

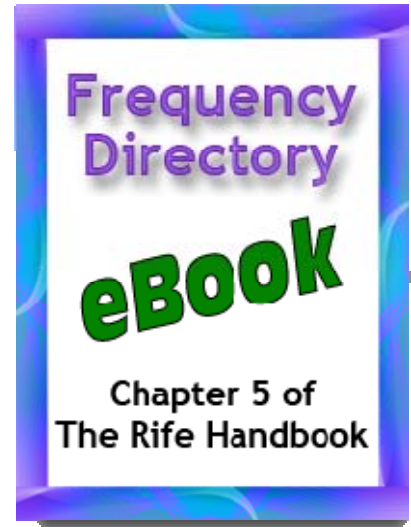
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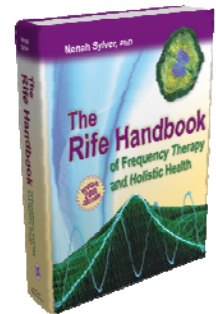
The Rife Handbook of Frequency Therapy and Holistic Health

Revised 2011 Edition




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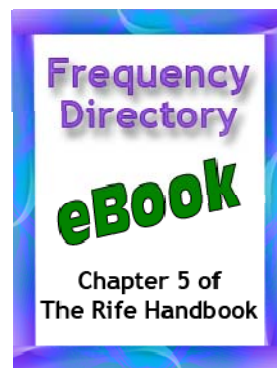
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Some patients, though conscious that their condition is perilous, recover their health simply through their contentment with the goodness of the physician.

— HIPPOCRATES, “FATHER OF MEDICINE” GREEK PHYSICIAN (460–400 BC)



Chapter 5 Outline Frequency Directory

Note: This list does *not* include single, stand-alone entries, which are in alphabetical order.

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-A-

ABDOMINAL INFLAMMATION, PAIN, AND ALL INFECTIONS

See “Abdominal Inflammation,” “Abdominal Pain,” and “Colitis / Irritable Bowel Syndrome (IBS)” under **Gastrointestinal Tract**, *Colon / Large Intestine*; also see other entries under **Gastrointestinal Tract**.

ABSCESS, GENERAL

Cavity formed by the disintegration of tissue, which creates pus, an accumulation of dead white blood cells. This can occur anywhere in the body, including the mouth. See more frequencies under **Dental**. Also see “*Staphylococcus pyogenes aureus*” under **Bacteria**, as this microbe is a frequent cause of abscesses.

190, 428, 444 + 1865, 450, 464, 465, 500, 660 + 690 + 727.5, 760, 787, 802 + 1550, 880, 2170, 2720

ACID REFLUX

See “Acid Reflux / Gastro-Esophageal Reflux Disease (GERD)” under **Gastrointestinal Tract**, *Stomach and Esophagus*.

ACIDOSIS

A disturbance of the acid-base balance of the body. See a health professional.

20, 146, 660 + 690 + 727.5, 776, 787, 802 + 1550, 880, 10K

ACNE

See under **Skin**.

ACTINOBACILLUS

See under **Bacteria**.

ACTINOMYCES ISRAELII / ACTINOMYCOSIS

See under **Bacteria**.

ADDICTION TO DRUGS

See under **Mind and Emotions**.

ADENOIDS, SWOLLEN

See under **Lymphatic System**; and **Respiratory Tract**, *Throat and Lymph Nodes*.

ADENOMA, CERVICAL

See “Cervical Adenoma” under **Women**, *Uterus and Cervix*, *Ovaries*, and *Fallopian Tubes*.

ADENOVIRUS, ALL TYPES

See under **Viruses**.

ADHESION

Body parts that should not be attached, stuck to each other through scarring. Internal and external scars can interfere with the flow of energy in the meridians and with blood and oxygen flow elsewhere.

190, 660 + 690 + 727.5, 760, 776, 787, 880, 802 + 1550, 2170, 2720

ADNEXITIS

See “Fallopian Tube Inflammation / Adnexitis” under **Women**, *Uterus and Cervix*, *Ovaries*, and *Fallopian Tubes*.

ADYNAMIA, GERIATRIC

See **Fatigue, Geriatric / Adynamia**.

AFLATOXIN

See “Aflatoxin” and “*Aspergillus flavus*” under **Candida, Fungi, Molds and Yeasts**.

AFRICAN TRYPANOSOMIASIS

See “*Trypanosoma brucei gambiense* / African trypanosomiasis / Sleeping Sickness” under **Parasites, Protozoa and Worms**.

AGITATION

See “Akathisia / Agitation” under **Nervous System and Brain**.

AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME)

See under “HIV (Human Immunodeficiency Virus) / AIDS (Acquired Immune Deficiency Syndrome)” under **Viruses**.

AKATHISIA / AGITATION

See under **Mind and Emotions** or under **Nervous System and Brain**.

ALCOHOLISM

See under **Mind and Emotions**.

ALLERGIES, AIRBORNE

See under **Respiratory Tract**, *Nose and Sinuses*.

ALLERGIES, FOOD RELATED

See various entries under **Gastrointestinal Tract** and **Candida, Fungi, Molds and Yeasts**.

ALOPECIA

See under **Hair Loss / Alopecia**.

ALTERNARIA TENUIS

See under **Candida, Fungi, Molds and Yeasts**.

ALZHEIMER'S DISEASE

See under **Nervous System and Brain**.

AMOEBA HEPAR ABSCESS

See under **Liver and Gallbladder**, *Liver*.

Animals Naturally Use Frequencies

Many fish are able to detect prey using their lateral system as a sort of antenna. Shrimp vibrate at 40 hertz, the frequency their archenemy Pagothenia, an Antarctic fish, is tuned to. Pagothenia hones into the shrimp's wavelength and goes directly to its next meal. The shark is very sensitive to frequencies around 200 hertz, which is, coincidentally, the same as the vibrations of a helicopter rotor. Rescues at sea are made more dangerous by the song of the rotor blades summoning sharks in the area to the scene.

—Warren Thomas and Daniel Kaufman
Dolphin Conferences, Elephant Midwives, and Other Astonishing Facts about Animals, 1990

AMOEBAS

See under **Parasites, Protozoa and Worms**.

AMOEBIIC DYSENTERY / DYSENTERY

See "Amoebic Dysentery / *Entamoeba histolytica*" under **Gastrointestinal Tract, Systemic Conditions**; or "*Entamoeba histolytica* / Amoebic Dysentery" under **Parasites, Protozoa and Worms**.

AMYOTROPHIC LATERAL SCLEROSIS (ALS)

See under **Nervous System and Brain**.

ANAPHYLACTIC SHOCK

See **Serum Sickness / Anaphylaxis / Protein Sensitization**.

ANAPHYLAXIS

See **Serum Sickness / Anaphylaxis / Protein Sensitization**.

ANCYLOSTOMA CANINUM

See under **Parasites, Protozoa and Worms**.

ANEMIA, SICKLE CELL

See under **Heart, Blood and Circulation**.

ANESTHESIA, DETOXIFYING FROM

See "Anesthesia Detox" under **Chemical Poisoning / Detoxification**.

ANEURYSM

See under **Heart, Blood and Circulation**.

ANGINA PECTORIS

See under **Heart, Blood and Circulation**.

ANKYLOSING SPONDYLITIS

See under **Arthritis and Joints**.

ANOSMIA

See "Smell, Loss of / Anosmia" under **Respiratory Tract, Nose and Sinuses**.

ANTHRAX

See "*Bacillus anthracis* / Anthrax" under **Bacteria**.

ANTHRAX SPORES

See "*Bacillus anthracis* Spores" under **Bacteria**.

ANTISEPTIC EFFECT, TO PRODUCE

See under **Chemical Poisoning / Detoxification**.

ANUS, ITCHING

See "Anus, Itching / Pruritus" under **Gastrointestinal Tract, Colon / Large Intestine**.

APHTHOVIRUS

See "Aphthovirus / Foot and Mouth Disease / Hoof and Mouth Disease" under **Viruses**.

APOPLEXY

See "Stroke Paralysis / Apoplexy" under **Nervous System and Brain**.

APPENDICITIS

The appendix is a twisted, tiny tube protruding from the right side of the colon. Until recently considered a non-functioning, "vestigial" organ, it is now recognized as essential to the body's immune response. Specialized lymphoid follicles in the appendix produce antibodies to prevent pathogenic bacteria in the colon from infecting other areas (such as the small intestine and bloodstream), particularly in early life. The appendix houses beneficial bacteria needed in the gut. And it can help create and instruct white blood cells.

Appendicitis is inflammation of the appendix. Symptoms include acute abdominal pain, nausea, vomiting, fever, and increased pulse. Do not wait; go to the emergency room immediately! You may require immediate surgery to remove the appendix. Do not eat or drink anything. The frequencies are good for after surgery or while you are awaiting it.

10, 20, 72, 95, 522, 125, 146, 190, 380, 440, 444 + 1865, 450, 600 + 625 + 650, 660 + 690 + 727.5, 787, 802 + 1550, 804, 807, 880, 1570, 1770

APPETITE, EXCESSIVE

See **Obesity / Overweight**.

APPETITE, LACK OF

This is the end result of any number of probable, deeper causes. Check for depression. Make sure that you are not suffering a serotonin deficiency. See **Blood Sugar Levels; Candida, Fungi, Molds and Yeasts; Mind and Emotions; Parasites, Protozoa and Worms; and Glands, Thyroid**.

ARM PAIN

See “Neuralgia, Brachial,” under **Nervous System and Brain**.

ARTERIAL SPASM

See “Intermittent Claudication” under **Heart, Blood and Circulation**.

ARTERIOSCLEROSIS

See under **Heart, Blood and Circulation**.

ARTERY, DILATION OF

See “Aneurysm” under **Heart, Blood and Circulation**.

ARTHRITIS AND JOINTS

Arthritis (sometimes called arthrosis or arthralgia) is a catch-all term for swelling in the joints. Arthritis is hereditary. A genetically disposed person who is severely stressed will have a weakened immune function, and consequently experience severe inflammation and pain.

The stress that catalyzes symptoms can take many forms: injury, infection, vaccines, emotional distress, and metabolic imbalance. The “wear and tear” injury type of arthritis can result from rupture of a tendon, ligament or muscle; so although the word “joint” technically refers to the rubbery cartilage that provides cushioning between bones, these frequencies may also help other tissues. Precipitating infections can be any opportunistic disease, such as rheumatic fever, gonorrhea, and tuberculosis. Vaccines are huge stressors too because they contain mercury and microbes that were never meant to be injected into the body. When emotional distress occurs, acidic stress hormones pour into the bloodstream. With metabolic imbalances, if the system is too acidic (or too alkaline), in order to preserve the pH integrity of the bloodstream, the body will deposit the accumulated waste material in the joints. The common denominator to all of these stresses is waste products. In rheumatoid arthritis, wastes are also involved—but there is predominantly an autoimmune component (see below).

Many different organisms can be implicated in arthritis. Even after one has recovered from an illness, there may be a subclinical number of harmful microorganisms lying dormant ready to erupt when the systemic terrain is once again favorable to their re-population. If you feel that you never completely recuperated from a particular illness; if you observed ill effects from vaccinations; or if you were vaccinated and felt no ill effects but are still concerned about the possible mutation of the inoculation microbes into more virulent ones; you may want to use frequencies as a prevention against arthritis.

Avoid fake foods (chemicals, preservatives, etc.) and adulterated dairy (see the **Food** section in Chapter 3). Also eliminate all foods in the nightshade family (tomatoes, eggplant, white potatoes, bell and hot peppers), and avoid tobacco (also a nightshade). In susceptible individuals, these plants hinder the metabolism and absorption of calcium and

phosphorous, which causes inflammation, muscle spasms, pain and stiffness due to deposits in connective tissue, damage to ligaments and tendons, mineralization on the walls of major arteries and veins, and changes in bone density. In a number of studies, over 70% of subjects saw moderate to significant improvement when they avoided nightshades.

