



Dear <<First Name>>,

Welcome to Issue #225 of our Spooky2 Weekly Digest.

Spooky2 Blog Articles

[What You Need to Know about COVID-19](#)

What is COVID-19? How do you prevent it? Click here to find the answers.

[The Golden Rule of Rifing](#)

What can you do to get the best results when rife?

[How to Protect Yourself From Coronavirus 2019 \(COVID-19\) Using Spooky2 Scalar](#)

COVID-19 frequencies are included in the latest Spooky2 software. Here are detailed steps of running these frequencies using Spooky2 Scalar.

SAMA Video Replay

[Episode 139: Spooky2 Scalar Hot Topics](#)

In this episode, John answers the most talked-about topics of Spooky2 Scalar, and explains how Spooky2 Scalar can help you survive the recent COVID-19 coronavirus outbreak.

Spooky2 Q&A

[Are there any suggestions for mental health issues?](#)

What are the causes of mental health issues and how to treat them?

[What is the most effective preset to treat H. Pylori?](#)

How do you prevent H. Pylori infection in daily life?

[Can you show proof that Spooky2 Remote is working?](#)

Does Spooky2 Remote really work? Here is the proof.

[What is the best way to fight Epstein-Barr with Spooky2?](#)

Here are many effective presets and programs for Epstein-Barr in the Spooky2 software.

Spooky2 Discussions

Spooky2 Rife for Life Facebook Group

[What can you do for pain and inflammation using Spooky2?](#)

Here are some reviews from other Spooky2 users about pain and inflammation. Hope their experience can help.

[What can you do if Contact mode becomes uncomfortable?](#)

Experiencing shocks in Contact mode is very normal. Here are some ways to avoid it.

Spooky2 Forum

[How do you treat back pain using PEMF coil?](#)

What frequencies and waveforms are the best to treat back pain?

[What should you do if you can only tolerate one hour of the Terrain protocol?](#)

Some users may feel uncomfortable when using the Terrain protocol. Here are some milder treatments to choose.

Best of health,
Echo

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