of the hydrophilic (water-loving) mucin damages the connective tissue of skin, blood vessels, lymph channels, muscles, nerves, and other parts of the body. Lupus, a disorder of the connective tissue, is one of many conditions that could be corrected with proper thyroid hormone supplementation (see **GLANDS, Thyroid**, “Thyroid, Underactive / Hypothyroidism”).

Researchers have discovered that biofilms from certain pathogens in the gut can also trigger an autoimmune response, so see, under **BACTERIA**, “*E. coli / Escherichia coli*,” “*Salmonella / Food Poisoning*,” and “*Mycoplasma*, many types.” A major weakener of the body's immune function is toxins, so also see the many entries under **CHEMICAL SENSITIVITY / POISONING**. Also see, under **LYMPHATIC SYSTEM**, “Spleen, Enlarged, and other Conditions” and “Thymus Conditions.” .24, 1.2 + 250, 3, 5.09, 7.69, 7.7, 9.39, 9.4, 9.6, 20, 28, 32.5, 75.85, 95.75, 146, 175, 456, 464, 522, 600 + 625 + 650, 660 + 690 + 727, 776, 784, 787, 800, 802 + 1550, 880, 927, 1850, 10K, 40K (which restores cell function.)

AVIAN FLU

See under **VIRUSES**.

–B–**BABESIA / BABESIOSIS**

See under **PARASITES, PROTOZOA AND WORMS**.

BACILLUS, MANY VARIETIES

See under **BACTERIA**. (This includes *B. coli*.)

BACKACHE, INCLUDING SPASMS

See under **INJURIES**.

BACTERIA

Conventional medicine notes three classes of harmful bacteria: 1) *Bacilli*, shaped like rods; 2) *Cocci*, spherical in shape and exist singly, in pairs, chain formation or clusters; and 3) *Spirilla*, formed like a spiral or corkscrew, singly or in segments. Most bacteria reproduce through cell division (dividing themselves in half), although very large bacteria create “babies” inside the parent cell, which are then released through a small slit in the parent’s cell wall. Some bacteria thrive in an aerobic or oxygen-rich environment, while others are anaerobic, living only in an absence of oxygen. Still others adapt to their environment, surviving both aerobically and anaerobically. Because bacteria are larger than viruses, most can be seen individually under a microscope.

Bacteria feed on diseased organisms—further fermenting tissues that still possess some vitality—as well as on already dead material. What we experience as disease is either due to an attack by microbes (as when they destroy red blood cells), or the poisonous waste products (including pus and gas) that the pathogens excrete into the bloodstream and surrounding cells. Some types of very tiny bacteria form calcium phosphate shells around themselves to protect themselves from the host’s immune cells. These lumps of crystallized calcium are implicated in many disease conditions, including arthritis, stroke, cancer, back pain, and even Alzheimer’s.

Recently it has become apparent that the divisions between various pathogens is less distinct than was previously thought. Nevertheless, the conventional labeling systems are still useful. If you don’t know the classification of a specific pathogen, look up its name in this Directory according to its first letter; all conditions are alphabetized.

If you are using the correct frequencies but feel no relief, see **PARASITES, PROTOZOA AND WORMS**, “General (unspecified).” Parasites in the system can slow or prevent the healing from any other condition. Also, if your illness stems from, or is related to, conditions in your gastrointestinal tract, you’ll benefit from friendly flora (as fermented food or in supplements). If more friendly flora reside in the gut, fewer pathogenic bacteria will be able to survive there.

***Actinomyces bovis* / Actinomycosis (in animals)**

Found in the oral cavity of mammals (primarily cattle), this bacterium can infect the brain, jaw, lungs, and gastrointestinal tract. It causes infections with lesions and swelling in the teeth and jaw (commonly called “lumpy jaw”). According to some scientists, *Streptothrix* was a previous term for this pathogen, though others claim that the two are distinct. Also see “*Actinomyces israelii*,” below. From Royal Rife, possibly used on his #4 machine: 192K Then try: 488, 565, 672, 674, 678, 766, 768, 773 (an important frequency), 773–778 (sweep), 822, 885, 887, 7877, 9687, 42664, 42666, 46668, 46787

Actinomyces israelii* / *Aggregatibacter***Actinomyces* / *Actinomycetemcomitans* / Actinomycosis (in humans)**

All *Actinomyces* strains form branched networks of hyphae (threadlike tendrils) when in colonies, so they’re often assumed to be fungi when they are bacteria that are mostly anaerobic (thrive in the absence of oxygen). These bacteria help form compost (they produce enzymes that help degrade plants); but in the body they cause actinomycosis of the brain, lungs, gastrointestinal tract, sinuses, or jaw. Infection usually manifests as lumps in the neck and head, a sinus infection, or a dental infection featuring pus-filled cavities in the mouth. (Pus is an accumulation of dead white blood cells.) Try all *Actinomyces* frequencies.

First try (Dr. Loyd and Dr. Garvey): 262, 358, 787, 2154 Then try: 20, 23, 46.5, 73, 160, 222, 465, 488, 567, 660, 690, 727, 747, 766, 776, 787, 802, 880, 1550, 1600, 1800, 2154, 2489, 2720, 7880

***Bacillus anthracis* / Anthrax**

Bacillus anthracis causes anthrax, an infectious, sometimes fatal disease of warm-blooded animals (especially cattle and sheep). It transmits to humans through contact with animal hair and hides. Symptoms include ulcerous sores in the lungs or gastrointestinal tract and an accumulation of dead white blood cells. Risk of infection is not very high.

From Royal Rife, possibly used on his #4 machine: 139200

From Dr. Marty Monahan: 193, 224, 329, 410, 420, 585, 930

From Dr. John Garvey: 633

Long set (some numbers from M. Tigchelaar): 129, 224, 273, 400, 414, 420, 500, 768, 900, 930, 768, 1365, 1370, 1665, 4K. Also 622, 623, 624, 627, 628, 629, 632, 633, 634, 637, 638, 639, 642, 643, 644. With so many numbers that close together, do a 45-minute sweep

From Dr. Hulda Clark. Use the Hz set for units unable to output KHz. With such a wide frequency range, you may want to sweep.

KHz sets:

393500 (lowest), 395K (optimal), and 398K (highest)
363200 (lowest), 364K (optimal), and 365300 (highest)
359400 (lowest), 368K (optimal), and 370500 (highest)

The Battle of Bacteria and Biofilms for Your Body

Introduction. In the 1600s, the Dutch scientist Anton van Leeuwenhoek, known as the “Father of Microbiology,” studied his own dental plaque under a microscope and discovered bacteria. But it was not until the 1970s that scientists began to understand how complex bacteria really are. Despite their size, bacteria—and other pathogens—are not passive or without strategy. They have highly sophisticated ways to transform themselves and their environment, which allows them to survive in adverse conditions. As long ago as 1992, scientists had learned that “Bacteria Are Found to Thrive on a Rich Social Life.”

These single-celled creatures, long viewed as independent and self sufficient . . . lead a rich social life. . . . They travel in packs, cooperate and are willing to be sacrificed so their fellows may survive. Some aggregate so closely as to mimic a multi-cellular organism.

. . . When [some types of] bacteria are exposed to noxious chemicals . . . they secrete amino acids that direct them to aggregate in tight little spheres for protection. . . . An invading bacterium seems to signal others to join it. The groups of bacteria that congregate in certain body tissues then clump together to resist attacks by antibiotics. . . . [Bacteria] display an even greater degree of cooperation during times of [food] scarcity. Faced with starvation, the bacteria turn into tough spores, resistant to freezing and drying, in which they survive in suspended animation. The individual spores clump together, a hundred thousand or so at a time into a cylinder.

The bacteria also have a signal that is emitted when there are enough of them—10,000 to 100,000. . . . The signal that this density has been attained is a mixture of eight amino acids. On sensing it, the cells group together and form into a pile as neatly ordered as logs in a cord of wood. . . . [One doctor] was fascinated by the “fantastic geometric patterns” made in Petri dishes by colonies of *E. coli* and *Salmonella typhimurium*. . . . The patterns seemed to her to be clear evidence that the bacteria must somehow be communicating with each other.¹

Herbalist Stephen Buhner believes that because pathogens have other methods of self-protection, the recent emphasis on the dangers of biofilm is exaggerated. Other professionals (as well as many people who are seriously ill) disagree.

Biofilm and Its Microorganism Creators. Biofilm is constructed from proteins, polysaccharides (sugars), and fibrin (a protein the body uses to clot blood), which gives the biofilms structure. But it also contains “food”: heavy metals, toxins, and particles of the host’s DNA. The host’s DNA also prevents the immune cells from attacking (because the biofilm is seen as belonging to the host). Biofilm forms when free-floating pathogens land on a surface and produce the hard, thick, adhesive-like slime. Researchers describe biofilm clusters under a microscope as elaborate, three-dimensional glue tower structures. Most biofilms range in thickness from a few microns to hundreds of microns (one micron is one-millionth of a meter). It is difficult to eliminate these colonies because biofilm is so gooey. Biofilm allows microorganisms to:

- ◆ Stick to a living or non-living surface with glue-like tenacity.
- ◆ Form into colonies.
- ◆ Protect themselves from the host’s immune cells that try to eliminate them, and from agents that can disable or kill them such as herbs, pharmaceuticals, and frequency therapy.
- ◆ Communicate with each other and act as one organism with a single consciousness.

Biofilm can stick to almost any type of material—metal, plastic, soil, human and animal tissue—as long as the material contains moisture or has water around it.

Bacteria that form biofilms or become members of biofilm communities may possess cell walls, lack them altogether, or be in their L-form state. As many as 300 different species of bacteria can form biofilms in the mouth (which we know of as plaque). Different microorganisms can inhabit one biofilm colony: fungi, protozoa, and even algae and worm-like organisms. Some researchers state that in the case of Lyme disease, members of a biofilm colony may merge with *Borrelia* and create a hybrid organism. Also, biofilms spread. Plaque (biofilm) in the mouth is known to induce infections elsewhere in the body—such as in the brain (strokes and dementia), and in the heart (cardiovascular disease).

Biofilm colonies have their own metabolism. They develop a complicated architecture, which usually contains channels through which nutrients flow and waste leaves. In colonies with more than one type of microorganism (a common occurrence), each pathogen utilizes different nutrients, thus avoiding competition and making the community stronger.

Where Biofilm is Found. Scientists recognize that biofilms have existed for millennia. In fact, biofilms have been identified in Australian deep sea fossils that are 3.2 billion years old. Biofilms can lodge anywhere: on the surface of stagnant pools, on contaminated food, on pebbles at the bottom of a stream, on the surfaces of your kitchen sink and bathtub, in your toilet bowl, and even on your contact lenses and medical implants.

Biofilms also live in human and animal bodies, which contain many moist surfaces (blood, saliva, urine, mucosal tissue). The familiar hard, yellowish dental plaque on your teeth is a common form of biofilm, made by a complex clump of living, communicating cells.

How Biofilm Colonies Communicate. The members of biofilm colonies communicate by sending molecular signals to one another, a method known as *quorum sensing*. If a bacterium is by itself, it will secrete a long signal molecule; if part of a community, it will secrete a shorter one. When the signals between the microorganisms become strong enough, the pathogens respond and behave as a single entity or consciousness. Pathogens may decide to cluster together more tightly to evade the host's immune cells, or to make space for new pathogens. They will also signal when leaving the site—as single (planktonic) cells—to begin new colonies. Incredibly, quorum sensing can occur within a single species of pathogen or between diverse species.

Diseases and Biofilms. According to the National Institutes of Health, more than 65% of all microbial infections are caused by biofilms. Biofilms have been found on the removed tissue of 80% of patients undergoing surgery for chronic sinusitis. Biofilms cause the formation of kidney stones, which are produced by bacteria and minerals that the bacteria seize from the urine. In people with endocarditis (inflammation of the inner layers of the heart), biofilms are often living on a cardiac valve. Pathogens in vaginal tissue and tampon fibers can also form biofilms, causing inflammation and Toxic Shock Syndrome. The sludge covering diabetic wounds is largely made up of biofilms. In one study, biofilms were shown to infect children with chronic ear infections. Biofilms play a major role in autoimmune and inflammatory diseases, and even cause most of the infections associated with contact lens use.

Biofilms are especially problematic in the case of Lyme. Although Lyme disease is caused by various *Borrelia* strains, most Lyme sufferers harbor many other infectious microbes, or co-infections, that live in the *Borrelia* biofilm matrix. In many cases, these co-infections—such as *Babesia* and *Bartonella*—may cause symptoms equal in severity to *Borrelia*. *Babesia* may even cause death.

How to Destroy Biofilms. Bacteria, fungi, viruses, and other microorganisms that live inside biofilm can be up to a thousand times more resistant to being destroyed by antimicrobials (antibiotics, the body's own immune cells, or Rife Therapy) than planktonic or free-floating bacteria. The longer the biofilm remains, the more ordered and structured the tightly knit communities become, and the more difficult it is to penetrate the hard sticky shields. Pathogens can join together on almost any surface and form a protective matrix at any time. Although biofilms grow slowly, they can easily infect new tissues—either by rippling or rolling across a surface, or by detaching in clumps. It's to the colony's advantage to keep the host alive—otherwise, the pathogens will no longer have a place to live. So the host's immune defenses are allowed to keep the biofilms *somewhat* contained. But the infection never really leaves. This has enormous repercussions for people with chronic diseases involving multiple pathogens (such as Lyme and its co-infections).

Medicine has treated disease based on the assumption that all pathogens are planktonic (free-floating). This approach may be largely due to the greater ease of culturing individual microorganisms than whole biofilm colonies. But as more researchers understand that most pathogens live in mixed communities that form slime for protection, the methods previously used to eliminate infections will change. *Biofilms must be broken up first before the pathogens living inside can be killed.*

In some instances, low doses of antibiotic drugs have been found to pierce biofilms. Some doctors prescribe taking, stopping, and then re-taking the drugs to lull any remaining persistent pathogens into not replicating during the “stopping” phase, which allows the next drug dose to eradicate them. However, antibiotics are toxic. There are quite a number of safe, natural substitutes for drugs that can pierce biofilms. Once the biofilms are penetrated, other therapies can reach the pathogens and eliminate them. *During this stage, all substances must be taken in therapeutic (large) amounts!*

◆ **Enzymes.** Lumbrokinase, mucolase, nattokinase, and serrapeptase. Don't eat for 2 hours beforehand—otherwise, the enzymes will be used to digest food and won't reach the bloodstream to eat biofilms. Take 1 tablespoon of lecithin with the enzymes to help them reach the biofilm. After an hour, use the “killing” method of choice. *Don't take the enzymes without doing a “killing” treatment afterward!* Otherwise, you'll simply release the pathogens, which will then cause infections elsewhere. Protein-digesting enzymes thin the blood, so consult your doctor if you're taking a blood thinner or have blood clotting problems.

- ◆ ***N-Acetyl-Cysteine (NAC) / N-Acetyl-L-Cysteine.*** This nutrient is converted by the body into the amino acid cysteine and then into the antioxidant glutathione, which prevents liver damage. NAC is antibacterial and antifungal, inhibits biofilm formation by 62%, and penetrates and destroys deep biofilm layers. For neurological disorders, serious respiratory illnesses (it thins mucus), gastrointestinal infections, and dental disease (and plaque). Also improves insulin sensitivity, blocks cancer cell formation, and reduces cravings f.
- ◆ ***Essential Oils (EOs).*** Three essential oils inhibit the formation of biofilms, break down biofilms that have already formed, and target the pathogens directly responsible for producing the biofilms: peppermint, rosemary, and tea tree. Other essential oils have been found to inhibit the quorum sensing (communication abilities) of certain pathogens. Rose, geranium, lavender, and rosemary (which also bursts biofilm) affect *E. coli*. Clove bud, lavender, peppermint, and (to a lesser extent) cinnamon bark inhibit the quorum sensing abilities of *Pseudomonas aeruginosa*. EOs are potent. Use them with carrier oils.
- ◆ ***Herbs: Terminalia chebula, Moringa oleifera, Cistus incanus, neem.*** Burst biofilms and help destroy what lives in them. They also help strengthen the body.
- ◆ ***Colloidal Silver.*** Destroys *Staphylococcus aureus* (among other pathogens) and also its biofilms.

How to Destroy Pathogenic Microorganisms. Biofilm colonies can contain many different pathogens—bacteria, fungi, parasites, and even newly formed composite pathogens. Biofilms exist in layers. Each layer must be dismantled in succession, every time revealing new microorganisms inside. Not all methods will kill every pathogen, or work every time, so they should be rotated. These are *non-drug* approaches.

- ◆ ***Colloidal Silver.*** Made by passing current between two pure silver wires immersed in distilled water, the colloid particles (less than .015 microns) and smaller silver atoms and ions (.230 nanometers) kill one-celled bacteria and viruses (but not multi-cellular protozoa and worms) as long as it can directly touch them. Silver also reduces inflammation, normalizes cell and tissue function, and helps immune cells work more efficiently. See Chapter 3, **Colloidal Silver**, for details.
- ◆ ***Essential Oils.*** In addition to those mentioned above, lemon and lemongrass can kill some pathogens. Tea tree, rosemary, thyme, and especially oregano are antibacterial, antifungal, and antiviral. Use with care.
- ◆ ***Microbe-Killing Herbs.*** Besides those already mentioned are aloe vera, cat's claw, frankincense (*Boswellia*), grapefruit seed (not grape seed) extract, hydrangea root, *Mimosa pudica*, neem, olive leaf, pau d'arco, sarsaparilla (*Smilax officinalis*), and turmeric.
- ◆ ***Monolaurin, Lauric Acid.*** Antiviral and antibacterial.
- ◆ ***Adaptogenic Herbs For Immune Function.*** *Immune-stimulating* herbs such as echinacea raise the number and function of immune cells. *Adaptogenic* herbs regulate or normalize immune function by lowering the activity of overactive immune cells and raising the activity of sluggish ones. Such herbs are completely safe, have broad health applications, and reduce mental and physical stress. The true adaptogens (without possible unwanted other effects) include ashwagandha, astragalus, eleuthero (misleadingly called "Siberian" ginseng), red (Asian) ginseng, white (American) ginseng, holy basil, jiaogulan (*Gynostemma*), rhodiola, and schisandra.
- ◆ ***Proline-Rich Polypeptides (PRPs) or Transfer Factors.*** The messenger molecules in colostrum, the thin fluid that precedes the milk from a nursing mammal. The immune cells are told to multiply, recognize foreign invaders now and in the future, disable pathogens, and avoid attacking the body's own tissue.
- ◆ ***Vitamin C.*** The best form is ascorbic acid, unbound to minerals. Strengthens blood vessel walls and helps protect cell membranes from invading pathogens. Loose stool indicates that you're taking too much; more is tolerated if taken in its liposomal form (see Chapter 3, **Nutritional Supplements**). Take one gram every hour. Dihydroquercetin (a flavonoid in grape leaf extract) makes Vitamin C last longer by replacing its spent electrons. Alpha lipoic acid also helps recycle Vitamin C in the body. Don't eat sugar, which attaches to the same cell receptor sites as Vitamin C and thus interferes with its absorption.
- ◆ ***Vitamin D3.*** A hormone made by the skin if there's enough sun exposure. Also in clean fatty animal foods. D3 builds bone, supports immunity, and more.
- ◆ ***MMS (Miracle Mineral Supplement) / Sodium Chlorite.*** When activated by a mild food acid, such as citric acid or lemon juice, this preparation becomes chlorine dioxide. Chlorine dioxide has a unique ability to oxidize pathogens and toxins (like ozone), but it completely breaks down into harmless substances. Very effective and safe when properly used. Begin with 4 drops every hour, work up to 20 drops. Avoid food for 2 hours before.
- ◆ ***UV Light and Ozone.*** Ozone kills almost any pathogen, as does Ultraviolet-C light, which eliminates pathogens almost instantly. Consumers can't afford hospital grade UV units, but can buy portable ozone generators (see Chapter 3, **Oxygen Therapies**).

Hz sets:

975.39 (lowest), 979.11 (optimal), and 986.54 (highest)
900.28 (lowest), 902.27 (optimal), and 905.49 (highest)
890.86 (lowest), 912.18 (optimal), and 918.38 (highest)

Higher Clark numbers:

19665.89, 18122.49, 18321.64, 19317.38, 961.76

Clark sweep: 359–399.

***Bacillus anthracis* Spores**

From Dr. Hulda Clark. Use the Hz set for units unable to output KHz. With such a wide frequency range, you may want to sweep.

KHz set: 386950 (lowest), 388K (optimal), 391450 (highest)

Hz set: 959.15 (lowest), 961.76 (optimal), and 970.31 (highest)

Also from Clark: 386.95 to 391.45

***Bacillus botulinum* / Botulism / Food Poisoning**

Bacillus botulinum produces a potent neurotoxin, from spoiled food that has been improperly canned or left unrefrigerated in hot weather. Causes nausea, vomiting, intense abdominal cramping, fatigue, headache, difficulty swallowing, distorted vision, diarrhea, paralysis, and sometimes shock and unconsciousness leading to death. Also see the “*Salmonella*” entries in this section; and **CHEMICAL SENSITIVITY / POISONING.**

172, 518, 533, 639, 660 + 690 + 727, 683, 691, 802 + 1550, 831, 1372, 1552, 10K

Bacillus cereus

Found in soil or on vegetables, causing diarrhea, nausea and vomiting.

926.19, 928.28, 928.29, 931.6, 462.89, 18645.25, 18645.26, 11676.55, 11703.12, 11745.3, 374500

Bacillus coli* or *B. coli

See “*E. coli* / *Escherichia coli*” in this section.

Bacillus licheniformis

This bacterium has different forms, producing short and long rods, cocci, and branched filaments that superficially resemble a fungus. It can morph into cancer.

From Dr. Jeff Sutherland: 2655, 21554

From M. Tigchelaar: 334, 1675, 1722, 2008, 2111.3, 2127, 2127.5, 2155.4, 2385, 2521, 2663, 2655, 2674.9, 4254.73, 5655.65, 5355.67, 6265.62, 7356, 8020, 8655.4

Bacillus subtilis

Found in the gastrointestinal tract of humans and ruminants, it survives high heat and causes cramps, nausea and vomiting, and diarrhea. It also causes eye infections.

From Dr. John Garvey: 432, 722, 822, 1246

Bacillus thuriniensis

520, 902, 1405, 2551

Bacteroides fragilis

Causes diarrhea if it passes from gut into bloodstream.

565 (from Dr. Richard Loyd), Sweep 633–637

From Dr. Hulda Clark. Use the Hz set for units unable to output KHz. With such a wide frequency range, you may want to sweep.

KHz sets:

324300 (lowest) and 325K (optimal and highest)

325700 (lowest) and 326K (optimal and highest)

Hz sets:

803.86 (lowest) and 805.59 (optimal and highest)

807.33 (lowest) and 808.07 (optimal and highest)

Also from Clark: 16180.80, 16230.58, 808.07, 805.59

Bartonella bovis

Infects cattle but can affect other mammals and humans. Symptoms are similar to those of *Bartonella quintana*. Run with a 2 Hz sweep, in decimal increments.

344.6

Bartonella henselae

Similar in effects to strain below.

From Richard Loyd: 878

***Bartonella quintana* / Bartonellosis / Febris Wolhynia / Wolhynia Fever / Trench Fever / Quintan Fever / Shin Bone Fever**

The infection from *Bartonella quintana* has been called by many names. It was called “Urban Trench Fever” because it affected the homeless, alcohol abusers, and inner-city folk of low income. It was called “Trench Fever” during World War I because the symptoms were first noted in Allied soldiers who fought in the trenches. The bacterium itself has also changed names. A member of the *Rickettsia* family, it used to be called *Rochalimaea quintana*, but was reclassified as *Bartonella quintana*.

Several *Bartonella* species live in North Africa, Mexico, and North America. Some are spread by sand flies in the Andes Mountains of Peru, Columbia and Ecuador. Others are carried by fleas, body lice, various species of biting and wingless flies, and ticks. In California within the last decade, five different strains of *Bartonella* were identified.

Bartonella quintana was originally thought to proliferate in the gut of the body louse (an insect), but it’s now found in the lining of blood vessels. Originally the disease was transmitted by rubbing infected louse feces into chafed skin or the whites of the eyes (conjunctiva). However, with the proliferation of tick-borne illnesses, people with Lyme disease are prone to other co-infections as well, which include *Bartonella*. This disease is not secondary to Lyme, but a tenacious and harmful illness in its own right.

Early signs of Bartonellosis can be sudden: fleeting rash, high fever, fatigue, headache, swollen glands, and endocarditis (infection of heart and large blood vessels). Symptoms also include back and leg pain, especially in the shins (which gave the disease one of its nicknames). Long-

term sufferers report continued neurological symptoms: leg and arm numbness, unsteady gait, balance problems, blurred vision, memory loss, and tremors. *Bartonella quintana* also causes lesions similar to those in HIV. A universal symptom is joint pain. Recovery can be hard and relapses are common if only conventional means are used.

Bartonella reproduces quickly, so rife two to three times a day. Also see “*Borrelia*, all types / Borreliosis / Lyme Disease” in this section, as *Borrelia* often occurs together with Lyme and *Bartonella*.

From Dr. Richard Loyd: 364, 379, 645, 654, 786, 840, 842, 844, 846, 848, 850, 857, 878, 967, 6878, 634, 696, 716, 1518, 9658

Also try: 356, 547, and especially 832 and 1518

Also try: 7776665.66 or 7776665.67

Biofilms

A sticky, hard, structured formation produced by many types of pathogens, that protects them from harm and helps them adapt to their environment. With especially stubborn diseases (such as Lyme), biofilms must be destroyed before the pathogens living inside can be killed. Don't rely solely on the frequencies. See Insert, page 616, “The Battle of Bacteria and Biofilms for Your Body.”

477 (from Dr. Richard Loyd), 641.18, 543.75

Bordetella bronchiseptica / Kennel Cough

This very infectious bacterium, carried via direct contact, airborne droplets, and the sharing of contaminated items, causes inflammation of the upper airways in cats and (rarely) humans. However, it affects mainly dogs and is known as kennel cough. Symptoms include sneezing, breathing difficulty, lethargy, fever, eye and nose discharge, appetite loss, and of course coughing.

From Dr. Richard Loyd: 655

Bordetella pertussis or *Bordetella parapertussis* / Whooping Cough

Bordetella pertussis (*Bordetella parapertussis*) causes whooping cough, a serious disease that can permanently disable infants or lead to vomiting and choking, eventually causing death. Symptoms include runny nose, diarrhea, fever, and a persistent cough that (mostly in those over six months of age, before adulthood) ends with a “whoop” noise when the person breathes.

