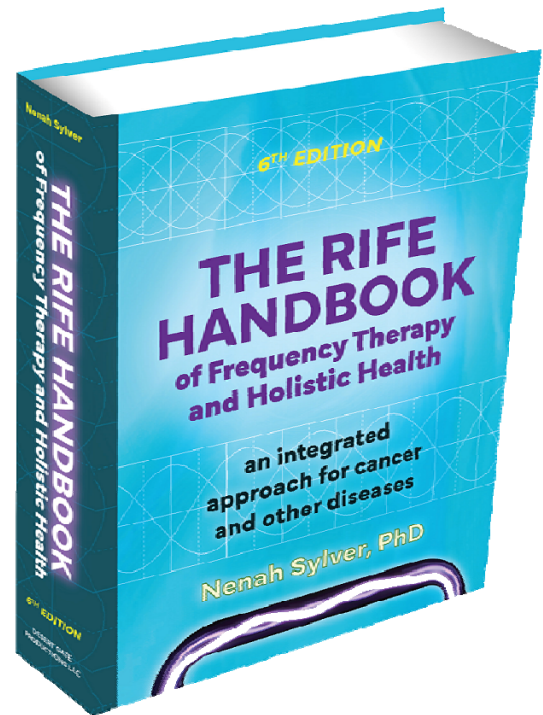


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from

**The Rife Handbook
of Frequency Therapy
and Holistic Health**

**an integrated approach for cancer
and other diseases**

6th Edition

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6TH EDITION

THE RIFE HANDBOOK

**of Frequency Therapy
and Holistic Health**

**an integrated
approach for cancer
and other diseases**

Nenah Sylver, PhD



Praise for the Current Edition of *The Rife Handbook*

With each version of *The Rife Handbook*, Dr. Nenah Sylver continues to set the bar of excellence higher. The new 6th edition has exceeded my expectations, adding to the voluminous body of knowledge that the previous books offered. Like its predecessors, this edition remains the go-to reference not only for Rife and other electromedicine therapies, but also alternative health in general. This is a comprehensive, thoroughly researched encyclopedia that explains in phenomenal detail everything you need to know. The author presents technical details about allopathic and holistic medicine in a clear manner that even a novice can understand.

In recent years, the suppression and censorship of much needed information has not only escalated, it has been outright removed from the media and the Internet. Dr. Sylver has a talent for ferreting out buried gems that may make all the difference in your search for better health.

Our medical system has failed us. Patients are not getting well, they are merely having their symptoms managed—and not even very effectively. Medical care has become so prohibitively expensive that we need to educate ourselves to take health matters into our own hands. Here you will read an enormous amount of new information, including a section of almost seventy pages on the politics of Covid, what we are actually dealing with, and how we can heal from both the infection and the jab that so many were forced to accept. The Covid section contains the most far-reaching overview, best explanations, and most complete descriptions of protocols that I have seen anywhere. If you were ever ill from this disease or were vaccinated against it, investing in *The Rife Handbook* is worth it for that section alone.

If you want to know more about how you can utilize Rife therapy, get this book. If you want to know about all the ways you can optimize wellness, get this book. Even if you have a previous edition, you need this one. Your health and well-being deserve it.

—Jimmie Holman

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

As a chiropractic physician with a background working for the U.S. Department of Energy in the field of nuclear engineering, I am highly critical of unsubstantiated health claims. But *The Rife Handbook* is well researched and thorough in its astounding scope. This huge volume contains time-tested, proven remedies that help maintain wellness.

Dr. Nenah Sylver is spot-on as she defines optimum health in a simple and concise manner and explains the differences between allopathic and functional medicine. Her clear writing helps readers understand even complex topics. She addresses food, herbs, nutritional supplements, colloidal silver, and detoxification with equal ease. She also explains why ozone therapy should be included in your health efforts. Electromedicine is a huge discipline, encompassing visible light, magnetism, electricity, electromagnetic fields, and more. This book provides a solid foundation so that even those new to holistic principles can understand the science behind these modalities and how they can be incorporated into a wellness regimen.

The Rife Handbook also emphasizes the need to maintain the body's mechanical frame and describes the proper way to perform chiropractic adjustments. Having spent many hours explaining to my patients how to sit and move to maintain their biomechanical integrity, I find Dr. Sylver's understanding of chiropractic a welcome antidote to a much misunderstood profession. Her overview of other forms of bodywork also proves invaluable for people seeking to regain and preserve their health.

The author is a straight shooter. She analyzes holistic protocols with the same precision and critical eye that she uses to scrutinize medical politics. No stone is left unturned. A wealth of information is assembled in one amazing book!

—Michael J. Robb, DC, AAS
FIX24WellnessStudio.com

Many of us would love to have an extensive library of health-related books and medical journals. What if someone had the ability to collect, evaluate, distill, and present the best and most practical information from such a library? Dr. Nenah Sylver has done just that with her *Rife Handbook of Frequency Therapy and Holistic Health*. What she has provided is important information that you will be able to use from the first day.

As the name of the book indicates, Rife Therapy is of course featured. Rife frequency equipment is an excellent technology to have available, as frequencies are one of the very best ways to reduce infections. They also work well to heal and strengthen glands, organs and other tissues. There are many brands and types of devices available. *The Rife Handbook* has excellent information about choosing which equipment is best for you, how to use the different machines, conduct a session, and what to do to manage the die-off that inevitably occurs. There is also a nicely annotated list of the best frequencies to use for hundreds of conditions, alongside complementary therapies.

But *The Rife Handbook* goes far beyond frequency therapies. Dr. Sylver provides excellent tips on obtaining optimal drinking water. She tells how and why to choose the best foods and sweeteners. There are details about the new “meats” made from insects that are being designed for us. Her information about choosing supplements is unparalleled. She gives us advice about how and why to use ozone. Colors are very healing, and this book has a good section on how this therapy works. There are interesting details about why chiropractic adjustments do not always help and what to do when they don’t. There is a timely section about the damage done by tattoos and the toxins that are part of the ink. This book also contains an overview of chelation therapies, ranging from simple to the most complex. And these are just some of the highlights.

One of the most important sections in this new edition is on Covid-19. The disease itself caused massive injuries, permanent loss of good health, and unnecessary deaths, largely due to the ineffective and harmful treatments that the “experts” required. Some of the brightest and best physicians who chose to use safe and effective products reported that their state medical boards threatened them with loss of their licenses. I was personally told by a doctor that the medical authorities in his state had threatened to come after him if he administered Ivermectin “off label.” Then there were the “vaccines” that countless numbers of people were coerced into receiving, which did the very opposite of protecting them from Covid. Many of us have friends or family members who were injured or died as a result of these shots. In today’s uncertain political climate, those who have “long Covid” or other long-term health issues left over from Covid and its jab might not easily find good help. In this new edition, Dr. Sylver provides excellent information about natural products that can be easily obtained and self-administered.

More than ever, we must arm ourselves with as much information as possible for maintaining and improving our health, because it’s clear that the medical system is not able to do that. It would require some imagination to think of a health issue or therapy that Dr. Sylver does not discuss. How does one adequately describe a book of such epic proportions?

—Richard Loyd, PhD
practitioner, Health Balances
Graham, Washington, United States

When one sees a handbook about Rife Therapy, you would expect that it would not be applicable to you unless you use that modality. But this book is so much more. It is an amazing reference that anyone would benefit to have in their collection. At over a thousand pages, it is a comprehensive treatise on alternative medicine, the history and the politics, a comprehensive guide to healthy living and complementary therapies, information on toxicity, harmful electromagnetic fields, heavy metals, and Covid and its ramifications, as well as everything you would ever need to know about Rife technology and use.

More than merely a handbook for practitioners, this edition is a great investment for anyone interested in the theory and practice of alternative medicine. All of the material is highly relevant and can be used at home. It is well written and interesting as well as tremendously informative. This book is an epic achievement.

—*Andria Orłowski, NMD*
Arizona Wellness Group, Phoenix, Arizona

In *The Rife Handbook of Frequency Therapy and Holistic Health*, Nenah Sylver has assembled a remarkable collection of highly useful information. Despite being meticulously researched and detailed, the book is extremely readable. This makes it an indispensable reference for both practitioners and patients alike. In fact, after reading the first chapter, I thought that this book should be required reading for all medical practitioners. It should not be permitted to gather dust on your shelf! I found myself opening it to random pages and each one turned out to be an interesting learning adventure. This book is obviously a work of passion and love.