Supplements are often helpful. Glucosamine sulfate promotes the formation and repair of cartilage. Chondroitin sulfate promotes water retention and elasticity in cartilage and inhibits enzymes that break down cartilage. Enzymes are anti-inflammatory: white blood cells require enzymes to break down the waste products of inflammation and infection. And the herb *Boswellia serrata* reduces inflammation as well. For immune-related arthritis, transfer factor or a similar immune modulator (not stimulator) is often used. Also try massage (not during flare-ups), heat on painful areas, and moderate exercise to grow capillaries and build circulation. Make sure to drink plenty of clean water. The emotional component to arthritis is usually anger.

Try frequencies other than the ones listed here, with your particular symptom picture in mind. The frequency 10K is used for all types of inflammation. Also see “*Mycoplasma*, many types” under **Bacteria**, since these pathogens have often been found in the blood of people with various forms of arthritis.

First try: 2720 and 10K for general pain.

Then try: 1.2 + 250, 1.5 (for 10 minutes), 3 + 230, 7.69, 7.7, 9.39, 9.4, 9.6, 10, 20, 25, 26, 28, 30, 40, 60, 80, 120 (for 20 minutes), 512, 660 + 690 + 727.5, 770, 787, 802 + 1550, 880, 1500, 1664, 2720, 3K, 5K, 10K

Ankylosing Spondylitis / Bechterew’s Disease

A degenerative inflammatory condition involving the spine and adjacent soft tissues, and often the hip and shoulder joints, causing pain and sometimes fever, anemia and great fatigue. In Europe, this condition is called Bechterew’s disease.

1.2 + 250, 7.69, 7.7, 10, 28, 35, 60 + 100, 95, 110, 428, 600 + 625 + 650, 680, 660 + 690 + 727.5, 776, 787, 802 + 1550, 880, 3K

Arthritis related to Gout

Gout is a metabolic disease of excessive uric acid in the blood. Also see **Gout**.

9.39, 9.4, 20, 660 + 690 + 727.5, 787, 880, 3K, 10K

Arthritis related to Nervous System Paralysis

9.39, 9.4, 10K

Arthritis related to Stomach Infection

9.39, 9.4, 10K

Arthritis related to Tonsil Infection

9.39, 9.4, 10K

and lungs, and the lungs themselves. Other symptoms may include disorientation and dementia; fatigue and malaise; and occasional fever. Rheumatoid arthritis can last a long time with active symptoms, or there may be few to no symptoms. Death can occur from this disease.

Although there is a genetic pre-disposition to this condition, there also must be a trigger. See the beginning of this section about arthritis in general. The microbial involvement must also be managed. The suddenness of this condition, along with the trigger, leads me to strongly suspect *Mycoplasma* infection. See “*Mycoplasma*, many types” under **Bacteria** since *Mycoplasma* infection is often the beginning of autoimmune conditions. Also see “*Chlamydia trachomatis*” under **Bacteria**; “Antiseptic Effect, to Produce” under **Chemical Poisoning / Detoxification**; and “General (unspecified)” under **Parasites, Protozoa and Worms**. Also see “*Helicobacter pylori* / Peptic (Stomach) Ulcer” under **Bacteria**, since new research from Finland shows the presence of this microbe (which also causes ulcers) in a high percentage of people suffering from rheumatoid arthritis.

First try: 15, 324, 528 (these three frequencies worked for one person on record), 1.2 + 250, 7.69, 7.7, 9.39, 9.4, 9.6, 660 + 690 + 727.5

Then try: 3 + 230, 20, 28, 262, 600 + 625 + 650, 776, 787, 802 + 1550, 880, 10K

End of Arthritis and Joints section.

ASCARIS, ALL TYPES

See under **Parasites, Protozoa and Worms**.

ASPERGILLUS, ALL TYPES

See under **Candida, Fungi, Molds and Yeasts**.

ASTHMA

See “Asthma / Bronchial Asthma” under **Respiratory Tract, Lungs**.

ASTROCYTOMA

See “Brain Tumor / Astrocytoma” under **Cancer**.

ATAXIA, ALL TYPES

See under **Muscles**; and **Nervous System and Brain**.

ATHLETE’S FOOT

See under **Skin**.

ATTENTION DEFICIT DISORDER (ADD) / ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

See under **Mind and Emotions**.

AUTISM

See under **Mind and Emotions**.

AUTOIMMUNE DISORDERS

Normally, in the early stages of infection when the body is attacked by (for example) a virus, it releases chemical messengers called *interferons* from healthy cells to help them resist infection. The offense entails specific lymphoid cells, known as Natural Killer T Cells or NK Cells, which attach to infected body tissue and expel lethal chemicals. This destroys both the virus and body cell. Destroying the body cell limits the reproduction of new viruses because they cannot reproduce without a host cell. The body increases its NK Cell production, and these cells completely destroy the infected body cells and foreign invaders. The NK Cells will also recognize foreign invaders during a future infection and react even more quickly. (Fortunately, microbes that have mutated still possess markers that the immune system can recognize. NK Cells can recognize and attack intracellular bacteria and *Mycoplasma*—bacteria without a cell wall—because they recognize “non-self” and then go inside the cell.)

Another type of normal immune response is the creation of antibodies, produced in response to an antigen—which can be a foreign protein, microbe, pollen or other substance as well as microorganism. Antibodies neutralize the infection by binding to the virus, thus reducing its ability to attach to a cell or penetrate it. These antibodies also help the body resist becoming reinfected.

There are many aspects of the body’s immune response that can malfunction. In people with chronic viral conditions such as Epstein-Barr, HIV and AIDS, the viruses attempt to slow the immune response by infecting the immune cells themselves. This is a clever survival tool for the virus, since malfunctioning immune cells are not able to respond. In many autoimmune disorders, the NK Cells turn against the body as though the person’s tissues were foreign invading pathogens. With all autoimmune disorders, the body’s immune cells attack the person’s own tissues. Autoimmune disorders are often due to the presence of tiny *Mycoplasma*—so-called “stealth pathogens”—whose lack of a cell wall allow them to invade our cells and assume some of the properties of our own tissue. Our immune cells sense something hiding in our cells, and attack them.

If the *Mycoplasma* invade the central nervous system, the disease is Multiple Sclerosis (although MS can also have a non-autoimmune origin). If the *Mycoplasma* invade our joints, the disease is rheumatoid arthritis. If the body attacks its own tissues that it mistakes for foreign proteins, resulting in a severe inflammatory response anywhere, the disease is Lupus erythematosus. If the body exhibits severe, progressive muscular weakness—causing difficulty in swallowing and breathing that can lead to death—the condition is called Myasthenia gravis. If certain symptoms manifest in the thyroid, it’s called Graves’ or Basedow’s Disease. Fibromyalgia, actually a syndrome of assorted symptoms rather than a disease condition per se, is also considered an immune disorder. These and similar illnesses are also caused by vaccines; see Chapter 1 for more information.

A body that cannot respond effectively to current or future pathogens needs a supportive foundation. Ozone therapy (see Chapter 3) not only destroys microbes, it helps restore damaged body cells to their original function. Building up the body through nutrition is key. Holistic clinics routinely give raw green vegetable juices to people with chronic and life-threatening conditions. A fast of lemon juice in distilled water is a potent liver detoxifier. Doctors are also finding that estrogen hormone supplementation may interfere with proper immune function and trigger autoimmune diseases.

Transfer factor supplementation is also highly recommended by some of my top colleagues in the Rife field. Transfer factors are tiny “immune messenger molecules” that pass information from immune cell to immune cell about what type of external or internal immune threat is present, and how the body should properly respond to this threat. These molecules are naturally found in colostrum, the fluid produced by a nursing mammal (including humans) for the first 72 hours before the actual milk starts to flow. Since the amino acid sequences are the same in the colostrum of all species, supplements made from colostrum extracts of, say, a cow will work for humans. Transfer factors mobilize and activate whatever healthy NK Cells are still in the body before an infection becomes entrenched. Transfer factors create, and educate, a large number of Helper T Cells involved in the manufacture of neutralizing antibodies. T Cells are specific for a given virus. They circulate throughout the bloodstream to seek and destroy those cells that have been virally infected. And transfer factors help restore body cells that are already damaged. This explains why, in clinical trials, people with chronic viral infections improve. (See the Resource Appendix for more information on transfer factor supplementation.)

Another component to autoimmune conditions is hypothyroidism, which is either underactivity of the thyroid gland or the inability of the cells to properly utilize thyroid hormone. Over half the hypothyroid population suffers from excess mucin, a sugar-protein compound normally present in connective tissue. The accumulation of high amounts of the hydrophilic (water-loving) mucin damages the connective tissue of skin, blood vessels, lymph channels, muscles, nerves and other parts of the body. Lupus, a disorder of the connective tissue, is one of many conditions that could be corrected with proper thyroid hormone supplementation. See “Thyroid, Underactive / Hypothyroidism” under **Glands, Thyroid**.

See “*Mycoplasma*, many types” under **Bacteria**, as well as your particular condition. Since a major weakener of the body’s immune function is toxins, see the many entries under **Chemical Poisoning / Detoxification**. Also see frequencies under **Lymphatic System**, including the entries for “Spleen” and “Thymus.”

.24, 1.2 + 250, 3, 5.09, 7.69, 7.7, 9.39, 9.4, 9.6, 20, 28, 32.5, 75.85, 95.75, 146, 175, 456, 465, 522, 600 + 625 + 650, 660 + 690 + 727.5, 776, 784, 787, 800, 802 + 1550, 880, 927, 1850, 10K

–B–

B. COLI OR BACILLUS COLI

See “*E. coli / Escherichia coli*” under **Bacteria**.

BABESIA / BABESIOSIS

See under **Parasites, Protozoa and Worms**.

BACILLUS COLI OR B. COLI

See “*E. coli / Escherichia coli*” under **Bacteria**.

BACKACHE, INCLUDING SPASMS

See under **Injuries**.

BACTERIA

According to conventional medicine, the three classes of pathogenic bacteria are 1) *Cocci*, which are round or spherical in shape and exist singly, in pairs, chain formation or clusters; 2) *Bacilli*, which are shaped like rods; and 3) *Spirilla*, which are formed like a spiral or corkscrew, singly or in segments. Most bacteria reproduce through cell division (dividing themselves in half), although very large bacteria create “babies” inside the parent cell, which are then released through a small slit in the parent’s cell wall. Some bacteria thrive in an aerobic or oxygen-rich environment, while others are anaerobic, living only in an absence of oxygen. Still others adapt to their environment, surviving both aerobically and anaerobically. Since bacteria are larger than viruses, most can be seen individually under a microscope.

Bacteria feed on diseased organisms—further fermenting tissues that still possess some vitality—and also on material that is already dead. What people experience as disease is either the result of microbial attack (for instance, when they destroy red blood cells), or the poisonous waste products (including pus and gas) that the microbes excrete into the bloodstream and surrounding cells.

Recently it has become apparent that the divisions between various microbes is less distinct than was previously thought. Nevertheless, the conventional labeling systems are still useful. If you do not know the classification of a particular microbe, look up its name in this Directory according to its first letter; all conditions are alphabetized.

If you are using the correct frequencies but feel no relief, see “General (unspecified)” under **Parasites, Protozoa and Worms**. Parasites in the system can slow or prevent the healing from any other condition. Also, if your illness stems from, or is related to, conditions in your gastrointestinal tract, consider ingesting beneficial flora in fermented food or in supplements. As more friendly flora reside in the gut, fewer pathogenic bacteria will be able to live there.

Try the following general frequencies: 20, 465, 660 + 690 + 727.5, 664, 784, 787, 800, 802 + 1550, 832, 866, 880

Kilohertz set: 397050 (lower limit), 399K (most effective), and 401100 (higher limit of same organism)

Hertz set: 984.19 (lower limit), 989.02 (most effective), and 994.23 (higher limit of same organism)

Also from Dr. Clark: 19865.04

***Listeria monocytogenes* / Listeriosis**

The spirochete *Listeria monocytogenes* causes Listeriosis, a serious illness sometimes called the “circling disease” because the affected ruminants (animals with more than one stomach, such as cows) are often seen walking in circles. Pigs, cows, sheep, goats, hens, dogs, cats, and rodents are also affected. The disease can also spread to humans through animal urine and improper handling of food.