First try: 526, 765 (both from Dr. John Garvey), 46, 284, 660 + 690 + 727, 697, 906, 9101

From Dr. Hulda Clark. Use the Hz set for units unable to output KHz. With such a wide frequency range, you may want to sweep.

KHz set: 329850 (lowest), 331K (optimal), and 332250 (highest)

Hz set: 817.62 (lowest), 820.47 (optimal), and 823.57 (highest)

Also from Clark: 16479.52

Also try: 776, 787, 802 + 1550, 832, 880, 1234, 7344

Borrelia, all types / Borreliosis / Lyme Disease

Lyme disease or Borreliosis is a condition of syndromes and symptoms, caused by various *Borrelia* strains (which are related to syphilis). In the host, *Borrelia* adapts to survive by morphing into three different forms according to the condition. The most well-known form is the corkscrew-shaped or spiral spirochete, which has an outer cell wall and produces symptoms. It's powerful enough to bore into bone by spinning, which partly accounts for the extreme damage it causes to the host. The second form is cell-wall-deficient (sometimes referred to as L-form), which doesn't have a cell wall and also produces symptoms. The third form, the cyst—whose dense outer capsule makes it impervious to most threats in its environment, including many pharmaceutical antibiotics—is dormant, and doesn't produce symptoms. Antibiotics typically cause the other two forms to morph into a cyst.

The immune cells cannot recognize *Borrelia* without a cell wall, and thus cannot mount a defense against it. *Borrelia* also circumvents the immune cells when it lodges in the brain and spinal cord, as pathogens in the central nervous system—which is isolated from the rest of the body—are undetectable by antibodies in the blood. The central nervous system is an ideal incubator for *Borrelia* because the spirochete expresses a new set of genes once it's in the brain. Pharmaceutical antibiotics work by breaking down bacterial cell walls, but they cannot target *Borrelia* in its cell-wall-deficient form which is impervious to drugs. The cyst form of Lyme survives antibiotics, starvation, and changes in pH and temperature. When the host's terrain is favorable to it, the cyst form will transmute back into a spirochete form. The cyst form is responsible for the relapses that some Lyme sufferers experience after months or even years of apparent good health without symptoms. The lack of a cell wall (and hence, the lack of antibodies in the system) also help explain why almost all tests for Lyme are inaccurate. If you have been diagnosed with another disease and your symptoms won't abate, you may have Lyme.

Borrelia is transmitted by insects. The most common are deer ticks, but Lyme has also been found in mosquitoes in central Europe and in sandflies in the Middle East. Lyme is also transmitted through kissing, sexual intercourse and other contact between humans; through contact between humans and animals; and contact between animals. The spirochete has been found in human blood, urine, vaginal secretions, semen, and spinal fluid. History reveals that in the 1970s, a genetically engineered form of the *Borrelia* spirochete was created at a US government biological laboratory called the Plum Island Animal Disease Center, near Lyme, Connecticut, in the US. It would have been easy for a tick to escape from the facility, migrate to the mainland, and reproduce. Although *Borrelia* is rampant in the United States, it's now found all over the world. Some especially afflicted areas include the British Isles, most of Europe, the southernmost tip of Africa, some parts of

China, and nearby Korea and Japan. Various strains of the highly adaptive pathogen include *Borrelia burgdorferi*, *Borrelia afzelii*, *Borrelia garinii*, *Borrelia lonestari* and *Borrelia valaisiana*; but there are many more. All are genetically similar to each other, and all cause Lyme disease.

Lyme often begins with a rash at the site of the insect bite. About 20% of rashes look like a bull's-eye. Others appear as a solid circle, blister, bruise (without the typical yellow coloring of a bruise), or streaks appearing anywhere on the body as the Lyme spreads.

The many devastating symptoms from the bacterium are due to its ability to induce complex responses of inflammation and autoimmunity in any part of the body. Thus, Lyme sufferers may have swollen glands, an enlarged liver, or an enlarged spleen. One's constitution and cell receptor site sensitivities determine which symptoms will appear. Common symptoms of Lyme manifest in the muscles, skeletal system and joints, causing flu-like aches, sweats, weakness, arthritis, carpal tunnel, stiffness, fever, and chills. Neurological symptoms are also common, encompassing a wide range of mental problems including mood swings, panic attacks, depression, general confusion, memory loss, and difficulty thinking. Overtly physical neurological manifestations include tremors, poor balance, insomnia, narcolepsy, slurred speech, and numbness, tingling and burning in the nerves and limbs. Digestive symptoms include indigestion, nausea, vomiting, diarrhea, and constipation. Respiratory tract symptoms include shortness of breath, cough, and chest and rib pain. Circulatory system symptoms include heart palpitations or extra beats, and vessel and heart blockage. Urinary tract symptoms include irritable bladder and interstitial cystitis. Reproductive organ symptoms include loss of sex drive, sexual dysfunction, and menstrual difficulties. Symptoms in the eyes include inflammation, double or blurry vision, oversensitivity to light, and even blindness. Symptoms in the ears include hearing impairment, buzzing and ringing, pain, oversensitivity to sound, and even deafness. Hormones may also be unbalanced.

At some point Lyme subjects will feel exhausted, with intense pain in the joints, bones and muscles. It's common to be susceptible to other infections, and have constant low body temperature (indicating thyroid underactivity), food allergies, extreme chemical sensitivity, sleep disturbances, systemic inflammation, and nutritional deficiencies. Lyme impairs the white matter in the brain, causing most people to suffer from loss of short term memory and cognitive abilities—along with brain fog, which makes it difficult for Lyme sufferers to monitor their own symptoms. Sometimes Lyme disease ends in death.

Lyme causes so many and varied symptoms that it mimics other conditions—such as Multiple Sclerosis due to the nerve damage it creates, or chronic fatigue because it's so debilitating. Not surprisingly, Lyme subjects are often diagnosed with other conditions: an autoimmune disease (Lupus or rheumatoid arthritis), cardiovascular

issues (including angina and heart failure), chronic fatigue, fibromyalgia, obsessive-compulsive disorder (OCD), schizophrenia, Bell's Palsy, cerebral palsy, Parkinson's, Alzheimer's, amyotrophic lateral sclerosis, Multiple Sclerosis, Reflex Sympathetic Dystrophy, autism, schizophrenia, or other disorders.

Lyme is very difficult to treat, not only because of its many symptoms but also because it's usually accompanied by co-infections or other pathogens: usually *Babesia* and *Bartonella*, sometimes *Ehrlichia*, sometimes *Mycoplasma*, and even parasites and worms. These pathogens hide inside biofilms—sticky, hard, almost impenetrable fortresses of slime, built on a fibrous matrix that house many different types of pathogens in organized clusters or colonies. Biofilms also contain the pathogens' food—heavy metals, toxins, and even the host's own DNA. Created by the pathogens, biofilms adhere to any surface that contains moisture. They usually block blood flow. They hide and protect the microorganisms so well that the body's immune cells cannot locate, identify or disable them, or escort them from the body. Colony inhabitants communicate with each other and routinely exhibit cooperation strategies to ensure their maximum proliferation and survival. As long as they're protected by biofilms, pathogens can lie dormant for long periods, remaining inaccessible to frequency therapies, almost all pharmaceutical antibiotics, and a fair number of herbal agents (though not all herbs). Therefore, penetrating the biofilms first is necessary to completely obliterate the disease (see Insert on page 616, "The Battle of Bacteria and Biofilms for Your Body").

As biofilms become dismantled, the top layers of infectious colonies get stripped away first, revealing deeper layers. Different pathogens often occupy successive layers, so what worked for the top layer might not work for an adjacent layer. However, prior treatments that had stopped working will probably again begin to work, as successive layers of the biofilm are removed and the current pathogen surfaces. Also, different pathogens will emerge from subsequent layers. So if *Borrelia* is first treated, it won't be in the next layer but ultimately, another layer of *Borrelia* may surface again. Thus, what was used months ago will again prove useful. When you experience a plateau—when neither an improvement nor a die-off (Herx) reaction occurs—it's time to use a new protocol, or return to a protocol that was used previously.

Ironically, even partly eliminating *Bartonella* and *Babesia* makes the *Borrelia* more active—and susceptible to being devitalized—because the co-infections help hide or protect the *Borrelia* from anti-*Borrelia* protocols. Note that after a suitable and aggressive treatment, you may feel worse. But this doesn't mean that the protocol was bad; it means that it's working, which is why there's a die-off (and you feel awful).

Most people with Lyme who consult conventional doctors don't get well, because the only treatment that

Mycobacterium abscessus

Often found in hospital settings. Infects skin.
588

***Mycobacterium avium* / Bird Tuberculosis**

See "*Mycobacterium avium* / Tuberculosis, Aviare / Bird Tuberculosis" under **TUBERCULOSIS**.

***Mycobacterium leprae* / Leprosy / Hansen's disease**

Chronic infectious disease resembling tuberculosis, causing lesions on the skin (especially of the hands and feet), in the mucous membranes of the eyes and nose, and in the nerves not in the brain or spinal cord. The bacteria can enter the body through the nose and possibly through broken skin, especially after prolonged close contact. Children may be more susceptible than adults.

This disease is prevalent in Africa, Latin America, parts of Asia, and Pacific Ocean islands. In 1995, the World Health Organization estimated that two to three million people were permanently disabled from leprosy. Some countries still have leper colonies due to the stigma of having this disfiguring disease.

Allopathic medicine advises taking drugs for up to two years. Herbs and colloidal silver will build immunity.

20, 428, 440, 444 + 1865, 450, 464, 500, 600 + 625 + 650, 660 + 690 + 727, 700, 760, 776, 787, 802 + 1550, 832, 880, 1500, 1600

Mycobacterium intracellulare

From Dr. Richard Loyd: 978

***Mycobacterium avium* subspecies paratuberculosis**

Primarily affects cattle and sheep, but humans sometimes are infected as well.

From Dr. Richard Loyd: 686

***Mycoplasma*, many types**

About one-tenth the size of regular bacteria, *Mycoplasma* affect humans, animals, and plants. Normally not causing serious damage, over half of the 200 species of *Mycoplasma* are now proven pathogens. Also, recent strains of highly destructive *Mycoplasma* have been found with unusual gene sequences that could only result from genetic engineering. On September 7, 1993, Patent number 5,242,820 for a *Mycoplasma* creation was awarded to Shyh-Ching Lo (named as the inventor). The party to whom the invention was transferred was the American Registry of Pathology, affiliated with the US military. A phrase used in conjunction with this pathogen is "biological warfare."

Engineered *Mycoplasma* can survive for only two hours outside the body, but they can live anywhere in the body, stealing nutrients from the host. They invade organs, blood, spinal fluid, bone marrow, urine, lungs, nose, mouth, and nerves. They even cross the blood/brain barrier, and are known to infect developing fetuses.

Slow growing, they can remain in the system for years and even decades, until a trauma—whether from chemicals, emotional upheaval, injury, drugs or vaccines, or illness—activates them. The illness caused by this pathogen depends on where in the body it gravitates, which may be the tissues in the body that are the weakest.

Mycoplasma can bind with any cell type and interfere with the synthesis of proteins, RNA, and DNA. The resulting cellular abnormalities can result in cancer. The ability of *Mycoplasma* to invade the body's lymphocytes, bind to them, and reduce their numbers, weakens immunity so the host is susceptible to other infections as well. When a *Mycoplasma* emerges from a cell, it takes a piece of the host cell membrane with it. Later, the immune system attacking the *Mycoplasma* cannot differentiate the pathogen from the body's own cells and attacks the host cells too. This is the basis of autoimmune conditions, such as rheumatoid arthritis, Crohn's disease, fibromyalgia, thyroid and adrenal dysfunction, lupus, Multiple Sclerosis, and Amyotrophic Lateral Sclerosis (ALS). Other conditions indicating *Mycoplasma* involvement include Gulf War Syndrome or Illness, Chronic Fatigue Syndrome (CFS), chemical sensitivity, HIV / AIDS, and a host of neurological diseases such as Alzheimer's and Parkinson's.

Mycoplasma pneumoniae used to be the most well-known strain, but *Mycoplasma fermentans incognitus* is now known among researchers, war veterans, and laypeople who are aware of its creation as a biological warfare weapon. Evidence suggests that *Mycoplasma fermentans*, which is neither a bacterium nor a virus, has been created by combining the nucleus of the *Brucella* bacterium with a visna virus, and then extracting the *Mycoplasma*.

Researchers use a soy-based broth to grow *Mycoplasma* cultures—soy is a favorite food of these highly dangerous and resistant microbes—giving us yet one more reason to avoid eating soy. Some allopathic physicians prescribe rotating doses of broad-spectrum antibiotics, but this may further compromise immunity. Many people successfully treat *Mycoplasma* infections by drinking large amounts of colloidal silver. See Chapter 3, **Colloidal Silver**.

All strains of *Mycoplasma* produce similar symptoms. Try all the frequencies below if you think you're infected.

From Dr. Richard Loyd: 75.1, 150.3, 254, 300.5, 322.85, 323.50, 323.90, 342.75, 346.00, 349.30, 484, 601, 610, 644, 660, 664, 673.9, 679.2, 684.1, 686.6, 688, 690, 690.7, 706.7, 709.2, 777, 779.9, 783.6, 790, 800.4, 801.88, 829.3, 857.65, 864, 865, 878.2, 880.2, 923.01, 969.9, 975, 986, 1045, 1062, 1067, 1113, 1147, 2404.2, 2688, 2838.5, 2842, 2900, 2950, 7344, 16106.12, 17226.33

From Dr. Marty Monahan: 199, 205, 377, 398, 455, 543, 581, 624, 629, 630, 752, 843

Also try, running for at least 3 minutes each: 388.6, 543.6, 709.2, 777.2, 1087.2, 1554.5, 2174.3, 2838.5, 3109, 4348.6, 6217.9

From Dr. Hulda Clark. Use the Hz set for units unable to output KHz. With such a wide frequency range, you may want to sweep.

KHz sets:

322850 (lowest), 323500 (optimal), and 323900 (highest)
342750 (lowest), 346K (optimal), and 349300 (highest)

Hz sets:

800.27 (lowest), 801.88 (optimal), and 802.87 (highest)
849.59 (lowest), 857.65 (optimal), and 865.83 (highest)

Also from Clark: 16106.12, 17226.33

Mycoplasma buccale

Found in diseases of the mouth (especially of the gingival crevices) and respiratory tract. Experiment with known frequencies for other strains.

Mycoplasma faucium

Found in the mouth (especially the crevices of the gums) and in the respiratory tract. Experiment with known frequencies for other strains.

Mycoplasma fermentans /

Mycoplasma fermentans incognitus

This pathogen fuses with lymphocytes (immune cells) and impedes their immune function, inducing production of inflammatory substances in the body. *Mycoplasma fermentans (incognitus strain)* may be neither a bacterium nor a virus. There's solid evidence that it came from the nucleus of the *Brucella* bacterium and that it was combined with a visna virus. Artificially created pathogens are hard to classify, but *Mycoplasma fermentans* is commonly referred to as a bacterium.

Found in high amounts in the blood of people with other illnesses, including rheumatoid arthritis, Chronic Fatigue Syndrome, Gulf War Syndrome, fibromyalgia, Lupus, HIV / AIDS, autoimmune diseases such as diabetes, Amyotrophic Lateral Sclerosis (ALS), psoriasis and scleroderma, Irritable Bowel Syndrome, cancer, endocrine disorders, Multiple Sclerosis, and urogenital infections and diseases. Also see **GULF WAR SYNDROME / GULF WAR ILLNESS**; other "*Mycoplasma*" entries in this **BACTERIA** section; **VIRUSES**, "HIV (Human Immunodeficiency Virus) / AIDS (Acquired Immune Deficiency Syndrome)"; and **VIRUSES**, "Epstein-Barr Virus / Infectious Mononucleosis / Chronic Fatigue Syndrome (CFS)."

254, 484, 610, 644, 660 + 690 + 727, 706.7, 790, 864, 878.2, 880.2, 986, 2900

Sweep: 5044–5061; 5355–5458

Always use 40K to help restore cellular vitality.

Mycoplasma genitalium

Causes urogenital infections, pelvic inflammatory disease, nongonococcal urethritis, and perhaps arthritis, infertility and HIV. Experiment with frequencies for other strains or go to dna frequencies.com.

Mycoplasma hominis

Involved in many reproductive disorders (infertility, problem pregnancies, PID (Pelvic Inflammatory Disease), nongonococcal urethritis, vaginitis, pyelonephritis), and issues afflicting newborns: neonatal pneumonia, premature rupture of placenta membranes, infections from Caesarian surgeries, conjunctivitis, and low birth weight. May also be a cofactor in HIV. A study has linked a *Mycoplasma hominis*-like microbe to *Chlamydia pneumoniae*, so also see "*Chlamydia pneumoniae*" in this section.

From Dr. Richard Loyd: 876

Mycoplasma hyorhinis

Often in the respiratory tract of pigs but not humans.

From Dr. Richard Loyd: 689

Mycoplasma lipophilum

Implicated in diseases of the mouth, in particular diseases of the gingival crevices, and respiratory tract. Experiment with frequencies for other strains.

Mycoplasma penetrans

Thought to be a cofactor in HIV, urogenital infections, and autoimmune disorders. Experiment with frequencies for other strains.

Mycoplasma pirum

May be a cofactor in HIV and urogenital infections. Experiment with frequencies for other strains.

Mycoplasma pneumoniae / Pneumonia

Mycoplasma pneumoniae causes severe pneumonia (infection and inflammation of the lungs), usually caught and spread by children and young adults. Symptoms include copious fluid and mucus in the lungs, high fever, chills, cough, nasal congestion, sore throat, tracheobronchitis, pharyngitis, and sometimes blood in the mucus of the lungs. This condition also causes problems with joints, the central nervous system and liver, and the respiratory, autoimmune and cardiovascular systems. Some of the issues include asthma, heart disease, leukemia, polyarthritis, urinary tract infections, Irritable Bowel Syndrome, encephalitis, and meningitis. Also see "*Klebsiella pneumoniae / Pneumonia*" in this section; **PARASITES, PROTOZOA AND WORMS**, "*Pneumocystis carinii*"; and **RESPIRATORY TRACT**,

including O139 (dubbed “Bengal”), reported in epidemic proportions in eleven countries in Southeast Asia.

Most people manage by drinking to replenish their bodily fluids, but some become so dehydrated that fluids must be given intravenously. Keep food clean and wash hands after using the toilet. Also see “*Salmonella typhi* / Typhoid Fever” in this section.

First try: 843, 844 (both from Dr. John Garvey), 330, 556, 591, 660 + 690 + 727, 691, 968, 1035

Also try: 450, 802 + 1550, 787, 880

***Yersinia (Pasteurella) pestis* / *Pasteurella* / Bubonic Plague / Black Death**

The rod-shaped bacterium *Yersinia pestis*, reclassified from its former name *Pasteurella*, causes the contagious Bubonic Plague. In the 14th century, when one-third the population of the Middle East, China and Europe died from the disease, Bubonic Plague was called Black Death because the facial skin of many of the people who died was dark. This infection occurs mainly in wild rodents, but it is transmitted to people who are bitten by fleas from infected rodents (especially rats), or contact infected animals such as domestic cats. Bubonic Plague can also be passed from person to person through the air or direct contact. Symptoms include high fever and chills, rash, vomiting and diarrhea, and the formation of buboes or swollen lymph nodes (particularly in the groin), which gives the disease its name. Pneumonia and other respiratory infections can lead to death.

Similar pathogens cause Pneumonic Plague (primarily infecting the lungs), causing fever, difficulty breathing, cough, bloody mucus, severe headache and rapid heartbeat; and Septicemic Plague (primarily infecting the bloodstream), with symptoms of fever, chills, abdominal pain, shock, and internal bleeding. All of these infections are dangerous and require immediate medical treatment.

Some strains of these microbes have become resistant to antibiotics. They are also reported to be used in biological warfare. Proper hygiene, pure drinking water, healthy food, and antimicrobials are essential for building the body’s immunity. Don’t rely solely on the frequencies!

333 (from Dr. John Garvey), 20, 210, 216, 333 + 523 + 768 + 786, 500, 660 + 690 + 727, 787, 880

***Yersinia* infections, other (unspecified)**

323, 694, 913

End of Bacteria section.

BAD BREATH

See “Halitosis” under **DENTAL, Mouth and Gums.**

BANTI’S DISEASE

See under **LIVER AND GALLBLADDER, Liver.**

BARLEY SMUT

See “*Ustilago nuda* / Barley Smut” under **CANDIDA, FUNGI, MOLDS AND YEASTS.**

BARTONELLA QUINTANA

See under **BACTERIA.**

BASEDOW’S DISEASE

See “Graves’ Disease / Basedow’s / Diffuse Toxic Goiter” under **GLANDS, Thyroid.**

BECHTEREW’S DISEASE

See “Ankylosing Spondylitis / Bechterew’s Disease” under **BONE AND SKELETON.**

BED WETTING

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS.**

BEDSORES

See under **SKIN.**

BEHAVIORAL DIFFICULTIES

See **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS.**

BELL’S PALSY

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS.**

BILIARY CIRRHOSIS

See “Cirrhosis of the Liver / Biliary Cirrhosis” under **LIVER AND GALLBLADDER, Liver.**

BILIARY HEADACHE

See under **LIVER AND GALLBLADDER, Liver.**

BILIOUSNESS

See under **LIVER AND GALLBLADDER, Liver.**

BILIRUBINEMIA

See “Jaundice / Bilirubinemia” under **LIVER AND GALLBLADDER, Liver.**

BIOFILMS

See under **BACTERIA.**

BIPOLAR DISORDER

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS.**

BIRD FLU

See “Avian Flu / Bird Flu” under **VIRUSES.**

BIRD TUBERCULOSIS / MYCOBACTERIUM AVIUM

See “*Mycobacterium avium* / Tuberculosis, Aviare / Bird Tuberculosis” under **TUBERCULOSIS.**

BITES FROM INSECTS AND OTHER ANIMALS

See **INSECT BITES** and **SNAKE BITES.**

BLACKHEAD

See under **SKIN**.

BLACK WIDOW SPIDER BITE

See under **INSECT BITES**.

BLADDER CONDITIONS, ALL

See under **URINARY TRACT, *Bladder and Urethra***

BLADDER CANCER

See under **CANCER**.

BLASTOCYSTIS HOMINIS / BLASTOCYSTOSIS

See under **PARASITES, PROTOZOA AND WORMS**.

BLASTOMYCES DERMATITIDIS / BLASTOMYCOSIS

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

BLEPHARISMA JAPONICUM AND BLEPHARISMA UNDULANS

See under **PARASITES, PROTOZOA AND WORMS**.

BLISTER

See under **SKIN**.

BLOOD PRESSURE, ALL

See under **HEART, BLOOD AND CIRCULATION**.

BLOOD SUGAR PROBLEMS

Our junk food culture promotes blood sugar disorders. The brain needs a steady supply of glucose and cannot adapt well to, or compensate for, erratic changes in blood sugar (glucose) levels. This is why symptoms of blood sugar disorders are as varied as the many functions of the brain, which is involved in all sensory, motor, perceptual, cognitive, and emotional functions. A brain that's not fed properly becomes unstable.

Sugar handling issues are exacerbated by dietary sugars, refined carbohydrates, and (for most people) even complex carbs such as whole grains, potatoes and other starches, and fruit. Blood sugar disorders commonly indicate carbohydrate intolerance and/or insulin resistance. A diet of moderate animal protein, some healthy fats and oils, and low-starch vegetables nourishes the body without straining the pancreas or causing erratic secretions of insulin.

In 2006, the American Chemical Society published research showing the relationship between mercury and blood sugar disorders. Mercury disrupts the function of the hormone insulin, disables the beta cells of the pancreas (which produce insulin), and disturbs the insulin receptor sites in all of the body's cells. Heavy metals such as arsenic, lead and aluminum also disrupt glucose metabolism.

Regular exercise is very important for any blood sugar disorder. During exercise and for several hours afterward, the transport of glucose into the cells is increased due to the cells' greater receptivity to insulin.

Blood sugar problems require a comprehensive approach due to their many causes. Ozone therapy can be helpful.

A surprisingly large number of people test positive for pancreatic flukes, so see **PARASITES, PROTOZOA AND WORMS**, "*Eurytrema pancreaticum* / Pancreatic Fluke." Parasites can disrupt the function of organs and glands, even to the point of causing degenerative diseases.

Diabetes / High Blood Sugar / Hyperglycemia

Diabetes, or excessively high glucose levels in the bloodstream, causes a craving for sweets or carbohydrates, including fast-metabolized alcohol. Common symptoms include susceptibility to infection, poor circulation, slow healing of wounds and bruises, and even depression. If untreated, diabetes can lead to acidosis, featuring abdominal pain, drowsiness, nausea, vomiting, difficulty breathing, and ultimately coma.

This complex condition is sometimes noted according to the age at which people are affected, but classifying diabetes according to its causes is more common and more informative. With Type 1 diabetes, the pancreas is not producing enough insulin to assist the glucose across the cell membranes. This pancreatic insufficiency or imbalance may be due to autoimmune destruction of the insulin-producing cells. In some people, malfunctioning adrenal or pituitary glands may affect the amount of insulin secreted by the pancreas or even the timing of the secretion. With Type 2 diabetes, the pancreas produces enough insulin and there is enough insulin in the bloodstream; but the cells of the body are either resistant to insulin or lack enough working insulin receptor sites to allow the hormone to penetrate the cells. The sluggishness of the receptor sites may at least partly result from pathogens whose wastes are clogging the sites.

Blood sugar levels must remain within a certain range. If glucose is not immediately being utilized as energy by the cells and is left to circulate in the bloodstream, microorganisms will feast and proliferate. The tissues will also acidify. This explains why diabetics are prone to infections. Sometimes the flesh becomes so decayed that limbs are amputated. This extreme level of decay indicates fermentation and the presence of fungi. An associated condition is malformed red blood cells, which clump together due to insufficient oxygen in the bloodstream (and correspondingly decreased electrical charge). The resulting inability of red blood cells to pass through tiny capillaries explains the problem of poor circulation.

