Nearly all people die of their medicines, and not of their illnesses.
—Molière, French writer (1622–1673)

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Its name is Public Opinion. It is held in reverence. 
It settles everything. Some think it is the voice of God. Loyalty to 
petrified opinion never yet broke a chain or freed a human soul. 
—Mark Twain, American writer, critic and humorist (1835–1910)

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Until a man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favorable comparison with the products of nature, the living cell of a plant, the final result of the rays of the sun, the mother of all life.

—THOMAS ALVA EDISON, AMERICAN INVENTOR (1847–1931)

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Selected Food Preparation Methods

"Recreational" Drugs

Pastured Poultry
Vegetarian Fed or Grain Fed
Animal-Compassionate or Grass Fed
All Natural
Naturally Raised
Grass Fed
Vegetarian Fed or Grain Fed
Pastured Poultry
Animal-Compassionate or
Humanely Raised
Staples
Red Meat
Poultry
Eggs
Fish and Seafood
Dairy
Vegetables
Fruits
Legumes
Seeds and Nuts
Fats and Oils
Grains
Sweeteners, Synthetic Chemicals, and Synthesized “Foods”
Sweeteners, Natural, Refined, and Artificial
Sucrose (Table Sugar, White Sugar)
Molasses
Dehydrated Sugar Cane Juice
Maple Syrup
Date Sugar
Honey
Fructose
High Fructose Corn Syrup (HFCS)
Agave Syrup
Xylitol and Other Sugar Alcohols
Aspartame
Sucralose
Stevia
Preservatives, Dyes, Fragrances and Flavorings
Fabricated Fats
Food Conditioners
“Recreational” Drugs
The Discoveries of Weston A. Price
Selected Food Preparation Methods
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Raw
Fermentation
Canned Foods
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A Final Word
Herbs
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Food-Based versus Synthetic Supplements
Minerals
Enzymes
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Oxygen Therapies
Hydrogen Peroxide
Ozone
History of Ozone
Dispelling Negative Myths about Ozone
How Ozone Works
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Ozone Insufflation
Ozone Funneling and Limb Bagging
Injectable Ozone
Breathing Ozone Through Oils
Ozonated Olive Oil Salve
Oxygen Supplements
Ozone for Purifying Swimming Pools and Hot Tubs
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Exercise
Benefits of Exercise
Aerobic and Anaerobic Exercise

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Unless we put medical freedom in the Constitution, the time will come when medicine will organize itself into an undercover dictatorship to restrict the art of healing to one class of [people] and deny equal privileges to others.  

—Benjamin Rush, a signer of the Declaration of Independence

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Q. Will the light from a radiant unit hurt my eyes? …………………………341

Q. What if something is blocking the light?……………………………………341

Q. I have been warned about X-rays and other radiation coming from the plasma light tube. Is this a legitimate concern?…………………………342

Q. Can I be harmed by the radio frequency (RF) emitted by a device? Some manufacturers claim that RF is necessary while others claim that it’s dangerous, so I’m confused…………………………342

Q. Different machines use different RF carrier waves. Which one is the best? 344

Q. I have an electrode (pad) unit. Where should I place the electrodes?…… 344

Q. Sometimes when I use the electrodes, I get skin rashes. What should I do?… 344

Q. Can I use an electrode and light tube device at the same time? …………345

Q. I’ve heard that plasma light devices work better than electrode devices. Is this true? Is one style of machine better than another?…………………………345

Q. My machine doesn’t allow me to program real frequencies into it. Instead, it uses code numbers that correspond to pre-programmed channels. I look up the condition I want to address in the operator’s manual, and then enter its matching code number into the machine. But I don’t know what frequency I’m getting. Does this matter? …………360

Q. My rife machine has a feature called sweep. What does this do?……………360

Q. My rife machine has a feature called converge. What does this do? ………361

Q. My rife machine has a feature called gate. What does this do? …………361

Q. My rife machine has a feature called pulse. What does this do?………362

Q. I just discovered that my brand new unit contains some “custom” programs. It appears that someone else programmed frequencies into the machine, and then forgot to erase them. Does this mean that I got a used or reconditioned unit? 362

