

# Spooky2

Dear <<First Name>>,

How are you?

Welcome to Issue #346 of our Spooky2 Weekly Digest.

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## Spooky2 Blog Articles

[What's the Difference Between Presets and Programs?](#) 

**Do you know how to choose between presets or programs?** If you are unsure when dealing with different conditions, this blog will help you.

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

Indigestion is not a disease but may be a sign of other conditions. **So, how can you ease or avoid indigestion naturally?** Click to find out.

[Spooky2 Scalar and Essential Oil: The Best Combo for Better Sleep](#)

Studies show that regular aromatherapy can **reduce stress and anxiety and help improve sleep quality**. So can you combine it with Spooky2 Scalar to get better healing results? Click to read more.

## Rife Frequency Video

[Healing Frequency for High Blood Pressure - Spooky2 Rife Frequencies](#)

Persistent high blood pressure can increase your risk of many severe and

potentially life-threatening health conditions. Listen to this frequency to **reduce high blood pressure and relieve headaches**.

## Spooky2 Q&A 💡

[Is it recommended to grade and optimize BFB scan results?](#)

Should you run a grade scan **on yourself or a pathogen?**

[Would it be useful to use aluminum foil to isolate Spooky2, laptop, and Central?](#)

**How should you set up your Spooky2 devices?**

[Where should we place the TENS Pads for spinal pain?](#)

Which would be **the best option for your health problem?**

[Can I put more than one type of bug in the same Remote \(in different stickers\)?](#)

**Have you ever cleared bugs or pests using Spooky2?** Click to read more.

[Can you change the program name of BFB in Spooky2 software?](#)

Do you know how to use **DBEditor**?

## Spooky2 Discussions

Spooky2 Rife for Life Facebook Group 

[Successfully healed trauma using Spooky2](#)

Click to read Jure's story and **how he improved his mental health**.

[Can you relieve cold sores naturally?](#)

**What programs or presets are recommended?**

Spooky2 Forum 

[How to delete a test frequency?](#)

What are the **detailed steps?**

[Can I do the Hunt & Kill or the Scan & Run using the same generator port?](#)

Is it a good idea? **Or should we run using different ports?**

Best of health,

Echo

Spooky2 Team

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You are receiving this message because you are a valued spooky2-mall.com customer. If you have any questions, please feel free to contact us.

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