Symptoms include nervous system disorders, fever, loss of appetite, and sometimes liver degeneration and fever, fatigue, nausea, vomiting, diarrhea, inflammation of the brain and heart, and miscarriage. Other, more subtle symptoms include uncoordinated movements and progressive paralysis. Death among animals can occur anytime within two weeks. Humans catch the disease by eating affected animals. Thankfully, it is easy to control this disease. *Listeria monocytogenes* lives aerobically, not only in soil whose pH is higher than 5.4, but also in fermenting animal feed. If the animal raisers feed their livestock unspoiled food—or better yet, allow the animals to graze—there is no opportunity for the animals to contract the disease. Not surprisingly, healthy animals are resistant to the infection. Also see the various “*Streptococcus*” entries in this **Bacteria** section.

377, 471, 626, 628, 634, 714, 724, 744, 2162, 7867

Lyme

See “*Borrelia*, all types / Borreliosis / Lyme Disease” in this section.

Micrococcus tetragenus

Often involved in infections of the seminal vesicles, the sacs that temporarily store semen before it is emitted through the penis.

393, 433, 2712

***Mycobacterium avium* / Bird Tuberculosis**

Mycobacterium avium causes tuberculosis not only in birds, but sometimes in cattle and other animals. Symptoms of cough, fatigue, fever, weight loss and night sweats can also be caught by humans, particularly those with compromised immune function. Most of the frequencies below are completely experimental.

First try: 529.3, 590, 608.4, 615.7, 617.8, 619.7, 625.9, 632.2, 642.2, 674.3, 680.4, 680.8, 694.1, 700.9, 769.6, 770.6, 773.3, 786.7, 803.4, 818.5, 824.5, 825.7, 830,

857.6, 858.2, 860.2, 896.9, 937.4, 953.6, 1001.2, 1037.3, 1058.6, 1148.3, 1180, 1235.7, 2075, 2117.1, 2471.3

Also in the “First try” set, these *Mycobacterium* TB-related frequencies from Hulda Clark: 21508.01, 1070.82

Also try these general frequencies: 802 + 1550

***Mycobacterium leprae* / Leprosy / Hansen’s disease**

Chronic infectious disease resembling tuberculosis, causing lesions on the skin (especially of the hands and feet), in the mucous membranes of the eyes and nose, and nerves outside the brain and spinal cord. The bacteria can enter the body through the nose and possibly through broken skin, especially after prolonged close contact. Children may be more susceptible than adults.

The disease is prevalent in Africa, Latin America, parts of Asia, and islands in the Pacific Ocean. In 1995, the World Health Organization estimated that between two and three million people were permanently disabled due to leprosy. Some countries still have leper colonies, due to the stigma of having this disfiguring disease. Allopathic treatment uses drugs, taken from six months to two years.

20, 428, 440, 444 + 1865, 450, 465, 500, 600 + 625 + 650, 660 + 690 + 727.5, 700, 760, 776, 787, 802 + 1550, 832, 880, 1500, 1600

***Mycoplasma*, many types**

Mycoplasma are about one-tenth the size of regular bacteria. They affect humans, animals, and plants. Normally they do not cause serious damage; however, over half of the 200 species of *Mycoplasma* are now considered proven pathogens. In addition, recent strains of highly destructive *Mycoplasma* have been found with unusual gene sequences that could only have resulted from deliberate genetic engineering over the past 40 or 50 years. Although these new *Mycoplasma* can survive for only two hours outside the body, they can live anywhere in the body, stealing nutrients from the host cells. These pathogens invade organs, blood, spinal fluid, bone marrow, urine, lungs, nose, mouth, and nervous system. They even cross the blood/brain barrier, and are known to infect developing fetuses. Slow-growing, they can remain in the system for years and even decades, until chemicals, sizable emotional stress, injury, vaccination, or other trauma sets them off.

Mycoplasma can bind with virtually any cell type and interfere with protein, RNA, and DNA synthesis. The resulting cellular abnormalities can result in cancer. The ability of *Mycoplasma* to invade the body’s lymphocytes, bind to them, and reduce their numbers, considerably weakens immunity so the person is susceptible to many other infections as well. When a *Mycoplasma* emerges from a cell, it takes a piece of the host cell membrane with it. Later, the immune system attacking the *Mycoplasma* cannot differentiate the *Mycoplasma* from the body’s own

cells and attacks the host cells, too. This is the beginning of all types of autoimmune conditions, such as rheumatoid arthritis, Crohn's Disease, fibromyalgia, thyroid and adrenal dysfunction, Lupus, Multiple Sclerosis, and Amyotrophic Lateral Sclerosis (ALS). Other *Mycoplasma* diseases include Gulf War Syndrome / Gulf War Illness, Chronic Fatigue Syndrome (CFS), chemical sensitivity, HIV / AIDS, and Alzheimer's.

The most well-known of these pathogens is *Mycoplasma pneumoniae*. However, the strain *Mycoplasma fermentans incognitus* is now becoming known in a small circle of researchers, war veterans, and laypeople who are aware of its creation as a biological warfare weapon.

Do not eat soy, a favorite food of *Mycoplasma* (researchers actually use a soy-based broth in which to grow *Mycoplasma* cultures!). Some allopathic physicians treat *Mycoplasma* infection with rotating doses of broad-spectrum antibiotics. However, this further compromises one's immunity. Many people successfully treat *Mycoplasma* infection by drinking large amounts of colloidal silver. (See the **Colloidal Silver** section in Chapter 3.)

Since all strains of *Mycoplasma* produce similar symptoms, and frequencies are currently known for only a limited number of pathogens, try all the frequencies below if you suspect that you are infected.

Run for at least 3 minutes each: 388.6, 543.6, 709.2, 777.2, 1087.2, 1554.5, 2174.3, 2838.5, 3109, 4348.6, 6217.9

Also try: 254, 484, 610, 644, 660 + 690 + 727.5, 688, 777, 790, 864, 975, 986, 2688, 2900

From Hulda Clark. Use the hertz set for devices unable to accommodate frequencies in the kilohertz range. Since Dr. Clark notes such a wide range in her frequencies, you may want to do a sweep.

Kilohertz sets:

322850 (lower limit), 323500 (most effective), and 323900 (higher limit of same organism)

342750 (lower limit), 346K (most effective), and 349300 (higher limit of same organism)

Hertz sets:

800.27 (lower limit), 801.88 (most effective), and 802.87 (higher limit of same organism)

849.59 (lower limit), 857.65 (most effective), and 865.83 (higher limit of same organism)

Also from Dr. Clark: 16106.12, 17226.33

Mycoplasma fermentans* / *Mycoplasma fermentans incognitus

This type of *Mycoplasma* fuses with lymphocytes (one type of immune cell) and impedes their immune function, inducing production of inflammatory substances in the body. Technically, *Mycoplasma fermentans (incognitus strain)* is probably neither a bacterium nor a virus. Some researchers think that

it came from the nucleus of the *Brucella* bacterium (making it a mutated form of *Brucella* bacterium), and was combined with a Visna virus, from which the *Mycoplasma* was then extracted. However, since *Mycoplasma fermentans* is commonly referred to as a bacterium, and artificially created pathogens are hard to classify, I have included it under **Bacteria**.

Found in high amounts in the blood of people with other illnesses, including rheumatoid arthritis, Chronic Fatigue Syndrome, Gulf War Syndrome, fibromyalgia, Lupus, HIV / AIDS, autoimmune diseases such as diabetes, Amyotrophic Lateral Sclerosis (ALS), psoriasis and scleroderma, Irritable Bowel Syndrome, cancer, endocrine disorders, Multiple Sclerosis, and urogenital infections and diseases. Also see **Gulf War Syndrome / Gulf War Illness**; other "*Mycoplasma*" entries in this section; "HIV (Human Immunodeficiency Virus) / AIDS (Acquired Immune Deficiency Syndrome)" under **Viruses**; and "Epstein-Barr Virus / Infectious Mononucleosis / Chronic Fatigue Syndrome (CFS)" under **Viruses**.

254, 484, 610, 644, 660 + 690 + 727.5, 706.7, 790, 864, 878.2, 880.2, 986, 2900

Sweep: 5044 to 5061; 5355 to 5458

***Mycoplasma pneumoniae* / Pneumonia**

Mycoplasma pneumoniae causes severe pneumonia, an infection and inflammation of the lungs, usually caught and spread by children and young adults. Symptoms include copious amounts of fluid and mucous in the lungs, high fever, chills, cough, nasal congestion, sore throat, tracheobronchitis, pharyngitis, and sometimes blood in the mucous of the lungs. This condition is also associated with joint, central nervous system, liver, respiratory, autoimmune, and cardiovascular and blood conditions. Among them are asthma, heart disease, leukemia, polyarthritis, urinary tract infections, Irritable Bowel Syndrome, encephalitis, and meningitis. Also see "*Klebsiella pneumoniae* / Pneumonia" under **Bacteria**; "*Pneumocystis carinii*" under **Parasites, Protozoa and Worms**; and "Pneumonia / Bronchial Pneumonia" under **Respiratory Tract, Lungs**.

First try: 660 + 690 + 727.5, 688, 709.2, 777, 975, 2688, 2838.5

Then try: 20, 412, 450, 452, 550, 578, 600 + 625 + 650, 683, 766, 776, 787, 802 + 1550, 880, 1238, 1474, 1862

Mycoplasma buccale

Implicated in diseases of the mouth, in particular diseases of the gingival crevices, and respiratory tract.

Essiac® Herbal Formula for Cancer and Other Illnesses

A Brief History of Essiac®

In the 1920s, Canadian nurse Rene Caisse noticed some scar tissue on the breast of an elderly woman who had been previously afflicted with cancer, but had avoided surgery and lived. Instead of receiving surgery, she had treated herself with an herbal formula that she'd learned from an old Indian medicine man (believed to be from the Canadian Ojibwa tribe). Thirty years later, she shared the formula with Caisse.

This was the beginning of Caisse's journey to refine the herbal formula, offer it to people with cancer, and witness miraculous cures from the herbal tea. After testing numerous combinations on mice and humans, the nurse decided on four herbs, calling the formula "Essiac®," her name spelled backwards. For decades, Rene Caisse treated thousands of people with cancer without charge. Eventually, however, the Canadian government threatened Caisse with arrest until she finally halted her free public treatments. Most of her extensive lab notes were found and burned, and the formula was suppressed until recently.

Despite the silencing of Rene Caisse, a number of physicians have spoken favorably of the anti-cancer properties in Essiac tea®. Dr. Frederick Banting, who discovered insulin, apparently surmised that Essiac® helps regulate pancreatic function. Today, many people take Essiac® not only for its anti-cancer effects, but also for its ability to normalize blood sugar levels, regulate immune function, and detoxify the liver and other elimination organs. Essiac® is used all over the world.

About the Herbs

Burdock Root (*Arctium lappa*): Purifies the blood. Helps neutralize and eliminate poisons, including radiation, from the body. Supports the bladder, kidneys and liver. Has anti-tumor properties.

Sheep Sorrel (*Rumex acetosella*): Reverses the growth of cancer tumors. Has significant anti-leukemia properties. Protects against free radical damage. Stops hemorrhages. Diuretic. *Caution:* Make sure you are getting genuine sheep sorrel, and not yellow dock or garden sorrel or French sorrel (which are sometimes substituted for the desired herb).

Slippery Elm (*Ulmus rubra*): Soothes mucous membranes. Reduces inflammation in digestive and urinary tracts. Has anti-cancer properties.

