

# Spooky2

Dear <<First Name>>,

Welcome to Issue #296 of our Spooky2 Weekly Digest.

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## Spooky2 Blog Articles

### [The Causes of Indigestion and How to Avoid It](#)

Indigestion, also known as dyspepsia or an upset stomach, is defined as persistent or recurrent discomfort in the upper abdomen. It is not a disease but may be a sign of other conditions.

### [Video Replay – Spooky2 Central Plasma Training Course](#)

We are delighted to have Lekita Davies as our guest in this 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 watch the video replay.

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

This frequency video will help to relieve fatigue, reduce heart palpitations, relieve shortness of breath. Welcome to listen to this frequency and share it with your friends and family.

### [My body immediately informed me that the Spooky2 Scalar works!](#)

In my 25 years of healing experience, there has been an indicator that has shown me if the modality I was using was working on my mental and spiritual bodies, and that indicator is that I would yawn. For the first 30 minutes after turning Scalar on, I was yawning, 3 to 5 times a minute! Click here to learn more!

## SAMA

### [Episode 161: Little but Special: How Microbiome Can Affect Our Health?](#)

In this episode, we are very glad to have Dato' Dr. Suriyakhatun Osman to talk about the importance of the microbiome and its relation to our health. Click the link above to register for this SAMA!

## Spooky2 Q&A

### [Where can I start treating mold, Lyme and parasites?](#)

Which kit and programs are best for mold, Lyme and parasites?

### [What frequencies can you use for extremely sensitive people?](#)

If your intestines can't handle detox, you may try these methods.

### [How many times do I need to run the frequencies for one sickness?](#)

How long does it take to treat one disease using Spooky2?

### [Can a program be run over a large area?](#)

How can we broadcast frequencies over a large area?

## **Spooky2 Discussions**

Spooky2 Rife for Life Facebook Group

### [Spooky2 annihilated my menstrual cramps.](#)

"So I attached tens pads to my lower abdomen and picked a program called CRAMPS MENSTRUAL (CAFL) and literally within 5 minutes my pain was 50% reduced and 20 mins later I felt nothing - zero pain."

### [How to deal with shingles](#)

Click here for some real experience of dealing with shingles.

Spooky2 Forum

### [Molecular Weight Frequencies vitamins help.](#)

How and why do molecular weight frequencies work?

### [Biofeedback Scan](#)

How would the Biofeedback scan tolerance affect the results if you change this to another percentage?

Best of health,  
Echo

Spooky2 Team

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