—*Ingo Mahn, DDS, AIAOMT*
Doctor of Integrative Medicine
MyNaturalDentist.com

As a practitioner with both a medical and naturopathic background, I have found Nenah Sylver's *Rife Handbook* to be an incredibly important and valued reference in my practice. The author's extensive research, expertly compiled, pulls together ancient knowledge of the energetic nature of life with recent scientific discoveries that validate it. Dr. Sylver provides practical tools that help the reader better understand and apply the many protocols that energy medicine has to offer. Besides frequencies and explanations about energetic protocols, her book is packed with an astounding array of therapies and nutritional data that support the body's biological and chemical systems. The extensive additions to this latest edition make *The Rife Handbook* a mandatory reference for any professional with a holistic medical practice, as well as for those whom they serve.

—*Julia Schulenburg BSN, RN, ND, CLT*
Center for Holistic Healing, Dallas, Texas

Praise for Previous Editions of *The Rife Handbook*

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

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

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

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 and Holistic Health 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

Dr. Nenah Sylver's 2001 edition offered an impressive collection of long-suppressed information to help people break away from the self-serving deceptions 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

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. Nenah 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*

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 ground-breaking 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

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. Nenah 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
co-owner of *Twelve Ways Healing Center in Colorado, US*
and author of *Cancer Healing Victories*

The Rife Handbook of Frequency Therapy and Holistic Health

an integrated approach for cancer and other diseases

6th Edition

Nenah Sylver, PhD

**DESERT GATE PRODUCTIONS LLC
SURPRISE, ARIZONA**

*The Rife Handbook of Frequency Therapy and Holistic Health:
an integrated approach for cancer and other diseases*

updated and expanded 6th edition

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This book has evolved through time.

The 1st edition (spiral bound) was published circa 1998.

The 2nd edition (softcover) had 448 pages. It was published in 2001 by The Center for Frequency.

The 3rd edition (hardcover) had 760 pages. It was published in 2009 by Desert Gate Productions LLC.

The 4th edition (hardcover) had 768 pages. It was published in 2011 by Desert Gate Productions LLC.

The 5th edition (hardcover) had 1104 pages. It was published in 2018 by Desert Gate Productions LLC.

The 5th edition, second printing (hardcover) had 1104 pages, with some new material added.

It was published in 2021 by Desert Gate Productions LLC.

This 6th edition (hardcover) is 1200 pages and is published (2025) by Desert Gate Productions LLC.

In this edition, several errors have been corrected and a great deal of new material has been added.

New interior book design by Nenah Sylver

Cover design by Nicolas Flowers and Nenah Sylver

Index by Nenah Sylver

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This book is dedicated

to all peoples everywhere—

black
brown
red
white
yellow

who seek
clean food
pure water
dependable shelter
right livelihood
and radiant health

who want to be
acknowledged in community
respected for their humanity
and honored for their divinity.

May they find the
dignity
joy
peace
and love

that is their birthright

and may they always have
freedom
to choose the course of their own lives.

Disclaimer

The information given in this book is for educational, informational, and investigational purposes only. It is not to be construed as diagnosis of disease, treatment of disease, prevention of disease, or as a replacement for consulting a qualified medical practitioner.

Be careful when investigating this technology! Protocols may need to be modified, or used with only certain types of equipment and not others—or this technology may be contraindicated entirely—if you have a heart condition, are wearing a pacemaker or automated defibrillator, are pregnant, are nursing, have blood clots, are taking strong medications such as chemo, are taking herbal or nutritional supplements, have a medical need to suppress your immune function (such as organ transplant recipients who are taking immunosuppressive drugs), are

wearing metal implants or stents, have breast implants, are especially sensitive to radio frequency (RF) or other electromagnetic radiation, or have especially sluggish detox/eliminative functions (liver, colon, kidneys, and lymph system). Before using any equipment, and to see if you should even be experimenting with this technology, please read the beginning of Chapter 4, which explains these circumstances and the precautions to take. The author, publisher, distributors, and sellers of this book are not responsible or liable for the results of your experimentation with Rife Therapy or your use of any other protocols described in this book. The reader accepts full responsibility for any and all consequences of trying or using these modalities. *If you have a medical condition, see a qualified health professional of your choice.*

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Detailed chapter outlines, containing up to four levels of headings and subheadings exactly as they appear in the text, are at the beginning of each individual chapter.



Introduction to Previous Editions

Imagine what your life would be like if you could eliminate ill health in as little as one day for something mild (like the common cold), or in several months to a year, maximum, for a more serious illness (like cancer). To do this, you would need three things: a protocol to strengthen your system so that it's no longer a breeding ground for pathogens, a frequency device, and a list of frequencies to go with the device. You would not need toxic drugs or invasive surgery, you would not incur unfairly high medical bills, and you would not have to depend on doctors for long periods of time. This protocol is called Rife Therapy, named after its inventor Royal Raymond Rife.

American scientist Royal Rife, and his remarkable technology that has helped thousands overcome life-threatening diseases, is finally becoming more public after decades of suppression. As incredible as it sounds, though, the knowledge that specific frequencies destroy pathogens is not new. Royal Rife began his career as an inventor almost a century ago.

It all started with one of Rife's key inventions, a most unusual microscope. In those days, the magnifying power of existing microscopes was poor. Individual viruses, and even some bacteria, could not be seen because they were too small. Determined to view them, Rife built his highly acclaimed Universal Microscope. Many times more powerful than other magnifying instruments, the microscope made specimens visible without killing them. This feat was beyond the capacity of even an electron

microscope, which makes pathogens visible by bombarding them with electrons in a vacuum, thus destroying them.

Rife had a good reason for wanting to see specimens in their natural live state. If you want to discover how to kill a microorganism, you need to know how it reacts to its environment. Once Rife could observe the activities and responses of living microorganisms, he could devise a method to destroy them. Hence, the Rife Ray was born.

Rife's strategy of destroying microorganisms was based on the principle of resonance. Every living organism has a resonant frequency, or intrinsic radiation signature. The cliché of the soprano who shatters a glass with her single, pure, focused tone is (for now) an adequate working metaphor for how Rife's electronic device worked. The various frequencies it emitted, via an electromagnetic field, corresponded to the resonance of different pathogens and therefore disabled them. Once they were no longer viable, the body's immune cells could eliminate them.

Tests were successfully conducted on thousands of infected animals. Many of the most prestigious doctors and pathologists in the US, impressed with the initial results, supported Rife in several ways. They gave him money, worked with him in his laboratory, substantiated his findings, and used the Rife Ray in their US and overseas clinics. Some doctors even sent Rife notarized affidavits affirming the effectiveness of the treatments. Accounts of Rife's microscope and ray machine were published in newspapers, journals, and medical bulletins across the United States.

Ironically, Rife's treatments might have been too successful. The medical-pharmaceutical industry, foreseeing a massive loss in profits from drugs and surgeries, appointed some very vocal opponents—none of whom, it should be pointed out, tested the machine. The physicians and financial backers who had been Rife's colleagues and friends became targets of character assassination. Medical boards threatened to revoke the licenses of doctors who used the Rife Ray unless they relinquished their equipment. Some of Rife's closest collaborators later denied even knowing him, despite the existence of a widely circulated photograph in which they appeared with him at a banquet in his honor. Articles on Rife and his inventions began disappearing from newspaper archives. The greed and callousness of the wealthy powerful few deprived many sick people of healing and even cost them their lives. Vilified and discredited by the ignorant and greedy, his technology misunderstood and underutilized, Royal Raymond Rife died in 1971.

Rife's story, while unique in some ways, nonetheless follows a familiar pattern. First, a therapy is discovered that's non-invasive, inexpensive, and drug free. Next, after it makes large numbers of people well, its inventor, proponents and users are privately harassed, publicly humiliated, and legally persecuted. Perhaps they even die of mysterious causes or under suspicious circumstances. Finally, steeped in rumor and innuendo, the modality disappears. As with other promising complementary treatments, Rife's therapy was driven underground.

The long silence on Rife and his inventions was finally broken with Christopher Bird's article "What Has Become of the Rife Microscope?", which appeared in the March 1976 issue of *New Age Journal* and was later reprinted in other publications. Then in 1987, Barry Lynes published *The Cancer Cure That Worked*, an emotionally-charged glorification of Rife's life and work. However, original source material was scarce. Movie footage from 1936 showing Rife in his lab, and a few equally old photographs, provided the only visual clues about the equipment.