Turkey Rhubarb Root (*Rheum palmatum*): Anti-tumor properties. Diuretic. Laxative. Anti-inflammatory. Anti-bacterial. *Caution:* Make sure you are getting herbs that are not irradiated or fumigated (sometimes the imported herbs are treated).

How to Prepare a Homemade Essiac-like Formula

6½ cups burdock root, cut
1 pound sheep sorrel herb, powdered
4 ounces slippery elm bark, powdered
1 ounce turkey rhubarb root, powdered

- ◆ Mix the dry herbs thoroughly. Store in glass in a dry, dark place until ready to prepare.
- ◆ The best pot to use is glass or enamel, then stainless steel. Do not use aluminum. Use ½ cup of herb mixture to one gallon of water. (Dr. Gary Glum suggests adding 2 or 3 cups of extra water to replace the water lost through evaporation during boiling.)
- ◆ Boil hard for 10 minutes, with the pot covered. Then turn off the heat. Let the tea steep for about 12 hours.
- ◆ Again heat the liquid until it's steaming hot.
- ◆ Let the mixture settle a few minutes, and then strain into clean bottles. When you strain the Essiac-like tea, do not use cheese cloth or a kitchen sieve with very fine mesh—otherwise, these may filter out the viscous and gelatinous slippery elm. The herbal residue that settles into the bottom of the jar can be used for poultices, given to pets and farm animals, or even eaten.
- ◆ Refrigerate the Essiac-like tea as soon as possible. Discard the tea if mold appears on the surface or if the tea does not taste right.

Amounts

- ◆ If you are taking the above Essiac-like formula to treat an illness or to eliminate toxins, take 2 ounces (¼ cup) three to four times a day. Make sure to drink plenty of extra water to flush out toxins from your system. Do not eat or drink anything except water one hour before to one hour after taking the formula.
- ◆ If you are taking a maintenance dose of this formula, 2 ounces (¼ cup) once or twice a day, diluted with about ½ cup hot water, is a common amount. Make sure to drink plenty of extra water to flush out toxins from your system. Do not eat or drink anything except water one hour before to one hour after taking the formula.

Miscellaneous Notes

Do not alter this formula, either with the addition or subtraction of herbs. The healing properties of this formula depend on the synergistic combination of its ingredients. There is some debate as to whether this formula will work if it's made into a tincture (herbs in alcohol). We do know that when prepared as a decoction, as above, all of the nutrients and volatile oils are extracted from the herbs. It's generally agreed that this formula will not work when taken in capsules.

Some people are concerned about high levels of oxalic acid from the sheep sorrel. Although some ready-made preparations contain disclaimers, doctors experienced with the formula report no ill effects whatsoever from Essiac®. This formula has a reputation of complete safety along with effectiveness.

CANCER

Cancer is a complex condition, carried by the blood. Its early stages manifest as unexplained persistent bleeding, injuries that do not heal, and sudden changes in moles and other growths. Symptoms of full-blown cancer are larger masses of abnormal cells whose genetic programming has deviated from their holistic blueprint.

A tumor is the body's way of trying to encapsulate the deranged tissue so it does not spread. Tumors are storage containers for systemic waste. The waste can range from abnormal proteins resulting from inefficient metabolism, to environmental toxins like pesticides or heavy metals. Rife researcher Gary Wade, PhD, believes that cells become cancerous after a microbe releases various chemical compounds into a cell, which disrupt cell membrane ion gates (pumps). This causes a gene sequence—normally open only during early embryonic development—to open up again, thereby stimulating the cell to become cancerous.

Some people have a biopsy, a procedure where a tissue sample from the suspected site is removed so their doctor can examine it for abnormalities and thus confirm or refute the cancer diagnosis. But, if you do have cancer, the biopsy itself may cause the cancer to spread because once the protective tissue surrounding the diseased cells is broken, cancerous cells can leak into the bloodstream. Also, when the cancer virus is attacked, it sends out “daughter” shoots elsewhere to propagate itself. If the cancer spreads at a distance, it's called “metastasizing.” If the spread is local, it's called “invasion.”

Biochemist and Nobel Prize winner Otto Warburg emphasized that cancer cells are different from normal cells in significant ways. The cellular membrane potential of cancer cells is much lower than that of normal cells. This is why electromedicine therapies that increase cell voltage are so successful. Also, cancer cell respiration is anaerobic

(without oxygen) instead of aerobic (with oxygen). Unlike normal cells, cancer cells lack the enzyme catalase, and thus cannot protect themselves from being oxidized by large amounts of ozone and hydrogen peroxide. This is why ozone therapy is favored in countries that understand its benefits (see **Oxygen Therapies** in Chapter 3). Saturating cancerous tissue with ozone neutralizes toxic materials, creates a climate unfavorable to abnormal cells, and strengthens healthy cells and immune function. Warburg also emphasized that cancer cells metabolize about eight times faster, but much less efficiently, than normal cells (which is why people with cancer become so tired). Since cancer cells cannot metabolize in the presence of oxygen, the cells must ferment glucose. This is why a no-sugar diet is essential. This may also explain why people with high blood sugar levels, and/or a resistance to the effects of insulin, have been thought to sometimes suffer a higher risk of cancer than people with normal blood sugar levels and normal responses to insulin.

The intense need of cancer cells for sugar accounts for the success of a therapy in which coated drugs, specifically targeted to kill cancer cells, release their poisonous content only in the presence of sugar. Another therapy utilizes Vitamin B17 (also known as amygdalin), which is present in bitter almonds and apricot and peach kernels, and synthesized as the drug Laetrile®. In high enough amounts, amygdalin works selectively on cancer cells. The sugar in the apricot pits, which surrounds the phytochemical nitriloside, is eaten by the cancer cells, at which point the nitriloside is released. The cancer cell then discharges the enzyme beta-glucosidase, which combines with the nitriloside to create the poisons hydrogen cyanide and benzaldehyde—but only locally, at the cancer site. This procedure kills the cancerous tissue, while leaving normal tissue unharmed.

recur unless poisonous nickel alloy dental appliances are replaced with stainless steel, and silver amalgam fillings are replaced with uranium-free porcelain. So-called silver fillings are actually comprised of over 50% mercury—the most toxic metal known—along with some copper, tin, silver and zinc. As Hal Huggins extensively documents, mercury interferes with the oxygen-carrying capability of red blood cells; causes allergies and autoimmune diseases; upsets protein metabolism and the balance of gut flora; and decreases the production of immune cells. It takes only minute amounts of mercury to weaken immunity and destroy nerve tissue (brain cells die within ten minutes). Mercury also causes depression, nervousness, insomnia, impaired kidney function, tremor, convulsions, infertility and birth defects. The biochemical destruction in the brain from mercury is identical to that of Alzheimer's. The American Dental Association explicitly warns dentists against touching the mercury and encourages them to wear masks to avoid breathing in its fumes, yet the mercury goes into people's mouths. If you get your silver-mercury fillings removed and replaced with less toxic porcelain or other material, see a holistic dentist. Proper removal of mercury includes the use of rubber sheeting to prevent metallic vapors from being reabsorbed into the porous mucous membranes of the mouth; breathing oxygen during the procedure; and sometimes chelation during and after to ensure that any stray bits of mercury are escorted out of the body.

Frequencies can help, but eliminating mercury is critical. Sauna therapy eliminates toxins; see Chapter 3 for more details. Substances that chelate (bind to) metals and escort them out of the system are essential. When mercury destroys the delicate nerve cells and strips the protective fatty myelin sheath from the nerve stem, messages cannot be conveyed throughout the body—which also fails to recognize that mercury is present. Drinking several cups a day of tea made from dried oat tops (not stems, one tablespoon per cup, left seeping overnight) may help restore the nerve cells. So before chelating mercury, build up the nervous system with the tea first.

Many suppressed studies show that fluoride does not prevent cavities—that in fact, it hinders brain development and actually can cause erosion of tooth enamel. The lauded sodium fluoride that one finds in most toothpastes is a waste product of the aluminum and fertilizer industries, and was once used as a rat poison. It is also known to suppress some higher brain functions and can make people apathetic.

One inexpensive and surprisingly effective way to restore the teeth and gums is called *oil pulling* or *oil swishing*. Oil pulling, mentioned in old Ayurvedic texts, has been publicized by a contemporary Ukrainian medical doctor, F. Karach, for its ability to cure many systemic diseases including allergies, digestive disturbances, headaches, respiratory disorders, blood sugar problems, skin conditions and even cancer. One tablespoon of sesame oil is swished in the mouth, one to three times a day, for 15 to 20 minutes,

until it mixes well with saliva. (Some people report good results with sunflower, virgin coconut, or ozonated olive oils.) Oil pulling must be done on an empty stomach, at least one hour away from eating or drinking. After the oil mixes well with saliva for a long enough period, it becomes thin and white. The oil must not be swallowed because it becomes very toxic from the pathogenic microorganisms it attracts. The swirling is said to activate enzymes in the mouth, which draw toxins out of the blood. Dr. Karach is reported to have stated that this procedure can take from two days to one year to completely cure a condition. My personal experience with this procedure was remarkable. After three days of swishing, several severely pitted teeth appeared about 95% re-mineralized. Receding gums became tighter and dropped into a more normal position. And pain was almost totally eliminated.

Despite my warnings (for obvious reasons) not to use electrodes on the face, I must report that some users (including myself) have used electrode patches for gum and tooth infections. Holding saltwater—which is highly conductive—in the (closed) mouth for the entire session ensures that the current penetrates the tissues. With this delivery system, it's the electrical current, rather than specific frequencies, that disables pathogens. European practitioners suggest using any frequency below 1000 Hz. Six consecutive days of 1-hour sessions is sufficient for many dental problems, but rife for more days if necessary.

ALL-PURPOSE DENTAL

48, 60, 95, 47, 146, 190, 333 + 523 + 768 + 786, 465, 470.5, 518, 521, 522, 547, 555, 600 + 625 + 650, 622.3, 635, 640, 660 + 690 + 727.5, 646, 666, 680, 685, 750, 760, 768, 775, 776, 787, 800, 802 + 1550, 832, 880, 900, 930, 960, 1036, 1043, 1094, 1500, 1600, 1800, 1980.47, 2489, 2720, 3K, 3040, 5170, 10K

Mouth and Gums

When the gums move away from the teeth to form pockets—even if the separation is slight—it's easy for food particles to become trapped inside. However, gums that recede can grow again, given the proper nutrients and mouth terrain.

A mouthwash of 3% food grade hydrogen peroxide (see the **Oxygen Therapies** section in Chapter 3) can help raise the oxidation potential of the tissues, which will eliminate infection and prevent it in the future. A mixture of equal parts colloidal silver and hydrogen peroxide will work even better. One popular mouthwash is comprised of water, aloe vera, echinacea, goldenseal, calendula, bloodroot, grapefruit seed extract, and essential oil of cinnamon. Foods high in fiber are said to increase the flow of saliva. Xylitol, a sweet-tasting powder extracted from birch tree bark and other substances, is also being used for mouthwash because its molecules are very slippery and prevent bacteria from adhering to teeth or gums.