Recent medical discoveries suggest the degree of autoimmune involvement in diabetes. In 1999, Dr. Hans Michael Dosch published a paper on the similarities between diabetes and Multiple Sclerosis. Noting an overabundance of pain-signaling nerves around the insulin-producing cells of the pancreas, he and a colleague injected capsaicin (the phytochemical that makes chili peppers hot) to kill the overactive pancreatic sensory nerves in diabetic mice. Almost overnight, normal insulin production began and the mice became healthy. The doctors concluded that the lack of insulin production

Nutrients for Healthy Blood Sugar Levels

Except for perhaps *Tecoma stans* and *Pata de vaca*, the following have been extensively researched and verified to beneficially affect blood sugar levels. They confer other benefits as well.

Balances

- ◆ **Chromium and Vanadium.** Minerals that work together to help the body utilize glucose, thereby reducing carb cravings. People with blood sugar issues have higher requirements of these nutrients.
- ◆ **L-glutamine.** Sweet-tasting amino acid feeds the brain and curbs carb cravings (also builds muscle and repairs gut). Take 1 teaspoon in water before meals.
- ◆ **Vitamin B3 (Niacin).** Increase amounts slowly; it causes skin to flush as it pulls toxins from tissues.

Lowers Insulin Resistance (and thus Blood Sugar)

- ◆ **Aloe vera.** ½ teaspoon daily for 4–14 weeks.
- ◆ **Bitter Melon (*Momordica charantia*).** Boil in water and drink as tea; don't eat raw. Activates enzyme that transports glucose from bloodstream into cells (the same enzyme that's activated by exercise).
- ◆ **Cedar berries (*Juniperus monosperma*),** a different species than juniper berries which can be toxic at high levels). Regenerates pancreas' insulin-producing cells.
- ◆ **Chlorella and Spirulina (algae).** Don't take if you're on anticoagulant drugs; their Vitamin K causes the blood to clot. Be careful with chlorella if you have heavy metal toxicity (see pages 624–626).
- ◆ **Cinnamon Bark, Sweet (*Cinnamomum Zeylanicum*).** Lowers blood glucose only modestly; has more success with pre-diabetic state.
- ◆ **Ginger Root.** Increases cellular glucose uptake without a need for insulin. Also anti-inflammatory.
- ◆ **Ginseng Root (*Panax ginseng*, *American ginseng*).** Lowers carb response in everyone; but diabetics and non-diabetics should take it at different times.
- ◆ **Gymnema sylvestre (*Shardunika*).** Regenerates insulin-producing cells of pancreas.
- ◆ **Neem Leaf and Seed.** Reduces need for insulin. Monitor sugar levels, which might drop too quickly.
- ◆ **Pata de vaca (*Bauhinia forficata*) Leaf.** Amazon rainforest herb used as insulin substitute, sometimes reported as the best blood glucose reducer.
- ◆ **Stevia (whole leaf, not extract).** Also protects liver and kidneys. However, some don't like the taste.
- ◆ **Tecoma stans.** Flowering shrub in the trumpet vine family native to warm wet climates. Used in Mexico for centuries to lower blood sugar.
- ◆ **Turmeric Root.** Powerful insulin sensitizer. Prevents onset of diabetes when taken for nine months. Also protects brain and has anti-tumor effects.

was due to inflammation (and eventual death) of insulin-producing cells. Eliminating the inflammation allowed the cells to function properly. The inflammation apparently also caused insulin resistance. The second link to autoimmune malfunction was made when researchers at the University of Helsinki, Finland, noted a marked increase in diabetes in those who had been fed cows' milk as very young infants. The bovine insulin proteins that had remained intact in the cow's milk were treated as a foreign substance by the human immune cells. After a decade or two, in some adults the immune cells began attacking the human pancreas cells that produce insulin. It's believed that something in the environment or diet triggered the later autoimmune response. The development of diabetes in children who were breast fed was significantly lower than in those fed cow's milk. The studies did not mention the type of milk, but the milk was undoubtedly homogenized and pasteurized rather than healthfully raw; it contained additives such as bovine growth hormone; and it was produced by breeds of cows whose proteins are opiate-like irritants and allergens (see Chapter 3, **Food**, for details).

To treat diabetes, conventional doctors typically prescribe insulin injections to substitute for the insulin that the pancreas isn't secreting. However, most insulin today is synthetic, produced from genetically modified yeast. Its proteins have a very different structure and pattern of folds than those in natural human insulin. This manufactured insulin can have toxic effects, causing cardiovascular problems, cancer, and high rates of death. It may also accelerate the progression of Type 2 diabetes.

Also see, under **GLANDS**, frequencies for balancing the **Adrenals**, **Pituitary**, **Pancreas** and **Thyroid**. Also see **PARASITES, PROTOZOA AND WORMS**, "*Eurytrema pancreaticum* / Pancreatic Fluke"; and **CHEMICAL SENSITIVITY / POISONING**, "Mercury, Aluminum, and Other Contaminants." Also see "Mucormycosis / Zygomycosis" (which often accompanies diabetes), and other fungal forms that may pertain, under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

Be careful with the frequencies between 2000 and 2080! Many users have reported (and I have personally witnessed) a substantial, sudden drop in blood sugar levels after these frequencies were run.

From Bruce Stenulson: 324, 528, 15 in that order, for 4 minutes each. These frequencies are also used for high blood pressure.

1.2 + 250, 6.8, 9.39, 9.4, 15, 20, 35, 40, 48, 72, 95, 125, 240, 302, 440, 465, 484, 500, 522, 600 + 625 + 650, 700, 787, 800, 802 + 1550, 803, 880, 440, 444 + 1865, 428, 1K, 1550, 1800, 1850, 1865, 2K, 2003, 2008, 2013, 2050, 2080 (for 3 minutes), 2127.5, 2170, 2720, 4K, 4200, 5K (for 15 minutes), 10K, 40K

Associated Infection

20, 80, 190, 660 + 690 + 727, 800, 2020

Circulation

2000–2200 range (sweep)

Diabetic Toe Ulcer

Also see the “*Staphylococcus*” entries under **BACTERIA; CHEMICAL SENSITIVITY / POISONING**, “Antiseptic Effect, to Produce”; and applicable entries under **HEART, BLOOD AND CIRCULATION**.

1.2 + 250, 20, 333 + 523 + 768 + 786, 832, 1050, 5K, 40K

Hypoglycemia / Low Blood Sugar / Hyperinsulinism

A complex condition causing many symptoms, including vertigo, cramps, abdominal bloating, rapid heartbeat, cold hands and feet, trembling from skipped meals, fatigue, fainting, indigestion, headaches, muscle pains, difficulty in concentrating, depression, moodiness, and a craving for carbohydrates and sweets.

Although not as well known as diabetes, hypoglycemia can be a precursor to diabetes. It can usually be prevented, managed, or eliminated altogether through proper diet. Normally, the pancreas secretes insulin to help transport glucose across the cell membrane and nourish it. However, if one eats too many carbohydrates or sugars at one sitting, too much glucose is released into the bloodstream; and the pancreas, responding to this abnormally high outpouring of glucose into the blood, oversecretes insulin. With excess insulin in the blood, too much glucose reaches the cells too fast, resulting in a sudden drop of available energy. This drop in energy causes hunger and food cravings. The person typically eats something sweet or starchy to bring up their energy level, and the whole cycle repeats all over again. This yo-yo effect puts enormous stress on many glands the pancreas, adrenals, pituitary, liver, thyroid, and sometimes even the ovaries or testes.

The strong emotional component to hypoglycemia is due to the release of hormones. If there’s not enough glucose in the blood to feed the brain, it sends a signal to the adrenal glands to produce adrenaline, which stimulates the liver to release its stored glycogen into the bloodstream as glucose. But adrenaline, the “fight-or-flight” hormone, can cause moodiness, depression and panic.

To control and ultimately reverse hypoglycemia, it’s mandatory to have a clean diet, high in animal protein and healthy fats, without sugars and most carbohydrates. Animal proteins and fats provide a slow, steady supply of energy that doesn’t cause the pancreas to react in “alarm” mode. Read Carlton Fredericks’s definitive *New Low Blood Sugar and You*.

Also see, under **GLANDS**, the balancing and normalizing frequencies for **Adrenals, Pituitary, Pancreas** and **Thyroid**. See **PARASITES, PROTOZOA AND WORMS**, “*Eurytrema pancreaticum* / Pancreatic Fluke.” Also see **CANDIDA, FUNGI, MOLDS AND YEASTS**, “*Candida albicans*,” as fungal forms are often present with blood sugar disorders.

1.2 + 250, 3 + 230, 10, 20, 26, 72, 95, 125, 444 + 1865,

**You may not need every
frequency in an entry.
To determine which ones you need,
try muscle testing or dowsing (see Chapter 4).**

600 + 625 + 650, 464, 660 + 690 + 727, 776, 787, 802 + 1550, 832, 880, 1500, 1600, 1800, 2008, 2127.5, 2170, 2720, 2489, 40K

End of Blood Sugar Problems section.

BOIL

See under **SKIN**.

BONE AND SKELETON

Bone contains different types of cells, arranged as either random fibers or as part of a mesh-like spongy matrix, structured somewhat like a honeycomb. Skeletal bones are connected to muscles by tendons, and to other bones at the joint by ligaments. The skeletal bones in the body are made of slightly different material than the teeth, which are even harder to withstand the stress of grinding and chewing.

Despite its density, bone is very lightweight. It’s brittle, but possesses some degree of elasticity. Bone marrow, made and stored mostly in the long bones of the body, produces cartilage, more bone, and new blood cells (leukocytes, red blood cells, and platelets). The stem cells also present in the bone marrow can transform into many kinds of tissue.

Bone is a living, ever-changing tissue, consisting of many types of cells fed by blood vessels. Some cells form a hard connective tissue made of collagen. Some cells help mineralize bone with calcium phosphate and other mineral salts. And still other cells produce hormones such as prostaglandin. In the past two decades, research by geneticist and endocrinologist Gerard Karsenty has shown that osteocalcin, a protein-based hormone found in high concentrations in the skeleton, is sent by bone to regulate crucial processes throughout the body—including male fertility (testosterone production increases) and improved blood sugar regulation (it increases insulin sensitivity and amounts). Osteocalcin has also been found to favorably influence sleep, prenatal brain development, cognitive functions (including learning and memory) and emotional responses (such as depression and anxiety). These findings explain why brain function and mood improve with weight training and other load-bearing exercise, and even walking.

A common problem with bone is a fracture. If aligned properly and held together by a splint or cast, the bone will repair itself by forming new cells—first chaotically arranged, and then shaped into a pattern, over time. Repeated stress on a bone (such as from a fracture) generates small amounts of electrical voltage. It is this charge that allows the bone to repair itself—a process that doctors are now duplicating with electromedical devices to speed healing. In *The Body Electric*,

Dr. Robert Becker describes applying minute amounts of electrical current to fractures to help the bone mend quickly.

Degenerative bone breakdown is common, due to immune malfunction, mineral imbalances in the blood, and thyroid disorders. However, dietary changes can favorably alter the condition of bone. Because bone dissolves to give the body calcium salts (which it needs in the blood for metabolic purposes), bone can also reabsorb these salts once the calcium levels in the blood are normal. Vitamin C deficiency can play a huge role, causing what some call “scurvey of the bone.”

If bones are out of position, see a chiropractor. However, if the muscles are tight, they may pull on the bones and cause misalignment; so pay attention to muscles that might be in spasm. For frequencies involving muscles and nerves, see **MUSCLES, BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**, and **INJURIES**.

Ankylosing Spondylitis / Bechterew's Disease (Europe)

Degenerative inflammatory condition involving the spine and adjacent soft tissues, and often the hip and shoulder joints. Symptoms include pain, sometimes accompanied by fever, anemia, and enormous fatigue.

1.2 + 250, 7.69, 7.7, 10, 28, 35, 60 + 100, 95, 110, 428, 600 + 625 + 650, 680, 660 + 690 + 727, 776, 787, 802 + 1550, 880, 3K, 40K

Back Pain, to Reduce

Back pain often results from tight muscles, and secondarily a misalignment of the spine. Kidney inflammation or infection is a less frequent cause of back pain. There may be a strong emotional component: the phrase “holding back” indicates unexpressed emotions, which cause the back muscles to contract. Thus, back pain can be addressed using both physical and psychological approaches. The Magnetex[®] pulls painful debris out of the tissues (see Appendix C) that causes pain. Also consider massage, chiropractic, or osteopathic adjustments. Exercises to strengthen the back muscles can be found in Pete Egoscue's book *Pain Free*. Don't rely on frequencies alone.

15, 17, 326, 677 (for 20 minutes), 760 (for 10 minutes), and sweep 326–328

From Dr. Richard Loyd (for neck pain as well, and in this order): 130.81, 146.83, 164.81, 174.61, 196, 220.2, 246.94, 138.57, 130.81, 146.83, 164.81, 174.61, 196, 220.2, 246.94, 138.57, 155.56, 185, 207.65, 233.08, 138.57, 155.56, 185, 207.65, 233.08, 4.9, 6, 9.19

Backache, including Spasms

A spasm is a movement due to a sudden involuntary muscular contraction, and it can be quite painful. Many pathogens can be involved, particularly *Staphylococcus*. These frequencies are not a substitute for a chiropractic adjustment if the skeletal alignment is off or the spinal cord is torqued or twisted. Muscle spasms often indicate a

magnesium deficiency. Lower back pain indicates a serious kidney disorder more often than you might think, so also see frequencies under **URINARY TRACT, Kidneys**.

First try: 519.34 for 20 minutes.

Then try: 26 (for 15 minutes), 33, 41.2, 120, 146, 160, 212, 240, 305 (for 6 minutes), 326, 333 + 523 + 768 + 786, 424, 464, 466, 522, 528, 555, 660 + 690 + 727, 760, 784, 787, 789, 800, 802 + 1550, 880, 1552, 2112, 2720 (for as long as needed), 3K, 5K, 10K, 40K

Bone Spur

See “Spur, Bone” in this section.

Calcium Metabolism and Utilization, to Improve

Parathyroid disturbance can cause either an excess or a deficiency of calcium in the blood.

First try: 9.6, 10K

Then try: 326, 328, 673.1, 771, 4760.5

Cerebrospinal Conditions

10K, 40K (for as long as desired)

Costalgia

Rib pain, several possible causes. Also see frequencies under **MUSCLES** or under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

880, 787, 660 + 690 + 727, 160, 26, 3K, 1500, 802 + 1550, 2720, 10K, 40K

Disc, Herniated

If the “shock absorber” cartilage between each spinal vertebra changes structure or shape, pressing on the spinal cord or nerve rootlets, this often causes pain.

First try: 15, 25.4, 324, 660 + 690 + 727

Then try: 787, 2720, 10K, 40K

Disc, Slipped / Spine, Misaligned

Misaligned vertebra of the spine that pinches a nerve, causing pain and interfering with the posture and function of the body. Even if a slipped disc results from spasms due to microbial toxins, you'll still need a chiropractic adjustment to align bones that are out of place. Also see “Backache, including Spasms” in this section.

20, 26, 57, 72, 95, 125, 146, 333 + 523 + 768 + 786, 555, 787, 660 + 690 + 727, 880, 40K

Dystonia, Osteitis that accompanies

Bone inflammation that often accompanies flabby muscle tone in the gallbladder (which is comprised of muscle fiber).

2.65, 20, 724, 736, 743, 770, 787, 660 + 690 + 727, 880, 3K, 40K

Elbow pain / Epicondylalgia

1.2 + 250, 26, 160, 2720, 3K, 10K, 40K

Fractures, Cuts and Trauma, to stimulate healing

Physicist Gary Wade reports great success with 1028 Hz, delivered as a square wave with a pad unit at an output voltage of between 3.6 and 6.3 volts. Put an electrode patch on either side of the fracture. Or, say with a degenerating hip, put an electrode on the front and back sides. Some people leave their unit on all night safely, as long as the voltage is not too high and the DC offset is *off*. This also works very well for knee cartilage and connective tissue damage. You can also run 40K for as long as you want. Make sure to take the requisite nutrients so the body has raw materials for repair.

Also try: 7, 25, 50, 220, 380, 418.3, 787, 880, 2720

Fusion

See “Ankylosing Spondylitis / Bechterew’s Disease” in this section.

Infection in Bone

47, 600 + 625 + 650, 660 + 690 + 727, 787, 776, 880, 1600, 1800, 10K, 40K

Inflammation in Bone

See “Osteitis” in this section.

Kieferosteitis

A type of bone inflammation with enlargement and pain. 384, 432, 516

Loss of Bone, to Regenerate

7, 424, 465, 660 + 690 + 727, 784, 787, 880, 1552, 1560, 1577, 2720, 10K, 40K

Mastoiditis

Inflammation of the mastoid bone, behind the ears.

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Multiple Myeloma

See under **CANCER**.

Neck Pain

See “Back Pain, to Reduce” in this section.

Numbness and Tingling from Pinched Nerve / Paresthesia

Not a substitute for a chiropractic adjustment. Also see “Subluxation / Spine Distortion” in this section.

5.5

Osteitis

Inflammation of bone with irregular cells. It may be accompanied by gallbladder dystonia, or impaired tone of the muscle fibers that comprise the gallbladder.

2.65, 20, 660 + 690 + 727, 724, 736, 743, 770, 787, 880, 3K, 40K

Nutrition for Bones

- ◆ **Calcium.** Mineral. Almost all calcium in the body is in the bones and teeth. Provides bone structure.
- ◆ **Clay.** Edible clay contains many minerals that help bones. Taken internally or used as a poultice (see Chapter 3).
- ◆ **Magnesium.** Mineral involved in over 300 biochemical reactions. Calcium will not enter bone without magnesium.
- ◆ **Boron.** Mineral. Helps maintain skeletal strength by adding to bone density. Prevents osteoporosis.
- ◆ **Phosphorus.** Mineral. Helps build strong bones.
- ◆ **Vitamin K2.** Unlike Vitamin K1 (involved in blood coagulation), K2 helps with bone strength.
- ◆ **Vitamin D3.** Helps absorption of calcium and phosphorus.
- ◆ **Silica.** Mineral. Helps strengthen bones.
- ◆ **Zinc.** Mineral. Protects bones against breakdown.
- ◆ **Comfrey.** Herb. Helps bones knit together. Taken internally, and used in poultices.

Osteoarthritis

The formation of bony protrusions, often in the joints. 770, 1500, 40K

Osteomyelitis

Inflammation of the bone marrow.

2.65, 660 + 690 + 727, 770, 776, 787, 802 + 1550, 832, 880, 1500, 1600, 1800, 2008, 2127.5, 2170, 2720, 2489, 40K

Osteoporosis

Softening and degeneration of bone. The body, which needs calcium for vital metabolic processes such as the transport of nutrients across the cell membrane, leaches calcium from the bones when there’s not enough free calcium in the body. However, without magnesium and boron, a proper acid-alkaline balance, Vitamin D, and balanced electrolytes, the calcium is unavailable to the body. Dr. Sherrill Sellman points out that osteoporosis was purposely misdiagnosed by the pharmaceutical industry to sell drugs—and that synthetic hormones, dairy products, and most calcium supplements actually make the problem worse. Consult a knowledgeable holistic practitioner for nutritional support, as bone deterioration can be stopped and reversed. Don’t rely on frequencies alone to solve this problem.

470.5, 600 + 625 + 650, 660 + 690 + 727, 776, 787, 880, 1600, 1800, 40K

Paresthesia

See “Numbness and Tingling from Pinched Nerve” in this section.

If You Have a Broken Bone in a Cast, Treat the Other Side with an Electrode Unit

Apply electrodes on either side of the sturdy arm or leg—the one that's *not* in the cast—over the same area as the break in the injured limb. By applying electrodes to the leg that you *can* access, the injured side can “learn” from the side that's being treated. This is because most acupuncture meridians are symmetrically placed on both sides of the body. Energizing one side will energize the other. (This will also work with a laser or LED. However, because the light may also penetrate a cast, you can directly address the afflicted side.)

Slipped (Misaligned) Disc

See “Disc, Slipped / Spine, Misaligned” in this section.

Spur, Bone

A knob of bone or hard tissue that protrudes through the skin, causing pain, numbness, sensory loss, and sometimes muscular atrophy. Bone spurs are formed when soft tissue adjacent to a stressed structure becomes calcified. Weak joints, bone misalignment, and an increase in weight can stress and inflame a joint and surrounding area, causing the calcium growth. As bone spurs can crush nearby nerves, blood vessels and soft tissue, surgical removal might be necessary. Also see **INJURIES**, “Heel Pain / Plantar Fasciitis” and **ARTHRITIS**, “Rheumatoid Arthritis.”
1.2 + 250

Subluxation / Spine Distortion

Twisting of muscles and spine. Dislocation of bones or organs, which can pinch nerves and cause pain. This is not a substitute for a chiropractic adjustment. Also see “Numbness and Tingling from Pinched Nerve / Paresthesia” in this section.

9.1, 9.6, 66, 110

End of Bone and Skeleton section.

BORDETELLA (PARA) PERTUSSIS / WHOOPING COUGH

See under **BACTERIA**.

BORNA VIRUS / BORNA DISEASE VIRUS (BDV)

See under **VIRUSES**.

BORRELIA / BORRELIOSIS

See under **BACTERIA**.

BOTRYTIS CINEREAS

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

BOTULISM / BACILLUS BOTULINUM

See “*Bacillus Botulinum* / Botulism” under **GASTROINTESTINAL TRACT** or **BACTERIA**.

BOVINE MASTITIS

See “*Streptococcus dysgalactiae*” under **BACTERIA**.

BOVINE SPONGIFORM ENCEPHALOPATHY (BSE) / MAD COW DISEASE

See **PRIONS / AMYLOIDOSIS**.

BRACHIAL NEURALGIA

See “Neuralgia, Brachial” under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS

Our mental and emotional states so heavily depend on the proper biochemical function of the brain and nervous system that the psychological cannot be easily separated from the physiological. Thus, the physiological categories of “brain” and “nervous system” are combined here with the less tangible “mind” and “emotions.”

In humans, the easily visible cerebrum with its many folds and wrinkles is the largest section of the brain. Other structures include the cerebellum, limbic system (or “reptilian” brain), and brain stem. The brain contains meninges, three layers of connective tissue membranes that separate the skull from the soft brain tissue. Cerebrospinal fluid circulates between two layers of meninges and brain cavities, acting as a shock absorber. The blood vessels (also between two meninges layers) contain tightly packed cells that form the blood-brain barrier, which protects the brain from toxins in the blood. However, there are still thousands of synthetic chemicals and drugs that can pass this barrier.

The human brain weighs about 35 to 53 ounces (1 to 1.5 kilograms). It is so dense, it would collapse under its own weight if it did not float in the cerebrospinal fluid. The brain regulates intelligence, cognition, emotions, memory, motor skills, sensory input, and involuntary bodily functions including heart rate, blood pressure, fluid balance, and body temperature. The spinal cord is only responsible for simple reflexes and certain types of movement.

Neurons (nerve cells) possess a head with long, delicate hair-like tendrils and a stem encased in a fatty myelin sheath, which provides structure and insulation and helps eliminate waste. Neurons generate minute but potent electrical currents that convey information to other cells. One neuron connects to at least a thousand other neurons in an intricate biological-electrical circuit. Electrical messages travel from the brain through the spinal cord to the rest of the nerves in the body. There are different types of nerves for different kinds of activity: sensory input, temperature, touch and movement, as well as visual, auditory, and olfactory neural pathways.

The autonomic (automatic) nervous system is divided into voluntary and involuntary systems. The voluntary nerves control functions such as muscle movement. The involuntary nerves are further classified into the sympathetic and parasympathetic nervous systems, which have opposite physiological, emotional, and psychological effects (see chart on page 650). Negative stress or danger is processed in several

locations. Input first goes to the cerebral cortex, then to the limbic system in the hypothalamus. This activates the autonomic nervous system, and the fight-or-flight reaction begins. Interactions between the hypothalamus, pituitary, and adrenals are intricately involved in our stress response.

Some of the psychological suffering on this planet is politically and culturally enforced. Most people want to love and be loved. But either they aren't shown how, or they're actively discouraged from openly reaching out to others in a loving manner. This lack of love is especially prominent in technologically advanced, industrialized cultures that emphasize the acquisition of things instead of creative expression; teach obligation and social propriety instead of authentic respect for self and others; and favor technology over the natural world. Mental health is largely defined and enforced by the political institutions of mainstream psychiatry and psychology. These institutions preach the status quo, which states that people must conform and be obedient and unquestioning, foregoing creativity and intelligence—unless these traits are harnessed in service to the power elite. In totalitarian states, deviations from or disagreements with these standards are classified as illness.

Nevertheless, mental health and emotional distress are real issues, certainly to the sufferer. And antisocial behaviors—which in part are due to suppression of people's genuine needs—often reflect emotional turmoil.

Cognitive confusion, emotional instability, and neurological disorders are not only affected by constant stress, fear, survival issues and negative belief systems, but also by nutrient starvation, pathogens, fatigue, toxins, and electrosmog. If the brain and nervous system are not properly nourished, then our thinking, feeling, perceiving, and motor control are adversely affected. Over 80% of the brain and nerve cells (including the myelin sheaths that surround the long stems of the nerves) are comprised of fat. The myelin provides insulation for the nerves, similar to how rubber covers copper wires in an electrical circuit. Healthy fats are the myelin, and minerals are the electrical wiring. We need both in our diets in order for our brain and nerves to function properly. This is why we need to replenish healthy fats and minerals every day.

Pathogens are often present in people with mental disturbances for several reasons. Stress hormones create an acidic environment, which breeds pathogens. Upset people tend to overeat sugars, starches or alcohol, or use “recreational” drugs or be prescribed toxic pharmaceutical drugs—all of which help create a terrain favorable to pathogens. Finally, someone who hosts many harmful microorganisms also carries more microbial waste, which can induce psychiatric symptoms. Just a few examples of mind-altering pathogens, which modern medicine recognizes, are malaria, Legionnaire's disease, syphilis, typhoid, diphtheria, *Candida*, HIV, rheumatic fever, and *Herpes*.

Environmental toxins frequently cause, or are implicated in, mental and emotional suffering. Brain lesions, epileptic seizures, and symptoms similar to Multiple Sclerosis,

Parkinson's disease, and other nervous system conditions can be caused by the ingestion or inhalation of the toxic metals mercury and lead, the petrochemicals benzene and toluene, the artificial sweetener aspartame (in many foods and drinks, including diet soda), over-the-counter and prescription drugs, and synthetic additives and preservatives. Any contaminant, such as nitrates (added to processed meats), disrupt the beneficial intestinal flora, contributing to the manic phase of bipolar disorder. What affects the gut (known as the “second brain”) also affects the brain, because both respond to the same neurochemicals. (See Chapter 3, **Detoxification**, for more information on toxins and their removal.)