Gradually, other memorabilia surfaced: Rife's surviving lab notes, letters, telegrams, photographs and awards, all unearthed from different locations. One researcher spent hours rummaging through the morgue files of a California newspaper office to find decades-old news clippings. Another investigator spotted articles in obscure yellowing engineering journals. Still others uncovered documents in the attics and basements of people descended from Rife's colleagues and co-workers. One astonishing find was an old trunk full of reel-to-reel tapes, featuring discussions between Rife and his close colleagues. The tapes were transferred onto CDs and made available to the public.

Around 2005, a non-working Rife Ray was found in a museum and restored by a team of resourceful engineers. Shortly after, a US frequency equipment manufacturer acquired a box of priceless documents from a nurse who had once worked with Royal Rife's colleague John Marsh. This manufacturer was then given an old schematic of one of Rife's original units built in the 1930s. With the help of others—including an elderly engineer familiar with the tube technology of Rife's era—he deciphered the almost illegible drawing and reconstructed the model. Then an actual prototype of yet another model was discovered, and the Rife community was closer to understanding how Rife's technology worked. This knowledge was not merely academic. It could, and would, lead to the production of more effective modern units.

Also around this time, the most powerful of Rife's microscopes was resurrected: the Universal Microscope (after being stolen from Rife's lab decades earlier and then recovered). Kept safely in an undisclosed location, it underwent meticulous restoration by several key researchers until it was again taken. Predictably perhaps, the cloak-and-dagger antics of secrecy, theft, and duplicity that had plagued Royal Rife have continued today.

Fortunately, not everyone interested in Rife history wanted to hoard their treasures. Many documents, along with designs of Rife's original ray machine, were posted on the Internet. This global sharing has allowed Rife's diverse technologies to inspire progress in many fields of electromedicine today. Using the primary source materials as references, scientists, health practitioners, electronics engineers and curious laypeople are now experimenting with different types of machines as well as new frequencies. With a rapidly growing, fresh generation of wellness seekers demanding access to life-saving technology, a new era of frequency healing has been born.

Although frequency equipment has been substantially modified and redesigned since Rife's colleagues treated people in the 1930s, 40s and 50s, the basic principle of how the devices work—pathogen destruction through resonance—remains the same. There are now hundreds of companies, on every continent of the globe, selling frequency therapy units to address all types of diseases. Despite the intimidation tactics of the medical-pharmaceutical industry and some government agencies, more researchers are stepping forward to share what they know, via the printed page, radio, electronic media, and at conferences. In addition, medical clinics and formal and informal research centers are springing up all over the world: Australia, Mexico, Canada, the Netherlands, New Zealand, South Africa, Germany, Romania, and the United States, among other countries.



It was over 30 years ago—around 1983, long before the massive infusion of Rife-related artifacts—that I first heard about Rife’s technology. Cryptic fliers from companies specializing in unusual devices somehow found their way to me. From time to time, electronics buffs and complementary health practitioners would tell me about a device that emitted frequencies to reverse disease, but they were extremely vague in their accounts and couldn’t or wouldn’t elaborate. The couple of fliers that specifically addressed rife machines gave, for merchant contact information, addresses that were either in Mexico or for United States post office boxes, so I wasn’t sure if the sellers were honorable. Because I still had more questions than answers about the information I was seeing, I didn’t do much more than collect data.

Thus for many years, Rife and his inventions occupied the same category as all the other unsolved mysteries of the universe, like who built the Easter Island statues and how did the Bermuda Triangle sink ships. Although my collection of papers taunted me with their “too good to be true” rumors, my intuition told me that this information was vitally important and would one day bear fruit. So I put everything into a file folder and waited, remaining open to whatever the universe might choose to reveal.

Then in 1993 I met Howard, a US-based dulcimer maker and musician who had majored in electrical engineering at Cornell and was now retired. With his highly inquisitive mind, engineering background and love of tinkering with machines, Howard was an ideal Rife researcher. (He had already demonstrated an affinity for unusual science projects: One winter holiday, he sent me several Petri dishes containing glow-in-the-dark fungus as a gift.) Howard had previously been interested in frequencies as a musician (as had I), so learning about Rife was a logical next step. When he informed me that unfortunately (for experimentation purposes) he was in excellent health and therefore had no way to test his (not one, but two) frequency units, I could not believe my good fortune. Having suffered for years from a severe systemic *Candida albicans* infection and desperate for relief, I instantly volunteered to do the testing for him. Just as eagerly, Howard accepted my offer. This is how my academic query turned into a hands-on experiment.

Little did I know that my experimentation would lead me to unexpected and startling places—and continue indefinitely. I exposed myself to many different types and makes of machines and tried nearly all of the frequencies that were on the lists that came with the units.

My efforts were rewarded when the *Candida* became more manageable. Then I began helping friends and acquaintances with health problems of their own.

As people learned that I was experimenting with rife technology, they began asking me about Rife and his life, how frequencies work, and about healing in general. Not knowing all the answers—especially when they involved electronics and details about pathogens—I pumped information from every knowledgeable professional who was willing to talk to me. Dragging out my dusty medical and science textbooks, I increased my knowledge about biology, brushed up on physics, labored over chemistry, and struggled with electronics. I also read every book on Rife that I could find. The problem was, except for Barry Lynes’s indignant little paperback and one highly technical manual on how to build a frequency machine, very little information on Rife and his inventions was available. Not only that, there was no cohesive guide to understanding or using frequency equipment. Plus, information on the frequencies themselves was scattered in many different places. So I began to compile a simple guide of popular frequencies that I had personally found to be effective, while continuing to work with new frequencies.

Almost immediately, it became clear to me that I couldn’t just create a list of numbers to go with the equipment. I wanted people to understand that in most cases, it wasn’t enough to receive frequency sessions; they had to actively eliminate the conditions that had allowed their illness to occur in the first place. I needed to investigate, refine, and explain a solid, workable paradigm of what it meant to be healthy.

At that point, a major area of my life had become heavily impacted by my involvement with Rife research: my work as a Reichian (body-mind) psychotherapist. More and more clients were coming to me who were struggling not only with knotty emotional issues, but also with serious physical ailments. They had been taught that Western medicine was the only legitimate modality, so they weren’t convinced that holistic methods could help them. Some clients had trouble understanding that physical disease can influence one’s emotional state in unexpected ways. This lack of comprehension struck me as odd—considering that they had specifically sought my services because they knew that unresolved emotions lodge in the body as muscle tension, which causes biochemical changes that eventually lead to illness. But it never occurred to these same clients that many emotional problems can be exacerbated, or even directly caused, by the same biochemical imbalances and pathogens involved in disease! This piece of information even more strongly fired my resolve to focus on the physical, as well as emotional, origins of disease.

The more I became immersed in frequency therapy, sharing—with friends, acquaintances and even strangers, anyone who'd listen—became a full-time job. There was so much to report and explain that I was teaching even in social situations when I “should” have been relaxing. I did recognize, though, that this was a lot of information for people to handle—especially in a social situation, where they're not expecting to be bombarded by an impassioned lecture on medicine. Also, people tend to retain information more easily if it's written down. And, most important, although my enthusiasm never waned, my energy levels did. So I realized I needed another way to convey the material, and looked for well written, accessible books that presented the topic clearly and thoroughly.

To my great dismay, I couldn't find what I was looking for. What I wanted, very simply, was an all-purpose holistic health book that met many needs and featured a wide range of topics: cutting-edge research in medicine and science, an exposition on Rife and his work, and a foundational discussion of electromedicine (so people would understand why Rife therapy is so effective), along with a directory of frequencies to use for specific health conditions. Not surprisingly in retrospect, nothing suited my exacting requirements. After complaining for months about how hard it was to obtain reliable information about Rife, in conjunction with additional topics that I felt were essential—presented, no less, in just the way I wanted—I realized that the person who was supposed to put all this together was me. That is how my little list of popular frequencies metamorphosed into a project whose scope I couldn't possibly have foreseen. This fifth edition that you are now holding in your hands is the result of my curiosity, learning, labor and love over the course of two and a half decades.



Now that you have this *Handbook*, where do you begin? Some readers, especially those who own frequency devices, may be tempted to jump directly to the Frequency Directory (Chapter 5). But this *Handbook* is about much more than pathogen-destroying frequencies. It is about freeing yourself from medical propaganda, trusting in your own experience, and opening to the self-confidence and health that blossom when you think and act for yourself. So please don't ignore the beginning of the book. It shows you new ways to approach your body and healing, as well as addressing your questions about rife machines.