THE TEETH AND THE BODY

ENERGETIC INTER-RELATIONS

	RIGHT SIDE								LEFT SIDE									
ENDOCRINE GLANDS	Pituitary gland Ant. lobe	Para-Thyroid	Thyroid	Thymus	Pituitary gland Post. lobe	Pineal gland			Pineal gland	Pituitary gland Post. lobe	Thymus	Thyroid	Para-Thyroid	Pituitary gland Ant. lobe				
SENSORY ORGANS	Ear	Tongue		Nose	Eye	Nose			Nose	Eye	Nose		Tongue	Ear				
SINUSES		Maxillary sinus		Ethmoid sinus		Sphenoid sinus			Sphenoid sinus		Ethmoid sinus		Maxillary sinus					
JOINTS	Shoulder - Elbow Sacro-iliac joint Hand, ulnar side Foot, plantar side Toes	Jaw Anterior hip Anterior knee Medial ankle joint	Shoulder Elbow Hand Medial side Foot Big toe	Posterior knee				Posterior knee				Shoulder Elbow Hand Medial side Foot Big toe	Jaw Anterior hip Anterior knee Medial ankle joint	Shoulder - Elbow Sacro-iliac joint Hand, ulnar side Foot, plantar side Toes				
				Hip	Sacro-coccygeal joint		Sacro-coccygeal joint		Hip									
				Posterior ankle joint				Posterior ankle joint										
ORGANS	Heart, right side	Pancreas		Lung, right side	Liver, right side	Kidney right side		Kidney, left side	Liver, left side	Lung, left side	Spleen		Heart, left side					
	Small intestine, right side	Esophagus Pylorus Stomach, right side		Large intestine, right side	Gall-bladder, right side	Rectum Genito-urinary Prostate		Rectum Genito-urinary Prostate	Gall-bladder, left side	Large intestine, left side	Esophagus Pylorus Stomach, left side		Small intestine, left side					
OTHER SYSTEMS	Central nervous system		Mammary gland right side								Mammary gland left side		Central nervous system					
TEETH DIAGRAM	RIGHT																	LEFT
AMERICAN AND EUROPEAN NOMENCLATURES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
		32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	
TEETH DIAGRAM	RIGHT																	LEFT
OTHER SYSTEMS	Central nervous system			Mammary gland right side							Mammary gland left side			Central nervous system				
ORGANS	Small intestine, right side	Large intestine, right side		Esophagus Pylorus Stomach, right side		Gall-bladder, right side	Rectum Genito-urinary Prostate		Rectum Genito-urinary Prostate	Gall-bladder, left side	Esophagus Pylorus Stomach, left side		Large intestine, left side		Small intestine, left side			
	Heart, right side	Lung, right side	Pancreas		Liver, right side	Kidney, right side		Kidney, left side	Liver, left side	Spleen		Lung, left side	Heart, left side					
JOINTS	Shoulder - Elbow Sacro-iliac joint Hand, ulnar side Foot, plantar side Toes	Shoulder Elbow Hand Medial side Foot Big toe	Jaw Anterior hip Anterior knee Medial ankle joint	Posterior knee				Posterior knee				Jaw Anterior hip Anterior knee Medial ankle joint	Shoulder Elbow Hand Radial side Foot Big toe	Shoulder - Elbow Sacro-iliac joint Hand, ulnar side Foot, plantar side Toes				
				Hip	Sacro-coccygeal Joint		Sacro-coccygeal Joint		Hip									
				Ankle joint				Ankle joint										
PARANASAL SINUSES		Ethmoid sinus		Maxillary sinus		Frontal sinus			Frontal sinus		Maxillary sinus		Ethmoid sinus					
SINUSES		Ethmoid sinus		Maxillary sinus		Frontal sinus			Frontal sinus		Maxillary sinus		Ethmoid sinus					
SENSORY ORGANS	Ear	Nose		Tongue	Eye	Nose			Nose	Eye	Tongue		Nose	Ear				
ENDOCRINE GLANDS					Gonad	Adrenal gland		Adrenal gland	Gonad									
	RIGHT SIDE								LEFT SIDE									

directly to the brain—people who eat when anxious may be trying to reproduce the effects of the drugs. It is not yet known whether the gut synthesizes benzodiazepine from compounds in foods, from bacterial action on the food, or both. Incidentally, researchers believe that serotonin in the gut catalyzes peristalsis. This is why Prozac® and other drugs that divert serotonin from the intestinal tract to the brain, cause digestive disturbances.

There are about ten thousand different kinds of beneficial intestinal bacteria (friendly flora) that live in a symbiotic relationship with their hosts. These microorganisms produce enzymes, vitamins, and beneficial acids that aid in digestion. The delicate balance of the digestive tract can be unfavorably altered by toxins that include antibiotics, chlorine, fluoride, food additives, preservatives, caffeine, and too many hard-to-digest foods. Many conditions in the digestive tract are either caused by—or contribute to—the overgrowth of some form of yeast and a deficiency of beneficial intestinal flora. Yeasts thrive on sugar, coffee and refined carbohydrates, displacing the beneficial intestinal flora that help us digest our food. Moreover, the refined carbohydrates either stick to the sides of the intestines like glue, or induce a bodily response to create mucous, which adheres to the intestinal wall. This impedes the smooth rhythmical movement of the musculature (called peristalsis) along the entire intestinal tract.

A major contributor to poor digestion is stress—after all, the gut is the second brain. Stress can cause the stomach to shift its position. Even a small shift can decrease its production of digestive enzymes (including hydrochloric acid, necessary to digest protein). In a vicious cycle, poor digestion further creates a favorable terrain for pathogenic microbes. And poor digestion means poor elimination, causing gas and in some cases inflammation and severe infections that lead to irritation of the colon and other disorders. When you are deprived of proper nourishment, the world can indeed seem like a place where your needs are never met and nourishment is lacking on many levels.

See a health care practitioner who can help you plan an individualized restorative diet that you can live with. Never eat when you are upset; eat only when you feel serene. Learn a relaxation technique, such as yoga, meditation, or gentle stretching. Take digestive enzymes with each meal. Just a few enzymes are amylase, to break down starch, protease for proteins, and lipase for fats. Hydrochloric acid also helps digest proteins. And probiotics will help replenish the intestinal flora. Also see **Eating Disorders**.

Systemic Conditions

If these frequencies are not sufficient, see entries under **Candida, Fungi, Molds and Yeasts** and under **Parasites, Protozoa and Worms**.

3.9, 4.9, 20, 72, 95, 125, 422, 450, 660 + 690 + 727.5, 664, 676, 784, 787, 802 + 1550, 832, 880, 1552, 2008, 2127.5

In chronic disease, the sympathetic (fight-or-flight) nervous system runs all the time and the parasympathetic (eat and sleep) system is effectively shut down. Since the parasympathetic system controls the gut, we stop making enzymes so that even with a great diet, we do not digest our foods. The function of the large intestine is to extract water from the digestive sludge. Since the blood supply of the gut has been diverted to the muscles so you can run or fight more effectively, the ability of the large intestine to extract water is reduced. The lining of the gut becomes covered with greasy sludge like an oil filter. This causes the gut lining to become inflamed, allowing large molecular-weight proteins to be reabsorbed into the blood. These cause allergies and attempts are made to excrete them though the sinuses. This situation is known as *leaky gut syndrome*. Under these conditions, the body invites intestinal parasites and certain yeast (*Candida*) to help because each of them likes to “eat” the tarry sludge that lines the gut.

Returning to health with chronic disease occurs when we reduce the activity of the sympathetic nervous system to normal, which in turn allows the parasympathetic to return to normal. Once this occurs, the microbes will leave what is now a hostile environment.

It is a mistake for rifers to simply think that curing disease means killing everything in sight. Sure you can kill worms and *Candida*, but they will come back until you get the gut working again.

—Jerry Tennant, MD, 2001
inventor, Tennant Biomodulator® and
author, *Healing is Voltage* (2007)

Actinomyces bovis / Actinomycosis

The *Actinomyces bovis* fungus causes Actinomycosis, an infection of the brain, lungs, gastrointestinal tract or jaw.
10K, 465, 787, 660 + 690 + 727.5, 20, 220, 160, 1.1 + 73

Adenovirus Infection

Causes symptoms in the lungs, stomach, and intestines. Also see “Adenovirus, all types” under **Viruses**.

First try: 333 + 523 + 768 + 786, 666, 959, 962

Also try long set if the above isn’t sufficient: 20, 26, 48, 60, 72, 95, 125, 160 (for 5 minutes), 180, 300, 333 + 523 + 768 + 786, 444 + 1865, 522, 555, 660 + 690 + 727.5, 787, 802 + 1550, 880, 942, 952, 959, 962, 959 to 969, 1395 (for 5 to 10 minutes), 1500, 2050, 2720, 4868, 5K, 6989, 7001, 7009, 7702, 7762, 7767, 10K

chyme (partially digested food, in the form of a thick liquid paste) from the stomach. CCK stimulates the digestion of fat and protein by causing the release of digestive enzymes from the pancreas, and the release of bile from the gallbladder.

Cancer of the Intestine caused by *Fasciolopsis buski*

See “Intestinal Cancer” under **Cancer**.

Cholera / *Vibrio cholerae*

Vibrio cholerae causes cholera, an extremely contagious infection of the small intestine. Symptoms include copious watery diarrhea—which can quickly lead to severe dehydration if treatment is not received—vomiting, muscle cramps, and weakness. Cholera is spread by contaminated water and food (often raw and improperly cooked seafood), and rarely is transmitted by person-to-person contact. The bacterium is found in salt water and near plankton. Cholera epidemics have appeared in Russia, Iran, Iraq, Bangladesh, India, West Africa, Latin America, Indonesia, and other countries of eastern Asia.

Most people can manage by drinking to replenish their bodily fluids; some become so dehydrated that fluids must be given intravenously. Keeping food clean and washing hands after going to the toilet are paramount.

First try: 330, 556, 591, 660 + 690 + 727.5, 691, 843, 844, 968, 1035

Also try: 450, 802 + 1550, 787, 880

Duodenal Ulcer

Open wound on either the skin or mucous membranes in stomach and duodenum, the upper part of the small intestine that connects to the stomach. There is a sizable emotional component to stomach ulcers. Psychotherapy is strongly advised to help the person express anger and other emotions. For a shorter frequency set, see “*Helicobacter pylori* / Peptic (Stomach) Ulcer” under **Gastrointestinal Tract, Stomach and Esophagus**.

1.1 + 73, 1.2 + 250, 660 + 690 + 727.5, 664, 676, 750, 776, 784, 787, 802 + 1550, 832, 880, 1600, 1800, 2127.5, 2167, 2170, 2489, 2950, 10K

Duodenitis

Inflammation of the duodenum, or part of the small intestine that connects to the stomach and receives secretions from the pancreas and liver to aid in digestion.

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***Enterobius vermicularis* / Pinworm / Seatworm**

Infests the intestinal tract.

422, 423, 732, 733, 827, 835, 4412

From Hulda Clark. Use the hertz set for devices unable to accommodate frequencies in the kilohertz range. Since Dr. Clark notes such a wide range in her frequencies, you may want to do a sweep.

Kilohertz set: 420950 (lower limit), 423K (most effective), and 425300 (higher limit of same organism)

Hertz set: 1043.43 (lower limit), 1048.51 (most effective), and 1054.21 (higher limit of same organism)

Also from Dr. Clark: 21059.93

Enterohepatitis

Inflammation of intestine and liver.

552, 932, 953

Flatulence / Intestinal Gas

Flatulence is the result of incompletely digested food, which creates gas that is emitted from the anus (rather than the mouth, where it is called a “burp”). Indigestion is often caused by *Candida* and parasites. The *Candida* overgrowth displaces helpful intestinal bacteria, and the parasites use up nutrients that should go to the host. If these frequencies are not sufficient, see “*Candida albicans*” under **Candida, Fungi, Molds and Yeasts**; and applicable entries under **Parasites, Protozoa and Worms**.

20, 422, 465, 660 + 690 + 727.5, 676, 760, 787, 802 + 1550, 832, 880

Fluke, Intestinal

Worms appearing in the intestines and other places.

First try: 651, 676, 844, 848, 854, 2084, 2128, 2150, 6766

Also try: 15, 55, 524, 2K

Gas

See “Flatulence / Intestinal Gas” in this section.

Leaky Gut Syndrome

The hyper-permeability of the intestinal wall. Due to its weakened structure and abnormally large spaces between the cells, partially digested material and toxins—which would normally be broken down and eliminated—leak out into the bloodstream. Symptoms include headaches, bloating, gas, and brain fog. The many contributors to leaky gut syndrome are allopathic drugs (including antibiotics, which destroy the beneficial intestinal flora and help create

(35 grams); in someone seventy years of age, about 1/5 of an ounce (6 grams).