Q. Some electrode and radiant machines can transmit several frequencies at the same time. This sounds like a great feature, since I’d like to decrease the amount of time I spend with my device each day. Are such machines reliable? …………362

Q. Does rife equipment require special care? ……………………………363

Q. Will my rife machine affect other electronic equipment?…………………..363

Q. I’m nervous about operating an electronic device that’s being used for serious therapy. Aren’t rife machines complicated to operate?…………………………363

Q. Are there any health care providers who have a rife unit that I can try first, to see if the technology works? I’d like to use a machine before buying one.………364
Q. I’ve seen diagrams in books and on the Internet on how to build a rife-style device. How hard could it be to build my own machine? .......................... 364

Q. These devices cost so much! The electrode units seem like ordinary frequency generators to me, with common metal cylinders used as electrodes. And some of these light tube units don’t seem very sophisticated. Why do the manufacturers charge so much? Don’t they care about people’s health—and people’s lives? … 364

Q. I’m convinced that I need to purchase my own unit. But shouldn’t I try to obtain a real rife machine? We know that some of his units at least had a good track record. .......................... 365

Q. Some rife units in the United States are approved by the FDA. Are these machines better than the ones that aren’t approved? .......................... 365

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Q. For how long should each frequency be administered? .......................... 366

Q. How many days should I allow between sessions? .......................... 367

Q. After I’m free of symptoms, for how long should I continue the sessions? … 367

Q. Can I rife after eating or drinking? … 367

Q. Should I wear special clothing for the sessions? .......................... 368

Q. What about wearing metal jewelry or glasses? .......................... 368

Q. My unit is large and heavy. When I put it on a metal cart to wheel it from room to room, the display on the monitor becomes distorted. Is this a problem? … 368

Q. Do either I or the machine need to be in a special environment? What about lighting, temperature and moisture? … 368

Q. Is one time of day better than another to do sessions? .......................... 368

Q. What can I expect to feel during a rife session? .......................... 368

Q. Why do some people feel worse immediately after having a rife session, while other people feel better? .......................... 369

Q. What is a Herxheimer reaction? .......................... 370

Q. What’s the difference between a detox (Herxheimer or Herx) reaction from rifing and actually being sick? Both situations feel similar to me. .......................... 370

Q. If a temporary irregular heartbeat is one possible consequence of microbial die-off, how can this be distinguished from the medical condition known as arrhythmia? .......................... 370

Q. I cannot rife as often as I need to, due to a Herxheimer response. How can I lessen or eliminate these detox reactions? … 371

Q. I have a serious wound that I want to treat. Is it okay to put an electrode directly on it? .......................... 372

Q. With my electrode unit, do I have to feel the current in order to know that the machine is working? .......................... 372

Q. I heard that the metal used for the electrodes may sometimes get into the body, and that certain metals are safer than others. Is this true? If so, what can I do to minimize harm? .......................... 373

Q. Can I do other therapies along with the rife sessions? .......................... 373

Q. Do I need a special diet or nutritional support while rifing? .......................... 373

Q. I’m doing many complementary therapies in addition to rife sessions. How do I know which therapy is really helping me? .......................... 373

Q. My partner is ill, and uses a radiant machine daily. I am concerned about the effects of the frequencies when my children and I are in the room. Will we be negatively affected? .......................... 374

Q. I had a bad cold, and was giving myself a session with a light tube device in the den. My daughter, who had a bad cold, too, and was in a room that shares an adjoining wall, insisted that she felt something when the unit was on. The next day, not only was my cold better, her cold was completely gone. Could the light really penetrate through a wall? .......................... 374
Q. Does it matter which direction the light tube is facing? .................... 375
Q. What if I don’t get any results from the frequency sessions? ............. 375
Q. I was getting very good results when rifeing for a chronic condition until I took a 2-week break. Now, the same frequencies don’t seem to be working. Why? ........ 375
Q. Shouldn’t I see a doctor or qualified rife practitioner for sessions, instead of buying my own machine? I’m afraid I won’t know what I’m doing and will hurt myself. ......................... 375
Q. I would like to find a doctor I can work with while giving myself rife sessions. What’s the best way to find someone? .. 375

