

# Spooky2

Dear <<First Name>>,

Welcome to Issue #160 of our Spooky2 Weekly Digest.

## Spooky2 Blog Articles

### [\[Coffee Time\] Episode 5: Thanksgiving Makes The World Better](#)

We are committed to bring you fun and happiness, and let you feel relaxed during the episode. So Spooky2 Q&A Live is renamed Coffee Time now.

### [Winners of The Most Touching Stories](#)

We have received lots of colorful and touching stories from our users in this thankful season. After a heated discussion, we finally got the winner.

### [Presets for Urinary Tract Infection](#)

Our Spooky2 user Jason Elliot had great results in treating UTIs using Urinary Tract Infection presets he created.

### [Database Sets, Scan Results or Spectrum Sweeps?](#)

For healing, we recommend using either Pulse results or targeted database sets. The Spectrum Sweeps are designed for killing.

## Spooky2 Q&A

### [Can I just add frequencies to an existing preset?](#)

How to make a custom frequency program file that's really just the frequencies in an existing preset with a couple more frequencies added on.

### [Any suggestions for fatigue after doing scans and killing programs?](#)

How to get rid of fatigue that is the normal herx reaction.

### [I have a fast heartbeat. Does anyone have a clue what direction to take?](#)

Is it a good thing to use the heart function balance program when I don't know why it's beating fast?

### [My mom fell and broke the shoulder, elbow and fracture the hip and has bad bruising on the legs after 4 weeks in the hospital. Is it a circulation problem?](#)

Suggestions for healing shoulder, elbow and fracture the hip.

## Spooky2 Discussions

Spooky2 Rife for Life Facebook Group

[How to treat HSV using Spooky2](#)

Suggestions for boosting your immune system.

[How to scan repeatedly on Gen1 and apply scan results with all modes of Spooky2 Central on Gen2.](#)

Tips for you to run scan results using Spooky2 Central on Gen2 after scanning with Gen1.

Spooky2 Forum

[Frequencies Research](#)

What you are about to see below is the work of many researchers which I have gathered through the years.

[The Easy Way to Remote Access Your Spooky2 Rig](#)

I'd share with everyone how I remote access my Spooky2 rig while at work or on the go.

Best of health,  
Echo

Spooky2 Team

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