This gland is part of the lymphatic system. It plays a major role in immune function by producing T-Cells (T for “thymus) that destroy microbes, and hormones that help with immunity. The thymus is highly affected by the emotions. Medical authorities consider it normal that the gland atrophies as we age, but proper nutrition and love will help ensure that the immune function remains vital. Light rhythmic thumping on the chest can stimulate the thymus to work more efficiently. For more information on the lymph system, see the section on **Exercise** in Chapter 3.

Thymus, to Balance and Normalize

20, 537

Thymus Gland Fever

20, 10K

Thyroid

The thyroid is a butterfly-shaped gland in the throat with most of its mass on either side of the central Adam’s apple. The gland produces thyroxin (also known as T4), liothyronine (also known as T3), T2, and T1. T4, the most well known of all the thyroid hormones, heats the body and speeds metabolism and heart rate. At best, T4 is only about one-quarter as potent as T3; and in any case, most is converted into the more active T3 by the liver, kidneys and other body cells. T2 stimulates metabolism, while one animal study showed that T1 cools the body and slows the heart. Together, all four of these related hormones very likely act synergistically in ways that are not yet fully understood.

The thyroid influences, and is influenced by, other parts of the endocrine system: the adrenals, pituitary, parathyroid and sex glands, as well as the hypothalamus. If one side of the thyroid gland under-functions, the other side may over-function to compensate.

Conventional medicine teaches that thyroid hormone production depends on a complex feedback loop involving other parts of the endocrine system. The process starts in the hypothalamus portion of the brain. The hypothalamus releases TRH (thyrotropin releasing hormone) to stimulate the pituitary gland in the brain’s center. The pituitary monitors blood thyroid hormone levels. If there’s not enough thyroid hormone in the blood, the pituitary secretes TSH (thyroid stimulating hormone) to induce the thyroid gland to produce more hormone. After the pituitary detects enough thyroid hormone in the bloodstream, it decreases production of TSH so the thyroid produces less hormone.

The problem with this ideal scenario is that even with normal blood levels of thyroid hormone, one can still suffer from symptoms of a malfunctioning thyroid, usually underactivity. See the rest of this section for details.

Proper thyroid performance is essential for the normal functioning of cells, the nervous system and muscles, and heavily impacts proper brain development, oxygen utilization, immunity and metabolism. Metabolism includes growth and development, and the speed and efficiency with which the body takes in nourishment and eliminates waste products.

About one-third of the Earth’s population live in iodine-deficient areas as defined by the World Health Organization. The rise in thyroid disorders correlates with these areas. Iodine helps the body synthesize, store and secrete thyroid hormone. It also coats incoming allergenic proteins to make them non-allergenic, helps protect the system against cancer and autoimmune diseases, and is an antiseptic. In the stomach, iodine deactivates all biological—and most chemical—poisons. Many holistic authorities now say that iodine is required daily in milligram, rather than microgram, amounts. Although the mineral in its iodine form is utilized most effectively by the tissues, potassium iodide is particularly needed by the thyroid gland; so if you aren’t getting enough of both in your diet (sea food and seaweed are excellent sources), supplement with liquid or tablets.

A number of substances should be avoided, as they severely disrupt thyroid function. Fluoride interferes with the body’s ability to utilize iodine. Goitrogenous vegetables—including the brassica family (Brussels sprouts, cabbage, cauliflower and mustard greens), and rutabagas, radishes and turnips—interfere with thyroid hormone production when eaten raw and in large amounts. (Boil the vegetables to destroy the thyroid-inhibiting compounds.) Estrogenic compounds (which also interfere with immune response) are present in hormone-disrupting drugs, plastics, and soy (see Chapter 3 for more information). Animals raised for food that eat even organic soy can cause thyroid problems as well. For any type of thyroid condition, eat protein at every meal, and eat at regular hours, especially if your blood sugar levels tend to drop. Also, make sure you get enough Coenzyme Q10, tyrosine (an amino acid), Vitamins B1, B2, B3 and B5, and the minerals magnesium, iron, zinc, copper, selenium and iodine.

Goiter

Goiter—which is enlarged thyroid gland tissue—can grow to be the size of tennis balls or larger. Conventional medicine teaches that goiter results from undesirably high levels of TSH (thyroid stimulating hormone) produced by the pituitary, which in turn prods the thyroid gland into producing excessive amounts of thyroid hormone and thus causes the gland to grow abnormally. However, some people with goiter show normal thyroid hormone and TSH tests. If there’s not enough iodine in the diet, the thyroid will be unable to produce

enough hormone. Thus, insufficient dietary iodine can cause the thyroid to grow unnaturally, due to the pituitary's continued high production of TSH in its attempt to raise thyroid hormone levels.

Outside the United States, authorities recognize that goiter is generally due to an iodine deficiency. In fact, goiter is not as prevalent in populations living at or near a seacoast. Until recently, for 200 years goiter was treated successfully with the administration of Lugol's solution (potassium iodide) and desiccated thyroid. Eat plenty of iodine-rich real sea salt and/or sea food. Kelp supplements may also help. However, do not overdose on iodine either, as this can be as damaging as too little.

Goiter may also be caused or exaggerated by microbial infection, so use the frequencies below. A popular frequency for supporting thyroid function is 160. Incidentally, goiter is often the most common manifestation of a larger constellation of conditions, one of which is Graves' or Basedow's disease.

If related to *Struma cystica* (swelling involving cysts): 361, 531, 756, 5311

If related to *Struma parenchyma* (swelling involving the kidneys) or to *Struma nodosa*: 105, 121, 122, 321, 517, 532, 576, 651, 714

If due to other causes: 20, 160, 660 + 690 + 727.5, 787, 880, 16K

Graves' Disease / Basedow's / Diffuse Toxic Goiter

Graves' disease—named after the Irish physician who described it in the *London Medical Journal* in 1835—is called “Basedow's disease” in Europe, and “thyrotoxicosis” worldwide. The term “diffuse toxic goiter” describes the condition rather than the discoverer. “Diffuse” refers to the entire gland involved in this condition. “Toxic” describes a condition reminiscent of infection and fever. “Goiter” is an abnormally large thyroid gland.

The most common cause of hyperthyroidism in Canada, Graves' affects about one in every 100 people. This inherited disease is more common in females than in males. In addition to all the symptoms listed above for general hyperthyroidism, symptoms also include muscle weakness, thyroid enlargement (goiter), and eye problems, including sensitivity to light, diminished vision, and double vision. The inflamed eyeball tissue gives the eyes the familiar bulge characteristic of this disorder.

Graves' is an autoimmune-related form of hyperthyroidism (although not everyone who is hyperthyroid has Graves'). In an immune-healthy body, lymphocytes (lymph immune cells) as well as Killer (K) Cells target and destroy pathogens. They also prevent the production of harmful thyroid stimulating (and other abnormal) antibodies. But

with immune-impaired Graves', the lymphocytes and K Cells do not function properly. They produce abnormal thyroid-stimulating antibodies, which attack proteins on the surface of thyroid cells. In response, the thyroid cells produce too much hormone, which in turn over-stimulates the thyroid. (The swelling of skin, eyes, or other body parts is caused by antibodies attacking the body's own tissues.) Even if most of the thyroid gland is removed, it can still become overactive again since the abnormal thyroid stimulating antibodies—which caused the hyperactivity in the first place—are still being produced by the lymphocytes. Often, symptoms of Graves' intensify and then disappear.

Allopathic doctors treat an over-stimulated thyroid in three ways: surgery (removal of most of the thyroid gland), drugs (which either suppress thyroid hormone production or block the effects of excess hormone on the heart, blood vessels and nervous system), and destruction of the gland (with radioactive iodine). A thyroidectomy is critical for people in whom the goiter is so large, that it threatens to block the windpipe (trachea) or food passage (esophagus). About 80% of those who receive the radioactive iodine become hypothyroid, and are typically given thyroxin supplementation for the rest of their lives.

Sometimes people manage Graves' with acetyl-L-carnitine, an amino acid compound that makes cells in the body resistant to thyroid hormone and helps correct the immune response. New evidence suggests that minute amounts of (non-radioactive) iodine may also help, since the thyroid gland tends to overwork (and then quits working altogether) when it does not receive sufficient nutritional support. In some cases iodine makes the condition worse, although this is usually a temporary setback. As this is an immune response problem (which happens to manifest in the thyroid gland), see a qualified health practitioner!

There are no frequencies for Graves' per se. See “Hashimoto's Disease / Autoimmune Thyroiditis” and other entries in this **Thyroid** section; **Autoimmune Disorders**; and **Chemical Poisoning / Detoxification**. Also see the myriad pathogens implicated in autoimmune thyroid conditions: “Coxsackie B” under **Viruses**; “*Mycoplasma*, many types” under **Bacteria**; “*E. coli* / *Escherichia coli*” under **Bacteria**; and “*Helicobacter pylori* / Peptic (Stomach) Ulcer” under **Bacteria**. *Yersinia enterocolitica* has also been implicated in autoimmune thyroid disorders, so also see “*Yersinia* infections, other (unspecified)” under **Bacteria**.

Hashimoto's Disease / Autoimmune Thyroiditis

Hashimoto's is a chronic autoimmune condition, caused by abnormal antibodies in the bloodstream

that attack and destroy healthy thyroid gland tissue. As a result, the gland does not produce enough hormone. In most cases, symptoms are similar to those of hypothyroidism: fatigue, forgetfulness, dry brittle hair, hoarseness, painful and stiff joints, muscle weakness, face swelling, sensitivity to cold, pale dry skin, weight gain, constipation, muscle cramps, depression, and (with women) possible menstrual disorders.

Sometimes, Hashimoto's develops in response to a lack of iodine, whereby the thyroid swells (a condition known as goiter) in its effort to filter more blood to obtain the iodine it needs. If iodine is then ingested, the now larger thyroid gland increases thyroid hormone production. This sometimes accounts for the occasional swings between thyroid underactivity and thyroid overactivity. Mostly, however, the thyroid gland gradually atrophies, either becoming underactive or ceasing to function altogether.

Allopathic treatment consists of synthetic thyroid hormone. A holistic approach may provide natural glandular support and suggest supplements, including transfer factor and glutathione (to regulate immune function), Vitamin D, and fish oil. If copper is replenished, the body may correctly process iodine.

Avoid glutinous grains! In *Why Do I Still Have Thyroid Symptoms*, Dr. Datis Kharrazian cites research showing that the molecular structures of gluten and the thyroid gland are similar enough so that gluten in the digestive tract will almost inevitably trigger the body to attack the thyroid. (See the **Food** section in Chapter 3 for more information on grains.)

There are no known frequencies for Hashimoto's. See "Graves' Disease / Basedow's / Diffuse Toxic Goiter" and other entries in this **Thyroid** section; **Autoimmune Disorders**; and **Chemical Poisoning / Detoxification**. Also see the myriad pathogens implicated in autoimmune thyroid conditions: "Coxsackie B" under **Viruses**; "*Mycoplasma*, many types" under **Bacteria**; "*E. coli* / *Escherichia coli*" under **Bacteria**; and "*Helicobacter pylori* / Peptic (Stomach) Ulcer" under **Bacteria**. *Yersinia enterocolitica* has also been implicated in autoimmune thyroid disorders, so also see "*Yersinia* infections, other (unspecified)" under **Bacteria**.

Thyroid, to Balance and Normalize

First try: 160, 763, 660 + 690 + 727.5

Then try: 20, 537, 1570, 10K, 16K

Thyroid Gland Fever

20, 160, 660 + 690 + 727.5, 1570, 10K, 16K

Thyroid, Overactive / Hyperthyroidism

Overactivity of the thyroid gland, which causes too much thyroid hormone to be produced. Since the

thyroid controls many body functions, increased levels can be serious. Symptoms can include weight loss, profuse perspiration, and sleeplessness (due to increased metabolism); irregular heartbeat, high blood pressure, chest pain, and even heart failure (because the circulatory system is working faster); and even diarrhea (due to increased bowel function). The over-stimulated nervous system causes irritability, nervousness, jitteriness, emotional angst, and mental disorientation. Despite increased appetite, the person usually loses weight because the increased breakdown of body proteins occurs too rapidly to be replenished by food.

