

# Spooky2

Dear <<First Name>>,

How are you?

Welcome to Issue #332 of our Spooky2 Weekly Digest.

## Have you joined our Spooky2 Membership yet?

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## Spooky2 Blog Articles

[Spooky2 Grey Hair Guide: What, Why & How to Reverse](#) 🧐

Grey hair is not only an indication of people's age, but it can also signal a health problem. Click to find out how **Spooky2 can help reverse grey hair!**

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

Poor blood circulation can dry your skin, make your feet and hands cold or numb, and cause hair loss. So, how can you **improve your blood circulation?**

[How to Use Spooky2 Scalar Harmony.](#)

As a brand-new accessory for the scalar system, Spooky2 Scalar Harmony introduces an innovative way of receiving healing audio frequencies. **Discover the magic of Spooky2 Scalar Harmony now!**

## SAMA Talks: Journey to the Soul - Ho'oponopono 📺

In this episode of SAMA, we were excited to have Martha Ugarte as our guest to talk about **Ho'oponopono, the ancient Hawaiian art of problem-solving,**

**forgiveness, and reconciliation.** If you have no idea how to practice Ho'oponopono, we encourage you to watch this riveting interview.

## Watch Now

### Rife Frequency Video

#### [Healing Frequency for Meningioma - Spooky2 Rife Frequencies](#)

Meningioma is the most common type of primary brain tumor that can be life-threatening if it grows large enough. Listen to this frequency now to **get instant relief from headaches, nausea, and numbness** caused by meningioma.

### Spooky2 Q&A

#### [Are there any programs for osteoarthritis pain in the lower back?](#)

Click to get some program recommendations for **effective lower back pain relief**.

#### [Do I have to use a shell preset to run programs under the Programs tab?](#)

**Is "Shell (Empty) Preset" necessary?**

#### [How do I check the symptoms associated with the BFB scan result?](#)

Do you know how to use the function **"Reverse Lookup"**?

#### [Can I use the Plasma if I have a kidney or liver issue?](#)

Will the toxins be **too heavy** for me?

#### [What is the maximum number of Remote programs that can be run on one person at a time?](#)

Click to get some **advice** from our expert users.

#### [Should cancer programs be run in a killing preset?](#)

What is the **"golden rule"** behind it?

### Spooky2 Discussions

Spooky2 Rife for Life Facebook Group 

### [Eyesight Improved Using Spooky2](#)

Great success using **the "Improve Eyesight" and "Cataract 1" programs!**

### [Have a bad Herx reaction?](#)

Click to get some **recommendations** from our users.

Spooky2 Forum 

### [Should these frequencies be audible?](#)

Do you have to **hear the frequencies** for them to be effective?

### [Programs and Presets for Bronchiectasis](#)

There are many **resourceful links and programs for bronchiectasis** in this post. Click to download now.

Best of health,

Echo

Spooky2 Team

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