Electrosmog (electrical pollution / dirty electricity) plays a huge role in mental health. Watching TV, and using mobile phones and computers—especially at night—make people more unhappy and lonely, as well as prone to developing bipolar disorder, insomnia, and other issues.

Structured psychological support can be helpful in many cases. Frequencies are not a replacement for Reichian therapy, PSYCH-K[®], hypnosis, or other emotional healing work. The self-administered Emotional Freedom Technique (EFT) is reported to have a high success rate in reducing stress and lessening, if not completely eliminating, negative physical and emotional conditions (see Appendix A).

Nerve conditions may also be connected to excess mucin—a hydrophilic (water-loving), sugar-protein compound naturally present in the connective tissue that surrounds and binds nerve cells together. When mucin is present in abnormal amounts, excess water accumulates and health problems result. Over half of those who suffer from hypothyroidism have excess mucin in their bodies, so also see **Glands, Thyroid**, “Thyroid, Underactive / Hypothyroidism.”

The brain cannot manufacture its own fuel. It depends on precisely controlled amounts of glucose in the bloodstream. Thus, many people with diabetes and hypoglycemia experience depression; see **BLOOD SUGAR PROBLEMS**. Also see “Mercury, Aluminum, and Other Contaminants” and other entries under **CHEMICAL SENSITIVITY / POISONING**. The Lyme spirochete is often present in neurological disorders, so see **BACTERIA**, “*Borrelia*, all types / Borreliosis / Lyme Disease.” Also consider the role of prions, especially in dementia-like ailments. See **PRIONS / AMYLOIDOSIS** for more details, including information on how to remove them.

Mental and emotional disorders, along with illnesses of the brain and nervous system, are complex and multifaceted. Experiment to find what protocols work best for you.

General Aid, Toxin Related

4.9, 20, 72, 95, 125, 146, 428, 522, 802 + 1550, 10K, 40K

General Nerve Conditions

Try in this order: 40K, 10K, 2720, 2489, 2170, 1800, 1600, 660 + 690 + 727, 650 + 625, + 600, 880, 787, 802 + 1550, 125, 95, 72, 20, 440, 40K

A Concise Guide to Rifing for Cancer

Before You Do Anything Else

Before actively trying to destabilize the cancer, seek help from a holistic professional to ensure that your detoxification and eliminative pathways (liver, lymph, kidneys, and colon) can handle the die-off that will occur from rifing. Use the programs under **REGENERATION AND HEALING** to stimulate, support, and regenerate the eliminative channels, organs, glands, and overall system.

Session Schedules: Rifing Is Your Priority

Any cancer therapy schedule must be used aggressively. Cancer is persistent in its growth, so the means to stop it must be persistent as well. Healing may be expedited if sessions are at different times day to day.

- ◆ **Most Common Protocol: Regular Sessions Every Day with No Rest Intervals.** Most people who successfully eliminate cancer tell me that they adhere to the following schedule: Two sessions every day, one in the morning and one in the mid or late afternoon. Sessions normally last between 1½ and 2½ hours each. (This means up to 5 hours a day of session time.) This twice-daily protocol is followed for at least 6 months.

Does this seem like too much work? To some people, it is. They'd rather be doing something else than commit the time and energy that self-motivated healing requires. The above guidelines were developed because the elimination of cancer requires a very aggressive approach. It can take up to 10 days or 2 weeks to halt the spread of cancerous tissue before the body can then start to reverse the condition. Taking responsibility for your health requires patience. However, this means that you can very likely reverse the growth of your tumors—and have a far better chance to live a long time.

- ◆ **Alternate Protocol (Not Recommended!): Regular Sessions Every Day for 5 Days with 2-Day Rest Intervals.** Some people who successfully eliminate cancer tell me that they always give themselves breaks between sessions as follows: Two sessions every day, one in the morning and one in the mid or late afternoon. Sessions normally last between 1½ and 2½ hours each. This twice-daily protocol entails 5 days on the machine, then 2 days off, to give the body time to eliminate accumulated waste materials. This schedule is followed for at least 6 months.

The above protocol was promoted by a manufacturer whose staff noticed that some customers did well when they followed it. If you have different equipment, this protocol might not work for you—and even with the same unit, this protocol might not work. For cancer, my personal preference is to use the machine every day.

Don't take any "days off" from doing sessions unless you have a very good reason for interrupting your rifing, and you are being monitored at least twice weekly by a skilled practitioner. Even brief gaps in sessions may allow the pathogens to mutate.

- ◆ **Follow-Up Maintenance for Everyone.** The Rife researchers I know recommend that after the cancer is gone—and the subject is either pronounced "cured" as established through lab reports, or the cancer is said to be "in remission"—the person follow a maintenance program.

(a) One rife session *once a day* for several weeks or one month. Then gradually add intervals of days, and then weeks, between sessions.

(b) One rife session *every other day* for several weeks or one month. Then gradually add intervals of days, and then weeks, between sessions.

(c) One rife session *once a week* for several weeks or one month. Then gradually add intervals of days, and then weeks, between sessions.

Whichever schedule you decide to follow, *don't stop your sessions prematurely*. This includes taking a break just as you are starting to feel better. Continue rifing for one or two months even after all traces of cancer are gone! After, do a maintenance program until you see clear signs that you're balanced. You will have high oxygen levels; normal pH in all tissues and fluids; high voltage in the cells; and blood free of debris with round, separate red blood cells and viable immune cells.

The consequences of interrupting sessions can be fatal. Some friends were treating their Labrador Retriever for bone cancer once every day. After three weeks, the dog, who had been lethargic and barely able to walk, was joyously running through the woods. The sessions appeared to eliminate his pain, even though a large tumor on one of his legs was still visible. Encouraged, my friends devoted less time to rifing their dog, even though I pleaded with them to continue with the same daily schedule. Then the unit suddenly stopped working and had to be shipped to the manufacturer for repairs. By the time it was returned—leaving an interval of eight days without sessions—the dog was limping again. My friends put him back on the same program, but the Rife Therapy no longer worked, and the noble creature died.

Why did this happen? The buildup and transfer of energy takes time to achieve. The animal's cancer was so advanced that after the sessions stopped, the owners simply didn't have time to build up the momentum again—and the cancer sprang back, unchecked. Also, because the same program no longer appeared to have an effect, it's probable that the pathogens had mutated.

worse when they eat even raw fermented dairy). Read *The Yeast Connection* and *Candida: A Twentieth Century Disease*.

There are hundreds of types of fungi, so I have listed only the most common ones below. Run each frequency for at least 3 minutes, longer (5 or 10 minutes) if possible. Whatever fungus you are treating, also use frequencies for *Candida albicans*, which is widespread and is implicated in countless disorders. Some rifiers benefit by sweeping 420–482, for 15 or 20 minutes.

Recently it has become apparent that the divisions between various microorganisms are less distinct than was previously thought. Nevertheless, the conventional labeling systems are still useful. If you do not know whether the microbe belongs in **BACTERIA**, in **CANDIDA, FUNGI, MOLDS AND YEASTS**, in **PARASITES, PROTOZOA AND WORMS**, or in **VIRUSES**, look up its name alphabetically and you will be guided to the appropriate section.

Fermentation in the system generally supports parasites of all kinds, so see **PARASITES, PROTOZOA AND WORMS**. Because *Candida* and other fungi feed on heavy metals, see the heavy metal detoxification entries under **CHEMICAL SENSITIVITY / POISONING**. Also see **BLOOD SUGAR PROBLEMS** and **CANCER**, as fungi are often associated with these conditions. Finally, to deal with any residual brain, emotional, and psychological issues, see applicable frequencies under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

General (if you don't know what you have)

From Pulsed Technologies. Run in this order. Only one minute per frequency is needed on Pulsed Technologies equipment. You may get different results on other units.

Program 1: 35536, 38576, 58656, 58336, 42656, 36960, 36160, 32512, 30144, 59712, 56704, 56320, 55424, 50176, 49536, 49024, 47680, 47552, 46592, 39872, 38016, 37888, 35520, 33536, 32768, 59392, 52992, 47872, 44032, 43136, 41088, 30976, 56832, 40448, 33792, 52672, 52736, 52800, 52864, 52928, 53056, 42368, 43008, 37568, 48448, 56448, 56576, 56768, 35552, 49664, 49600, 36896, 36288, 51328, 50368, 46528, 37248, 59520, 54016, 36864, 40960

Program 2: 20, 72, 132, 158, 222, 242, 254, 321, 331, 333 + 523 + 768 + 786, 344 + 510 + 943, 337, 374, 391, 414, 421, 422, 464, 465, 512, 524, 555, 565, 582, 592, 594, 623, 634, 660 + 690 + 727, 732, 766, 784, 787, 802 + 1550, 822, 923, 933, 982, 743, 744, 745, 774, 784, 823 to 829, 854, 866, 880, 886, 942, 943, 1016, 1130, 1134, 1153, 1155, 1233, 1333, 1351, 1463, 1627, 1711, 1823, 1833, 2222, 2411, 2644, 4442

Mold Toxins

See “Toxins from Mold” in this section.

Actinomyces, all types

They produce hyphae (threadlike projections), so are often mistaken for fungi. See entries under **BACTERIA**.

Aflatoxin

A highly dangerous toxin produced by mold, often found in improperly stored peanuts and peanut butter. Symptoms include swelling, especially in the legs and abdomen, and liver damage. Also see “*Aspergillus flavus*” in this section.

From Dr. John Garvey: 344.

Larger set: 344 + 510 + 943, 474, 476, 568

From Dr. Hulda Clark. Use the Hz set for units unable to output KHz. With such a wide frequency range, you may want to sweep.

KHz: 177K and 188K

Hz: 438.74 and 466.01

Also from Clark: 9359.97, 8812.31

Alternaria tenuis

A fungus associated with lung ailments.

853 (from Dr. John Garvey), 304

Aspergillus flavus

Mold found on corn, peanuts and grain, which produces aflatoxin. Also see “Aflatoxin” in this section.

1823 (from Dr. Garvey), 364 (from Dr. Loyd), 247, 1972

Aspergillus fumigatus

Grows easily in humidity and warmth, on decomposing soil, and on starchy foods like cereals and seeds. Infects humans and a wide range of animals and plants. Indoors, it thrives on dust, potted plants, ventilation ducts, and kitchens and bathrooms. Causes the fungal infection aspergillosis. Symptoms in the sinuses include pain, headache and runny nose. In the lungs, symptoms include chest pains, difficulty breathing and a bloody cough. Infection can spread to skin, nails, ears, eyes, and (more seriously) the entire bloodstream, leading to organ failure and a complete loss of function. According to Dr. Loyd, this strain causes 90% of aspergillus infections in humans.

From Dr. Richard Loyd: 248

Aspergillus glaucus

Blue mold occurring in some human infectious processes.

524 (from Dr. Garvey), 333 + 523 + 768 + 786, 758, 1823

From Dr. Marty Monahan: 188, 216, 218, 230, 548, 976

Aspergillus niger

Common mold that may cause severe persistent infection.

10 minutes each: 374 (from Dr. Garvey), 697

Aspergillus rhizopus

Common mold that may cause severe persistent infection.

2127.5

Aspergillus terreus

Mold sometimes involved in bronchi and lung infections.

743 (from Dr. John Garvey), 743–745 sweep, 339

Aspergillus, unspecified

37.50, 357.30, 434.25, 563.19, 709.83, 978.05

Aspergillus versicolor

Common in damp indoor environments and on foods. Has a musty odor. Produces a carcinogenic toxin that also damages the liver.

488

Athelia rolfsii

Subtropical plant pathogen, also called “Southern Blight.” Can live on soil for years. Causes sudden wilting and yellowing of leaves. Stems and trunks are afflicted with round pink bumps, and stems near the soil may die.

From Dr. Richard Loyd: 559

Barley Smut

See “*Ustilago nuda* / Barley Smut” in this section.

Blastomyces dermatitidis / Blastomycosis

This *Blastomyces* strain, found in Midwestern and Northern US and Canada in decaying plant material and soil, causes a chronic and invasive lung infection when inhaled, sometimes reaching the bones and skin. The frequency below is close to 1234 Hz, often used for sinus infections.

From Dr. Richard Loyd: 1233

Botrytis cinereas

Fungus that attacks over 200 plants, including tomato, cucumber, lettuce, grape, strawberry and flax, sometimes appearing as a gray mold.

1132 (from Dr. John Garvey), 212, 1545

Candida albicans

A digestive or systemic fungal infection involving the most well-known strain, *Candida albicans*, is commonly and simply called “Candida.” Candida infections cause a wide variety of symptoms: poor digestion (gas, nausea, vomiting, bloating, constipation or diarrhea); cravings for carbohydrates, sweets or alcohol; food allergies and intolerances; weight gain; chronic fatigue; mood swings, depression or anxiety; blurred vision; slurred speech; poor memory and an inability to focus; low libido; migraines; chronic sinus infections; skin rashes, jock itch or nail fungus; menstrual problems; poor motor coordination; shortness of breath, wheezing and other respiratory distress; low thyroid function; and low adrenal function.

Candida albicans usually overgrows first in the intestines, which is why digestive problems are the most common sign of infection. However, the fungus can grow anywhere. In the mucous membrane lining of the mouth, unchecked *Candida* causes a condition known as thrush. In the vagina, the itchy, burning, cheesy discharge it causes is simply referred to as a “Candida infection” or Candidiasis.

As a benign one-celled yeast, *Candida albicans* reproduces through cell division and lives in the intestinal

tract (primarily), vagina, and mouth without harming the host. But when the terrain becomes unbalanced—due to a high-sugar, high-starch diet; infectious illnesses; medications (antibiotics, birth control pills, cortisone); and emotional and physical tension (causing the production of excess stress-inducing cortisone)—*Candida* changes into a more complex fungal (mycelial) form and proliferates. The fungus produces spores and grows hyphae, long root-like stalks that attach to their food source: you!

The changes *Candida* undergoes are usually triggered in the digestive tract. Under optimal conditions, the friendly gut flora *Lactobacillus acidophilus* and *Lactobacillus bifidus* prevent *Candida* from changing form and multiplying. But when those flora decrease in number, *Candida* flourishes and morphs. The fungal stalks puncture the intestinal walls, causing abnormal tears. This damage enables partially digested food to escape the intestine, circulate in the bloodstream, and poison and inflame the tissues—a condition commonly known as leaky gut.

Candida causes additional damage due to the dangerous chemical wastes it excretes. According to Dr. William Crook, at least 79 different toxins are released as byproducts of the fungus’s metabolism. One toxin is alcohol, created when the fungus ferments sugars in the gut or bloodstream. (Alcoholic beverages are created by adding yeast to grain or fruit, upon which it feeds—resulting in the excretion of a highly prized, toxic waste product.) Alcohol breaks down further into acetaldehyde, an even more potent toxin chemically related to formaldehyde, a fluid used to embalm corpses. Acetaldehyde interferes with neurotransmitter pathways, immune response, metabolism, and nervous and endocrine systems. The tendency of acetaldehyde to accumulate in the brain, spinal cord, joints and muscles is what creates such a wide variety of debilitating symptoms. The *Candida* spores and mycotoxins that get dumped into the bloodstream and circulate freely to every tissue, harm us as much as the *Candida* stalks that puncture the gut.

With localized and especially systemic infections, a multifaceted approach is necessary because the fungus can be so difficult to eliminate (see Insert, “Holistic Protocols to Help Eliminate *Candida albicans* and Its Toxins”). The fungus must be killed. Its mycotoxins must be excreted. The leaky gut needs repair. Nutrients must be replenished. And the body’s vitality must be restored. *Candida* also feeds on mercury, so check for heavy metals and remove them. See **CHEMICAL SENSITIVITY / POISONING** for details.

In addition to taking supplements that disable *Candida* and neutralize its toxins, eat food that nourishes you and not the fungus. This means a diet moderate in animal protein, high in non-starchy vegetables, and moderate in good fats. Don’t eat grains or fruits, at least for the first several months. Some people can handle nuts and seeds, but in moderation.

Important *Candida albicans* research was conducted in Romania under the auspices of Jimmie Holman and Paul Dorneanu. They found that 464, a number commonly

Holistic Protocols to Help Eliminate *Candida albicans* and Its Toxins

Attack Pathogens Directly and Support Immunity.

- ◆ **Frequencies.** In 2008, lab technicians in Romania, under the direction of Jimmie Holman and Paul Dorneanu, cultured *Candida albicans* in Petri dishes and bombarded the fungus with dozens of frequencies. Chapter 5 lists the pathogen-killing frequencies (most in the 50 KHz range and higher) in descending order from “excellent” to “very good,” according to the percentage of *Candida* killed from one exposure. Keep in mind that Holman and Dorneanu used equipment from Pulsed Technologies. If your unit cannot transmit very high MORs, Jeff Sutherland advises using square waves, which produce the widest range of harmonics, and setting the unit for a 10% duty cycle.
- ◆ **Colloidal Silver (CS).** Silver is well known for its ability to destroy microorganisms and restore immune function. To eliminate *Candida* in the digestive tract, drink CS on an empty stomach so it can travel straight to the large intestine where *Candida* resides. If you experience too much discomfort due to microbial die-off, you may have to begin with a teaspoon or less and gradually increase the amount. (Some people, though, can drink a glass of CS or more at one time.) Because CS can kill beneficial bacteria as well as pathogens, take the CS in the morning and afternoon, and replenish the gut flora at night with probiotics (see next column). If you plan to take lots of colloidal silver, buy a CS maker. (See Chapter 3, **Colloidal Silver** for details on silver, and Appendix A for generator sources.)
- ◆ **Ozone.** Ozone supports immune function and kills pathogenic microbes without harming healthy tissue or beneficial flora. You can drink ozonated water, take ozone saunas, or insufflate. (See Chapter 3, **Oxygen Therapies**.)
- ◆ **Probiotics (Friendly Flora).** *Lactobacillus acidophilus* and *Lactobacillus bifidus* eat *Candida*.
- ◆ **Herbs and Essential Oils (EOs).** Antifungal herbs include chaparral, pau d’arco, clove, tea tree, olive leaf, and oregano. Olive leaf, *Boswellia serrata*, and chaparral are anti-inflammatory. Essential oils taken internally should be labeled as food or therapeutic grade. Dilute them in an edible “carrier” oil such as olive, coconut, or sesame. Take them in safe amounts; read *Essential Oil Safety* by Tisserand.
- ◆ **Grapefruit Seed Extract.** Potent, effective antiviral, antibacterial, and antifungal. The only chemical-free brand is NutriBiotic®. Follow directions on bottle.

Neutralize Toxins and Provide Nutritional Support.

- ◆ **Pantothenic Acid (Vitamin B5).** Among other functions, neutralizes the alcohol-rich *Candida* toxins. Take 450 mg daily, at one time.
- ◆ **Biotin (Vitamin B7).** Helps the body metabolize proteins, fats and carbohydrates; controls blood sugar levels; and prevents *Candida* yeast from changing into its fungal form. Take 1000 mcg (1 mg) 3–4 times a day. Amounts may need to be increased, based on individual need. Consult your doctor.
- ◆ **Probiotics: *Lactobacillus bifidus* (*Bifidobacterium bifidus*) and especially *Lactobacillus acidophilus*.** These friendly flora feed on *Candida* and further suppress it by excreting hydrogen peroxide (see Chapter 3, **Oxygen Therapies**). They also produce biotin, in whose presence the *Candida* yeast cannot transform into a fungus (see above). Until the fungus is under control, take double the amount listed on the label, or 1 gm daily. After that, take 500 mg daily.
- ◆ **Probiotic: *Saccharomyces boulardii*.** This anti-inflammatory tropical yeast competes with *Candida* for space in the intestinal tract (and wins), but leaves the system once supplementation stops. It secretes proteases (protein-digesting enzymes) which reduce the output of cytokines (inflammatory chemicals) that the host produces in response to the *Candida*. *Saccharomyces boulardii* also secretes *capric acid*, which inhibits the formation of hyphae (as well as biofilm somewhat)—thus deterring *Candida* from adhering to and puncturing the intestinal lining. However, with a very leaky gut, even friendly flora can invade the bloodstream and cause damage, as they belong in the gut and not the blood. Richard Loyd reports this occurring with *Saccharomyces boulardii*.
- ◆ **Activated Charcoal.** This porous powder attracts and traps many poisons and toxins, including the acetaldehyde wastes from *Candida*. AC is completely safe, but take it with water to prevent dehydration and constipation. The usual amount is 1 teaspoon with every 8 ounces of water, followed by 8 ounces more. For details, see Chapter 3, **Detoxification**.
- ◆ **Magnesium.** Assists in the intercellular transport of nutrients. Most people are deficient in this mineral.
- ◆ **Molybdenum.** This trace mineral is used in the detoxification of acetaldehyde, a potent mycotoxin excreted by *Candida*. Stubborn cases may require 100 mcg (one-tenth of a mg) three times daily until acetaldehyde poisoning symptoms subside.
- ◆ **Acetaldehyde Detox (by rifting): 3103032.511 Hz**

found on Rife frequency lists, is a subharmonic of *Candida's* Mortal Oscillatory Rate. Just a 3-minute exposure to 464 (on their own equipment) retarded *Candida* growth by about 20%. The actual MORs (below), if your unit can reach that high a range, are ideal. (Holman and Dorneanu also identified another *Candida* strain similar to *albicans*, detected only by a complex, expensive test. Although its frequencies may be different from those of *Candida albicans*, treating for the *albicans* strain might still benefit.)

Pulsed Technologies's lab-tested killing frequencies are powerful; so run half of them on days 1, 3, 5, 7, etc., and the other half on days 2, 4, 6, 8, etc. *Begin with brief sessions if you're heavily infected*, because your body may not be able to quickly enough detoxify the acetaldehyde that's released by the *Candida*.

Also try **PARASITES, PROTOZOA AND WORMS**, "General (unspecified)" and "*Ascaris lumbricoides* / Roundworm," as *Ascaris* and *Candida* often co-exist.

From Jimmie Holman. Deliver frequencies in precisely the order written. Note that they might not work on units other than those manufactured by Pulsed Technologies:

Excellent to good results, in descending order: 23485, 51155, 51156, 53940, 58914, 58916, 88740, 23484, 31724, 31725, 33060, 46980, 50460, 54404, 54405, 55250, 57420, 99180, 22620, 29580, 55251, 60900, 64380, 67860, 78300

Organ support (from Jimmie Holman), immediately before or after the above numbers: 23958, 24354, 28251, 29766, 32121, 32670, 36735, 38281, 44506, 44583, 45549, 45738, 54531, 56133, 56376, 57519, 58806, 63336, 67977, 71874, 84942, 86394, 87K, 89298

For units unable to reach the higher ranges: 414 (from Dr. John Garvey), 412, 464, 866

From Dr. Richard Loyd: 574, 386K, 3088K

From Dr. Hulda Clark: 19217.81, 956.80

Also try: 23485 and 8146. Sweep: 12006.25–12137.5

Candida auris

Discovered in 2009 but difficult to identify with standard lab equipment, this fungus is resistant to antifungal drugs. It is becoming a health threat in hospitals and nursing homes where people already have other serious health issues, are receiving lots of antibiotics, and are hooked up to feeding tubes, catheters, or other types of tubes. Symptoms include fever, chills, infections and wounds in many other parts of the body, and even death.

From Dr. Richard Loyd: 563, 574, 888

Candida carcinomas

A malignant tumor encased in connective tissue accompanied by *Candida*. In addition to the frequencies below, see "*Candida albicans*" in this section, and follow the protocol carefully to eliminate both the fungus and its mycotoxins.

465, 2167, 2182

Candida glabrata

Present in the immune compromised, it easily develops resistance to antifungal drugs. Causes infections in people with feeding and other tubes, poor kidney function, and those who have had surgery and received other drugs.

595

Candida krusei

Occurs fairly often in urinary tract and other infections, including in the brain.

From Dr. Richard Loyd: 698

Candida parapsilosis

Causes sepsis, a potentially life-threatening condition that occurs during an infection. The body releases an abnormally high level of inflammatory chemicals into the bloodstream. This yeast also infects the digestive tract.

From Dr. Richard Loyd: 634

Candida robusta

Very rare, but observed in pregnant women. Causes vaginal itching and discharge. Other *Candida* strains have been reported to cause miscarriage. Antibiotics can interfere with the microbiome of the fetus and contribute to nervous system damage, leading to ADHD and autism; so be careful about taking pharmaceuticals while pregnant.

468

Candida rugosa

Another newly discovered fungus. Because it's resistant to antifungal drugs, one might surmise that (as with many of the previous *Candida* entries here) it has emerged as a result of too many pharmaceutical drugs, administered to too many people and too often, for the common *Candida albicans*. Fortunately, we have holistic alternatives.

588

Candida tropicalis

Implicated in Crohn's disease, inflammation of the bowel.

1403 (from Dr. John Garvey), 675, 709, 2182, 2184

Cladosporium fulvum

A fungus that causes raised, irregular nodules of soft tissue that can be slow to heal.

233, 344 + 510 + 943, 438 (from Dr. John Garvey), 776

***Claviceps purpurea* / Ergot**

Found in contaminated wheat, oats, rye, triticale, barley, and other grasses and grains, it causes ergot in humans and animals, especially cattle. Symptoms include vomiting, diarrhea, abdominal and muscular pain, headache, muscle tremors, psychotic behavior, convulsions, and coma.

660 + 690 + 727

From Dr. Hulda Clark: 295K or 731.23 (for units unable to reach the KHz range), and 14687.19

***Coddidioides immitis* / Valley Fever /
Coccidioidomycosis / Coccidiosis**

The seeds and spores from *Coddidioides immitis*—a fungus-like mildew living in warm-climate soil—are spread by the wind after the earth is dug. Those living in the US Southwest are most affected as new homes and roads are constantly being built that disrupt the soil. Infection commonly reaches the lungs, causing flu and pneumonia. Sometimes the disease is fatal, when the spores spread through the bloodstream to the membranes surrounding the brain, causing meningitis. Valley Fever cannot be caught from people. After one exposure, immunity may develop. The following frequencies are from Michael Tigchelaar: 80K (for 40 minutes), 336 and 337 (for 5 minutes each)

Collectotrichum

Pathogenic fungi in tropical and sub-tropical regions. It causes diseases in cereals, legumes, vegetables and fruits, including mango, coffee, avocado, and yam.

1482

Corn Smut

See “*Ustilago maydis* / Corn Smut” in this section.

Cytochalasin B

A mycotoxin that penetrates cell membranes and inhibits cellular processes. Used by chemists and researchers.