Chapter 1, “The Politics of Medicine and the Nature of Health,” is a primer on allopathic versus holistic (also known as “complementary,” “alternative,” or “functional”)

medicine. It explains why most drugs don't work and in fact make you worse—as well as how most clinical trials are not only worthless, but can be rigged to “prove” whatever outcome the experimenter wants. The reader is also shown how drugs are approved, and by whom—which in virtually all cases, involves politics and profit rather than humanitarian concerns or even good science. This chapter also contains a brand new section on electrosmog: what it is, how it affects us, and how to avoid it.

Chapter 2, “The History of Pleomorphism and the Inventions of Royal Raymond Rife,” features Rife's unusual life and the controversial debate over pleomorphism—a phenomenon relatively unknown in the United States, but widely understood in Europe. Pleomorphism is the ability of pathogens to radically change their form, structure and function, from simple and primitive to highly complex and multi-functional, depending on the changing terrain of the body. Rife's microscope showed that often, pathogens become dangerous only when the system becomes biochemically unbalanced. So, if you are attached to the germ theory of disease, this chapter will give you a different perspective. The debate on pleomorphism is important, because as long as we perceive ourselves as helpless victims of germs, we'll continue to rely on pharmaceuticals to help us get well. But if we understand that pathogens can and do adapt to their environment, we can lessen or remove their harm, knowing that we can alter that environment—the terrain of our own bodies.

The task of making that terrain (ourselves) less hospitable to pathogens leads us to Chapter 3, “Healthy Living and Complementary Therapies.” Here, you will find some of the most effective, user-friendly, and inexpensive protocols to help you detoxify and heal. This chapter is a guide for frequency device users who want to handle the effects of sudden microbial die-off. But it's also designed for non-rifers who want clarity about lifestyle choices, and are eager to learn about some of the best, mostly self-administered, holistic protocols available today. Readers already familiar with these protocols will learn new ways to approach what they're doing. The range of therapies is vast. In addition to ozone, sauna and light therapies, Inclined Bed Therapy, and homemade colloidal silver, I have added sections on homeopathy, organ cleanses, and so-called “folk” remedies that really work—activated charcoal, clay, and castor oil. This edition also contains vital new information on food, exercise, and nutritional supplements. Also, from my Reichian psychology background, I discuss the relationship between mind and body and the psychological aspects of what we call disease.

Chapter 4 shifts our focus to the “how to” of Rife's technology. To apply this technology correctly, you need

to know who can benefit from the equipment and who should not use it, and under what circumstances; what type of frequency device might best suit your needs; how to give yourself a Rife Therapy session; how to administer sessions to children, pets and the elderly; how to select the correct frequencies; how to deal with detoxification reactions from microbial die-off; and what to do if you're not getting the results you want. If you already own a frequency device, this chapter will help you use it to its full advantage. If you don't own one, this chapter will help you choose the unit that's right for you. In addition to older material that has been rewritten for clarity, there are some new sections, including one specifically for practitioners on how to incorporate this therapy into a busy practice.

Chapter 5, offering an extensive "Frequency Directory," also teaches the reader how to navigate through the alphabetized listings that provide frequencies for common and exotic diseases. In addition to conditions such as allergies, cancer, HIV, Lyme disease, Morgellons and neurological disorders, Chapter 5 includes the viruses, bacteria, parasites, protozoa and fungi that are implicated in these symptom pictures. This chapter also doubles as a basic medical primer for the layperson; so even those without a rife machine will benefit from its contents. Summaries of the functions of organs, glands, and bodily systems accompany the listings, along with suggestions of holistic therapies that support (or can be substituted for) the frequency therapy. When medical terms are used, they are always translated into plain, everyday language.

Chapter 6, "Creating a Better World, Inside and Out," deals with topics that might be regarded as optional, but they will help us meet today's challenges. Many people are unprepared for death and they fear it, both for themselves and their loved ones. Yet paradoxically, in the United States at least, the dominant values (not to mention images) of the culture are filled with death. Our social system supports misery, poverty, fear and hate, instead of joy, abundance, truth and love. We cannot die in peace without living in love. In this chapter I discuss the changes that must be made on all levels—personal, political and transpersonal—in order for a life-based culture to emerge. In keeping with this theme, I could not resist including some exciting, groundbreaking scientific research that points to the existence of what some call "spirit" and proves beyond a doubt that love heals.

Appendix A, "Resources," lists some great sources of health-related information, products, and services (including some new listings, such as EMF protection and personal care products). For those who want to offer Rife Therapy to others, Appendix B, "Legal Implications of Rife Sessions," discusses some challenges of using a

non-medically approved device for healing purposes. (Please note that I am not an attorney. Not all countries and municipalities have the same legal requirements for providing electromedical therapies. Use this section as a guide, but do consult legal counsel to ensure that you are compliant with the laws of your locale.) Appendix C, "Healing with Electromedicine and Sound Therapies," is written for the layperson with no background in physics or electronics. This overview, which includes definitions and concepts related to the electromagnetic spectrum and sound waves, will help you better understand the more technical aspects of almost any electromedical device you wish to use.

Appendix D lists some publications on electromedicine. You might be surprised to learn that medical doctors were using many of these technologies over one hundred years ago! Appendix E describes a recent US medical study of a frequency machine to kill leukemia cells. Appendix F lists toxic chemicals in household products that many of us use every day, so you can avoid them. These chemicals are totally unnecessary because, as described in Appendix G, there are "Safe Substitutes for Common Toxic Chemicals." Appendix H shows you how to assemble your own detoxification footbath for under ten dollars (and yes, it really does work). Appendix I, compiled just before this book went to press, presents medical studies showing the harm of WiFi, microwave ovens, cell phones, computers, and other electropolluting equipment. This is a vitally important appendix, because the telecommunications industry—often with the sanction of governments, worldwide—has not only suppressed these studies (and replaced them with lies), but is now pushing the even more dangerous 5G technology. This needs to be stopped. In References, for your convenience, I include contact information for some non-mainstream sources.

Now for some editorial comments. Because a major theme of this book is self-empowerment, I have tried to select my words carefully. When referring to people with health problems, I don't use the word "patient" because it reflects and reinforces a hierarchical model that exalts the doctor as the all-knowing savior and relegates the health seeker to a subordinate, lesser role. The history of the word "layman" reveals a similar subordinate status; and even though I use "layperson" instead of the gender-biased "layman," the origin of the word should be noted. Initially, "layman" meant any person (male) who was not a member of the laity (clergy). Later, "layman" was expanded to mean anyone who was not in a specialized profession. In other words, a layman is a commoner without a title. In today's dualistic world, more respect is given to those who hold prestigious titles and degrees than to those who

do not. In truth, many laypeople are highly educated and informed—often more than those with degrees—but their lack of medical credentials apparently still makes them commoners (unworthy). I couldn't find a suitable word in English designating someone who is not a medical professional yet is worthy of respect.

This leads me to my citing of people who don't hold titles or degrees. While I have, of course, quoted credentialed professionals whom I admire and respect, I have also quoted people who aren't well known or necessarily have degrees, but who offer valuable input. Considering how many medical researchers have falsified data and outright lied (explored in depth in Chapter 1), it seems fitting that we expand our notion of whose ideas are worth considering. It is my hope that common sense and a resonance with the truth, rather than degrees and titles, will prevail.

Despite my own language preferences, when quoting others I try to respect the writer's voice. Thus, if certain words are used (such as "patient"), I leave them in. The same holds true with spellings, such as British English, which is sometimes different from American English.

Royal Rife's name is used often, as one would expect. Appropriate to this usage, "Rife" is capitalized. However, "rife" and "rifing" are now being used as verbs (referring to the act of giving oneself a frequency session). For these, and for the noun "rifer" (which refers to one who gives oneself frequency sessions), the "r" is not capitalized. Similarly, when used to describe frequency equipment, "rife" is not capitalized, as none of the units being made today were made by Royal Rife the man. A similar logic explains why "rife practitioner" also uses a lower-case "r." However, when referring to the research, "Rife" is capitalized because engineers and scientists involved in this area are usually investigating the man as well as the technology. I do capitalize "Rife Therapy," however, to make this modality immediately visually recognizable and distinct from other holistic protocols being discussed.

My final editorial comment concerns the completeness of the data in this new edition. I have included current discoveries about health as much as possible. We already know that two scientists—who for years had been ridiculed by colleagues for insisting that stomach ulcers are caused by a bacterium—found *Helicobacter pylori* in the stomach lining of enough people with ulcers to win a Nobel Prize. However, dangerous microorganisms are now being linked to conditions we normally might not associate with pathogens at all. For example, one doctor found a corkscrew-shaped, bacterial spirochete in the spinal fluid of over 90% of his clients with multiple sclerosis. *Actinomyces* is being tied to Parkinson's disease.

