

# Spooky2

Dear <<First Name>>,

Welcome to Issue #68 of our Spooky2 Weekly Digest.

## Spooky2 Blog Articles

### [Golden Ratio Presets Explained](#)

Understanding Golden Ratio presets.

### [Is Your Biological Clock A Factor in Progression of Cancer?](#)

The effects that biological clock could do to the progression of cancer.

### [How to Reload Scan Results](#)

Biofeedback scan results can be reloaded.

## Spooky2 Q&A

### [What can I do to reduce herx reaction?](#)

Learn how to reduce herx reaction.

### [What's the most effective settings to deal with cough/bronchitis sinusitis/swollen throat?](#)

Recommended settings to deal with cough/bronchitis sinusitis/swollen throat.

### [Am I supposed to feel anything when running the terrain protocol?](#)

Totally individual as to what you will or won't react to.

### [Is Spooky2 a substitute for antibiotics or to be used in conjunction with them?](#)

I think Spooky has many advantages over antibiotics.

### [How long should I run the experimental Molecular weight frequencies \(vitamins, minerals\) everyday to be effective?](#)

As MW programs are experimental, and depending on whether you are using Remote or Contact the run times will be different.

## Spooky2 Forum Posts

### [Understanding Rife Times](#)

Can someone please explain these very different approaches to rifting times?

#### [A Simple Question on Spooky2 Software Frequency](#)

I wonder why the running frequencies are not within the Limits set given in the Settings.

#### [Remote Frequency Sweeps](#)

I would like to know how to run some of the cancer sweeps and Hulda Clarke sweep.

#### [When a program only works for a few days](#)

Can anyone suggest me some strategy to be adopted?

#### [Fasting for Treating](#)

My theory is that the fasting is starving the bugs of food so they die off.

Best of health,  
Echo

Spooky2 Team

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