77K, 91K

***Cryptococcus neoformans* / *Cryptococcus gatti* /
Meningoencephalitis**

This yeast causes respiratory infections, sometimes entering the brain and causing meningoencephalitis infection. Symptoms include headache, nausea, staggering gait, irritability, confusion, and blurred vision.

588, 636 (both from Dr. Richard Loyd), 367, 428, 444 + 1865, 476, 478, 522, 579, 594, 597, 613, 624, 785, 792, 872, 2121, 5880, 5884

Dematium nigrum

Soil fungus found in wounds, often appearing as an infected patch of skin.

243 (from Dr. John Garvey), 738

Epicoccum

Mold found in air, soil and foods, sometimes animals and textiles. Causes spots in various plants.

From Dr. John Garvey: 734

***Epidermophyton floccosum* / Athlete’s Foot / Jock Itch**

Epidermophyton floccosum attacks skin, nails and feet (where it’s called athlete’s foot), and the groin (where it’s called jock itch). Fungi that attack skin are often interchangeable and do not confine themselves to one area; so also see the *Trichophyton*, *Microsporon* and *Microsporum* (and additionally *Candida albicans*, for jock itch) in this section.

644, 766 (both from Dr. John Garvey), 856 (from Dr. Richard Loyd), 20, 345, 465, 634, 660 + 690 + 727, 784, 802 + 1550, 880

Ergot

See “*Claviceps purpurea* / Ergot” in this section.

Fungus flora

Some from Dr. Garvey: 331, 336, 555, 587, 632, 688, 757, 882, 884, 887

Funneliformis mosseae

Discovered by Fry Labs of Scottsdale, Arizona, US, this pathogen is found in 81% of mosquitoes in Arizona. It infects red blood cells, and can cause severe iron deficiency anemia. The mature form produces copious amounts of thick biofilms in a short period, and is reported to live on dietary fats. Symptoms include capillary inflammation and reduced blood flow, which can lead to other infections.

The biofilms can harbor many pathogens, so address other microbial infections too. *Mimosa pudica* (“sensitive plant”) has been found to eradicate this parasite.

From Dr. Richard Loyd: 514, 515, 516, 517, 518, 519, 520, 521, 1260, 1583, 1705

Fusarium oxysporum

Fungus causing inflammation of the cornea of the eye.

102, 332, 705, 780, 795

Also try: 600 + 625 + 650, 746, 768

Geotrichum candidum

Fungus found in feces and dairy products that causes symptoms similar to those of *Candida albicans*.

350, 355, 384, 386, 403, 404, 407, 409, 410, 412, 415, 418, 543, 544, 687, 700, 737, 987, 988

***Gliocladium* / Brain Fungus**

855 (from Dr. John Garvey), 469, 633

***Histoplasma* / Histoplasmosis**

A fungus found mainly in tropical countries bird and bat droppings, causing infections in the lungs and elsewhere.

424, 616, 749

From Dr. Hulda Clark. Use the Hz set for units unable to output KHz. With such a wide frequency range, you may want to sweep.

KHz set: 293300 (lowest), 302K (optimal), and 304350 (highest)

Hz set: 727.02 (lowest), 748.58 (optimal), and 754.41 (highest)

Also from Clark: 15035.69

Hormodendrum

Airborne, causes respiratory problems and allergies.

695 (from Dr. John Garvey), 532, 627, 663, 678

Mold and Lyme Toxins, and the Inflammation Response

A Common Problem. Mold toxins are one of the reasons that there are so many mysterious conditions that baffle the medical community. An understanding of this material can easily double the effectiveness of any practitioner who is not already helping their clients to remove mold toxins from their bodies and environments. Mold toxins, the most common of the biotoxins, are neurotoxins (toxic to nerves). They are also responsible for many (or most) of the symptoms in people with Lyme.

Where Mold Is Found. After studying thousands of homes, Harvard University researchers found that 50% of them had enough mold toxins in them to cause symptoms, even though most had no obvious water damage and little or no mold was actually visible. About half of the people in the United States are living in homes that contain enough mold toxins to cause illness. They are given the name "Sick Building Syndrome." Buildings with flat roofs, and those on a concrete slab or with a concrete basement, are ready-made for mold problems. Flat roofs leak, and concrete whisks small amounts of water up into the walls. Any natural fibers, such as wood cellulose or sheetrock paper, that are exposed to moisture or water vapor, will start to make mold spores. There may not be enough mold to damage the building, but there is certainly enough to cause serious illness. Attached garages are also problematic.

Almost all cars have enough mold to make people sick—even cars that are only a few weeks old. We drive them in the rain, open the doors in the rain, and open the trunk in the rain. If your car has been driven in the rain, it is almost certainly moldy. A car or building does not have to smell musty or have visible mold to be contaminated. A musty smell is an indication that mold levels are very high, although not everyone is able to smell mold.

Mold toxins are also found in foods such as grains and peanuts, although far more serious are the mold toxins in buildings and vehicles with water leaks. The major molds likely to start colonies are *Stachybotrys*, *Aspergillus*, *Acremonium*, *Actinomyces*, *Penicillium* and *Chaetomium*. The colonies may be visible, or hidden in places such as the tops of ceiling tiles or the bottoms of carpets. The molds send out spores, which contain powerful biotoxins that affect the nerves (neurotoxins).

The Body's Mold Detection Mechanism. When these spores with their neurotoxins are inhaled, about 75% of the population can make antibodies to the toxins and quickly eliminate them. They may sneeze, have a sore throat or have other minor symptoms, but symptoms are temporary. If they spend several days in a moldy building, they may begin to feel sick, but when they are away for a few days they recover. Their bodies are like a plastic bucket that has poison drip into it from time to

time: they have a small hole in the bottom of the bucket, so the poison is able to leak out.

The problem is, about 25% of the population have a genetic makeup that's the equivalent of not having a hole at the bottom of the bucket. They don't produce antibodies for mold toxins, meaning the body cannot tag the toxins as invaders or eliminate them. Although the liver does recognize mold toxins and dumps them into the bile to be excreted via the digestive tract, the job of making antibodies to mold is done by the immune cells, not the liver. So people unable to detox from mold have immune issues that liver support cannot fix.

Bile is recycled in the body. So unless a binding agent (activated charcoal or zeolite) is used in the digestive tract, mold toxins are quickly reabsorbed back into the blood, and they accumulate with continual or repeated exposures. Around 25 million Americans have some degree of mold toxin illness, though it might be called MS, Parkinson's, chronic fatigue, fibromyalgia, rheumatoid arthritis, and so on.

The Many Symptoms of Mold Illness. These mold toxins cause chronic inflammation, with almost too many symptoms to list. They include fatigue, severe pain, brain fog, out of control weight gain, blood sugar problems, nerve damage, cancer, reduced circulation, autoimmune diseases, symptoms that resemble advanced heart disease, and even loss of sex drive. Some people feel as though they have a permanent case of the flu.

About 10 million American children are being exposed to mold toxins (many are medicated with Ritalin as a result), and around 25 million Americans have some level of mold toxin illness. Many cannot detoxify either mold or Lyme toxins; so if they have Lyme disease, Lyme toxins also build up in the body. These are the people that get very sick and stay sick when they do frequency treatments for Lyme. *For those who get major prolonged die-off reactions, frequency treatments for Lyme, or any other protocols that target the Lyme, are not recommended until the toxin issue is addressed.*

The Biochemistry of Mold Illness. Mold and Lyme toxins attach to fat cells, causing them to continually release inflammatory cytokines. When one has the flu, symptoms are not caused directly by the viruses; they are caused by the resulting cytokines. So, mold and Lyme toxins can cause symptoms similar to a permanent case of flu.

Inflammation is useful to help deal with an infection. But it's damaging when it continues indefinitely. The mold and Lyme toxins cause the fat cells to make a material called NF-kappaB. NF-kappaB causes the release of all kinds of inflammatory chemicals, which have great adverse effects—as mentioned above—if they are produced over a long period of time.

Fluoride is another poison that dentists legitimize. The sodium fluoride in toothpastes, which is actually a waste product from the aluminum and fertilizer industries, was once used as a rat poison. Hundreds of suppressed studies show that fluoride does not prevent cavities, but can actually cause tooth enamel to erode. Fluoride also hinders brain development and suppresses some higher brain functions, making people apathetic (see Chapter 3, **Water**). In fact, in a 2014 study showing how curcumin—a compound in powdered turmeric root (used in Indian cooking)—reverses oxidative stress in nerve and brain tissue, the brains of mice were first deliberately contaminated with fluoride to induce damage so the scientists could observe the effects of the curcumin! The article is even called “Curcumin attenuates neurotoxicity induced by fluoride: An in vivo evidence.”²⁶ Scientists have known for almost a century that fluoride causes brain damage. In the article, the researchers even stated *where* in the brain the damage occurs (the hippocampus, among other regions).

One inexpensive, easy, and surprisingly effective way to restore the teeth and gums is oil pulling (or oil swishing). Oil pulling, described in old Ayurvedic texts, has been publicized by F. Karach, a contemporary Ukrainian medical doctor, for its ability to cure many systemic diseases including allergies, digestive disturbances, headaches, respiratory disorders, blood sugar problems, skin conditions, and even cancer. I can't vouch for any of the systemic conditions, but personal experience shows that oil pulling really does help eliminate plaque (and pain) in the mouth. The original protocol called for one tablespoon of unrefined sesame oil, although some people prefer coconut oil. (Coconut oil contains about 50% lauric acid by weight and thus inhibits various bacteria, especially *Streptococcus mutans*—an acid-producing bacterium found in the mouth and responsible for tooth decay—as well as the fungus *Candida albicans*.) The oil is poured into the mouth but not swallowed. Enough room must be left in the mouth for additional saliva that the salivary glands will secrete in response to the presence of oil. The oil is swished in the mouth, at least one hour away from eating or drinking, one to three times a day for 15–20 minutes—enough time to bind the toxins without allowing them to be reabsorbed in the mouth. The oil mixed with saliva becomes thin and white. Don't swallow the oil, which is now filled with toxic debris. The swirling is believed to activate enzymes in the mouth, which pull toxins from the blood. Dr. Karach is reported to have stated that it can take from two days to one year to completely cure a condition. When swishing for dental problems, people report both eliminating plaque and remineralizing teeth. Oil pulling also helps alleviate (if not eliminate entirely) receding gums and dental pain. When you're finished, spit out the oil into the trash and not the sink or toilet, as the oil can clog plumbing pipes.

If the mouth is kept alkaline for several hours at a time (without food or beverages), the teeth may remineralize. Dr. Manhart has formulated a solution of free calcium, zinc, and other minerals that help correct the pH of the mouth.

Poisonous nickel alloy braces should be replaced, at the very least, with stainless steel. However, be aware that any metal in the mouth conducts electricity, and thus interferes with natural nerve conduction. It's far better if you have the option of using dentures made of safe plastic. Also, both titanium and zirconium are unsafe; neither should be used for implants.

Despite cautioning others about using electrodes on the face, I admit that some rifiers (including myself) have successfully used electrode patches on the cheeks for gum and tooth infections. The standard medical disclaimer is to avoid applying current to the face because the current might irritate or damage the delicate facial skin if it's too strong. Also, passing electrical current through the carotid artery (located on either side of the neck, under the jaw, just in front of the bottom of the ear) can cause permanent heart damage and even death. In fact, laboratory researchers routinely send electrical current through the carotid artery of experimental animals to create blood clots when their goal is to induce heart attacks. Therefore, electrodes must be used very carefully with three stipulations. One, the power control must be at a very low setting. I bring the signal to a high enough level so the current can barely be felt. If pain is felt or if muscles twitch, the signal is too strong. Two, salt water is held inside the closed mouth. The highly conductive salt water ensures that the current penetrates the tissues. (The body is constantly producing saliva, so the mouth is filled with salt water only about two-thirds of its total capacity. After an hour session, there won't be any room left in the mouth. The saliva, which is now filled with infectious debris, shouldn't be swallowed.) Three, with this delivery system, it appears to be the electrical current, rather than specific frequencies, that disables pathogens. Some European practitioners suggest using any frequency below 1000 Hz. Six consecutive days of 1-hour sessions is sufficient for many dental problems, but you may need more days if necessary.

































One more thing. Brushing or gently scraping the tongue will eliminate the thin layer of debris and coating, along with the bacteria that reside there. It will also freshen the breath.

Mouth and Gums

When the gums separate from the teeth to form pockets (even if the gap is slight), food particles become trapped inside. However, gums that recede can grow again, given the proper nutrients and mouth terrain. For gum repair and regrowth, one solution is a product called Peri-Gum[®]. It contains extracts of echinacea, bloodroot, white oak bark, bayberry and cayenne, and tea tree and peppermint essential oils. You can also make your own dental care products: see Sidebar, “Simple Mouthwash and Toothpaste Recipes.” Food grade hydrogen peroxide works as a mouthwash because it raises the oxygenation of the tissues, thus helping to prevent infection (see Chapter 3, **Oxygen Therapies**). The germicidal properties of many essential oils are well known. They halt bleeding; kill bacteria, fungi and viruses; and reduce inflammation.

THE TEETH AND THE BODY

ENERGETIC INTER-RELATIONS

| | RIGHT SIDE | | | | | | | LEFT SIDE | | | | | | | | | | |
|-------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|------|
| ENDOCRINE GLANDS | Pituitary gland Ant. lobe | Para-Thyroid | Thyroid | Thymus | Pituitary gland Post. lobe | Pineal gland | | Pineal gland | Pituitary gland Post. lobe | Thymus | Thyroid | Para-Thyroid | Pituitary gland Ant. lobe | | | | | |
| SENSORY ORGANS | Ear | Tongue | | Nose | Eye | Nose | | Nose | Eye | Nose | Tongue | | Ear | | | | | |
| SINUSES | Maxillary sinus | | Ethmoid sinus | | Sphenoid sinus | | | Sphenoid sinus | | Ethmoid sinus | | Maxillary sinus | | | | | | |
| JOINTS | Shoulder - Elbow Sacro-iliac joint Hand, ulnar side Foot, plantar side Toes | Jaw Anterior hip Anterior knee Medial ankle joint | Shoulder Elbow Hand Medial side Foot Big toe | Posterior knee | | | Posterior knee | | Shoulder Elbow Hand Medial side Foot Big toe | Jaw Anterior hip Anterior knee Medial ankle joint | Shoulder - Elbow Sacro-iliac joint Hand, ulnar side Foot, plantar side Toes | | | | | | | |
| | | | | Hip | Sacro-coccygeal joint | | Sacro-coccygeal joint | Hip | | | | | | | | | | |
| | | | | Posterior ankle joint | | | Posterior ankle joint | | | | | | | | | | | |
| ORGANS | Heart, right side | Pancreas | | Lung, right side | Liver, right side | Kidney right side | | Kidney, left side | Liver, left side | Lung, left side | Spleen | | Heart, left side | | | | | |
| | Small intestine, right side | Esophagus Pylorus Stomach, right side | | Large intestine, right side | Gall-bladder, right side | Rectum Genito-urinary Prostate | | Rectum Genito-urinary Prostate | Gall-bladder, left side | Large intestine, left side | Esophagus Pylorus Stomach, left side | | Small intestine, left side | | | | | |
| OTHER SYSTEMS | Central nervous system | | Mammary gland right side | | | | | | | | Mammary gland left side | | Central nervous system | | | | | |
| TEETH DIAGRAM | RIGHT |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | LEFT |
| AMERICAN AND EUROPEAN NOMENCLATURES | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| | | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | |
| TEETH DIAGRAM | RIGHT |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | LEFT |
| OTHER SYSTEMS | Central nervous system | | | | Mammary gland right side | | | | | | Mammary gland left side | | | | Central nervous system | | | |
| ORGANS | Small intestine, right side | Large intestine, right side | | Esophagus Pylorus Stomach, right side | | Gall-bladder, right side | Rectum Genito-urinary Prostate | | Rectum Genito-urinary Prostate | Gall-bladder, left side | Esophagus Pylorus Stomach, left side | | Large intestine, left side | | Small intestine, left side | | | |
| | Ileo-cecal area | | | | | | | | | | | | | | | | | |
| JOINTS | Shoulder - Elbow Sacro-iliac joint Hand, ulnar side Foot, plantar side Toes | Shoulder Elbow Hand Medial side Foot Big toe | Jaw Anterior hip Anterior knee Medial ankle joint | Posterior knee | | | Posterior knee | | Jaw Anterior hip Anterior knee Medial ankle joint | Shoulder Elbow Hand Radial side Foot Big toe | Shoulder - Elbow Sacro-iliac joint Hand, ulnar side Foot, plantar side Toes | | | | | | | |
| | | | | Hip | Sacro-coccygeal Joint | | Sacro-coccygeal Joint | Hip | | | | | | | | | | |
| PARANASAL SINUSES | Ethmoid sinus | | Maxillary sinus | | Frontal sinus | | | Frontal sinus | | Maxillary sinus | | Ethmoid sinus | | | | | | |
| | | | | | | | Sphenoid sinus | | Sphenoid sinus | | | | | | | | | |
| SENSORY ORGANS | Ear | Nose | | Tongue | Eye | Nose | | Nose | Eye | Tongue | Nose | | Ear | | | | | |
| ENDOCRINE GLANDS | | | | | Gonad | Adrenal gland | | Adrenal gland | Gonad | | | | | | | | | |
| | RIGHT SIDE | | | | | | | LEFT SIDE | | | | | | | | | | |

FAINTING

20

FALLOPIAN TUBE INFLAMMATION

See under **WOMEN, Uterus, Cervix, Ovaries and Fallopian Tubes.**

FASCIA, TO SOFTEN

See under **MUSCLES.**

FASCIOLA HEPATICA

See under **PARASITES, PROTOZOA AND WORMS.**

FASCILOPSIS BUSKI

See under **PARASITES, PROTOZOA AND WORMS.**

FAT ELIMINATION

See under **OBESITY / OVERWEIGHT.**

FATIGUE / CHRONIC FATIGUE

Fatigue has many causes: low iron (perhaps due to heavy bleeding from colon irritation; an abnormal menstrual cycle; a Vitamin B12 deficiency; or almost any pathogen (*Candida albicans*, *Mycoplasma*, parasites, viruses). Also check for poisoning from chemicals and heavy metals.

Besides the frequencies below, see listings related to your particular infection, condition, or affected part of the body. For fatigue that's chronic, see **VIRUSES**, "Epstein-Barr Virus / Infectious Mononucleosis / Chronic Fatigue Syndrome (CFS)." Also see entries under **REGENERATION AND HEALING**, and always run 40K to restore cell function.

20, 72, 95, 125, 428, 444 + 1865, 465, 660 + 690 + 727, 40K (for as long as you want)

FATIGUE, FROM RIFING TOO LONG

Also see **SCHUMANN RESONANCES.**

1.55, 7.83

FATIGUE, GERIATRIC / ADYNAMIA

Fatigue of age, although adynamia is generally considered to be caused by adrenal gland weakness. See other "Fatigue" entries. Also see entries under **GLANDS, Adrenals.**

27.5 + 220 + 410, 60 + 100

FEAR

See this and other entries under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS.**

FEBRIS WOLHYNIA

See "*Bartonella quintana* / Bartonellosis" under **BACTERIA.**

FEET, EXCESSIVE SWEATING

See under **SKIN.**

FELINE (CAT) IMMUNODEFICIENCY VIRUS (FIV)

See under **VIRUSES.**

FELINE (CAT) LEUKEMIA

See "Leukemia, Feline" under **CANCER.**

FELON

Infection of the fingertips consisting of pus, or dead white blood cells.

First try: 657, 659, 738, 751

Also try: 663, 665, 720, 722

FEVER, GENERAL

Normal body temperature is 98.6°F (37°C). Ordinarily, with temperatures taken orally, a low fever is considered less than 101°F (38.3°C). A moderate fever is in the 102° to 103°F range (38.8° to 39.4°C). A high fever is over 104°F (40°C). Temperatures over 106°F (41.1°C) can be harmful, particularly if they are prolonged. Fever is the body's way of producing a high enough temperature to kill invading pathogens, and to mobilize various biochemicals and immune cells in the body to help with healing. So unless the fever is abnormally high or the person is very young or frail, it's a good idea to let the fever run its course. Nevertheless, killing pathogens with frequencies will help the body restore itself.

20, 422, 800, 832, 880, 787, 660 + 690 + 727, 2112

FEVER, GLANDULAR

See **VIRUSES**, "Epstein-Barr Virus / Infectious Mononucleosis / Chronic Fatigue Syndrome (CFS)." For issues pertaining to a specific gland (different from so-called Glandular Fever), see the listing for that gland under **GLANDS.**

FEVER, DUE TO SUNSTROKE

20, 440, 880

FIBROADENOMA OF BREAST

See under **WOMEN, Breasts.**

FIBROID CYST IN BREASTS

See under **WOMEN, Breasts.**

FIBROMA

See under **TUMORS, BENIGN** or **WOMEN, Breasts.**

FIBROMYALGIA

Fibromyalgia is a syndrome or collection of symptoms. The most prominent and major symptom is chronic, widespread pain and tenderness in the muscle fibers and connective tissue covering a large portion of the body. (An official diagnosis states that pain must be felt at over a dozen sites in all four quadrants of the body: right and left sides, above and below the waist.) Other symptoms include numbness, swelling, stiffness, aches and tingling in the tissues, limbs and joints; weakness; chronic fatigue; unrefreshing sleep; depression; anxiety; irritable colon and bladder; tension headaches; eye problems; and painful menstrual periods.

In many people, fibromyalgia is triggered or exacerbated by injury (for instance, a car accident), infections (usually

viral), hormonal imbalance, radiation and electromagnetic pollution, chemical poisoning (including drugs and smoking), nutrient starvation (as from a poor diet), allergies, or any major stress. About 90% of fibromyalgia sufferers are women. New research from neurologist Anne Louise Oaklander indicates that people with fibromyalgia suffer from damage to small nerve fibers, which causes faulty signals (and therefore pain) in nerves all over the body, including internal organs and the nerve fibers lining the blood vessels of the skin. Some now call this disorder “Small-Fiber Polyneuropathy.”

Insufficient thyroid hormone can contribute to or cause fibromyalgia. Over half the subjects who are hypothyroid suffer from excessive amounts of mucin, a sugar-protein, hydrophilic (water-loving) compound that is normally present in muscles, skin, blood vessels, nerves, and other parts of the body—including the fascia, or membranous envelopes that cover the muscles. In excess amounts, mucin damages connective tissue. Therefore, someone with fibromyalgia may be suffering from an underactive thyroid. A hypothyroid condition also contributes to fibromyalgia because an abnormally low metabolism equals an undercharged system, which will make it difficult to maintain normal body processes or retain any benefits of healing protocols, no matter how useful they might be. See **GLANDS, Thyroid**, “Thyroid, Underactive / Hypothyroidism.”

Immune dysfunction—which can be either the cause or result of infections—is also implicated in fibromyalgia. People with fibromyalgia have inadequately functioning Natural Killer T Cells (NK Cells). They suffer viral damage to calcium channels in the cellular membrane, damaged muscle fibers, and additional malfunction of the nervous and hormonal systems. In such people, intracellular magnesium and serotonin levels are low. Magnesium is needed for muscle function, and serotonin (produced during restful, not fitful sleep), is necessary for immune function.

There’s a higher than usual requirement of many nutrients. Just a few supplements that can help with one or more symptoms—such as muscle wasting, pain, joint stress, brain fog, digestive disorders, and fatigue—are magnesium, malic acid, MSM (methylsulfonylmethane), N-Acetyl Cysteine, glucosamine sulfate, and the herb *Boswellia serrata*. Enzymes may also help, taken on an empty stomach so they will be used to combat inflammation instead of digest food.

Pay attention to any possible triggering events such as an illness or accident, and treat accordingly. Mold toxins almost always cause symptoms that feel like fibromyalgia, so see various entries for mold, as well as the Insert “Mold and Lyme Toxins, and the Inflammation Response” on pages 690–691, under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

The frequencies below are compiled from M. Tigchelaar and Dr. Loyd. Also see all the “*Mycoplasma*” frequencies under **BACTERIA**, as Dr. Garth Nicolson and colleagues found these bacteria, especially *Mycoplasma fermentans*, in the blood of over 60% of people with fibromyalgia. Also see **AUTOIMMUNE DISORDERS** and **GASTROINTESTINAL TRACT, Small Intestine**, “Leaky Gut Syndrome.” Some researchers

have found a spirochete in the blood of a significant number of people with fibromyalgia, so also see **BACTERIA**, “*Borrelia*, all types / Borreliosis / Lyme Disease.” Also see **CARTILAGE PRESERVATION AND HEALING**.

Run these at least 2 minutes each: 20, 40, 120, 140, 200, 320, 321, 304, 317.6, 326, 328, 384, 420, 464, 500, 600, 660 + 690 + 727, 664, 800, 880, 900, 2128, 2180, 2489, 3176 120, 140, 304, 320, 328, 420, 464, 600, 664, 728, 787, 800, 880, 1550, 2008, 2050, 2080, 2128, 2180, 2489, 2720 (for 20 to 30 minutes), 3790, 3794, 3798, 3802, 3806, 3810, 5, 6, 9, 10K, 40K (this last one, for as long as desired)

FIBROSARCOMA

See under **CANCER**.

FIBROSIS

See under **RESPIRATORY TRACT, Lungs**.

FILARIA

See under **PARASITES, PROTOZOA AND WORMS**.

FISSURE

A groove or crack-like sore. Also see entries under **SKIN**.
787, 20, 10K

FISTULA

Abnormal tubelike passage from one bodily structure to another. Also see the “*Staphylococcus*” entries under **BACTERIA**.

660 + 690 + 727, 787, 832, 880

FISTULA DENTALIS

See under **DENTAL, Mouth and Gums**.

FLATULENCE

See under **GASTROINTESTINAL TRACT, Colon / Large Intestine** or **Small Intestine**.

FLOATERS

See under **EYES**.

FLU

See “Influenza” under **VIRUSES**.

FLUID IN JOINTS AND TISSUES, TO REDUCE EXCESS

See under **ARTHRITIS**.

FLUKES, MANY TYPES

See under **PARASITES, PROTOZOA AND WORMS**.

FLUORIDE, DETOXIFYING FROM

Fluoride is a halogen, in a class of chemicals (including chlorine and bromine) that displaces iodine on the cell receptor sites. Replenishing the body’s iodine in large amounts will help pull the fluoride out of the tissues and sauna and other therapies will help the body excrete the

fluoride; read *The Iodine Crisis* by Lynne Farrow. Also see “Mercury, Aluminum, and Other Contaminants” under **CHEMICAL SENSITIVITY / POISONING**.

