

Spooky2

Dear <<First Name>>,

Welcome to Issue #302 of our Spooky2 Weekly Digest.

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Spooky2 Blog Articles

[All You Need to Know About Terrain Protocol](#)

When you first start using Spooky2, we usually recommend doing a Terrain Protocol first. What is this Terrain Protocol, and why should you run it first? The Terrain Protocol will remove heavy metals, chemicals, systemic toxins, bacteria, and parasites from the user and improve their liver, kidney, and lymphatic functions. After the protocol, your body will be rid of toxins and start to recover on its own. Click to learn more.

[Can You Control Your Temper?](#)

Do you get frustrated when you are stuck in traffic? Does your blood pressure rocket when things do not turn out the way you wish? Anger is a normal and even healthy emotion. There is nothing wrong if you get angry sometimes. However, it's important to confront your anger in a positive way. Uncontrolled temper can interfere with both your health and your relationships. In this blog, we will share several steps or tips that you can take to start your anger management.

[A Very Short Introduction to Traditional Chinese Medicine](#)

Traditional Chinese Medicine (TCM) is a millenniums-old medical practice that impacted different cultures significantly worldwide. From the legend of

Shennong tasting hundreds of herbs to modern medical trials in laboratories, TCM has been benefitting billions of people for thousands of years. Click to learn more about Traditional Chinese Medicine and how you can combine Scalar with it.

Rife Frequency Video

[Healing Frequency for High Blood Sugar | Hyperglycemia – Spooky2 Rife Frequencies](#)

High blood sugar (hyperglycemia) means there is too much sugar in the blood when the body lacks enough insulin. The condition is most often associated with diabetes. This frequency video will help to relieve excessive hunger and thirst, rapid heartbeat, and fatigue.

Spooky2 Q&A

[Is it safe to just pause programs running in order to do a Windows update on my computer?](#)

Do I have to keep my computer updated to run Spooky2?

[Can we use Spooky2 if we have a replacement?](#)

What should we pay attention to if we have a replacement?

[Can you use the Cold Laser Twin on skin cancer?](#)

Is it safe to use cold laser therapy for skin cancer?

[Does anyone have success with ALS using Spooky2?](#)

Click to read some of our user's experiences and sharing.

Spooky2 Discussions

Spooky2 Rife for Life Facebook Group

[Heel spurs and plantar fasciitis](#)

Are there any tips for treating heel spurs and plantar fasciitis using Spooky2?

[Success in relieving diabetes](#)

Click to read our user's experience of improving diabetes using Spooky2.

Spooky2 Forum

Faecal incontinence

What frequencies or programs can you use for faecal incontinence?

What is offset?

Click to view a thorough explanation for "offset".

Best of health,

Echo

Spooky2 Team

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