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Q. I have a diagnosis from my doctor. How do I know which frequencies to use? … 379
Q. What if I don’t have a diagnosis, and don’t know which specific microbes are involved in my condition? ....................... 379
Q. Is muscle testing a valid way to figure out which frequencies will work for me? … 380
Q. Why do we need individual frequencies at all? Why can’t we simply blast the microbes with every frequency in succession, especially if we don’t know which ones to use? .................... 380
Q. Why are different frequencies sometimes listed for the same condition? And why are the same frequencies often given for two distinctly different microbes? … 381
Q. I’ve heard that higher frequencies work better than lower frequencies. Is there any truth to this? ....................... 381
Q. My unit goes up to only 20,000 Hertz. But my condition requires many frequencies that are over 60,000 Hertz. What should I do? ....................... 381
Q. I’ve heard that you get better results using a higher number derived from a calculator found on the Internet. Where can I obtain this calculator and how does it work? .. 382
Q. Some frequencies are said to regenerate an organ or gland, rather than kill microbes. How is this possible? And why didn’t Royal Rife address this? ......................... 382
Q. My unit has settings for different shaped waves: square, sine, and sawtooth. What’s the difference between the waveforms? .......................... 383
Q. How do I know that the frequencies are safe? If they kill microbes, won’t they harm me? .......................... 383
Q. Most rife units that shatter or disable microbes under a microscope or in a Petri dish are unable to achieve the same result in live human beings. Why? Is there something wrong with the machine? … 384
Q. If the frequencies are so effective, why do I need to use the machine more than once? .................................. 384
Q. Are there any circumstances under which rife frequency technology might actually make microbes grow? For instance, it is common for microbes to become resistant to antibiotics. Can they react to frequencies in a similar way? ............... 385
Q. How much frequency drift is allowable for the rife equipment to still be effective in destroying microbes? .................. 386
Q. There are some units that deliver frequencies in rapid succession, usually in the high range. Is this rife? And are these machines effective? .................. 386
Q. My doctor says that if rife technology really worked, he would know about it. So how can I be sure that this modality is effective? .......................... 386

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Q. I have a serious illness and need to be supervised by a health practitioner. How do I find one who’s knowledgeable about rife technology? .................. 387
Q. Is there a special protocol for dealing with cancer? .......................... 387
Q. Are certain frequencies especially effective for cancer? .................. 389
Q. I’ve heard that certain frequencies actually stimulate the growth of cancer cells. Is this true? .......................... 390
Q. Is one frequency device better than another when treating cancer? ..........390
Q. I’ve been using my frequency device faithfully twice a day since I was diagnosed with cancer. But my tumor seems to be growing larger, not smaller. And now I feel pain, when I didn’t before. Why? ..391
Q. I have cancer. Despite rife sessions twice daily, my CEA levels are increasing, not decreasing. Is there reason to be concerned? ..........................391
Q. I have prostate cancer. Since I’ve been giving myself rife sessions, my PSA count has gone up, not down. Why? Does this mean the sessions are making me worse? ..................................392
Q. I’ve already had chemotherapy and radiation treatments for cancer. Can I still use rife technology? ..............392
Q. I have Lyme disease. Is there a special protocol I need to follow? ................393
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Q. If rife technology is so successful, why haven’t I heard about it? ............400
Q. Where can I find documentation of successful clinical trials showing that rife technology has cured illness? And where is this technology being used today? ........402
Q. Where can I find the devices you mention in this Handbook? ................403
Q. Why don’t you, the author, manufacture or sell frequency devices? ..........403
Q. I am a health practitioner and want to use a frequency device in my office. What do I need to know? ..................404
Q. How can I find out more about rife frequency technology? ..................404
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

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Slowly an apprehension of the intimate, usable power of God is growing among us, and a growing recognition of the only worthwhile application of that power—in the improvement of the world.

—Charlotte Perkins Gilman,
United States writer, poet, lecturer, social critic and activist (1860–1935)

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