FOLLICULAR MANGE AND FOLLICU

See “Mange / Follicular Mange / Scabies” under **SKIN**.

FOLLICULITIS

See under **SKIN**.

FOOD POISONING

See “Botulism / *Bacillus botulinum*” under **GASTROINTESTINAL TRACT, Systemic Conditions**, and all of the “*Salmonella*” entries under **BACTERIA**.

FOOT AND MOUTH DISEASE

See “*Aphthovirus* / Foot and Mouth Disease / Hoof and Mouth Disease” under **VIRUSES**.

FRACTURES OF BONES

See under **BONE AND SKELETON**.

FRANCISELLA TULARENSIS

See under **BACTERIA**.

FREQUENCY DISTRESS

Not due to detoxification, but from rifting for too long.
1.55, 7.83

FRIGIDITY / IMPOTENCE, MANY TYPES

See “Sexual Function” under **MEN** or **WOMEN**.

FROSTBITE

See under **INJURIES**.

FROZEN SHOULDER

See “Shoulder, Frozen” under **INJURIES**.

FUNGUS

See “General Fungus / Molds / Yeasts” under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

FUNNELIFORMIS MOSSEAE

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

FURUNCULOSIS HERPES

See under **SKIN**.

FUSARIUM, ALL TYPES

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

FUSOBACTERIUM, ALL TYPES

See under **BACTERIA**.

—G—

GALLBLADDER ISSUES, ALL

See all entries under **LIVER AND GALLBLADDER, Gallbladder**.

GANGRENE

The rotting of soft tissue, due to frostbite, injuries, boils, or poor circulation. Also see **BACTERIA**, “*E. coli* / *Escherichia coli*,” and circulation frequencies under **HEART, BLOOD AND CIRCULATION**.

1.1 + 73, 20, 660 + 690 + 727, 787, 880

GARDNERELLA

See under **BACTERIA**.

GAS, INTESTINAL

See “Flatulence / Intestinal Gas” under **Colon / Large Intestine** or **Small Intestine**, both under **GASTROINTESTINAL TRACT**.

GASTRIC CANCER

See “Stomach Cancer” under **CANCER**.

GASTRITIS

See under **GASTROINTESTINAL TRACT, Stomach and Esophagus**.

GASTRO-ESOPHOGEAL REFLUX DISEASE (GERD)

See “Acid Reflux / Gastro-Esophageal Reflux Disease (GERD)” under **GASTROINTESTINAL TRACT, Stomach and Esophagus**.

GASTROINTESTINAL TRACT

The digestive tract is a huge muscular tube extending about thirty feet from the mouth to the anus. Lining the entire tract is soft mucous membrane that protects the tubing from foreign substances. (Food is foreign until the body breaks it down and makes it a part of its own tissue.) The musculature’s involuntary, smooth, rhythmical, wave-like movement (peristalsis) pushes the food down the esophagus or food tube to the stomach, down to the small intestine, and then to the colon or large intestine.

Digestion begins in the mouth, as enzymes in saliva break down starches into simple glucose. The taste and even smell of food stimulate increased production of saliva and signal the other digestive organs to be ready to receive food—so it’s important to chew well, leaving food in the mouth as long as possible. Chewing also breaks down the indigestible cellulose coating of fruits and vegetables, liberating the nutrients. Chewing also creates more surface area on the food so digestive enzymes can break it down further. Once the food travels down the esophagus (food tube) and through a small sphincter to the stomach, the stomach churns the food and combines it with more digestive enzymes so it becomes a relatively smooth, thick fluid called chyme. The chyme moves through the opening at the lower end of the stomach

in weight gain (and occasionally weight loss), along with intolerance to both heat and cold—particularly in extremities where there's impaired circulation. (The person subjectively feels chilly, and the hands and feet feel cold to another person's touch.) The body also has difficulty repairing damaged tissues. This is why so many hypothyroid people suffer from structural weaknesses: brittle nails, brittle or scant hair (including baldness), degenerating bones (osteoporosis), malformed bones (scoliosis), and thinning and loss of eyebrows, notably the outer third. Physical signs of hypothyroidism also include puffy face and lips, dry skin, fatigue and lethargy, and slowed movements and speech.

Because thyroid hormones are intricately related to virtually every bodily function, hypothyroidism can cause or exacerbate conditions that initially might not seem related to each other: autoimmune conditions (such as allergies, lupus and rheumatoid arthritis), blood sugar disorders, cancers, cardiovascular disturbances (including coronary artery disease and congestive heart failure), dental problems (including chronic gum infections and temporomandibular joint or TMJ dysfunction), gastrointestinal disorders, hoarseness, sleep apnea, immune response malfunction leading to increased infections (such as *Candida albicans*), mental and emotional problems (including confusion, depression and mood swings), neurological impairment (including Multiple Sclerosis, deafness, tinnitus and vertigo), headaches and migraines, pain in joints and muscles (including arthritis, carpal tunnel syndrome and fibromyalgia), reduced perspiration, reproductive disorders (such as birth defects, endometriosis and infertility), respiratory conditions (including asthma, pneumonia and chronic sinus infections), skin disorders, and urinary tract problems (including infections, and kidney failure due to scarred shrunken kidneys).

Hypothyroidism was first reported in London in 1875. According to doctors Broda Barnes, James Howenstine, David Derry, Jacques Hertoghe and others, at least one-half of the US population suffers from slight to severe hypothyroidism. Some practitioners distinguish between two different types. In Type 1, the thyroid does not produce sufficient amounts of hormone to maintain "normal" blood levels (which in turn maintain normal blood levels of thyroid-stimulating hormone or TSH, produced by the pituitary). In Type 2, the thyroid gland produces adequate hormone, but the cells are unable to utilize the hormone properly. Some experts call this thyroid hormone *resistance*.

The body fails to accept or utilize thyroid hormone for many reasons. The mitochondria—energy-burning units of the cell responsible for about

90% of our energy production—may be impaired. Mitochondrial defects are common in iodine-deficient people. The defects can also be caused by environmental toxins, including petroleum, pesticides, organic solvents, and mercury and other heavy metals. (More women than men suffer from hypothyroidism because, due to estrogen, they are more susceptible to autoimmune disorders—and many thyroid conditions are autoimmune-based.) Faulty thyroid receptors on the cell membranes can also cause hypothyroidism by making it impossible for enough hormone to enter a cell's nucleus, where genes are activated and protein synthesis occurs. Finally, abnormally high levels of mucin cause disease conditions in over 55% of hypothyroid subjects. Mucin is a sugar-protein compound that readily absorbs water and is normally present in different types of connective tissue everywhere in the body: in the lining of blood vessels, in the nerve sheaths, in the fascia enveloping the muscles, in mucous membrane linings of the respiratory tract (such as the sinuses), and in the gastrointestinal and urinary tracts—not to mention every single organ and gland. When present in normal amounts, mucin isn't a problem. In excess, it damages the connective tissue wherever it accumulates. This helps explain the diversity of hypothyroidism-related conditions, which include Lupus and congestive heart failure.

Inadequate thyroid hormone at the cellular level negatively impacts other glands. To compensate for the weakness and low metabolism caused by insufficient thyroid hormone, the adrenals especially (along with the sympathetic nervous system) overwork. This may cause a temporary rapid heartbeat, hyperactivity, or restlessness—until exhaustion occurs from the unnatural attempts to compensate for low thyroid hormone levels. Often, the majority of sufferers simply feel fatigued and weak most of the time. This is why it's important to support other organs and glands, especially the adrenals, when treating hypothyroidism.

Hypothyroidism can be worsened by constant low body temperature and a diet high in carbohydrates, gluten, dairy, and soy. Radiation from nuclear bomb "testing" or X-rays can damage even a healthy gland, because radiation creates radioactive iodine that displaces, on the cell receptor sites, non-radioactive iodine that the thyroid urgently needs.

Lab tests showing inadequate bloodstream levels of thyroid hormone make it easy to diagnose Type 1 hypothyroidism. However, lab tests can't detect Type 2 hypothyroidism because the bloodstream might register adequate hormone levels, despite the body tissues' inability to utilize it. Therefore, the best hypothyroidism test (developed by Dr. Barnes) is to take the armpit temperature before rising

every day for at least one week. If the temperature averages lower than 97.8°F (about 36.6°C), the person is hypothyroid. One can be hypothyroid with a near-normal basal temperature; but this test is still the most accurate diagnostic tool. One's symptoms and clinical picture provide the definitive diagnosis, not an arbitrary number in a laboratory test.

In Europe, diagnoses of hypothyroidism can be rare. Doctors first investigate adrenal exhaustion, chemical toxicity, and pathogens. Often, after treatment hypothyroidism is no longer an issue. In the US, medication is freely prescribed. Prolonged administration of synthetic thyroxin (T4) is the least valuable remedy, and may shut down the gland entirely. The most effective medication is whole desiccated thyroid (from pigs) made from the entire gland and its contents: all forms of thyroid hormone, RNA, DNA, and co-factors (which all work synergistically with each other). An alternative is compounded T3 and T4, in the same ratio as that of a functioning gland. However, synthetic T3 is known to cause "side" effects such as severe hip pain.

A large portion of the T4-to-T3 conversion takes place in the liver, so a liver detox protocol is wise. To eliminate debris, sauna therapy also works well. Sweating reduces the waste removal burden on the kidneys, liver, and eliminative organs. See Chapter 3, **Detoxification**, and my book, *The Holistic Handbook of Sauna Therapy*.

Avoid chemicals that lower thyroid function. These include fluoride (in municipal drinking water, most toothpaste, some bottled teas, and even the older non-stick cookware); chlorine (in municipal drinking water, swimming pools and spas, chlorine bleach, and commercially processed chicken); and bromine/bromides (in commercial baked goods, soda pop, some plastics, fire retardants used in children's nightwear and some furniture, and pesticides containing methyl bromide).

Read *Solved: The Riddle of Illness*, and see a holistic medical doctor. Often, other glands in a delicate balance with the thyroid are involved, such as the adrenals, sex glands, and pituitary.

7.7, 12, 20, 35, 160, 740, 802 + 1550, 16K

Thyroiditis

Inflammation of the thyroid gland, generally occurring after a viral infection or pregnancy. Many viruses and bacteria may be involved, so use frequencies for any infectious illnesses you may have had within the last six months to two years (and maybe farther back). Also see these pathogens that may cause thyroiditis: **VIRUSES**, "Rubulavirus / Mumps" and **BACTERIA**, "Mycoplasma, many types."

End of Glands section.

GLANDULAR FEVER

See "Epstein-Barr Virus / Infectious Mononucleosis / Chronic Fatigue Syndrome (CFS)" under **VIRUSES**.

GLAUCOMA

See under **EYES**.

GLIOMA

See "Brain Tumor / Astrocytoma" under **CANCER**.

GLIOBLASTOMA

See "Brain Tumor / Astrocytoma" under **CANCER**.

GLIOCLADIUM

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

GOITER

See under **GLANDS, Thyroid**.

GONORRHEA

See under **MEN, Urinary** or **WOMEN, Vagina, Labia and Clitoris**.

GORDONA SPUTI

See under **BACTERIA**.

GOUT

A metabolic disorder of excess uric acid—either because the body makes too much, or not enough leaves in the urine. Gout is a form of arthritis. The excess uric acid is in the bloodstream and also lodges inside the cells, disrupting the function of the tiny fuel-burning mitochondria. The chief symptom is inflammation of the joints, and often includes swelling of the large joint of the big toe.

For symptomatic relief, conventional medicine advises a low purine diet. Meats and seafood highest in purine include anchovies, herring, sardines, scallops, duck, goose, and organ meats—liver, brains, kidney, and sweetbreads (the thymus gland). Dried peas and legumes are also rich in purine. Therefore, people are advised to eliminate these foods entirely or to limit intake to 3 or 4 ounces per meal. Abstain from alcohol. Also, avoiding sugars—in particular fructose—is critical to getting well, because fructose causes the body to produce high levels of uric acid. See Chapter 3, **Food**, "Natural, Refined, and Artificial Sweeteners" for more information. Cherry juice has been reported to reduce uric acid levels, but it still might contain too much sugar.

Drink plenty of water to dilute the uric acid in the bodily fluids and flush it out of the system. Structured water is best; see Chapter 3, **Water**.

9.39, 9.4, 20, 3K, (and for 10 minutes each) 465, 660 + 690 + 727, 784, 787, 880, 1560

GRAVEL IN URINE

See under **URINARY TRACT, Bladder and Urethra**.

GRAVES' DISEASE

See under **GLANDS**, *Thyroid*.

GRIPPE

See "Influenza" under **VIRUSES**.

GULF WAR SYNDROME / GULF WAR ILLNESS

A communicable, contagious, and potentially lethal constellation of chronic debilitating symptoms reported by troops from the United States, Britain, Denmark, Canada, Saudi Arabia, Egypt, Australia, and other countries who served in the 1991 Persian Gulf Operation Desert Storm. Cell biologist Garth Nicolson's 1996 estimate of 100,000 to 200,000 American veterans who became ill (with more than 15,000 dead) does not include infected family members and friends who became disabled or died. Half of the spouses, all of the children, and even pets of the veterans became sick. Sixty-five percent of the children subsequently born to veterans either died or had crippling birth deformities (one or more limbs missing, only one eye, etc.). Symptoms include disabling fatigue; muscle and joint pain; night sweats; fever; abdominal bloating, diarrhea and vomiting; memory and concentration impairment; Parkinson-like symptoms and paralysis; headache; skin rash; respiratory conditions similar to bronchitis and tuberculosis; vision impairment; cancerous tumors; and mental issues including irritability, violent behavior and depression. The symptoms can take six months or even years to develop, and most doctors do not have the training or experience to diagnose this disease.

Major stressors such as chemical exposure, injury, and vaccines (which themselves contain pathogens) can stimulate the onset of illness. Dr. Joseph Mercola believes that the combination of aspartame-ridden soft drinks, vaccines, nerve gas "antidotes," and insecticides—along with biowarfare microorganisms—created this condition. However, the most direct and serious cause may be genetic engineering. In the blood of Gulf War veterans, Dr. Nicolson discovered *Mycoplasma fermentans incognitos*, an unusually venomous microbe that's difficult to detect. It contains a highly unusual retroviral DNA sequence: just a portion (40%) of the HIV-1 genetic code, and just the envelope gene. (The HIV-1 virus is unable to replicate with only one envelope gene.) This minute amount of genetic material is powerful enough to give someone symptoms of AIDS but test negative for HIV. Nicolson and his molecular biologist wife, Nancy, present compelling evidence that *Mycoplasma fermentans incognitos* is only one of about 15 dangerous *Mycoplasma* that may have been employed during Desert Storm. These manufactured pathogens have existed for at least 50 years. The countries capable of creating them include the United States, Russia, Iraq, China, Israel, and Libya.

Several strains have been identified so far. See "*Mycoplasma*, many types" under **BACTERIA**. Also see "Amyotrophic Lateral Sclerosis (ALS)" and other entries under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**; "Epstein-Barr Virus / Infectious Mononucleosis / Chronic Fatigue

Syndrome (CFS)" under **VIRUSES**; the many entries under **CHEMICAL SENSITIVITY / POISONING; FIBROMYALGIA**; and anything else that fits your symptom picture.

GUM PROBLEMS

See under **DENTAL**, *Mouth and Gums*.

-H-**H1N1**

See "Swine Flu / H1N1" under **VIRUSES**.

HAIR LOSS / ALOPECIA

Can be caused by a metabolic disorder (relating to spleen malfunction), hormonal imbalance, nutrient deficiency, stress, or even an immune malfunction (alopecia areata) in which the body's immune cells mistakenly attack hair follicles. The herb saw palmetto (also effective for male baldness) is sometimes used. A great treatment for everyone is externally applied castor oil (see Chapter 3, **Detoxification**).

If a fungal infection is involved, also see the *Malassezia* and other entries under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

From Dr. Richard Loyd: 91366.5, 127228, 155646, 65636
Then try: 646, 10K, 3, 28, 95, 330, 2170, 2720, 4200, 5K, 30K, 40K

Also try: 20, 146, 465, 787, 800, 880, 1552

HAIRY CELL LEUKEMIA

See "Leukemia, Hairy Cell" under **CANCER**.

HALITOSIS / BAD BREATH

See under **DENTAL**, *Mouth and Gums*.

HALLUCINATIONS

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

HAND, FOOT AND MOUTH DISEASE

See "Coxsackievirus A16 / Hand, Foot and Mouth Disease" under **VIRUSES**.

HANGOVER

See under **LIVER AND GALLBLADDER**, *Liver*.

HANSEN'S DISEASE

See "*Mycobacterium leprae* / Leprosy / Hansen's disease" under **BACTERIA**.

HAY FEVER

See under **RESPIRATORY TRACT**, *Nose and Sinuses*.

HEAD INJURIES

See under **INJURIES**.

HEADACHE

Can occur due to sitting for long periods (exacerbated by texting and gaming on portable devices). The neck muscles become stressed and tight. Circulation decreases, limiting the amount of oxygen to the brain. There may be a magnesium deficiency. Massage the scalp, and get up and stretch.

1.2 + 250, 40, 144, 160, 304, 520

Headache, Parasite Involvement

Above and 1.1 + 73, 20, 72, 95, 125, 660 + 690 + 727, 3K

Headache, Toxicity Involvement

1.2 + 250, 4.9, 20, 146, 160, 522, 660 + 690 + 72, 787, 880, 3K

Headache, Unknown Cause

1.2 + 250, 20.5, 4, 5.8, 6.3 + 148, 6.8, 7.83, 10, 14, 72, 95, 125, 144, 160, 304, 333 + 523 + 768 + 786, 428, 444 + 1865, 555, 600 + 625 + 650, 660 + 690 + 727, 1K, 3K, 40K

Headache, Urogenitally Caused

1.2 + 250, 9.39, 9.4, 160, 333 + 523 + 768 + 786, 555, 3K, 40K

Headache, Vertebral Misalignment Involvement

Not meant to replace a chiropractic adjustment.

1.2 + 250, 9.6, 160, 3K

Migraine

Pain at side of the head, often along the 5th cranial nerve. Can be accompanied by disordered vision, nausea, chill, and fatigue. May be caused by allergies, drugs, chemicals, unsuitable food, a toxified liver, menstrual problems, hormonal conditions, worry, or even strenuous exercise.

Migraines can also be caused by low blood sugar. The brain utilizes 25% of the body's glucose, so a blood sugar drop of as little as 5% can cause great fatigue and adversely affect thinking, mood, and motor coordination (among other brain functions). When blood glucose levels decrease, the body may compensate by increasing the blood volume to bring more glucose to the brain. This expands the blood vessels. Over time, the bulging blood vessels repeatedly pressing on nerves can cause pain. Some sources believe that migraines involve both constriction and dilation of blood vessels leading to the brain, which induces the release of inflammatory substances.

Avoid caffeine and other drugs, fake foods, overly fatty foods, and grains. Rest in a dark room. Alkaline, mineralized water may be helpful. Also see **BLOOD SUGAR PROBLEMS; PARASITES, PROTOZOA AND WORMS**, "General (unspecified)" and "*Strongyloides stercoralis* / Threadworm"; and applicable frequencies under **LIVER AND GALLBLADDER**. Finally, see "Teeth Grinding / TMJ

Problems / Jaw Pain" under **DENTAL, Teeth**, because migraine and headache problems can begin in the mouth.
10, 40, 160

End of Headache section.

HEALING AND REGENERATION

See various entries under **REGENERATION AND HEALING**.

HEARING CONDITIONS

See various entries under **EARS**.

WARNING! If You Have a Heart Condition or Are Wearing a Pacemaker

- ◆ **Electrode units are not safe.** Running electricity through the upper part of the body can cause harm or lead to death!
- ◆ **Radiant plasma units that don't use radio frequency (RF) are safe for people with heart conditions and for those who are wearing pacemakers.**
- ◆ **Radiant plasma units that use radio frequency (RF) are safe for people wearing pacemakers if the pacemakers are shielded.** Your pacemaker is very likely shielded, but ask your doctor anyway.
- ◆ **Radiant plasma units that use RF are safe for those wearing unshielded pacemakers if they are out of range of the RF.** Ask your rife machine manufacturer how far away you need to sit from the unit to be safely out of range of the RF. So far, RF plasma unit manufacturers have not reported any problems with pacemaker wearers, but it's better to be cautious than to automatically assume that your pacemaker is shielded or that the RF won't cause problems.

HEART, BLOOD AND CIRCULATION

The cardiovascular system consists of the heart, valves, and blood vessels. The heart is a pear-shaped organ in the chest between the lungs, leaning toward the left. Arteries carry blood away from the heart and pick up oxygen from the lungs. They become arterioles, and then tiny capillaries that carry the oxygen-rich, red blood to every cell in the body. At the point that the arterial capillaries pick up carbon dioxide from the cells, they are called venous capillaries, which then become the larger venules and then veins, which carry the now bluish-tinted blood back to the heart. The veins deposit the carbon dioxide into the lungs just before the venous blood returns to the heart to be recirculated through the body.

This very complex pump, consisting of four chambers, contains valves that regulate the blood as it flows in, through, and out. Although the heart is classified as an organ, it has also been considered an involuntary (although striated) muscle. But recently, neurocardiologists discovered that almost 65% of the heart cells are nerve cells that are identical to those in the brain, and which operate with the same

Adenoids, Swollen

Swollen lymphatic tissue located primarily in the throat, but sometimes in other places as well.

14, 20, 333 + 523 + 768 + 786, 428, 444 + 1865, 590, 660 + 690 + 727, 776, 780, 787, 802 + 1550, 807, 810, 880, 1570, 2K, 2170, 2720, 40K

Fluke, Lymph

Worm appearing in the lymph vessels.

157, 10050

Glanders

Caused by the bacillus *Pseudomonas mallei*, Glanders primarily involves the mucous membranes of the mouth and respiratory system, and occasionally the lymph nodes (where it is called Farcy). Mostly horses, mules and donkeys are affected, but occasionally the microbe is transmitted to humans, goats, sheep, cats, and dogs. Glanders is not common in the United States or Europe, but it still appears in Asia, Africa, and South America.

First try: 501, 660 + 690 + 727, 687, 743, 774, 857, 875, 1273

Also try: 20, 787, 880

Lymph Plaque

Buildup of solidified material in the lymph channels.

346, 596

Lymph System Circulation / Drainage, to Increase

Because lymph tissue is so dense, contact devices may work better than freestanding radiant plasma devices. Also see applicable frequencies under **CHEMICAL SENSITIVITY / POISONING**. Sauna therapy helps eliminate waste from the system. Make sure to replace missing electrolytes.

1.5, 3.6, 6.3 + 148, 146, 8, 10, 10.36, 15, 15.05, 15.33, 20, 20.5, 66, 146, 324, 428, 440, 444 + 1865, 465, 522, 528, 660 + 690 + 727, 676, 743, 787, 880, 1K, 2112, 3176, 5K, 10K, 40K (for as long as desired)

Short Set, Lymphatic Drainage

522, 146

Feeling overwhelmed or stuck?

First . . . read the end of Chapter 4,

*"A Short Course on
How to Give Yourself a Rife Session."*

This provides an excellent overview of
how to prioritize what you need.

Then . . . read the beginning of this chapter.

Lymphangitis

Inflammation of lymph vessels in humans and horses. Symptoms may include swelling, fatigue, aching head and muscles, fever, and chills. Many pathogens can be involved, such as the following. See **BACTERIA**, "*Streptococcus / Strep*," the many entries under **CANDIDA, FUNGI, MOLDS AND YEASTS**, and "*Herpes Virus Type 3 / Herpes zoster / Chicken Pox / Varicella / Shingles*" under **VIRUSES, Herpes, all types**. Also see **CANCER** because lymph inflammation occasionally may develop into cancer. 574, 778, 1120, 1078, 3176

Lymphatic Leukemia

See "Leukemia, Lymphatic" under **CANCER**.

Lymphedema / Edema / Dropsy / Water Retention

Abnormal fluid retention in the arms, legs, face, neck or torso, caused by a sluggish or malfunctioning lymph system. Symptoms include warmth and redness of skin, decreased limb strength, restricted movement, and swelling in tissues. Clothing, shoes, and jewelry may be tight. The lymphedema may have no obvious cause, or it may develop after surgery or other trauma. If untreated, this condition could lead to cellulitis.

Cells in the body that are deprived of oxygen or nutrients, or are exposed to poison or physical trauma, lose potassium, absorb sodium and chloride, and expand from excess water. This excess water in the tissues causes the body to bloat and swell. Water retention is associated with many factors, including mineral (electrolyte) imbalance, the acidification of bodily tissues, and inadequate protein intake. Successful management of this condition depends on determining the cause of the water retention.

This edema is from a different cause than cardiac edema, and requires different frequencies. However, in case this condition is actually cardiac edema, please see the warning under **HEART, BLOOD AND CIRCULATION** before using this technology. (People who are wearing pacemakers, and those without pacemakers but who still have a heart condition, must limit their use of this technology.) Also see other frequencies in this **LYMPHATIC SYSTEM** section, including "Lymph System Circulation / Drainage, to Increase"; various kidney frequencies under **URINARY TRACT, Kidneys**; and **CANDIDA, FUNGI, MOLDS AND YEASTS**, "*Candida albicans*."

From Jimmie Holman: 25308, 26196, 27084, 27972, 28860, 29748, 30636, 31524, 32412, 33300, 34188, 35076, 36852, 37740, 38106, 38628, 40404, 41292, 43068, 43956, 44844, 45732, 47508, 48396, 49284, 50172, 51060, 51948, 52836, 53724, 55000, 55500, 58164

Also try: 6.3 + 148, 20, 24.3, 146, 440, 444 + 1865, 465, 522, 660 + 690 + 727, 787, 880, 3K, 5K, 10K, 40K (for as long as desired)

Lymphocytes, to Stimulate Production of

2791, 2855, 2867, 2929, 3347, 3448, 4014, 5611

Lymphogranuloma, Malignant

See “Hodgkin’s Disease / Lymphogranuloma, Malignant” under **CANCER**.

Spleen, Enlarged, and other Conditions

The spleen, a bean-shaped organ positioned beneath the left breast at an angle, contains the largest mass of lymph tissue in the body, covered by connective and smooth muscle tissue. It is joined to the rest of the lymphatic system by lymph vessels. Unlike the lymph vessels, the spleen does not carry lymphatic fluid; and unlike the lymph nodes, the spleen does not filter or clean lymph. Instead, it produces what eventually turn into antibody-producing blood plasma cells. Antibodies, a basic component of the body’s immune line of defense, are the biochemical agents against specific microbial or foreign antagonists in the body. The spleen also breaks down bacteria and worn-out or damaged blood cells, and creates new blood cells.

