

Spooky2

Dear <<First Name>>,

Welcome to Issue #305 of our Spooky2 Weekly Digest.

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Spooky2 Blog Articles

[It's Time to Say Goodbye to Joint Pain](#)

In simple words, joints are where your bones meet. Common examples include shoulders, elbows, hips, knees, and ankles. Joints allow your body to perform different movements. However, some injuries or diseases will damage your joints and lead to joint pain, which will significantly limit your mobility. What causes joint pain, and what can we do about it? Click to find out!

[Stay Healthy During Weather Change](#)

As you all know, our bodies take time to accept the turn of weather, transformation in air pressure, and temperature. The weather is unpredictable and never remains the same in every place. First, a few days are too hot, and the next days are freezing you. You need to be extra careful and protect yourself and your family. In this blog, we will be discussing some tips to stay healthy and strong during weather changes.

[Herbs and Fruits for Autumnal Equinox](#)

Most people may not notice, but we are approaching the autumnal equinox, a day in which the day and the night are equally long. Should we do anything to welcome this special day? In this blog, we will introduce some herbs that may get you through autumnal equinox. Click to read now.

Reminder: **Spooky2's September Sale is on spooky2-mall.com**, save big when you make your payment with PayPal! Click [here](#) to receive your coupon!

SAMA Preview

[\[SAMA Talks\] Episode 163: Aluminium Detox – An Easy Solution for Everyone](#)

Welcome to SAMA, a program in which we invite an expert each month to discuss a topic from their area of expertise. In this week's episode, we are delighted to have Dr. Bill McGraw to talk about aluminium detox – an easy solution for everyone. Click to save your seat now!

Rife Frequency Video

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

Dopamine beta-hydroxylase (DBH) deficiency is a disease that affects the body's ability to regulate blood pressure and body temperature. DBH deficiency is caused by a mutation in the DBH gene and is inherited in an autosomal recessive manner. Click to enjoy this Rife frequency and start healing.

Spooky2 Q&A

[How do I pause the Terrain program, disassemble everything, reassemble and begin where I left off?](#)

What should I do if I have to pause my Terrain for some days and resume later?

[Is there any program for regenerating the disc in the nerve?](#)

Click to find out!

[Are there any post-surgery frequencies for cataract healing?](#)

Can Spooky2 help with post-surgery recovery? How?

[Besides Remote, would you do Contact or Laser for a Grade Scan of dental issues?](#)

Which treatment mode is better for dental issues? Contact or Cold laser?

Spooky2 Discussions

Spooky2 Rife for Life Facebook Group

[Spooky2 for Pain Relief](#)

One of our users had some success in relieving hand pain using Spooky2.
Click to find out how he did it!

[Can Identical Twin Use Spooky2 Remote?](#)

What will happen if you put one person's DNA sample in the Remote?

Spooky2 Forum

[Lights on Spooky2 Boost](#)

How should you read the lights on Spooky2 Boost?

[Nerve Problems in the Feet and Hands](#)

Can Spooky2 deal with nerve problems? What programs should you use?

Best of health,

Echo

Spooky2 Team

Skype: clean.energy2013

Facebook: www.facebook.com/groups/spooky2
www.facebook.com/spooky2rife/

Web: www.spooky2-mall.com
www.spooky2.com
www.spooky2support.com
www.spooky2videos.com
www.spooky2reviews.com

Tel: 00-86-25-57037030

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Our mailing address is:

Spooky2 Rife
Room 2003, G-5 Building, Himalaya business centre G
Ningnan Street, Yuhuatai District
Nanjing, JiangSu 211106
China

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