And irrefutable evidence shows that not one, but two strains of adenovirus can make us fat. In addition, we now know that bones and fat cells produce hormones.

More details on medical cover-ups have also been included in this edition, although frankly, it's hard to keep up with them. There's a fresh scandal every month, if not week—about not only the adverse effects of drugs, vaccines and medical devices, but also the drug industry's attempts to hide, distort and outright falsify test results in the hope that consumers will continue to buy their products. Depending on the media spin, it's either sloppy science (their intentions are honorable and they're just incredibly incompetent), or outright lies (they know exactly what they're doing and don't care who they hurt). Every effort has been made to bring you the most up-to-date news. But unfortunately, more corruption always seems to occur (or at least becomes public knowledge). The printed page cannot match the speed at which electronic media disseminates new information. Therefore, you are encouraged to search for updates on your own.



The first edition of *The Rife Handbook* debuted at the March 2002 Rife Conference held in Las Vegas, Nevada, in the United States. Despite my having steadily been researching this technology for eight years at that time (long after I was given those first fliers about Rife's therapy), I could not have anticipated how many people were hungry for information about this unique healing modality. Nor could I have grasped the diversity and sophistication of knowledge required to be a researcher in this field—not until I attended the conference.

Being at that conference, as a speaker, author and student, changed my life. Health professionals, equipment manufacturers, and engineers were present. But others attended too—people who knew someone with a serious disease or who were ill themselves. Tired of the same old drugs-and-surgery routine dispensed by doctors trained in nothing else, they wanted something better. Several people who were already using the technology recounted successful interventions against cancer, Lyme disease, and other conditions. I was very moved by the courage of these folks who were taking charge of their own lives—often despite the hostility of their friends and families, and against the advice of their allopathically trained doctors.

I was also impressed by the dedication and talents of the researchers. While it was true that they could be a cantankerous bunch—quarreling about their pet theories, how things worked and how to best accomplish their goals—it was largely because they cared. They

cared not only about whether others lived or died, they also cared about the quality of people's lives. As I later discovered, many of the researchers (like me) had at some point struggled with severe ill health. Others began their research after the death of a close friend or family member.

As I listened to the presentations and saw how much there was to learn, it was hard not to feel overwhelmed by what the seasoned rifers knew. The field of Rife technology is so vast, it requires the knowledge and expertise of people in many diverse disciplines: the healing arts (medical doctor, acupuncturist, homeopath, naturopath, veterinarian, massage therapist); medical and scientific research (microscopist, laboratory technician, microbiologist); historical research (archivist, writer, filmmaker); physics; and of course electronics engineers, with their nuts-and-bolts skills of building equipment. Every rifer has something to contribute. This technology could not have come this far without input from everyone.

In the years since the first—and, in hindsight, very elementary—edition of this *Handbook* was released, I've had the almost daily privilege of connecting with customers from all over the world: Australia, Austria, Belgium, Brazil, Canada, China, Croatia, Denmark, France, Germany, Greece, Hong Kong, India, Israel, Italy, Japan, Kuwait, Manila, Mexico, the Netherlands, New Zealand, Norway, Pakistan, Poland, the Philippines, Romania, Singapore, Slovenia, South Africa, Spain, Sweden, Switzerland, Thailand, United Arab Emirates, United Kingdom, Zimbabwe, and of course my native United States. Words cannot adequately describe my appreciation of these rich multicultural exchanges. The health professionals wanted to learn more, do more. And laypeople, many of them quite ill, made a point of telling me how rigorously they had been seeking alternatives to the unhelpful medical treatments they had already tried. We might not be regularly reading or hearing about Rife's inventions in the national media, but that has not prevented knowledge of this therapy from spreading. People are waking up. They are intuitively sensing that frequency healing is a viable option, despite disparaging comments from the mainstream press. And these seekers won't stop searching until they find something that works.



Knowing how to operate frequency equipment and which frequencies to use is a good start for your health protocol. But genuine healing usually requires major changes. This is why *The Rife Handbook* contains more than the three chapters that deal with the history of Rife, the “how to” of his therapy, and the “which frequencies

should I use” advice. You are being asked to set aside a one-size-fits-all, pop-a-pill-for-instant-results mentality concerning medicine. You are also being asked to consider that your education in the sciences was at best incomplete, and at worst an outright lie. You are being asked to maintain (at least for a while) an open and inquiring mind. And you are being asked to make changes in your lifestyle if necessary. This could mean anything from different dietary habits to questioning authority or even to meditating daily. Transformation means thinking outside of the box—indeed, dismantling that box entirely! As a colleague said to me recently, “*What box?* There is no box!” The good news is, the more we extricate ourselves from old habits and rigid constraints, the more we can reinvent ourselves in increasingly life-affirming ways.

This new paradigm that I am asking you to consider does contain some familiar elements. After all, Rife's therapy—at least what he publicized—was all about viewing and devitalizing harmful microorganisms. But despite the clear association between pathogens and disease, this doesn't mean that we should ignore other issues pertaining to wellness. Healing means balancing the bodily terrain; even Rife himself stated its importance. (Hence, the need for lifestyle changes.) Also, despite Rife's spotlight on pathogens, we are realizing today that his therapy very likely conferred other benefits unrelated to pathogen destruction. The field created by his ray machine appears to have helped normalize tissue function. For many reasons, then, it's a mistake to utilize Rife's technology in an allopathic way.

Nevertheless, I do not intend to misrepresent Rife Therapy. Despite the amazing cures witnessed by Rife's colleagues, or how much I have personally benefited, or the many remarkable success stories reported by friends, colleagues and acquaintances, I freely admit that even an outstanding therapy has its limitations. There is no magic cure-all that has been found to work for everyone, always. While the majority of people respond favorably to sessions, some respond minimally or not at all. The machines cannot produce miracle cures; your body is in charge of that. If you faithfully give yourself rife sessions but continue doing what contributed to your getting sick in the first place, the best equipment in the world will not produce lasting positive changes. Also, *when* you use a healing modality is as important as the therapy itself. Depending on the extent and type of imbalance, one protocol may work better at a given time than another.

Sometimes I hear people complain when their healing is not progressing according to schedule. But whose schedule? We are not machines, even though the medical establishment would like us to believe that we are.

Furthermore, the medical industry has a very narrow definition of “normal,” even though people vary wildly outside the range of presumed “normalcy.” How many times have you heard of someone who felt unwell, only to have their doctor say, “There’s nothing wrong with you; you’re in perfect health”? We need to rely on common sense and how we feel, not blindly trust medical biases that have no foundation in fact. Much of modern medicine is based on arbitrary standards that change, according to the desires, agendas, and goals for profit of those in power.

Here’s a question, then, that I like to ask: If medical standards keep changing (apparently capriciously), and doctors keep changing their minds about protocols and prescriptions (based on these capricious standards), whose standards should we follow? And from whom should we seek guidance? Maybe it’s time to reevaluate the health care you have been receiving. Consulting with a health professional can be helpful and even essential, but you must use your own discernment too. Who is most qualified to help you? The person with the most impressive credentials might not be your best choice. If your practitioner doesn’t listen to your concerns or take them seriously, or if his or her training seems more important than what you are experiencing, maybe you should start looking for another practitioner.

You are the one who’s living in your body—so ultimately, your best teacher is you! However, to become that exemplary teacher requires commitment. You have to study, reason, decide what to keep and what to discard, trust your own (informed) experience, and be willing to make mistakes and learn from them. And you *will* make mistakes! But let that be okay. Taking responsibility and being accountable for our own decisions and actions makes us powerful. This book is a stepping stone to acquiring the knowledge that you need to become an expert...on you.



Today, five decades after Rife’s death, the concepts of Rife Therapy, frequency healing and resonance therapy—while not yet household phrases (at least in the US)—are trickling more into the public’s consciousness. In some circles, the technology is being used so regularly that the word “rifting” has become a verb. I think that Royal Rife would have been moved and gratified that his modality is finally being given the respect it deserves. I trust that by the time you finish this book, you, too, will be using the word “rifting” as a verb.

One final thought. More and more people are insisting that they aren’t commodities that are bought and sold in the marketplace. They don’t want to be toyed with, experimented on, or lied to. They don’t want their


treatment options limited by what their doctors were allowed to learn in medical school. And they don’t want licensing boards to prevent their own doctors from helping them: most boards forbid doctors to suggest alternatives to the prevailing (allopathic) standard of care.