20, 27.44, 35, 465, 660 + 690 + 727, 787, 802 + 1550, 880, 1800, 2170, 2720, 3176, 10K, 40K

Thymus Conditions

The thymus gland contains lymphatic tissue and belongs to the lymphatic system. It plays a major role in immune function by producing hormones that help with immunity and by also producing T cells (T is for “thymus”) that destroy pathogens. The thymus is affected by the emotions. Medical authorities consider it normal that the gland atrophies as we age, but proper nutrition and caring relationships will help ensure that the immune function remains vital. Light rhythmic thumping on the chest can stimulate the thymus to work more efficiently. See Chapter 3, **Exercise**, for more details on the lymphatic system.

Thymus, to Balance and Normalize

20, 537

Thymus Gland Fever

20, 10K, 40K

End of Lymphatic System section.

LYMPHOGRANULOMA, MALIGNANT

See “Hodgkin’s Disease / Lymphogranuloma, Malignant” under **CANCER**.

LYMPHOGRANULOMA VENEREUM (LGV)

See under **MEN**, *Penis* or **WOMEN**, *Vagina, Labia and Clitoris*.

LYMPHOMA, ALL TYPES

See under **CANCER**.

**Don’t forget to use 40K
to restore cell vitality.
Run it for as long as you want.**

–M–**MAD COW DISEASE / BOVINE SPONGIFORM ENCEPHALOPATHY (BSE)**

See **PRIONS / AMYLOIDOSIS**.

MACULAR DEGENERATION

See under **EYES**.

MALABSORPTION SYNDROME

See under **GASTROINTESTINAL TRACT**, *Systemic Conditions*.

MALARIA

See **PARASITES, PROTOZOA AND WORMS**, “*Plasmodium falciparum* / Malaria Parasite.”

MALASSEZIA FURFUR

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

MANGE / FOLLICULAR MANGE / SCABIES

See under **SKIN**.

MANIC DEPRESSION

See “Bipolar Disorder / Manic Depression” under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

MARCONS / MULTIPLE ANTIBIOTIC RESISTANT COAGULASE NEGATIVE STAPHYLOCOCCI

See under **BACTERIA**.

MASTITIS

See “Breast Inflammation / Mastitis” under **WOMEN**, *Breasts*.

MASTOIDITIS

See under **BONE AND SKELETON**.

MEASLES

See “*Rubeola* / Measles” under **VIRUSES**.

MEASLES, GERMAN

See “*Rubella* / German Measles / 3-Day Measles” under **VIRUSES**.

MELANOMA METASTASIS

See under **CANCER**.

MEMORY, TO IMPROVE

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

***Fasciola hepatica* / Liver Fluke / Sheep Liver Fluke**

Infecting humans and cattle as well as sheep, these parasites are transmitted by ingesting contaminated vegetation. They lodge in the liver bile ducts, thickening the duct lining and inflaming the surrounding liver tissue. They are found throughout the United States, England, Ireland, Europe, the Middle East, Far East, Africa, and Australia. Also see “Fluke, Liver (unspecified)” in this section.

275 (from Dr. Garvey), 14, 826, 830, 834

From Dr. Hulda Clark. Use the Hz set for units unable to output KHz. With such a wide frequency range, you may want to sweep.

Adult fluke

KHz set: 421350 (lowest), 425K (optimal), and 427300 (highest)

Hz set: 1044.42 (lowest), 1053.47 (optimal), and 1059.17 (highest)

Larval stage

KHz set: 423800 (lowest), 427K (optimal), and 430600 (highest)

Hz set: 1050.50 (lowest), 1058.43 (optimal), and 1067.35 (highest)

Fluke eggs:

KHz set: 422K (lowest), 425K (optimal), and 427600 (highest)

Hz set: 1046.03 (lowest), 1053.47 (optimal), and 1059.91 (highest)

Also from Clark: 21159.50 (eggs) and 21259.08 (larvae)

***Fasciolopsis buski* / Intestinal Fluke**

A type of flat worm implicated in intestinal cancer and ulcers. Also see “Fluke, Intestinal, including *Fasciolopsis buski*” in this section; “Intestinal Cancer” under **CANCER**; and **ULCERS**.

55, 2K

From Dr. Hulda Clark: 21607.59, 1075.78 (adults and eggs); 21508.01, 1070.82 (larvae); 15 (eggs)

Filaria

A subgroup of nematodes, found in the blood and organs of mammals and transmitted from biting insects.

112, 120, 332, 753

Fluke, Blood

See “*Schistosoma mansoni*” and “*Schistosoma haematobium*” in this section.

Fluke, Cat Liver

See “*Opisthorchis felineus*” in this section.

Fluke, General

Flat worm found in the liver, intestines and other areas.

First try: 15, 55, 143, 275, 435, 524, 651, 664, 676, 763, 854, 945, 2K, 6766, 15244

Also try: 15, 55, 524, 854, 2K

Fluke, Intestinal, including *Fasciolopsis buski*

Appearing in the liver and other places, and implicated in intestinal cancer and ulcers. Also see “Intestinal Cancer” under **CANCER**; and **ULCERS**.

15, 55, 143, 524, 651, 676, 844, 848, 854, 2K, 2084, 2128, 2150, 6766

From Dr. Hulda Clark: 21607.59, 1075.78 (adult and eggs), and 21508.01, 1070.82 (larvae)

Fluke, Liver, Oriental

See “*Clonorchis sinensis* / Oriental Liver Fluke” in this section.

Fluke, Liver (unspecified)

Also see “*Fasciola hepatica* / Liver Fluke / Sheep Liver Fluke” and “*Clonorchis sinensis* / Oriental Liver Fluke” in this section.

143, 238, 275, 676, 763, 6641, 6672

Fluke, Lymph

157, 10050

Fluke, Pancreatic

See “*Eurytrema pancreaticum* / Pancreatic Fluke” in this section.

Fluke, Sheep Liver

See “*Fasciola hepatica* / Liver Fluke / Sheep Liver Fluke” in this section.

***Funis vermis* / Homo *Funis vermis* / Ropeworm**

Also known as human ropeworm. Found in the intestinal tract and sometimes elsewhere in the body, it’s slimy and anaerobic. In some of its stages it looks like a rope and can be over a foot (or meter) long; in other stages, it resembles a branched jellyfish. Reaching its fifth (most mature) stage of development can take 10 years. In 2013 at the International Chronic Disease conference, doctors Alex A. Volinsky and Nikolai V. Gubarev described this newly discovered, uncatalogued parasite that attaches to the large intestine via suction cups it produces, and is erroneously mistaken for intestinal lining, feces, or the decayed remains of food or other parasites.

There’s considerable debate in both the conventional and holistic medical communities as to whether a ropeworm is an actual parasite. Because ropeworms were initially found expelled from the bodies of people who did enemas, some doctors hypothesized that the material was biofilms, an overabundance of mucus, or even debris from a *Candida albicans* infection. However, human DNA has been discovered in these rope-like structures, so it’s quite possible that these worms are a new life form—the byproduct of genetically modified organisms (GMOs) found in food, combined with human intestinal cells and various species of bacteria.

People harboring these parasites experience gas and bloating, indigestion, headaches, heightened allergies, back pain, and susceptibility to other illnesses. According to Volinsky and Gubarev, the best way to eliminate these worms is by drinking fresh vegetable juices, taking large amounts of Vitamin C, and doing coffee enemas (see Chapter 3, **Detoxification**). Some people have also reported success with 8–10 days of eucalyptus tea enemas. They use the following recipe: For 15 minutes, boil a little over 1 ounce (30 gm) of eucalyptus leaves in 1 quart (1 liter) of water, cover and steep for 2–3 hours, reheat to a tolerably warm temperature, and just before doing the enema add 15–30 drops of eucalyptus essential oil to the solution. Hold the fluid for at least 15 minutes. When the fluid is gone, do another enema with about 7 ounces (200 ml) of lemon juice, followed by a third enema of 2 quarts (liters) of warm water. It's advised to do all enemas between 1 am and 2 am, when the parasites are most active. Avoid sugars and genetically engineered foods.

People suffering from Lyme, autism and Morgellons are reporting the presence of ropeworms in their bodies. Despite the debate about whether this creature exists, some rifers diagnosed with this condition used the following frequencies from Dr. Richard Loyd, passed what appeared to be worms, and got well.

1359 and (for some) 1360

Less tested: 40, 70, 150, 339.875, 550, 1359.5, 2230, 4210, 13980, 90510, 350K, 432140

***Giardia duodenalis* / Giardiasis**

The one-celled *Giardia duodenalis* lives in the intestines of animals and people worldwide, causing giardiasis, a common water-borne illnesses. Common symptoms include abdominal cramps, nausea, and watery diarrhea. There are many strains of the *Giardia* microorganism but no publicly known frequencies for *Giardia duodenalis*. Get them at dnafrequencies.com. Also try *Giardia lamblia*.

***Giardia lamblia* / *Giardia intestinalis* / Giardiasis**

This protozoan found in the intestinal tract is the most frequent cause of non-bacterial diarrhea in North America. Infection is usually caused by drinking contaminated water or eating produce washed in contaminated water. Watery diarrhea usually occurs within a week of ingestion. Other symptoms include intestinal cramping, nausea, gas, and weight loss. Most susceptible are children and those with weak immunity. Disease normally lasts one to two weeks, although chronic infections may last months or even years.

Giardia survives best in a cool moist environment. Several strains have been found, causing more or less severe symptoms depending on the person's constitution. 334, 407, 812, 829, 1K, 2018, 4334, 5429

These frequencies are from Jeff Sutherland.:

adults 430531; *larvae* 231350; *eggs* 110110

Dr. Sutherland emphasizes that the following frequencies must be used in the following sequence: 430531, 231350, 110110, 231350, 430531, to ensure that the life cycle of the parasite is completely disrupted and all stages are caught and destroyed. A sweep of 200–300 Hz is recommended to accommodate the individuality of the terrain.

From Dr. Hulda Clark. Use the Hz set for units unable to output KHz. With such a wide frequency range, you may want to sweep.

KHz set: 421400 (lowest), 424K (optimal), and 426300 (highest)

Hz set: 1044.55 (lowest), 1050.99 (optimal), and 1056.69 (highest)

Also from Clark: 21109.72

Heartworm

See "*Dirofilaria immitis* / Dirofilariasis / Heartworm" in this section.

Hookworm, probably *Necator americanus*

Also see "*Ascaris lumbricoides* / Roundworm" in this section. 6.8, 440, 2008, 5868, 6436

***Leishmania*, all types**

Transmitted by sandflies, *Leishmania* (protozoa with tails) cause Kala-azar and similar diseases that infect the lymph nodes, liver, and spleen. Symptoms include fever, enlarged spleen, anemia, emaciation, and sometimes skin ulcers, and boils in the nasal cavities and throat. *Tabor's Cyclopedic Medical Dictionary* (copyright 1940) recommends whole blood transfusions and ultraviolet radiation as a treatment. In progressive clinics outside the US, blood is slowly taken outside the body in increments, treated with ultraviolet light to kill the pathogens, and then returned to the body.

This disease originated in the tropics, but it's now global. Depending on the geographical variations in which the protozoa develop, they are all slightly different and cause slight variations in symptoms. Try all the frequencies.

Leishmania braziliensis

787

From Dr. Hulda Clark. Use the Hz set for units unable to output KHz. With such a wide frequency range, you may want to sweep.

KHz set: 400050 (lowest), 403K (optimal), and 405100 (highest)

Hz set: 991.62 (lowest), 998.94 (optimal), and 1004.14 (highest)

Also from Clark: 20064.19

**Always use 40K for additional benefit.
It brings vitality to the cells.**

This condition requires long-term treatment. Some practitioners recommend Vitamin D3, which helps modulate immune response, regulate the growth and differentiation of skin cells, and influence the activity of immune cells. Except for areas near the equator, being outside generally doesn't provide enough sun to allow the skin to make its own Vitamin D. Therefore, the vitamin is taken in supplement form. People with serious conditions should have their Vitamin D levels tested, because too high amounts can be toxic. However, for most people who need immune support, a safe substance to take in any amount is colostrum. Some people who are highly intolerant of dairy cannot handle colostrum, but they can take the concentrated immune support molecules, transfer factors.

Also see, under **CANDIDA, FUNGI, MOLDS AND YEASTS**, "*Epidermophyton floccosum* / Athlete's Foot / Jock Itch" and the various *Candida* and *Microsporium* entries.

1.2 + 250, 7.69, 7.7, 10, 28, 35, 64, 95, 96, 60 + 100, 104, 110, 112, 304, 428, 600 + 625 + 650, 660 + 690 + 727, 664, 680, 776, 786, 787, 800, 802 + 1550, 880, 1500, 1552, 2K, 2008, 2127.5, 2170, 2180, 2489, 2720, 3K

Pyoderma (or Pyodermia) Gangrenosum

Ulcerous pus-filled lesions on the skin, usually the feet or hands, sometimes caused by various trauma or injury to the skin and often occurring with other diseases such as ulcerative colitis, rheumatoid arthritis, diabetes, and hepatitis. This symptom picture usually erupts suddenly. Assess the condition of the heart, eyes, liver, central nervous system, bones, lymph nodes, gastrointestinal tract, spleen, and bones. Recurrences may sometimes occur, and residual scarring is common.

132 (from Dr. Garvey), 123, 663, 967, 974, 1489, 1556

Ringworm

Roundish red rings and flaking on the skin and sometimes the scalp, accompanied by itching, pain and soreness, caused by various microorganisms, especially fungus. The fungi that attack the skin are often interchangeable and do not confine themselves to one area. Also see "Tinea Versicolor" in this skin section and, under **CANDIDA, FUNGI, MOLDS AND YEASTS**, the various *Trichophyton*, *Microsporion*, *Microsporium*, and "General Fungus / Molds / Yeasts" entries.

***Microsporion audouini* fungus cause**

From Jimmie Holman. The research team of Pulsed Technologies emphasizes that the frequencies be delivered in precisely the order written, and that they might not work on units other than those manufactured by Pulsed Technologies:

90K, 83840, 83375, 81920, 81290, 74062.5, 68K, 65875, 65625, 62845, 61638.75, 59562.5, 57500, 52480, 51465, 51200, 48K, 47600, 47410.63, 46812.5, 45K,

41920, 41687.5, 40960, 40645, 37031.25, 34K, 32937.5, 32812.5, 31422.5, 30819.38, 29781.25, 28750, 26240, 25732.5, 25600, 24K, 23800, 23705.31, 23406.25

Also try: 285, 422, 831, 1222

***Microsporium canis* fungus cause**

Prevalent in dogs and cats as well as children.

347, 402, 600 + 625 + 650, 970, 1644

Rosacea

A chronic skin disease, mostly on the face and sometimes the eyes, afflicting about 14 million people in the US. Early stage symptoms include redness or flushing in the forehead, nose, cheeks and chin; burning; swelling and inflammation; pimples; and dilated blood vessels that show through the skin. Advanced stage symptoms include thickened skin. With eye involvement, symptoms include inflammation, redness, dryness, itching, burning, tearing, sensitivity to light, and the sensation of having sand in the eye. The nose may swell. It appears most frequently in adults with fair skin between the ages of 30 and 60. It's more common in women, particularly during menopause. Contributing factors may include low stomach acid, and deficiencies in Vitamin B12 and iron.

Aggravating factors include hot baths, intense heat, extreme cold, strenuous exercise, sunlight, wind, hot or spicy foods and drinks, alcohol, emotional stress, and long-term use of topical steroids on the face. Try parasite and kidney cleanses, a liver-gallbladder flush, colonics, or sauna therapy to ease the skin's waste disposal burden. Take protease enzymes on an empty stomach to scavenge the wastes. Apply essential oils of lavender, chamomile, sandalwood and rosehip, and use green tea compresses.

Electromedicine practitioner Dr. Jerry Tennant reports finding the *Herpes simplex* virus in every case of rosacea that he treats, so see "*Herpes simplex 1*" and "*Herpes simplex 2*" under **VIROSES**. Some people also find success with frequencies for "*Helicobacter pylori* / Peptic (Stomach) or Duodenal Ulcer," under **BACTERIA**.

02, .52, .73, .83, 2.5, 217.5, 545.28, 697.5, 775.75, 875.28

Scarring

See "Adhesion / Scar" in this section.

Scleroderma

Connective tissue disorder involving hardening of the skin, blood vessels, and muscles. No frequencies are known; but avoiding nightshades may prevent tissue calcification. See Chapter 3, **Food**.

Shingles

Inflamed skin along the nerves from the *Herpes zoster* Virus 3. This condition is extremely painful, so much so that the person cannot tolerate being touched. Outbreaks

tend to occur the most during stress. Also see **VIRUSES, Herpes, all types**.

20, 26, 120, 304, 444 + 1865, 574, 660 + 690 + 727, 664, 787, 800, 802 + 1550, 816.4 (for five minutes), 880, 914, 1500, 1552, 1557, 1600, 1633, 1800, 1864, 2127.5, 2170, 2720, 3K, 3176, 3343, 5K

Skin Cancer

See under **CANCER**.

Skin Tags

Skin tags (also known as acrochordon) are bits of swollen, loose skin that grow out from normal skin. They can be flesh colored or pigmented, smooth or irregular. Some hang from a stalk. They usually appear on the eyelids, face, neck, underarms, upper chest, and groin. They're more common in older adults, and more prevalent in women than men. Doctors don't know the cause, but they remove the tags with a sharp blade, freeze or burn them at the stalk, or strangle them with a thread. Usually skin tags don't become malignant (cancerous).

Some people eliminate skin tags by taking 250 mcg (micrograms, not milligrams) of chromium picolinate twice a day. This suggests a connection to blood sugar disorders. One woman applied essential oil of cinnamon topically and after several days, the skin tag shriveled up and disappeared. Tea tree oil also works well. Another enterprising person, knowing that hydrogen peroxide stronger than a 3% solution is caustic (make sure the H₂O₂ is food grade), repeatedly applied it to the area with a cotton swab. After regular applications, the tag fell off. Some people have also had success using colloidal silver (see Chapter 3, **Colloidal Silver**). Liquid iodine treatments may also help. There are no frequencies for skin tags, but the liquids that remove the tags suggest microbial involvement. Especially because the tags have a stalk, they could be related to warts, which are virally caused. See "Wart" entries in this section.

Tinea Versicolor

A skin condition, usually on the front of the chest, caused by the fungi *Microsporon furfur* or *Malassezia furfur*. Symptoms include scaling, reddish or gray itchy patches, and dry brittle hair. Also see "Ringworm" in this section. 222, 225, 491, 616, 700

Urticaria

See "Hives / Urticaria" in this section.

Vitiligo

See "Leukoderma / Vitiligo" in this section.

Wart, most types

A rough, abnormal bump appearing on the skin and sometimes the genitalia, caused by a virus.

173, 466, 495, 644, 660 + 690 + 727, 767, 787, 797, 877, 907, 915 (for 30 minutes), 918 (for 30 minutes), 953, 1500, 1600, 1800, 2008, 2127.5, 2170, 2720, 2489

Wart, Plantar

Caused by the Human *Papilloma Virus* (HPV), a plantar wart grows on the bottom of the foot.

From Dr. Richard Loyd: 40, 320, 570, 850, 857, 874, 907, 30250, 173210, 301800, 402850, 410700, 475470, 2976935

Also try: 45, 110, 265, 404, 466, 489, 767, 1011, 1051, 5667, 9258, 9609

From Dr. Hulda Clark. Use the Hz set for units unable to output KHz. With such a wide frequency range, you may want to sweep.

KHz set: 404700 (lowest), 405K (optimal), and 406750 (highest)

Hz set: 1003.15 (lowest), 1003.89 (optimal), and 1008.23 (highest)

Also from Clark: 20163.76, 20128.91, 1002.16

Wart, Venereal / Condyloma

See under **MEN, Penis** or **WOMEN, Vagina, Labia and Clitoris**.

End of Skin section.

SLEEP APNEA

People with sleep apnea stop breathing for 10 to 30 seconds at a time during sleep, up to 400 times every night. This interrupts the normal sleep pattern (sometimes they wake up). Continual sleep deprivation, along with the lack of deep, dream-filled, rapid eye movement (REM) sleep, can lead to cardiovascular problems, memory loss, depression, weight gain, and headaches.

Conventional doctors often attribute sleep apnea to a failure of the brain to signal the muscles to breathe. Their common treatment is a compressed-air machine that attaches to a mask worn by the sleeper, designed to keep the airways open with pressure. However, the machine is noisy, and many users find the masks uncomfortable. A simpler aid that might work, and which doesn't require a prescription or doctor visits, is a rubberized mouth guard that fits over the top and bottom teeth at night. It keeps the airways free and prevents snoring. Just one brand is Z Quiet[®]. Some people simply tape their mouth shut at night.

Many factors are involved in sleep apnea. Check for spine subluxation if the head is pushed unnaturally forward, choking the air supply. (When standing, a person's ear should be positioned directly above the shoulder. Many people's heads are too far forward.) Overweight may cause the soft tissue in the rear of the throat to collapse and block the air passages. (If overweight, check thyroid function.) Exercise will help improve respiratory tract efficiency. Infections and allergens might be involved. A neurological cause may involve the vagus, trigeminal and/or phrenic nerves. The throat muscles should be manipulated and exercised.

Nitric oxide, often deficient in sleep apnea sufferers, dilates blood vessels and encourages increased oxygen flow. It's available as a nutritional supplement. Other supplements (citrulline and arginine) provide the precursors for the body to make its own nitric oxide.

0.2, 0.5, 1.5, 15, 2.5, 5.8, 7.83, 10, 20, 35, 40, 80, 125, 150, 160, 240, 250, 320, 528, 635, 662, 763, 2720, 6K, 40K (for as long as desired)

SLEEPING SICKNESS

See "*Trypanosoma brucei gambiense* / African trypanosomiasis / Sleeping Sickness" under **PARASITES, PROTOZOA AND WORMS**.

SLIPPED DISC

See "Disc, Slipped / Spine, Misaligned" under **INJURIES**.

SMALLPOX

See "*Variola* / Smallpox" under **VIRUSES**.

SMEGMA

See under **MEN**, *Penis* or **WOMEN**, *Vagina, Labia and Clitoris*.

SMELL, LOSS OF

See under **RESPIRATORY TRACT**, *Nose and Sinuses*.

SMUTS, MANY TYPES

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

SNAIL FEVER

See "*Schistosoma* / Schistosomiasis / Snail Fever" under **PARASITES, PROTOZOA AND WORMS**.

SNAKEBITES

Common poisonous snakes in the US include the rattlesnake, copperhead, cobra, coral, and cottonmouth (water moccasin). Snakes generally avoid people unless they feel provoked.

If someone has been bitten, keep them still. Don't massage the bite area or raise the area above heart level, and don't give them food or drink. Monitor vital signs such as temperature, pulse, and breathing rate. If the person becomes pale, this may indicate shock; so lie them flat, raise their feet about 12 inches, and cover them with a blanket or coat. Immediate medical treatment is needed, especially if the area surrounding the bite is painful or begins to swell and change color—indicating that the snake was venomous and tissue damage is occurring. Symptoms of snakebite poisoning include blurred vision; difficulty breathing, swallowing or talking; rapid pulse; nausea and vomiting; convulsions; numbness, tingling or paralysis; excess salivation; sometimes diarrhea; drowsiness; headache; fever; loss of muscle coordination; and swelling in tongue, throat or elsewhere.

No frequencies exist for snakebites. Go to an emergency room so you can receive an injection to neutralize the venom!

That said, I know several people who had no such access, and successfully dealt with snake and scorpion bites by applying electricity to the bitten area. Current can come

from a "rife" electrode unit, a Tennant Biomodulator® or Avazzia™ (see Appendix C), or even a TENS unit (whose excessive voltage in this case is actually beneficial). They applied the electrodes around the bite as close to the wound as possible. They felt pain, but boosted the current as high as they could tolerate it. The electrical current is reported to neutralize the venom by denaturing its proteins. Other people (with or without using current) have successfully drawn out the poisons by applying poultices, made from clay or activated charcoal, onto the wounds. Fresh poultices were added as soon as the previous ones had dried.

SNEEZING

See under **RESPIRATORY TRACT**, *Nose and Sinuses*.

SNORING

See **SLEEP APNEA**.

SOFT TISSUE CONDITIONS

See specific body part and problem under **INJURIES** or **MUSCLES**.

SORE THROAT

See various entries under **RESPIRATORY TRACT**, *Throat and Lymph Nodes*.

SPASMS, BACK

See "Backache, including Spasms" under **INJURIES**.

SPASMS, MUSCULAR

See under **MUSCLES**.

SPASTIC ATAXIA

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

SPASTIC PARALYSIS

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

SPASTIC PARESIS

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

SPIDER BITES, ALL

See various spider-related entries under **INSECT BITES**.

SPINE PROBLEMS, ALL

See "Subluxation / Spine Distortion" under **BONE AND SKELETON** or **INJURIES**.

SPLEEN, ENLARGED, AND OTHER CONDITIONS

The spleen, a bean-shaped organ angled beneath the left breast, contains the largest mass of lymph tissue in the body, covered by connective and smooth muscle. It's connected to the rest of the lymphatic system by vessels. Unlike the lymph channels, the spleen does not carry lymphatic fluid; and unlike the lymph nodes, the spleen does not filter or clean lymph. Instead, it produces what eventually turn into antibody-producing blood plasma cells. Antibodies, basic

to the body's immune response, are the biochemical agents against specific pathogenic or foreign antagonists in the body. The spleen also breaks down bacteria and worn-out or damaged blood cells, and creates new blood cells.

Also see lymph frequencies under **RESPIRATORY TRACT, Throat and Lymph Nodes**.

20, 27.44, 35, 465, 660 + 690 + 727, 787, 802 + 1550, 880, 1800, 2170, 2720, 3176, 10K, 40K (for as long as desired)

SPONDYLITIS, ALL TYPES

See "Ankylosing Spondylitis / Bechterew's Disease" under **BONE AND SKELETON**.

SPOROTRICHUM PRUINOSUM

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

SPRAIN

See under **INJURIES**.

SPUR, BONE

See under **BONE AND SKELETON**.

SQUAMOUS CELL CARCINOMA

See "Skin Cancer / Squamous Cell Carcinoma / Basal Cell Carcinoma" under **CANCER**.