Hyperthyroidism can be caused by Graves' disease (a faulty autoimmune response), nodules or goiters on the thyroid, excessive thyroid medication given to people with an underactive thyroid, iodine toxicity (too much iodine or an intolerance to certain forms of iodine), or thyroiditis (inflammation of the thyroid). This is not something to self-treat! See a health care practitioner.

0.5, 3, 20, 160

Thyroid, Underactive / Hypothyroidism

"Hypothyroidism" may be regarded as a catch-all term that describes both underactivity of the gland itself, and the inability of the body to utilize thyroid hormone. In either case, the symptoms are the same. Malfunctions in metabolism accompany impaired temperature regulation. This manifests in weight gain or (occasionally) weight loss, along with heat intolerance and excessive coldness—particularly in extremities where there's impaired circulation. (Not only does the person subjectively feel chilly, but the hands and feet feel cold to another person's touch.) The body also has difficulty repairing damaged tissues. This is why so many hypothyroid people suffer from structural weaknesses: brittle nails, brittle or scant hair (including baldness), degenerating bones (osteoporosis), malformed bones (scoliosis), and thinning and loss of eyebrows, notably the outer third. Physical signs of hypothyroidism also include puffy face and lips, dry skin, fatigue and lethargy, and slowed movements and speech.

Since thyroid hormones are intricately related to virtually every bodily function, hypothyroidism can cause or exacerbate an almost unlimited number of conditions that initially might not seem related to each other: autoimmune conditions (such as allergies, lupus and rheumatoid arthritis), blood sugar disorders, cancers, cardiovascular disturbances (including coronary artery disease and congestive heart failure), dental problems (including chronic gum infections and Temporomandibular Joint dysfunction), gastrointestinal disorders,

hoarseness, sleep apnea, immune response malfunction leading to increased infections (such as *Candida albicans*), mental and emotional problems (including confusion, depression and mood swings), neurological impairment (including Multiple Sclerosis, deafness, tinnitus and vertigo), headaches and migraines, pain in joints and muscles (including arthritis, carpal tunnel syndrome and fibromyalgia), reduced perspiration, reproductive disorders (such as birth defects, endometriosis and infertility), respiratory conditions (including asthma, pneumonia and chronic sinus infections), skin disorders, and urinary tract problems (including infections, and kidney failure due to scarred shrunken kidneys).

Hypothyroidism was first reported in London in 1875. According to many reliable sources, including doctors Broda Barnes, David Derry, Jacques Hertoghe and James Howenstine, at least one-third to one-half of the US population suffers from slight to severe hypothyroidism. In *Hypothyroidism Type 2: The Epidemic*, Dr. Mark Starr explains the differences between Types 1 and 2 hypothyroidism. With Type 1, the thyroid does not produce sufficient amounts of hormone to maintain “normal” blood levels of hormones (which in turn maintain normal blood levels of thyroid-stimulating hormone, or TSH, produced by the pituitary). With Type 2, the thyroid gland produces “normal” amounts of hormone, but the cells are unable to utilize the hormone properly. Some experts call this *thyroid hormone resistance*, which may be regarded as similar to insulin resistance.

The body fails to accept or utilize thyroid hormone for many reasons. The mitochondria—microscopic energy-burning units of the cell responsible for about 90% of our energy production that all cells and tissues need for metabolism—are impaired. Mitochondrial defects, which interfere with every aspect of thyroid metabolism, are usually caused by environmental toxins, including petroleum, pesticides, organic solvents and heavy metals, especially mercury. (Fat-soluble toxins lodge in the fat cells, and women’s bodies contain more fat than men’s; so a greater number of women suffer from hypothyroidism than do men.) Faulty thyroid receptors on the cell membranes can also cause hypothyroidism by making it impossible for enough hormone to enter the nucleus, where genes are activated and protein synthesis occurs. Finally, abnormally high levels of mucin cause disease conditions in over 55% of hypothyroid subjects. Mucin is a sugar-protein compound that readily absorbs water and is normally present in different types of connective tissue everywhere in

the body: in the lining of blood vessels, in the nerve sheaths, in the fascia enveloping the muscles, in mucous membrane linings of the respiratory tract (such as the sinuses), and in the gastrointestinal and urinary tracts—not to mention every single cell in the organs and glands. When present in normal amounts, mucin is not a problem; but in excess, it damages the connective tissue wherever it accumulates. This helps explain the diversity of serious hypothyroidism-related conditions, which include Lupus and congestive heart failure.

Inadequate thyroid hormone at the cellular level also negatively impacts other glands. To compensate for the weakness and low metabolism caused by inadequate thyroid hormone, other parts of the body overwork (especially the adrenals, and even including the sympathetic nervous system). This may cause the subject to temporarily experience a rapid heartbeat, and/or feel hyperactive, jittery and restless—until exhaustion sets in from the unnatural attempts to compensate for low thyroid hormone levels. More often, though, the majority of sufferers simply feel fatigued and weak most of the time. This is why it’s important to support other organs and glands (especially the adrenals) when treating hypothyroidism.

Hypothyroidism can be catalyzed or exacerbated by constant low temperatures, and a diet heavy in carbohydrates, gluten, dairy, and especially soy. A healthy thyroid gland can also become sluggish due to radiation exposure from nuclear bomb “testing” or X-rays: radiation creates radioactive iodine, which then displaces the non-radioactive iodine that naturally feeds the thyroid gland.

Laboratory tests showing inadequate bloodstream levels of thyroid hormone make it easy to diagnose Type 1 hypothyroidism. However, lab tests fail to detect Type 2 hypothyroidism because despite adequate blood hormone levels, the body cannot accept and utilize the hormone. Therefore, the best hypothyroidism test (developed by Dr. Barnes) is to take the armpit temperature before rising every day, over a week or more. If the temperature averages lower than 97.8°F (about 36.6°C), the person is hypothyroid. One could be hypothyroid with a near-normal basal temperature; but this test is still the most accurate diagnostic tool. Of course, one’s symptoms and clinical picture are the definitive test.

Hypothyroidism usually requires medication, and the proper kind! Prolonged administration of synthetic thyroxin (T4) is the least effective, and may shut down the gland entirely. The most effective treatment is whole desiccated thyroid (from pigs) made from the entire gland and its contents:

all forms of thyroid hormone, RNA and DNA, and co-factors (which all work synergistically with each other). An alternative is compounded T3 and T4, in the same ratio as that of a functioning gland. Even if lifelong treatment is required, at least the person will feel better and function well.

The fact that a good portion of the T4 to T3 conversion takes place in the liver also points to the need for a good liver detox protocol. An excellent means of detoxifying is sauna therapy. Sweating reduces the waste removal burden on the kidneys, liver, and eliminative organs. See my book, *The Holistic Handbook of Sauna Therapy*.

Different forms of iodine are essential for optimal functioning. Potassium iodide is absorbed by the thyroid gland, whereas iodine is heavily concentrated in the breasts, reproductive organs and respiratory tract (including sinuses). Some seaweeds, such as dulse, are high in iodine.

To assist in the conversion of T4 to T3, supplement with selenium, zinc, and Vitamins E and B6. Manganese, known to protect the thyroid and liver, is sometimes called the “anti-pear nutrient,” so named because it helps eliminate the weight distribution pattern (disproportionately heavy hips and thighs) common with hypothyroid people. Proper thyroid hormone synthesis also requires increased vitamin intake. Read *Solved: The Riddle of Illness*, and see a holistic medical doctor. Often, other glands in a delicate balance with the thyroid are involved, such as the adrenals, sex glands and pituitary.

7.7, 12, 20, 35, 160, 740, 802 + 1550, 16K

Thyroiditis

Inflammation of the thyroid gland, generally occurring after a viral infection or pregnancy. Many viruses and bacteria may cause the condition, so see other entries in this section and use frequencies for any infectious illnesses you may have contracted within the last six months to two years. Also see “Rubulavirus / Mumps” under **Viruses**, since that microorganism may cause thyroiditis; and “*Mycoplasma*, many types” under **Bacteria**.

End of Glands section.

GLANDULAR FEVER

See “Epstein-Barr Virus / Infectious Mononucleosis / Chronic Fatigue Syndrome (CFS)” under **Viruses**.

GLAUCOMA

See under **Eyes**.

GLIOMA

See “Brain Tumor / Astrocytoma” under **Cancer**.

GLIOBLASTOMA

See “Brain Tumor / Astrocytoma” under **Cancer**.

GLIOCLADIUM

See “*Gliocladium* / Brain Fungus” under **Candida, Fungi, Molds and Yeasts**.

GOITER

See under **Glands, Thyroid**.

GONORRHEA

See under **Men, Urinary** or **Women, Vagina and Labia**.

GORDONA SPUTI

See under **Bacteria**.

GOUT

A metabolic disorder of too much uric acid in the system, either because the body makes too much uric acid or not enough leaves through the urine. This causes a buildup of uric acid in blood, resulting in arthritis and inflammation of the joints (often the large joint of the big toe).

Most people find relief from a low purine diet. Meats and seafood highest in purine include anchovies, herring, sardines, scallops, duck, goose, and organ meats (liver, brains, kidney and sweetbreads). Dried peas and legumes are also rich in purine. Therefore, try to eliminate these foods entirely or limit your intake to 3 or 4 ounces per meal. Drink plenty of water to dilute the uric acid in the bodily fluids and flush it out of the system.

9.39, 9.4, 20, 660 + 690 + 727.5, 787, 880, 3K, 10K
and for 10 minutes each: 465, 727.5, 784, 787, 880, 1560

GRAVEL IN URINE

See under **Urinary Tract, Bladder and Urethra**.

GRAVES' DISEASE

See “Grave’s Disease / Basedow’s / Diffuse Toxic Goiter” under **Glands, Thyroid**.

GRIPPE

See “Influenza” under **Viruses**.

GULF WAR SYNDROME / GULF WAR ILLNESS

A communicable, contagious, and potentially lethal constellation of chronic debilitating symptoms reported by troops from the United States, Britain, Denmark, Canada, Saudi Arabia, Egypt, Australia, and other countries who served in the 1991 Persian Gulf Operation Desert Storm. Cell biologist Garth Nicolson’s 1996 estimate of 100,000 to 200,000 American veterans who became ill (with more than 15,000 dead) does not include infected family members and friends who became disabled or died. Half of the spouses, all of the children, and even pets of the veterans became sick. Sixty-five percent of the children subsequently born to veterans either died or had crippling birth deformities (one or more limbs missing, one eye, etc.). Symptoms include

due to an interrupted blood supply), stroke (a temporary reduction of blood and oxygen in the brain due to blood vessel blockage), hemorrhage (abnormal discharge of blood from a blood vessel into surrounding tissue or outside of the body), or embolism (the obstruction of a major blood vessel by a blood clot or clump of other material).

20, 72, 95, 125, 444 + 1865, 660 + 690 + 727.5, 685, 776, 787, 802 + 1550, 880, 1489, 1500, 1800, 2170, 2720, 2489

Ulcer, Ventricular

Stop! See warning at the beginning of this **Heart, Blood and Circulation** section. Open wound in one of the chambers of the heart.

142, 232, 566, 676, 769, 770, 10K

Varicose Veins

Stop! See warning at the beginning of this **Heart, Blood and Circulation** section. Distended and swollen veins, sometimes bulging on the surface of the skin.

1.2 + 250, 28

Vein Inflammation

See “Phlebitis” in this section.

End of Heart, Blood and Circulation section.

HEARTBURN

See **Gastrointestinal Tract**, *Stomach and Esophagus*.

HEARTWORM

See under “*Dirofilaria immitis* / *Dirofilariasis* / Heartworm” under **Parasites, Protozoa and Worms**.