People also want their health care providers to honor their need for compassion and hope as much as they honor their need for physical care. Health seekers want to be respected, to have their humanity acknowledged—and to be free to make their own choices. In other words, people want a voice in matters that affect them—and this includes the health protocols they use. No wonder polls consistently show that three-quarters of the United States population have sought complementary therapies in addition to Western medicine!

In this technologically advanced and uncertain age, with escalating infectious diseases and degenerative conditions, we need Rife’s and similar technologies more than ever. Yet the power elite is fighting back even harder, invested in perpetuating its own agenda and maintaining the status quo—at the expense of health and happiness, not to mention lives. Despite an obvious need worldwide for all kinds of electromedical modalities, information about Rife Therapy has largely been available only to the few who discover it by chance, or who know where to look for it (and to look for it at all). The majority of people in the United States are ignorant of this elegant technology that can substantially reduce suffering and save countless lives. My goal is for *The Rife Handbook* to empower significant numbers of people—not only by providing them with reliable information about more and better health care choices, but by inspiring them to spread the word to others that these choices exist.

The widespread use of frequency therapies, including Rife’s technology, promises to change the way medicine is practiced. Even if you are fortunate to be in good health now, it’s comforting to know that this technology is available if you or a loved one need it in the future. Simply by picking up this book, you have proven that you want more than what’s being offered by industrialized pill pushers, that you aren’t satisfied with the lowest common denominator of mediocrity. Anyone who seriously investigates Rife Therapy is making a statement. Therefore, you deserve to be congratulated for having the vision and strength to see through—and beyond—the dominant paradigm. It takes courage to challenge entrenched ideas!

I sincerely thank you for helping to create this positive global change in consciousness. It is truly a blessing to be accompanied by all of you who are embarking on this amazing journey of healing and hope.



Introduction to the Current Edition

Since the release of the previous (5th) edition of this book, a monumental shift has occurred on the planet. It would be difficult to find someone in the world who has not been affected—directly or indirectly—by threats of one or more pandemics; unnaturally high numbers of unexplained deaths; lockdowns that curtailed our freedom to travel, socialize and conduct business; financial ruin; shortages of goods and services; an increase in homelessness; and even impending warfare. And let's not forget the escalating insanity in the governing bodies of many of Earth's nations. The degree of anxiety, grief, tension, and ill health on physical, emotional, mental, and spiritual levels has been unprecedented.

Like you, I was affected by the intensified global strife. Renewing my quest for what could help heal a brand new set of health problems, I added at least three dozen reference works to my already overflowing bookshelves. When the time came to replenish my dwindling stock of *Rife Handbook* copies, rather than merely reprint, I felt that I owed it to my readers to share with them all the new information I had learned. Thus this new edition was born.

I must admit that when writing this new edition, I harbored many misgivings that I hadn't felt during previous versions. Dealing with the day-to-day minutiae of researching, writing, and editing new material at times seemed unimportant and futile. *Why bother to include new material about the effects of certain foods, I'd ask myself, when the entire food chain is under attack and farmland is being bought up or seized—and some farmers are being*

prevented from growing crops? How can people possibly afford to buy frequency equipment when they're worried about losing their homes? And who wants to read, much less buy books, when it's tempting to lose oneself in mind-numbing distractions? And on and on I'd ruminat.

As it turns out, my fears were groundless. In the midst of such chaos, people from all over the world continued thanking me for helping them improve their health without having to rely on the medical establishment. Much to my astonishment, book sales even accelerated. This showed me how much the public hungered for information that was of real value, that gave them hope by providing practical solutions for genuine healing. These reminders that I was making a difference restored my energy to work hard updating this current edition.

Revising this book proved to be an unexpectedly massive undertaking. The previous edition, at 1104 pages, weighed a hefty five pounds and was not the most portable book to carry around. So my first goal was to conserve as much space as possible. How could I add new material without making the book even more unwieldy than it already was?

The first thing I did was shorten the References section to Selected References. Every citation was already in the endnotes anyway, so it made sense to include in a separate section only material that was the most impactful and relevant—and was also still available. This tended to be books and medical journal articles rather than web pages and blogs. (In a few instances, such as passages on vaccines from the seminal work of Suzanne Humphries and Roman

Bystriany, older sites were down but were replaced by new material. I listed the newer citations in References.) Due to the political climate that had grown more repressive in the last decade, many of the Internet pages I had used while writing previous editions of this book no longer existed. Important web pages have continued to disappear because the medical cartel—which either owns or is close allies with most Internet sites—considers information on holistic health threatening to its effort to keep people ill, dependent and docile. Another problem I encountered was a change of address for web articles. Therefore, you may try to access a website reference only to encounter a webpage marked “not found” or “error.” Nevertheless, I stand behind all of my references, even those that have disappeared. Sometimes the Wayback Machine, a site that periodically stores what used to be on the web, can be used to call up older information.

Another space saver was to omit all the “http” and “www” prefixes from the online sources. Nowadays you can type in the basics and your browser will automatically include these prefixes for the address you want. By doing just this, I managed to save about a dozen pages. Also to save space, if there were two or more consecutive references that were identical, instead of repeating them word for word, I used *Ibid*, an abbreviation for the Latin *Ibidem* which means “in the same place.” This is customarily used to indicate that a citation is from the same source as the reference immediately preceding it. I saved even more pages by putting all the endnotes in their own Notes section.

Except for the elimination of some minor errors and typos, nothing of any substance was omitted in this edition; material was only added. Every single chapter contains rewrites, but some were more overhauled than others. I will discuss only a few highlights here.

Chapter 3 was one of the most heavily altered parts of the book, thanks to new information I acquired about how to improve my own health and the health of my family members, friends, and pets. There is additional data on food, food toxins, sweeteners, nutritional supplements, colloidal silver, and detoxification protocols that involve the use of more vital antioxidants. Fake meat—which includes the hideous insect “protein” that is being foisted on the public—required its own Insert. Oxalate sensitivity, of which more people are becoming aware, is also addressed. Because many people nowadays are having trouble sleeping, I provide additional details on how to get a good night’s sleep. This includes new methods of managing sleep apnea that don’t involve machines to help with breathing. I also finally found the answer to a question that I’d been asking for literally decades. Having

recently been treated by an innovative chiropractor, I was finally able to understand why chiropractic care doesn’t work for everyone—and why some people are in fact worse after being adjusted. It’s my hope that chiropractors will modify their approach to treating clients after reading my commonsense explanation of what constitutes an effective and safe adjustment.

Also in Chapter 3, I include more documentation about the negative effects of cannabis and vaping, along with new insights on what makes cigarettes addictive. You will find a homemade recipe for a remarkable skin care salve, developed by a naturopath colleague, that pulls out debris and toxins from the skin. The relationships between fascia (connective tissue), acupuncture, beneficial electrons, and a practice called Earthing, are explored in depth. And there’s a new section on dangerous skin ornamentation. Considering the trend—especially with younger people—to embrace body piercings and tattoos, I wanted to provide a full range of details before someone made a decision that could permanently impair their health. Finally, I include instructions on how to meditate using a mantra that we create ourselves. In this challenging world, having the ability to remain calm and centered can only help.

Chapter 1 likewise required massive additions. New information about neurotransmitters is bound to change your concept of how the brain works, shed even more light on the dangers of psychotropic drugs, and offer you alternatives to drugs that you might not have previously considered. I included a new 2024 vaccine schedule chart for the United States (courtesy of CDC guidelines)—but kept the chart from 2018 so readers can see what infants and young children are receiving now compared to what they were getting just six years ago. To this, I added a few lines (that’s all it took) of the vaccines that young people were given in the 1950s. Those born after 1970 will probably find the contrast shocking. But the most time-sensitive addition to Chapter 1—in fact, to the entire book, and in some ways the most important—is an Insert of sixty-six pages called “Covid-19 and Its Jab: History, Harm, and Healing.” This book-within-a-book contains information on the origins and politics of Covid, also called Covid-19 and more formally known as SARS-CoV-2. I discuss in depth the dangers of the Covid “vaccine,” which was never a vaccine in the original, true definition of the word. And I provide detailed accounts of protocols, culled from mostly holistic sources, that help individuals detoxify not only from the illness (including “long Covid”), but also from the Covid-related inoculations that too many people have been coerced into accepting.

