



Dear <<First Name>>,

Welcome to Issue #290 of our Spooky2 Weekly Digest.

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## Spooky2 Blog Articles

### [How to Take a Foot Bath with Spooky2](#)

It is not always necessary for you to go to a meditation class or therapy session to get yourself relaxed. Soaking your feet in a bath of hot water can soothe your tired spirit and help you restore energy. Here are some popular ways to make your foot bath even better.

### [Tinnitus | Causes and Treatment](#)

Tinnitus is the condition when you can hear noises in one or both of your ears. It is a common problem that affects around 15% to 20% of people and is especially common in older adults. In some cases, the sound can be so loud it interferes with your ability to concentrate or hear other sounds. Click to find out how you can get relief using Spooky2.

### [Healing Frequency for Schwannoma – Spooky2 Rife Frequencies](#)

A schwannoma is a type of nerve tumor of the nerve sheath. This frequency video will help to relieve pain, tingling or numbness, surrounding nerve pressure, dizziness and help with your balance problems.

### [A Quick Guide to Reiki](#)

Reiki is a form of energy healing developed by Dr. Mikao Usui in the early 20th century. Originated in Japan, it has spread across the world and is becoming more popular in western society. In reiki, practitioners "lay hands" on people to positively monitor the unseen "universal life force energy." This energy is essential for life. If it is low, we are more likely to get sick or feel stress, and if it is high, we are more capable of being contented and healthy. Click here to learn more about the health benefits of Reiki.

## Training Course

### [Spooky2 Online Training Course – Spooky2 Biofeedback Scan](#)

We are delighted to have Dr. Siddheshwar Chopra to give an explanation on

Biofeedback scan in this week's training course. Register now to learn how to find balance in your body.

## Spooky2 Q&A

### [Can I use Boost if I want to perform a Biofeedback scan?](#)

Will Spooky2 Boost interfere with the final scan results?

### [Can Spooky2 build knee cartilage?](#)

Do any of the machines/frequencies help repair and regenerate things like knee cartilage or tissue damage?

### [How to load the Terrain Protocol in the GX](#)

Spooky2 GeneratorX can run standalone programs without a computer. Click [here](#) to find the instructions.

### [Which arthritis program is suggested to be most helpful for crooked painful fingers?](#)

Click [here](#) for the suggested program and what accessories should be used.

## Spooky2 Discussions

Spooky2 Rife for Life Facebook Group

### [Results on Spooky2 Remote](#)

How do Spooky2 users feel after using Remote?

### [Healing and Regeneration](#)

One Spooky2 user posted her testimonial of accelerated healing after oral surgery. If you're in a similar situation, this post might help.

Spooky2 Forum

### [Few useful videos about HeaWea](#)

A big thank you to this user who kindly shared these videos. They can help you make better use of MicroGen.

### [Multiple cancers in single remote treatment.](#)

Is it possible to run a program for a disease and another program to address a different disease in the same shell as a single preset?

Best of health,  
Echo

Spooky2 Team

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