HEEL PAIN

See “Heel Pain / Plantar Fasciitis” under **Injuries**.

HELICOBACTER PYLORI

See “*Helicobacter pylori* / Peptic (Stomach) Ulcer” under **Gastrointestinal Tract**; or **Bacteria**.

HEMOCHROMATOSIS

Known as “iron overload” or “iron storage disease,” due to abnormal iron metabolism that permits absorption of too much iron from an ordinary diet. This condition is usually hereditary but can also be acquired. Symptoms include chronic fatigue (most common); cirrhosis or cancer of the liver; arthritis and joint pain; impotence, sterility or infertility; menstruation problems or irregularities; hair loss; diabetes; cancer (cancer thrives on iron); abdominal pain or swelling; weight loss; frequent infections; immune dysfunction; headaches; hypothyroidism; heart problems; and even death. This range of symptoms is due to the ability of excess iron to injure virtually all body organs and systems.

This condition is *not* considered a blood disorder, although some of its effects appear in the blood. It can be managed by

early detection and the adequate mechanical removal of iron, done by a doctor. People can have an iron overload and be asymptomatic, or be anemic and still have this disorder; so get the proper testing.

Rife researcher James Bare reports that abnormal red blood cells formed in people with hemochromatosis respond to 5K, with a “significant drop” if the sessions are at least an hour at a time. The abnormally large spleen that can accompany this condition has even been reported to reduce significantly in size. We do not know if this same effect happens in people with normal red blood cells.

5K

HEMOPHILIA

See under **Heart, Blood and Circulation**.

HEMORRHAGE

See under **Heart, Blood and Circulation**.

HEMORRHOID

See under **Gastrointestinal Tract**, *Colon / Large Intestine*.

HEPATITIS, ALL TYPES

See under **Liver and Gallbladder**, *Liver*.

HERNIA, GENERAL

Part of an organ internally or externally projects from its natural cavity.

9.1, 110, 10K, 787, 660 + 690 + 727.5, 2720, 5K

HERNIA OF THE STOMACH

See “Hiatal Hernia” under **Gastrointestinal Tract**, *Stomach and Esophagus*.

HERPES, ALL VARIANTS

See under **Viruses; Men; Women; or Skin**, *Shingles*.

HIATAL HERNIA

See “Hiatal Hernia” under **Gastrointestinal Tract**, *Stomach and Esophagus*.

HICCUPS

See under **Respiratory Tract**, *Vocal Cords*.

HIGH BLOOD PRESSURE / HYPERTENSION

See under **Heart, Blood and Circulation**.

HIP PROBLEMS, ALL

See under **Arthritis and Joints** or **Bone and Skeleton**.

HISTOPLASMA / HISTOPLASMOSIS

See under **Candida, Fungi, Molds and Yeasts**.

HIV

See “HIV (Human Immunodeficiency Virus) / AIDS (Acquired Immune Deficiency Syndrome)” under **Viruses**.

Kilohertz set: 372500 (lower limit), 375K and 380K (most effective), 382350 (higher limit of same organism). Use *all* these frequencies.

Hertz set: 923.34 (lower limit), 929.53 and 941.93 (most effective), and 947.75 (higher limit of same organism). Use *all* these frequencies.

Also from Dr. Clark: 18919.09, 18670.15

Also try: 95, 125, 330, 444 + 1865, 788, 802 + 1550, 1800, 2720, 10K

Feline (Cat) Immunodeficiency Virus (FIV)

Causes an HIV-type illness in domestic cats, affecting up to 3% of cats in the US. FIV attacks and weakens the

cat's immune function. Also see "Leukemia, Feline" under **Cancer** as co-infection may be present.

262, 323, 372, 404, 567, 712, 742, 760, 773, 916, 1103, 1132, 3701

Flaviviridae / Yellow Fever Virus / Yellow Fever / Yellow Jack / Black Vomit

The World Health Organization has classified three kinds of Yellow Fever, caused by an arbovirus of the family *Flaviviridae* (one of the smallest RNA viruses isolated so far). Jungle (sylvatic) Yellow Fever affects monkeys, but it can spread to humans who work in tropical rain forests and are bitten by mosquitoes infected by monkeys. Intermediate

Cats Give Themselves Rife Sessions

Why do cats purr? . . . [They] purr when they are . . . content. However they also purr when frightened, severely injured, giving birth and even while dying.

For the purr to exist in different cat species over time, geographical isolation, etc., there would likely have to be something very important (survival mechanism) about the purr. There also would have to be a very good reason for energy expenditure (in this case creation of the purr) when one is physically stressed or ill. The vibration of the cat's diaphragm, which with the larynx, creates the purr, requires energy. If an animal is injured they would not use this energy unless it was beneficial to their survival. . . .

Most people have heard of a cat's "nine lives." There is also an old veterinary adage still repeated in veterinary schools which states, "If you put a cat and a bunch of broken bones in the same room, the bones will heal." Any veterinary orthopedic surgeon will tell you how relatively easy it is to mend broken cat bones compared with dog bones, which take much more effort to fix, and take longer to heal. There is excellent documentation of the cats' quick recovery from . . . [falling from] high-rise [buildings]. . . . [Researchers] documented 132 cases of cats plummeting many stories from high rise apartments (average 5.5 stories), some suffering severe injuries. Interestingly, 90% of these cats survived. . . . There is another clue found in a study performed by Dr. T.F. Cook (1973), [called] "The Relief of Dyspnoea in Cats by Purring," in the *New Zealand Veterinary Journal*. [Dyspnea is shortness of breath, the feeling of not getting enough air.] A dying cat who could not breathe (they were considering euthanasia) was found to breathe normally once it began purring. The purring opened up the cat's airway, and improvement was "remarkable and the next day [the cat] commenced to eat. . . ." Three species of cats have a strong harmonic at exactly 100 Hz, the vibrational frequency found to relieve dyspnea; one species [is] within 2 Hz and one species within 7 Hz of 100 Hz. It could be that the cat's purr decreases the breathlessness by vibratory stimulation.

Fauna Communications has recorded many cats' purrs at a non-profit facility and the Cincinnati Zoo, including the cheetah, puma, serval, ocelot and the domestic house cat. After analysis of the data, we discovered that:

- ◆ The dominant and fundamental frequency for three species of cats' purrs is exactly 25 Hz, or 50 Hz the best frequencies for bone growth and fracture healing. All of the cats' purrs all fall well within the 20–50 Hz anabolic range, and extend up to 140 Hz. All the cats except the cheetah have a dominant or strong harmonic at 50 Hz.
- ◆ The harmonics of three cat species fall exactly on or within 2 points of 120 Hz which has been found to repair tendons. One species [is] within 3 Hz and one within 7 Hz.
- ◆ Eighteen to thirty-five Hz is used in therapeutic biomechanical stimulation for joint mobility. Considering the small size of many of these cats, especially the domestic cats, it is interesting to note that all of the individual cats have dominant frequencies within this range. In fact, some of the cats have 2–3 harmonics in this range.
- ◆ The frequencies for therapeutic pain relief are from 50–150 Hz. All of the individual cats have at least 5 sets of strong harmonics in this range.
- ◆ Therapeutic frequencies for the generation of muscle strength lie between 2–100 Hz. All of the individual cats have at least 4 sets of strong harmonics in this range.
- ◆ Therapy for COPD [Chronic Obstructive Pulmonary Disease] uses 100 Hz; all of the individual cats have a dominant frequency of exactly 100 Hz.

Is it possible that evolution has provided the felines of this world with a natural healing mechanism for bones and other organs? Researchers at Fauna Communications believe so.

Being able to produce frequencies that have been proven to improve healing time, strength and mobility could explain the purr's natural selection. In the wild when food is plentiful, the felids are relatively sedentary. They will spend a large portion of the day and night lounging in trees or on the ground. Consistent exercise is one of the greatest contributors to bone, muscle, tendon and ligament strength. If a cat's exercise is sporadic, it would be advantageous for them to stimulate bone growth while at rest. As well, following injury, immediate exercise can re-break bone and re-tear . . . muscle and tendon [that are healing]. Inactivity decreases the strength of muscles. Therefore, having an internal vibrational therapeutic system to stimulate healing would be advantageous, and would also reduce edema and provide a measure of pain relief during the healing process.

In summary: vibrations between 20 Hz and 40 Hz are therapeutic for bone growth/fracture healing, pain relief/swelling reduction, wound healing, muscle growth and repair, tendon repair, mobility of joints and the relief of dyspnea. . . . Cats do not have near the prevalence of orthopedic disease or ligament and muscle traumas as dogs do. . . . [Also, the] non-union of fractures in cats is rare. Osteo [bone] diseases . . . are rarely found in cats but can be found in all breeds and sexes of dogs. . . .

It is suggested that purring be stimulated as much as possible when cats are ill or under duress. If purring is a healing mechanism, it may just help them to recover faster, and perhaps could even save their [lives].

—Elizabeth von Muggenthaler

excerpted from "The Felid Purr: A bio-mechanical healing mechanism," 2001 and 2006

Yellow Fever occurs simultaneously in many humid or semi-humid savannah villages of Africa, but fewer people die from infection. And urban Yellow Fever, which affects only humans, is spread by mosquitoes that have been infected by other people. Symptoms include high fever, chills, headache, muscle and back aches, vomiting (sometimes bloody), abdominal cramping, and mental confusion. More serious cases involve kidney and heart failure, seizures, and coma. The liver malfunction characteristic of this condition causes jaundice—the yellowing of the skin and whites of the eyes—giving Yellow Fever its name. About 5% of people who contract this illness die, usually within a week of the appearance of symptoms.

This disease can lie dormant and then suddenly become an epidemic. Yellow Fever, common in parts of South America and Africa, has increased since the 1980s. The only treatment medical science suggests is to rest and drink plenty of fluids for a long time—and as a supposed prevention, vaccination. However, several homeopathic remedies are used as well. Andrew Lockie advises, during an acute attack, to take *Aconitum napellus* 30C if the person is feverish, vomiting, jaundiced and restless; *Bryonia* 10C if there is pain in abdomen, vomiting and where symptoms are made worse by the slightest movement; and *Arsenicum album* 6C if the subject is exhausted, restless, chilly, and thirsty for sips of water. Nevertheless, for emergencies and serious illnesses, consult an experienced homeopath rather than try to self-treat.

0.67, 20, 60, 72, 95, 142, 178, 232, 432, 660 + 690 + 727.5, 733, 734, 779, 880, 1187, 10K

H1N1

See "Swine Flu / H1N1" in this section.

Herpes, all types

This is both the name of the virus and also the various conditions it causes. Symptoms are many: sores and inflammation in the genitals, mouth, along the skin, or in the nerves deep inside the body. There are several different kinds of *Herpes* viruses. *Herpes zoster* causes chicken pox and shingles. Cytomegalovirus affects primarily very young infants and children with what is sometimes called Cytomegalic Inclusion Disease (CID). And the *Herpes simplex* virus (sometimes called *Herpes virus hominis*) is also known as Human *Herpes* Virus 1; although there is apparently more than one type of *Herpes simplex*. These viruses are becoming so numerous, and are manifesting so many different kinds of symptoms, that their various classifications are very confusing. One strain of this virus often has several names.

Contrary to popular belief, the different kinds of *Herpes* viruses do not necessarily stay in "their own" location—they can and will migrate to other parts of the body, even though the sores may not be as recognizable once they are outside their customary location. Therefore, if for example you have sores on your mouth, do not engage in oral-genital contact in the mistaken belief that your oral *Herpes* will not affect someone else's genital region—because you are mistaken, and you might infect your partner! If one set of frequencies doesn't work, try other sets.

Diet is important in controlling *Herpes*. During active outbreaks, avoid grains of any kind, legumes (peas and beans), corn, chocolate, coffee, nuts and seeds. These contain high amounts of the amino acid arginine, which allows the virus to replicate. Supplementation of lysine (an amino acid) can be helpful, since it retards viral growth. Also avoid fruits and sugars, on which the virus feeds.