



Dear <<First Name>>,

Welcome to Issue #295 of our Spooky2 Weekly Digest.

Love what we do at Spooky2-mall.com? [Invite Your Friends](#) & Earn Gifts!

Spooky2 Blog Articles

[7 Tips to Improve Your Blood Circulation](#)

Poor blood circulation can dry your skin, turn your nails brittle, make your feet and hands cold or numb, and cause your hair to fall out. So, here are some tips to help you improve. You may also read how Spooky2 can help purify your blood circulation.

[Herpes | Symptoms, Causes, and Treatment](#)

Herpes is a sexually transmitted disease (STD) caused by viruses. There are two main types of herpes: genital herpes and oral herpes. The infection is lifelong and most often asymptomatic. More than half of the entire world's population is affected by this disease. Get started to learn about the symptoms, causes and how Spooky2 can help.

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

Heavy metals are natural components of the Earth's crust, which can lead to poisoning at higher concentrations. This frequency video will help you clean out heavy metals from your body.

[Spooky2 Scalar can quickly get the blood glucose into the normal range.](#)

I used to fight diabetes more than 20 years ago. Based on my Spooky2 Scalar experience, I feel the Scalar can super speed up the process of getting the blood glucose into the normal range. Scalar does something I've never experienced before: deep sleep and relaxing the adrenal glands. Scalar will do very well to bring hormones into balance. Click here to learn more!

Training Course

[Spooky2 Online Basic Training Course: Spooky2 Central and Plasma](#)

We are delighted to have Lekita Davies as our guest in this week's training course. This course is a must-see if you are planning to get a Spooky2 Central or you already have one but still don't know where to start. Click the above link

to register for this course.

Spooky2 Q&A

[What are the power requirements for Spooky2 setup?](#)

What is the power consumption of Spooky2?

[Can you play with other options when running Terrain Protocol?](#)

Will it affect the running program when you browse some presets or programs in the software?

[Any ideas for dental abscess?](#)

If you are suffering from dental abscess, this Q&A will give you suggestions.

[What programs can I use for neck pain?](#)

Neck pain is painful and debilitating. Click here to see what you can do with Spooky2.

Spooky2 Discussions

Spooky2 Rife for Life Facebook Group

[Running high frequency](#)

If the GeneratorX has higher frequency capacity, then how does XM-generator run those higher frequencies?

[A 5-year Spooky2 user's opinion](#)

Click to see how a 5-year user rates Spooky2!

Spooky2 Forum

[MW for Melanotan \(Melanin in skin\)](#)

One user created the MW program for a substance called Melanotan II, which is typically an injectable used to stimulate the body to produce Melanin (used for tanning). Click here to try it out!

[Optic Nerve Recovery](#)

What frequencies can be run for optic nerve recovery?

Best of health,
Echo

Spooky2 Team

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