

# Spooky2

Dear <<First Name>>,

Welcome to Issue #146 of our Spooky2 Weekly Digest.

## Spooky2 Blog Articles

### [London Conference 2018.08.26](#)

John and Echo had a memorable meeting with more than 40 Spooky2 users in London. If you didn't have time to attend, do not miss this conference review!

### [How to Create a Customized Frequency Set](#)

Follow the steps here to create your own program and add it to your custom database.

### [Health Benefits Of Mineral Calcium](#)

Calcium is one of the most important minerals in our body and is able to prevent from colon cancer and lower the risk of having obesity.

## Spooky2 Q&A

### [How to scan your body for one disease's specific frequency to see if it still exists.](#)

Learn how to scan your body to confirm that you have get rid of one disease.

### [Suggestions for a cyst or a bump or a boil on the bottom of my middle right toe.](#)

If you have the similar skin problem, read these suggestions that will help you.

### [How can we reduce scan time down to approximately 6 minutes in the Biofeedback Scan panel?](#)

Do not have enough time for Biofeedback Scan everyday? Try this easy way to reduce time to approximately 6 minutes.

### [Can a person read a book during the biofeedback scan?](#)

Reading or watching TV may cause the heart rate to jump, does it really impact the scans?

## Spooky2 Discussions

Spooky2 Rife for Life Facebook Group

[Should I add any other healing programs such as Schumann Resonance to reduce herx before I run the Terrain?](#)

Here are some helpful suggestions for running healing programs to reduce herx.

[Can Spooky2 Rife machine desensitize someone to gluten if they have an autoimmune disease such as celiac?](#)

If you or your friends are suffering from an autoimmune disease such as celiac, this post will give you some helpful suggestions.

Spooky2 Forum

[Is there a better program for emotion balancing?](#)

When you start feeling irritable or angry, running these programs will make you calm down.

[One Spooky2 user shared his Super Detox Protocol here.](#)

One Spooky2 user shares his Super Detox protocol with Activated Charcoal, Vitamin C and Niacin.

Best of health,  
Echo

Spooky2 Team

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