The new information in Chapter 1 on the many aspects of Covid complements the frequencies for the disease that

were slipped into Chapter 5 in the *second* printing of the 5th Edition. Readers who own earlier versions of this book will be pleased to know that in addition to containing frequencies for Covid, Chapter 5 has a more streamlined and easy-to-use appearance, and provides the origin of most of the frequencies. When I did the second printing of the 5th edition, I didn't think that a small section on Covid frequencies and a couple of new Inserts in Chapter 5 warranted labeling that book an entirely new edition. But with the many current changes, what you are now reading is indeed a much-expanded 6th edition.

Chapter 5 also contains much more material on chelation. This can be a confusing topic due to the many contradictory opinions held by functional medicine practitioners. Readers trying to navigate our increasingly toxified world will find this information especially welcome. I have done my best to collate and streamline the basic concepts of chelation and explore the most useful ingredients (among them EDTA) that eliminate chemicals, pollutants, heavy metals, and various kinds of nanoparticles from the body. Added to this chapter are more recipes for simple, effective homemade dental care products. Also, two more healing agents are introduced: DMSO, an inexpensive substance that everyone should have in their medicine chest, and more antiviral agents—

including a unique substance known as methylene blue, which can be very helpful as long as its use is limited to those who don't have contraindicating medical conditions (which I summarize). We are indeed fortunate that information on beneficial remedies is becoming more difficult to suppress, despite the medical establishment's many attempts to hide them. I am delighted to share with you an increasing number of effective and simple remedies and protocols, almost all of which are based on personal experience and experimentation. These ingredients can make a huge difference in your health—but as with anything you ingest or apply, they must be used properly.

The Resource Appendix required extensive editing. Sadly, quite a number of prominent people in the natural health field have passed away since 2018, so my listings had to reflect what is currently online. I did my best to weed out the nonworking sites and update others. But the Internet keeps changing, so please do your own research to keep current with the fluid and fast-paced changes of electronic media.

The history of Royal Rife himself in Chapter 2 did not require any changes. However, some exciting and vitally important information on the parasitic nature of cancer has recently surfaced, thanks to the diligent research of Jimmie Holman and Paul Dorneanu of Pulsed

The Campaign to Suppress Holistic Medicine

How did medicine in America shift from its early emphasis on prevention and health to a model of disease management?

In 1908, the American Medical Association's newly formed Council on Medical Education wrote to industrialist millionaire Andrew Carnegie to propose a collaboration to "reform" medical education. The Carnegie Foundation was allied with the Rockefeller family, which had interests in oil and was now investing heavily in pharmaceutical companies. The group decided to hire Abraham Flexner to investigate medical schools in the United States and Canada.

Flexner was a schoolmaster who knew nothing about medicine. However, his brother Simon was director of the Rockefeller Institute for Medical Research. It's no surprise, then, that Flexner's findings—commonly known as the *Flexner Report*—heavily favored those medical schools that emphasized the use of pharmaceuticals. Wanting to improve the status of doctors, Flexner suggested closing most of the schools that allowed entry to women and black people. He advised the medical field to require specialization. And he insisted that funding and accreditation be given to only those medical schools that trained doctors in emergency and surgical medicine—both of which require the extensive use of drugs.

In response, the *New York State Journal of Medicine* berated the Carnegie Foundation for being dictatorial, for attempting to eliminate specific universities, for threatening the freedom of whatever medical schools were being allowed to remain open, and for denigrating anything that competed with the prevailing allopathic (Western, drug-oriented) methods. However, most other medical organizations and publications praised the Carnegie Foundation's goals precisely *because* of the clear bias against chiropractic, homeopathy, and all other forms of holistic medicine. The *Journal of the American Medical Association* supported Flexner's position as truth. Soon, the historic *Flexner Report* was widely acclaimed by everyone in the allopathic medical community. One hundred sixty medical schools had been open in 1905. But by 1927—just seventeen years after the *Flexner Report* was issued—that number dropped to eighty.

The Rife Handbook of Frequency Therapy and Holistic Health is designed to challenge this legacy of suppression and deception. We don't have to perpetuate what we have inherited. It's time to replace establishment medicine with true healing, derived from many disciplines.

Technologies. I added it to the end of the chapter, where it fit in nicely with the discoveries of others who have discovered the pleomorphic nature of pathogens.

Chapter 4 required two additions: photos and specs of new models of frequency equipment, and another question and answer regarding rife sessions in the new era of Covid and its graphene-filled jabs.

As for Chapter 6: I would have liked to add a lot of new material, but after considerable thought decided that this was not necessary. Any updates would pertain to details surrounding the social and political climate, which change so rapidly that those details would very likely be obsolete by the time the book was printed and bound. Moreover, all this would have required a massive rewrite, unnecessarily delaying publication for at least several months. I decided that for a book focused on health, updates on the political climate, although relevant, were not critical—especially when there was such a great need to quickly disseminate other information, such as how to heal from the Covid jab. But even without a substantial rewrite, this chapter is still highly relevant. No matter what developments (beneficial or otherwise) there might be in the general political climate or in the arena of health policies, any developments—as well as the players—can change at any time. Our freedom of health care is still quite fragile, and more or fewer choices depend on who is currently in power. It pains me to say this, but the globalist (deep state) agenda hasn't gone away and still needs to be carefully monitored. I am reminded of a quote that appeared in print in 19th century United States: “Eternal vigilance is the price we pay for liberty.”

Being vigilant helps us take responsibility to forge our own destiny and become self-empowered. This is a huge part of the focus of Chapter 6. Learning to become active agents in our own lives is in many ways a profoundly spiritual task. And spiritual development is as important as our mental, physical, and emotional well-being. That is why Chapter 6 includes information about long-distance healing and healing with intention, be it mindfulness or the power of prayer. Not everything that's important can be seen with the naked eye. That is also why I talk about love. I believe that the ultimate healing is to be aligned with the frequency of love, regardless of the state of our bodies. Attaining that frequency of love—and remaining in it—can be a challenge, but a welcome one, and is the noblest triumph that human beings can achieve.

With so much new material, the Index had to be completely redone, a frankly tedious task. However, other preparatory work was a joy. There was research from some outstanding new books that I simply had to include. One work is *Moving Beyond the Covid-19 Lies* by Bryan Ardis. He delves into recent events with exceptional candor and innovative thinking. *The Gender Trap* by Carla Curtis is a particular favorite. Among other issues, and with great clarity, she addresses the tragic consequences of using certain drugs off-label to address health conditions that aren't even real. I am grateful that these books were released when I was making my revisions.

Now is a good opportunity for me to mention the possibly misleading aspect of the book's title. As some of my reviewers were quick to point out to me, instead of calling the last three editions “the handbook,” it would have been more accurate to name them “the encyclopedia” or “the reference manual.” But because the titles of the earliest versions—which were one-third the size of the current edition—contained the word “handbook,” the name has stuck. It's not my intention to overwhelm you with mountains of material or a high page count. If you don't know where to start, please read the detailed Table of Contents/Chapter Outline at the beginning of each chapter and see what grabs your attention. And don't forget to consult the Index, which contains even more details about this book's contents. You won't need to know everything now, but you might need to explore some of the content later.

I have endeavored to present the most effective and easy-to-implement protocols that natural medicine has to offer. But, as with all information, I encourage you to evaluate what you read. Consider if, when, and how much a protocol applies to you. More than ever, we must learn to rely on our own judgment. In Chapter 1 especially, I explain how to interpret data. And the Insert on the next page is also designed to give you some tips. No matter what anyone else says, who they are or what credentials they hold, if a piece of information doesn't feel quite right, it probably isn't. If something doesn't make sense, ask questions until you are satisfied with the answers. All queries have value.

Words cannot express how much I have appreciated hearing from readers throughout the decades of this book's incarnations. Thank you, once again, for allowing me to be a part of your life on your journey toward increased awareness and greater health.

How To Evaluate Information

- ◆ *What credentials and values does this person / organization have?* That said, education, university degrees, trainings, and certifications don't always indicate quality—especially if the person has been trained by institutions devoted to maintaining the status quo. Also, being in the public eye doesn't necessarily indicate quality. Experience, intelligence, common sense, open-mindedness, and honesty are more important than approval from an educational institution, government agency, or other "official" establishment.
- ◆ *Is the person / organization / publication receiving financial support from a drug company, government agency, or other source with vested interests?* Does the party have any ties to drug companies or receive perks for promoting a particular therapy, drug, or piece of information? If so, that info is suspect.
- ◆ *Does this person / organization / publication / practitioner appear to have your best interests at heart?* Someone who is acting in their own self-interest will encourage dependency instead of teaching you self-sufficiency and providing you with tools that allow you to help yourself. Compatible help also means values with which you resonate. Does the party appear to exist only to further its own existence? Or is it responsive to its supporters and does it provide a genuine service?

