

Spooky2

Dear <<First Name>>,

Welcome to Issue #158 of our Spooky2 Weekly Digest.

[Happy Thanksgiving Day 2018](#)

Thanksgiving is around the corner! As a token of our appreciation, we have a special offer for existing Spooky2 users. Hope you like it!

Spooky2 Blog Articles

[\[Spooky2 Q&A Live\] Episode 3: Thanksgiving with Spooky2: Celebration and Wishes](#)

We are delighted to have Echo Lee and John White as our guest experts in this week's episode.

[Hong Kong Conference 2018.11.19](#)

On November 17, 2018, John and Sam had a memorable meeting with around 20 Spooky2 users in Hong Kong, China.

[Presets for Ear Infection](#)

Our Spooky2 user Manuel Mallo had great and continuous success with the presets he created for ear infections.

Spooky2 Q&A

[Are there any noticeable effects from the Meridian Frequencies?](#)

Meridian Frequencies will help you balance the entire body.

[I wonder whether there are any programs for productivity and creative solutions?](#)

Suggestions for increasing creativity and inspiration.

[Suggestions for atrophying/painful muscles and tremor.](#)

Muscles atrophy due to lack of use. When muscles atrophy, the load is taken by the tendons, which because of the strain then leads to inflammation, e.g. tunnel carpal, tennis elbow, shoulder pain, etc

Spooky2 Discussions

Spooky2 Rife for Life Facebook Group

[How to get a good sleep with Spooky2](#)

An inspiring story of getting a good sleep using sleep preset.

[How to remove old buildup in the colon using Spooky2](#)

Suggestions for removing toxins in your colon.

Spooky2 Forum

[Heart and Contact Mode](#)

I have had in the pass heart arrhythmia. Should I still only use the remote mode?

[Dr. Steven Gundry on Health Theory](#)

This man thinks he knows what causes all diseases.

Best of health,
Echo

Spooky2 Team

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