STACHYBOTRYS CHARTARUM

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

STAMMERING

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

SUICIDAL TENDENCIES

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

STAPHYLOCOCCUS / STAPH, MANY STRAINS (INCLUDING MRSA)

See under **BACTERIA**.

STEMPHYLIUM

See under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

STOMACH CONDITIONS, MANY

See **GASTROINTESTINAL TRACT, Stomach and Esophagus**.

STOMATITIS

See "Canker Sores / Stomatitis Aphthous" under **DENTAL, Mouth and Gums**.

STONES, KIDNEY

See "Kidney Stones" under **URINARY TRACT, Kidneys**.

STREP THROAT

See "*Streptococcus pyogenes* / Strep Throat" under **BACTERIA** or "Strep Throat" under **RESPIRATORY TRACT, Throat and Lymph Nodes**.

STREPTOCOCCUS, MANY STRAINS

See under **BACTERIA**.

STREPTOTHRIX

See "*Actinomyces*" entries under **BACTERIA**.

STROKE AND STROKE PARALYSIS / APOPLEXY

See under **HEART, BLOOD AND CIRCULATION**.

STRONGYLOIDES

See under **PARASITES, PROTOZOA AND WORMS**.

STRUMA, ALL TYPES

See "Goiter" under **GLANDS, Thyroid**.

STUDY MODE—TO IMPROVE BRAINPOWER AND ALERTNESS

See under **REGENERATION AND HEALING**.

STYE

See under **EYES**.

SUBLUXATION

See under **BONE AND SKELETON** or **INJURIES**.

SUN, ALLERGY TO

See "Photosensitivity" under **EYES**.

SUNSTROKE AND SUNSTROKE FEVER

Along with the rise in body temperature, symptoms include dizziness, headache, rapid pulse, nausea, and if prolonged, hallucinations, convulsions, and unconsciousness. Lie down, get cooler, drink water, and get medical attention.

20, 95, 146, 190, 428, 440, 444 + 1865, 522, 880, 3K, 10K

SWELLING DUE TO WATER RETENTION

See "Lymphedema / Edema / Dropsy / Water Retention" under **LYMPHATIC SYSTEM**.

SWIMMER'S EAR

See under **EARS**.

SWINE FLU

See under **VIRUSES**.

SWOLLEN GLANDS

See "Glands, Swollen" under **RESPIRATORY TRACT, Throat and Lymph Nodes**.

SYPHILIS

See under **MEN, Penis** or **WOMEN, Vagina, Labia and Clitoris**.

You may not need every frequency in an entry.

To determine which ones you need,
try muscle testing or dowsing (see Chapter 4).

Natural Substances That Kill Viruses and/or Support Immune Function

- ◆ **Colloidal Silver.** Liquid made through the process of electrolysis. Contains both silver colloids (minute particles) and silver ions (tinier particles, which carry an electrical charge). Disables any single-celled pathogen it touches (see Chapter 3).
- ◆ **Colostrum & Transfer Factors.** Produced by a nursing mammal (or human) just after birth (and before the milk flows). Contains transfer factors that support, strengthen and modulate the body's many immune cells. Both colostrum and transfer factors are sold as supplements.
- ◆ **Echinacea.** Increases the number and mobility of white blood cells, which scavenge pathogens. Taken as a tincture, it must make the mouth tingle or else it's not active. Activates the white blood cells up to three days after you stop taking it.
- ◆ **Elderberry (*sambucus nigra*).** A bush plant. Black elderberry and sometimes blue elderberry have been used for healing for centuries. An antioxidant, elderberry prevents viruses from entering the cell and replicating.
- ◆ **Essential Oils (EOs).** Eucalyptus. Cinnamon bark. Clove bud. Lavender. Lemon. Oregano. Tea Tree. Thyme. Combined, they kill a variety of bacteria, viruses and biofilms. Put in a carrier oil (avocado, jojoba, coconut, sesame, olive), they can be rubbed onto the skin. One or two drops can be poured into an ounce of colloidal silver and inhaled through a medical nebulizer to help the lungs.
- ◆ **Iodine.** Mineral. An essential nutrient and potent natural germicide, used by every tissue of the body. Most people are highly deficient. When taken (under medical supervision) in therapeutic amounts, the iodine floods the body—knocking off toxic bromide and fluoride that had latched on to the iodine cell receptor sites and displaced the iodine. Some people believe they have an iodine allergy, but they are reacting to the toxins that have been released into the bloodstream.
- ◆ **Ozone Therapy.** A gas, safe and effective when used correctly. Kills pathogens while vitalizing healthy tissue. You need special equipment to produce the ozone. An ozone sauna allows the ozone to reach the bloodstream rapidly. Ozone is an oxidant—don't use it at the same time as Vitamin C and other antioxidants (see Chapter 3).
- ◆ **Zinc.** Mineral, vital for immune cell function. A major defense against viruses and other pathogens.
- ◆ **Quercetin / Dihydroquercetin.** A flavonoid found in foods. Repairs blood vessels. Makes Vitamin C last longer by replacing its spent electrons. Most important, it escorts zinc across cell membranes. (It's a safer, natural alternative to the drug hydroxychloroquine, which the FDA has discredited.)
- ◆ **Vitamin D3.** Hormone made by the skin during sun exposure. Also in fatty animal foods. Builds bone and immunity. Deficiency is a primary risk factor in severe Covid-19 infection and death.⁶² Most people are deficient. Test levels every few months to avoid overdosing. Take with magnesium and Vitamin K₂.
- ◆ **Sodium chlorite (also called MMS).** Oxidant, similar to ozone. Sold as an inexpensive supplement. When used as directed, MMS treats any condition involving pathogens (such as Covid) or toxins (such as autism). Don't confuse this with toxic chlorine; the two are very different. See MMS, page 618.
- ◆ **Glutathione & N-acetyl-cysteine (NAC).** Glutathione detoxifies. Keeps white blood cells viable longer. Glutathione deficiency is associated with Covid severity.⁶³ NAC, a precursor to glutathione, counteracts blood clots and reduces replication of influenza viruses.⁶⁴ NAC also modulates inflammation. Available as supplements.
- ◆ **Melatonin.** Hormone produced by pineal gland. Regulates sleep, quells inflammation, enhances Vitamin D signaling, helps build immune cells, recharges glutathione. Take at night. Available as a supplement.
- ◆ **Vitamin C.** Antioxidant. Major defense against all pathogens. Protects cell membranes from invading microbes and also strengthens blood vessels. Take 1 gm every hour or to bowel tolerance.
- ◆ **Star Anise.** Spice. Contains shikimic acid, which prevents spike proteins in Covid and its "vaccines" from attaching to cell receptor sites and spreading. Grind it in a spice grinder and drink it as a tea.
- ◆ **Pine Needle Tea.** Certain safe species (Eastern white, pinyon, Masson pine) are antibacterial, antiviral and antifungal. Prevent platelet clumping. Combats spike proteins (see Star Anise, above).
- ◆ **Fennel Seeds.** Herb. Similar antiviral (and anti-Covid) properties (see Star Anise, above).
- ◆ **Dandelion leaf.** Herb. Similar antiviral properties (see Star Anise, above). Available as a tincture.

Treatment includes increased fluid intake, oral or IV, to prevent dehydration. In severe cases, platelet transfusions are given if platelet count drops too low or if there is significant bleeding. Avoid aspirin, anti-inflammatory drugs, and Vitamin E which can thin the blood and aggravate tendency to bleed. Vitamin K helps the blood clot. One of the best treatments is Vitamin C and bioflavonoids; see the “Ebola virus / Ebola hemorrhagic fever” entry below for more details.

148, 149, 206, 211, 216, 423, 846, 1194, 1195, 1196, 1692, 3383, 3389

Ebolavirus / Ebola hemorrhagic fever

Ebola is the common term for a group of viruses belonging to the *Filoviridae* family, as well as for the Ebola hemorrhagic fever caused by the virus. The virus is named after the Ebola River Valley in the Democratic Republic of the Congo in central Africa, near the site of the first recorded outbreaks in 1976. The most common symptoms include high fever, abdominal pain, exhaustion, headache, muscle and joint pain, nausea, vomiting, dizziness, and trouble breathing. Less common symptoms include cough, sore throat, skin rash, chest pain, and red eyes. Advanced-stage symptoms, presumably occurring in over 50% of subjects, include bleeding from the nose, mouth, anus, and deeper organs. This disease affects chimpanzees, gorillas, forest antelopes, and monkeys as well as humans. Some believe that the animal carrier is the fruit bat.

Early symptoms of Ebola are sometimes mistaken for malaria, typhoid fever, dysentery, or influenza. The internal bleeding, the inability of the blood to clot, and the blood platelet destruction caused by Ebola is in many ways similar to Dengue Fever. The incubation period used to be reported as ranging from 5 to 10 days. Today, various sources (WHO, or the World Health Organization and the CDC, or Centers for Disease Control) state that the incubation period may last for 42 days, and that on surfaces and objects, the virus can last for 50 days. However, incubation rates can change. Also, the virus may be mutating so much that it is not always readily detected.

Death rates from Ebola have been reported to range from 30% to 50% and even higher, with sufferers characterized as dull and lethargic. Sources differ as to which symptoms are responsible for death. Various blamed are: the effects of vomiting, diarrhea or high fever (rather than bleeding); organ failure; and the decrease in blood plasma volume from the loss of bodily fluids.

In its later stages, Ebola is highly contagious. Prior to 2014, it was transmissible primarily via body fluids, and sometimes via skin and mucous membrane contact. However, it now appears that Ebola is airborne as well. Also, viable viruses have been found on dead bodies even after one week. Moreover, people supposedly cured from Ebola are now being found to have relapses. “Post-Ebola syndrome” has been named for lingering symptoms of vision and hearing loss, joint pain, headaches, and memory

loss. Some Ebola survivors experience abnormal reflexes (including erratic eye movements) and tremors.

At first, outbreaks tended to occur in remote areas. However, after a new, even more virulent, genetically engineered strain of Ebola was awarded a patent in 2010 (see Insert, page 831, “The Politics of Ebola—and Fear”), an Ebola epidemic arose in Africa in the summer of 2014, creating worldwide panic. Before the genetic engineering of the virus, Ebola was dangerous enough: it had already been classified years ago as a “bioterrorism agent” by the CDC, and medical science stated (inaccurately) that there was no treatment for it. Now this new, weaponized strain of Ebola is even more communicable, via liquids that are expelled from an infected individual. This could be saliva spread through the air via coughing, sneezing or speaking; saliva, vomit, urine or diarrhea hitting a surface and dispersing; or even small splashes of water when a toilet containing infectious material is flushed.

Fortunately, successful natural protocols for Ebola exist, although they are not readily publicized by the mainstream media. Most of the health professionals publicizing the natural protocols have chosen to be anonymous. Some therapies are summarized below.

In 1981, Robert Cathcart III, MD, pointed out an intimate connection between Ebola and Vitamin C. Ebola causes the complete depletion of all Vitamin C from the body. Not coincidentally, the very first symptoms of Ebola are consistent with those of scurvy, which is famously known to result from a Vitamin C deficiency. However, whereas scurvy is due to a partial lack of Vitamin C, Ebola is a complete deficiency. Vitamin C, along with bioflavonoids, protects the blood vessels. But without enough Vitamin C, blood vessels weaken and leak blood. Internal and external bleeding is exactly what happens in people stricken by advanced-stage Ebola. Ebola and other hemorrhagic fever diseases also destroy the blood platelets; and without platelets, the blood cannot clot (thus accounting for the leaking). By the time an Ebola sufferer reaches this point, immunity has already been heavily compromised. With all the viral hemorrhagic fevers including Ebola, the individual is likely to hemorrhage quickly: the virus so rapidly and totally consumes all of the Vitamin C in the body, that the condition is essentially an advanced stage of scurvy after only a few days of infection.

Typically, viral hemorrhagic fevers only reach epidemic proportions in populations with low body stores of Vitamin C—such as Africans, who tend to be severely malnourished. Once the Vitamin C stores are gone, the immune cells cannot fight infection. Therefore, it’s critical to get sufficient Vitamin C into the body immediately, even before infection has taken hold. Supplementation should be steady because the kidneys excrete Vitamin C every two hours if the body isn’t using it. Most animals can manufacture their own Vitamin C, but humans (and a few animals) cannot.

Cathcart emphasized that Ebola and the other acute viral hemorrhagic fevers may require 500,000 mg

been born with mild microcephaly since 2012—a full four years before a Zika outbreak was widely publicized. Zika had never before been associated with birth defects, even in areas where 75% of the population was infected.

There are three probable causes of the microcephaly “epidemic,” either alone or in combination. First, the spreading of microcephaly coincided with a mass spraying of pyriproxyfen, a larvicide used to control mosquito populations. Manufactured by Monsanto subsidiary Sumitomo Chemical, the larvicide seeped into the water supply. Not surprisingly, the one region of Brazil in which pyriproxyfen was used suffered the most number of birth defects. Other areas of Latin America, which do not use the larvicide, have not been similarly afflicted. As of February 17, 2016, Brazil banned the use of pyriproxyfen—but not before a large number of human infants suffered severe birth defects. There may also be a second causal link between microcephaly and a new vaccine that all pregnant women are required to receive—the DTwP, or whole cell pertussis vaccine. (Some pregnant Brazilian women are encouraged to get the MMR vaccine as well.) The third causal relationship with the upsurge of the virus is the release of over 800,000 genetically engineered, sterile mosquitoes by the British company Oxitec—precisely in the region of Brazil that had the highest incidences of microcephaly.

Note that in 1947, the Zika virus was extracted from the blood of a Ugandan rhesus monkey, and deposited, by a J. Casals associated with the Rockefeller Foundation, into a laboratory products company, ATCC, which was selling the freeze-dried virus over the internet.

Despite the inconclusive link between the Zika virus and microcephaly, the media panicked over the damage that this suddenly dangerous virus supposedly causes. There are no publicly available frequencies for Zika, so go to dnafrequencies.com. As with any virus, Zika is not treatable with antibiotics. Rest, fluids, a chemical-free diet, and natural antivirals and immune support (see Insert on page 828) are the best treatments.

End of Viruses section.

VISION, TO SHARPEN

See under **EYES**.

VITILIGO

See “Leukoderma / Vitiligo” under **SKIN**.

VITILIGO

See “Vulvodinia / Vestibulodynia” under **WOMEN**.

VULVODYNIA

See “Vulvodinia / Vestibulodynia” under **WOMEN**, *Vagina, Labia and Clitoris*.

–W–

WARTS, ALL TYPES

See under **SKIN**; and “Wart, Venereal / Condyloma” under **MEN**, *Penis* or **WOMEN**, *Vagina, Labia and Clitoris*.

WATER RETENTION

See “Lymphedema / Edema / Dropsy / Water Retention” under **LYMPHATIC SYSTEM**.

WAX IN EAR, EXCESSIVE

See under **EARS**.

WEIGHT, EXCESSIVE

See **OBESITY / OVERWEIGHT**.

WERLHOF’S DISEASE

See “Thrombocytopenic Purpura / Werlhof’s Disease” under **HEART, BLOOD AND CIRCULATION**.

WEST NILE VIRUS

See under **VIRUSES**.

WHEAT SMUT

See “*Ustilago tritici* / Wheat Smut” under **CANDIDA, FUNGI, MOLDS AND YEASTS**.

WHINING AND IRRITABILITY

See under **BRAIN AND NERVOUS SYSTEM, MIND AND EMOTIONS**.

WHIPLASH

See under **INJURIES**.

WHOOPING COUGH

See under **RESPIRATORY TRACT**, *Lungs*. Or see “*Bordetella pertussis* or *Bordetella parapertussis* / Whooping Cough” under **BACTERIA**.

WOLHYNIA FEVER

See “*Bartonella quintana* / Bartonellosis” under **BACTERIA**.

WOMEN

Female and male genitals evolve from the same embryological tissue. This makes them *homologues*: they correspond in structure, character, and usually function. The following body parts are homologues: the male penile glans and female clitoral glans; the male corpora cavernosa and female clitoris; the male corpus spongiosum and female vestibular bulbs beneath the labia minora; the male scrotum and female labia minora and labia majora; and the male foreskin and female clitoral hood. Women’s reproductive systems are more complex however, as they are built to carry children and give birth.

Not all women want to bear children or be mothers (nor should they feel obliged to), but birth control pills, popular in technologically advanced countries, are a poor choice

because they radically alter body functions. Normally, a woman ovulates when FSH (follicle stimulating hormone) from the pituitary gland stimulates the development of an egg in the ovary; the egg follicle (sack surrounding the egg) secretes estrogen; and the estrogen stimulates the uterine lining to prepare itself for a fertilized egg. As the estrogens increase, FSH output decreases, and the pituitary then secretes LH (luteinizing hormone), which stimulates ovulation, or the ejection of the egg from the ovary. Most birth control pills contain synthetic progesterone (progestin) and estrogen. These hormones deceive the body into thinking it is pregnant by flooding the system with excess hormones. The high progestin level inhibits secretions of the two pituitary hormones so that no new egg follicles develop and no ovulation occurs. Progestin also decreases the amount of endometrial tissue in the uterus so that an egg cannot implant. It's much safer, and less confusing to the body, if mechanical forms of birth control are used such as condoms, a cervical cap, or a diaphragm.

Breasts

Breasts are comprised of fat, with some connective tissue and ligaments. Although historically the female breast has been an object of (mostly male) adoration and obsession, it deserves the most credit for providing the perfect food for a nursing infant: milk, with an ideal ratio of fats, proteins, and carbohydrates. Each breast contains mammary glands that produce milk when stimulated by the hormone prolactin. For a few days before gradually producing a higher ratio of milk, the breast secretes colostrum, a rich fluid that promotes immunity in a baby. This is why it's so important for babies to nurse.

The breast contains many lymph nodes that drain into the armpit. The tissue must move freely so that wastes don't accumulate; otherwise, there will be problems (including cancer). Breasts tend to sag as women age (the ligaments that hold them up elongate), but wearing a brassiere restricts the lymph flow and in fact accelerates sagging.

Men's and women's breasts, having embryologically evolved from the same tissue, are identical in structure and function. Male breasts are simply smaller, with less developed mammary glands. Both sexes have a large concentration of blood vessels and nerves in their nipples. Also see entries under **LYMPHATIC SYSTEM**.

Breast Cancer

See under **CANCER**.

Breast Inflammation / Mastitis

A bacterial infection is usually involved. Also see other entries in this **WOMEN** section, under **TUMORS, BENIGN**, and under **CANCER**, "Breast Cancer," because sometimes benign conditions can become malignant.

654 (from Dr. John Garvey), 698

Fibroadenoma of Breast

Non-cancerous fibrous nodules in the breasts. Eliminating caffeine in common foods like chocolate and coffee may shrink the tumor or eliminate it entirely. Also see **CANCER**, "Breast Cancer"; you don't want this benign tumor to become malignant.
1384

Fibroid Cysts in Breast

Fibrous tumor filled with liquid.

267, 660 + 690 + 727, 776, 787, 802 + 1550, 880, 1384

Fibroma

Composed of fibrous connective tissue. Even though a fibroma is benign, you may want to use cancer frequencies to make sure it does not turn malignant.

First try: 272, 273, 660 + 690 + 727, 2127.5

Also try: 465, 802 + 1550, 2008

Menstruation and Menopause

When a female reaches sexual maturity, her body releases one or more eggs during ovulation. If the egg has not been fertilized with male sperm by the time it reaches the uterus, it does not implant in the uterine lining. Instead, the rich blood supply—prepared for the possibility of pregnancy—begins to shed, and is eliminated through the vagina via menstruation (also called a "period" or "menses"). Usually when a woman misses her period she is pregnant. However, she might not menstruate if she's stressed or very underweight with a low percentage of body fat. Both circumstances can disrupt normal hormonal function.

During the mid 20th century, females reached sexual maturity around age 13, 14, or 15. But within the last two decades, many girls have experienced the abnormal onset of puberty as early as age 7 or 8. This is due mainly to estrogen disruptors present in modern-day plastics, and in meats from animals raised on synthetic hormones.

Menopause—also called "the climacteric," "change of life," or simply "the change"—is the stage of the human female reproductive cycle when the ovaries stop producing estrogen. This leads to scanty, and then a complete end to, menstrual periods, at which point the woman can no longer have children. As the body tries to adapt to the changing hormone levels, she may experience heart palpitations and variations in body temperature (day and night sweating), known as "hot flashes." Vaginal dryness and the need to urinate may increase. She may experience depression, anxiety, irritability, and lack of concentration. This process, which occurs between ages 45 and 55, can last from six months to more than five years. Menopause can be accelerated by serious illness, poisonous chemicals, autoimmune disorders, thyroid problems, and diabetes.

To manage the symptoms of menopause, some women take estrogen replacement hormones. However, unless

About The Author



Writer, educator, artist and musician, Nenah Sylver has devoted her life to the exploration of healing on mental, emotional, physical, and spiritual levels. Her early training in music led to subsequent studies in spirituality and physics—all complementary paths to her lifelong passion, the science of frequency.

Starting as a young adult, Nenah worked for two decades as a singer-songwriter, playing piano and guitar. Her performances include New York City coffeehouses and clubs, and colleges nationwide. She wrote lyrics and music for two off-off-Broadway plays and won half a dozen songwriting awards. She also performed for Hospital Audiences, Inc., an organization that brings music to adults and children in hospitals, residential treatment centers, prisons, nursing homes, and educational facilities.

In 1996, Dr. Sylver received her PhD from the Union Institute & University in Transformational Psychology, a multi-disciplinary program of holistic health, psychology, and gender studies. For fifteen years, she had a private practice in body-mind psychotherapy based on the principles of psychiatrist and natural scientist Wilhelm Reich. Then, in what began as a quest for solutions to her own health issues, Nenah started researching Royal Rife and his inventions along with other electromedical therapies. Her extensive knowledge of safe and effective holistic protocols eventually coalesced into five editions of *The Rife Handbook*.

Among other publications, Dr. Sylver's writing credits in the areas of psychology, feminism, health and social change include *The New Internationalist*, *Off Our Backs*, *Beiträge zum Werk von Wilhelm Reich* ("Contributions to the Work of Wilhelm Reich"), and the anthologies *Journeys of the Heart: Perspectives on Intimacy in America* (Bruner-Mazel), *Glibquips: Funny Words by Funny Women* (Crossing Press), *Closer To Home: Bisexuality and Feminism* (Seal Press), *An Introduction to Women's Studies* (Simon & Schuster), *Transforming a Rape Culture* (Milkweed

Editions), *Women, Culture, and Society: Readings in Women's Studies* (Simon & Schuster), *Bullying: Beyond the Schoolyard* (Teatro V!da), and *Energy Medicine Technologies* (Inner Traditions). Her volume of poetry, *Birthing*, was published by Woman in the Moon Publications. She has been cited in *Utne Reader* and *The New Yorker*. In addition, she published a short story in an anthology, *Woman in the Window* (STARbooks Press), which she also illustrated with original water color paintings.

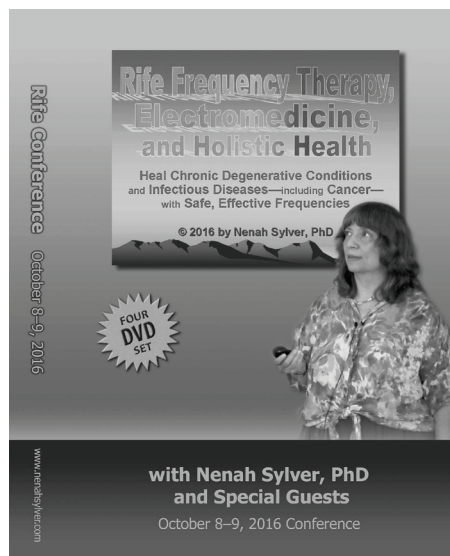
In the past few decades, Nenah Sylver has become well known for her writing in the health field. In addition to articles in *Natural Living Today* and *Natural Food & Farming*, "Toxic Products, Deceptive Labels" appeared in *Nexus*. Dr. Sylver's comprehensive book, *The Holistic Handbook of Sauna Therapy*, was published in 2004. In 2008, the two-part article "Healing with Electromedicine and Sound Therapies" (which was excerpted from Appendix C of *The Rife Handbook*) appeared in *Townsend Letter*. Portions of *The Rife Handbook* have been translated into German, Korean, and Polish.

The author has appeared on NBC-TV and on the Pacifica radio station WBAI-FM in New York City to discuss lifestyle choices. In other radio interviews she has talked about holistic health, complementary therapies, medical politics, electromedicine, and alternatives to toxic chemicals in the home. In 2016, she sponsored a conference in Tempe, Arizona, called "Rife Frequency Therapy, Electromedicine and Holistic Health," at which she presented for over six hours.

In addition to being a featured speaker at conferences, Nenah Sylver conducts educational seminars for small and large groups. Her latest project is the professional recording of three albums of original songs, on which she sings and plays piano, guitar, and bass. The expected release dates are throughout 2022. She lives with her human and canine family near Phoenix, Arizona in the United States.

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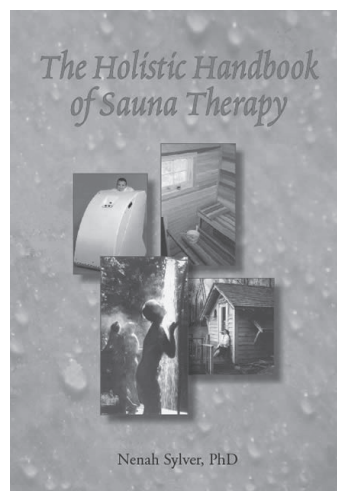
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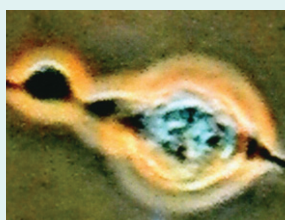
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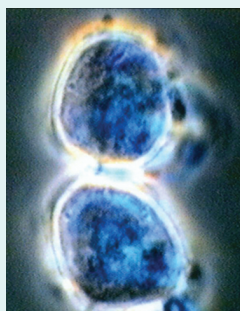


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—Steve Haltiwanger, MD, CCN
lecturer, researcher, and consultant in
psychiatry, Rife Therapy,
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—Martha M. Grout, MD, MD(H)
Arizona Center for Advanced Medicine
Scottsdale, Arizona

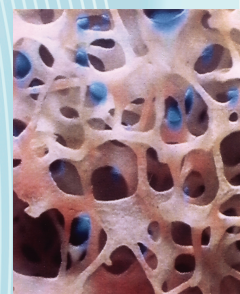


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—Bernard Straille, DC
developer of the IMAET quantum energy wellness equipment



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