How To Evaluate A Product or Service

- ◆ *Is this person / organization / publication trying to sell you a product or services?* There's nothing wrong with making money from products and services. But is the person or organization giving you information slanted solely toward lining their pockets? Ask questions. If you don't get satisfactory answers, that product/service is not for you. If you can, find assessments from objective third parties to help you decide.
- ◆ *Will the product/service mask symptoms or help you long term?* If you are being asked to spend a little more now than you'd like, ask yourself: Will buying the product (or service) eventually pay for itself? Being healthier overall will ultimately save you money on medical bills.
- ◆ *Find out all the ingredients in a product and what they are known for supporting. Ask for the source of the ingredients.* Are the ingredients pure? Are they organic, wildcrafted, synthetic—and most of all, effective?
- ◆ *Find out if the ingredients are assayed*—that is, if the products actually contain what the labels claim.
- ◆ *Investigate the company or service provider, including the customer service.* Look for reviews and testimonials that do not seem to be "planted" by the company.
- ◆ *Try to obtain original research* concerning the process and product developers. Something is wrong if the company states that the information about the ingredients/products is proprietary and you have no way to confirm the claims, if you don't have all your questions answered about product's effects or contraindications, and if you cannot verify the research or inventors mentioned.

How To Know When You Need Help

Some of us don't trust our experience or ability to act appropriately when there are good reasons to trust ourselves. Others habitually rely on ourselves to the extreme, turning down help from others when we could really use it. It's important to discern when it's appropriate to rely on our own knowledge and skills, and when it's time to call in outside assistance. Here are some circumstances when we are likely to need help:

- ◆ *Extreme stress.* Whether of physical or emotional origin, stress can impair our judgment and prevent our accurate assessment of a situation. If you find that events in your life overwhelm you to the extent that you cannot manage them with calmness and grace, get help!
- ◆ *Lack of Knowledge or Skill.* The world has become much too complex for one person to know what to do in every possible situation. Don't beat yourself up for not knowing. Instead, find someone who can assume some of the burden. What you find a burden will be someone else's mission and joy.
- ◆ *Illness and Insufficient Energy.* Sometimes we are too tired or ill to manage our affairs. Let someone qualified take up the slack and help. Maintaining our autonomy while relying on others is a sign of health. There are times to give and times to receive. People aren't static and neither is life. There will be lessons no matter what choices you make. Choose your assistants wisely—people who are truly interested in helping you. Cut them some slack if they make mistakes, and forgive yourself when you make them.

How someone answers your question can be as important as what they say.

America Has Disease Care, Not Health Care

In America, we really don't have a health care system, even though we call everything "health" insurance and "health" care. But if you look at what we're doing for our patients, we're really trying to manage their disease and deal with the crisis. . . . For example, if you see a primary care doctor, they run tests, they check on you, they say, well, you look fine. They give you [a] clean bill [of health] . . . and they send you home. Come back next year.

What are they waiting for? Literally, they're waiting for you get sick . . . [until] they can find something, they can do surgery or put you on medication. Until then, doctors are not very useful for you. . . .

They don't [do] anything to promote your health, prevent disease . . . It's a very misleading concept that we have a healthcare system. That's why we're not very healthy as a nation, because we allocate all our resources trying to deal with the consequences of problems or disease, rather than to prevent it and find the root causes.

—Jingduan Yang, MD
specialist in integrative medicine,
Traditional Chinese Medicine, and psychiatry
CEO, Northern Medical Center, Middletown, New York
northernmedical.org



Nearly all people die of their medicines, and not of their illnesses.

—MOLIÈRE, FRENCH WRITER (1622–1673)



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*Its name is Public Opinion. It is held in reverence.
It settles everything. Some think it is the voice of God. Loyalty to
petrified opinion never yet broke a chain or freed a human soul.*
—MARK TWAIN, AMERICAN WRITER, CRITIC AND HUMORIST (1835–1910)



Chapter 2 Outline

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Until a man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favorable comparison with the products of nature, the living cell of a plant, the final result of the rays of the sun, the mother of all life.

—THOMAS ALVA EDISON, AMERICAN INVENTOR (1847–1931)



Chapter 3 Outline

Healthy Living and Complementary Therapies

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Unless we put medical freedom in the Constitution, the time will come when medicine will organize itself into an undercover dictatorship to restrict the art of healing to one class of [people] and deny equal privileges to others.

—BENJAMIN RUSH, A SIGNER OF THE DECLARATION OF INDEPENDENCE



Chapter 4 Outline

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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

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Slowly an apprehension of the intimate, usable power of God is growing among us, and a growing recognition of the only worthwhile application of that power—in the improvement of the world.

—CHARLOTTE PERKINS GILMAN,
AMERICAN WRITER, POET, LECTURER, SOCIAL CRITIC AND ACTIVIST (1860–1935)



Chapter 6 Outline **Creating a Better World, Inside and Out**

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IMPORTANT! Except when this Index refers to the lengthy section concerning Covid and its jab, pathogens and diseases are *not* included here because they are listed in Chapter 5 (the Frequency Directory), which is itself an annotated index. *For a complete directory of pathogens, symptoms and diseases, along with their frequencies and complementary protocols, see Chapter 5.*

A huge number of valuable books and research papers were used in the writing of this book, but space limitations made it impossible to include the authors and their publications. Therefore, the individuals listed here are limited to historical figures involved with Royal Rife, influential people in the modern Rife community who were quoted extensively, and a very few selected scientists involved with medical research. No slight is intended of those who were omitted. You can find these people and their work in the Notes section.

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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 in all of its forms.

Starting as a young adult, Nenah worked for two decades as a singer-songwriter, playing piano and guitar. Her performances include New York City coffeeshouses 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 six editions of *The Rife Handbook*.

Among other publications, Nenah 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.

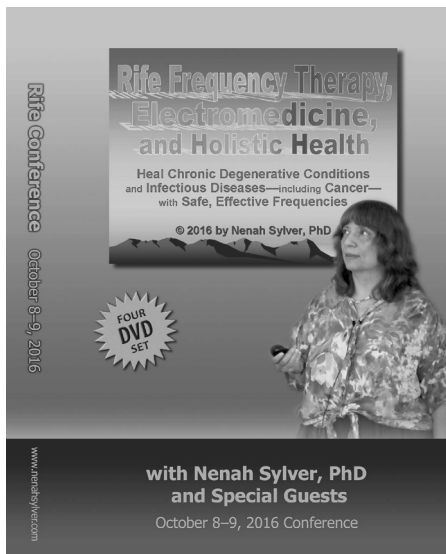
In the past several decades, Nenah Sylver has become well known for her writing in the health field. In addition to articles in *Natural Living Today* and *Natural Food & Farming*, "Toxic Products, Deceptive Labels" appeared in *Nexus*. Her comprehensive book, *The Holistic Handbook of Sauna Therapy*, 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. Her books and DVDs can be ordered at NenahSylver.com.

Recently, Nenah Sylver returned to her roots in music. She completed recording the first of three albums of original songs, on which she sings and plays piano and guitar, and uses A=432 Hz tuning. To learn more about this healing tuning system and to order her music, which she says "is not for everyone," go to NenahSylverMusic.com. She lives with her human and canine family near Phoenix, Arizona in the United States.

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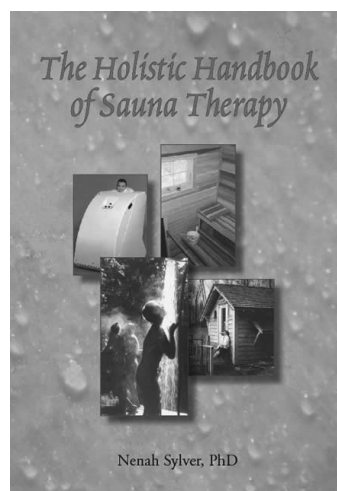
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Richard Loyd, PhD
Health Balances

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Ingo Mahn, DDS, AIAOMT
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In *The Rife Handbook of Frequency Therapy and Holistic Health*, Nenah Sylver has assembled a remarkable collection of highly useful information. Despite being meticulously researched and detailed, the book is extremely readable. This makes it an indispensable reference for both practitioners and patients alike. In fact, after reading the first chapter I thought that this book should be required reading for all medical practitioners . . . I found myself opening it to random pages and each one turned out to be an interesting learning adventure. This book is obviously a work of passion and love.