



ART OF HEALTH - TIPS ON HOW TO USE YOUR PLEXUS 560 RIFE

A few tips on how to use the rife resonator machine:

The rife has 5 treatment lists;

- **Main list:** Here you will find 825 pre-programmed illnesses, look at the Plexus 560 Pre-programmed list and descriptions manual – these are all alphabetically and it also has the time/duration of the treatments, as well as some descriptions of the illnesses.
- **User/Own PC list:** This list gives you the facility to add extra treatments onto the rife, if it is not available on the rife.
- **Own list PFG560:** This is only for people, who don't have computer facilities, with this facility you can now add frequencies manually on the rife.
- **Pathogen list:** This list has all the "pathogens" (bacteria/viruses/worms/flukes" on the list. These are usually the cause of your illnesses. When you look at the "Treatment Regime Booklet" and you find there is a strange name that you never have heard of, - *it will be under this list.*
- **Group list:** This is 20 pre-loaded groups added for you, to use at night with your mat. NB!! Remember when you use the mat **enter twice** to set the rife onto **REPEAT** and turn the **intensity to 100%**.
- **Recent list:** Is the last 20 treatments that you have done on the rife – to make it easier for someone who use the same treatments every day.
- **The screen has a Screen saving mechanism** – so don't get scared if the screen goes black after a few minutes. If you press enter it will be back and you can look at the time left over if needed.

You can use the buttons at the top of the unit '**MAIN**' or '**USER/OWN PC**' or '**GROUP**' or '**RECENT**' as well, **BUT just remember the Pathogen list is on the screen only, so don't forget to look for it there...**

Option 1:

- **If you press any of these buttons you will get into the specific list mentioned.**

Option 2:

- **Use your screen for references and treatment: Once the rife is turned on the Screen has the following visible things on the screen/LED:**

Main list,

Own List PC

Own list PFG 560.

If you Press the arrow down, you will get to additional treatment lists –

Groups - Default,

Pathogen list PC

Recent list

Setup.

On Setup there is history (which tells you how many hours you have used the rife and Info (which gives you the contact details of the agent) There is a square that keep on flashing to indicate on which list you are at that moment. If you press the enter button on Pathogen, it will open up that specific list. It's very important to remember the Pathogen list as this is a vital part of your treatments.

- ABC UP
- ABC DOWN - buttons is there, to make it easier for you to jump alphabetically throughout the alphabet and for you to get to your treatment quicker. Let's say for argument sake you want Infections – You will press the ABC DOWN button, until you get to the alphabet letter I = once you are there you will then use the DOWN arrow key to get to Infections. Once you are there just press enter (Once) and the treatment will start.
- The rife has a *Repeat function* – If you *ENTER TWICE* the rife will repeat your treatment continuously until you press the STOP/ESC button. Once you are on repeat – the word REPEAT will be on the screen at the bottom left corner. (Remember you can use the repeat button on the mat or on individual treatments.)
- RUN/PAUSE - button – When you want to pause the treatment for a short while (Maybe to answer a phone call, etc) Once you return just press the same button and the treatment will carry on NB!!! ***Remember you must always finish a treatment*** – It's just like taking antibiotics – you must finish the course. AND if there is a 01 or 02 or 03 next to a treatment – you must also finish that course during the same day.
- STOP/ESC - button – If you want to go from one list to another list, always go out of the existing list you are in, with the STOP/ESC button – this will always bring you back to the Main list menu on the screen.

You will receive a CD that you can load onto your computer: (This gives you the option to add treatments onto your rife that might not be there yet. I do however suggest to use your rife for a while before you start adding and changing groups – get to know you rife so you can then write your own groups(for your mat) and even add the odd illness that is not on our rife.)

The Basics of How to give yourself Rife Sessions:

How frequencies affect the body: Everything in the universe oscillates, (Moves slightly at a certain rate, as if it is shivering. The amount of time it takes to moves in ONE second is the frequency, and it is measured in Hertz (Hz). For instance if it moves 10 times in a second it means it moved 10Hz, or 1000 times a second it is 1000Hz. Each wave of energy is send out in all directions, like the ripples on water when you throw a stone in a pond. The waves of energy are called resonance. All living things are classed as biological, (Unlike metals or liquids), the resonance that they emit is termed Bio –Resonance.

Various parts of our body communicate in completely different ways. The body releases certain chemicals (hormones), while other areas are done by bio-resonance. Most of the body's communication is by means of Bio-resonance, it use mostly chemical means to communicate, which then releases small amount of heat. By analysing the various frequencies that the body uses, to stimulate some organs, we can now copy those frequencies and activate for instance the thyroid gland, by using the right frequencies; we are now also able to stimulate various organs to work.

1. ***Study the contraindications.*** This therapy may need to be modified or avoided entirely if you have a heart condition, are wearing a pacemaker, are pregnant, are nursing, have blood clots, are taking strong medications such as chemo, have breast implants, or are especially sensitive to radio frequency (RF) or other electromagnetic radiation. When you are treating the Endocrine system that affects the hormone system, rather use the handset or footplates as your individual treatments. Remember when using your mat, the treatment can affect your partner as well. The following treatments should not be done on the mat if you and your partner do not have the same illness or problem: Diabetes, Blood pressure and thyroid problems. If you have any of these problems rather use the hand terminals or footplates instead of the mat.

2. ***Make sure your immune response and organs of elimination and detoxification are functioning.*** Expect to experience die-off symptoms as the pathogens are disabled or killed. Organs of waste processing and disposal include the colon, kidneys, liver, lungs, and lymph. If these become overloaded, waste materials may exit through the skin. We therefore suggest to start off with a detox regime before you start with any other treatments. This will help the liver and kidneys to be clean and they would then be able to handle the die-off of the pathogens. If you have questions about your ability to detoxify, consult a health practitioner

3. ***Read the operator's manual and run the unit through all of its steps before your session.*** Make sure the unit are plugged into the wall and turned on. The battery should last about 4-5 hours, so always ensure you have it plugged into power if you are going to use the mat overnight.

4. ***Write down a complete health history, listing all symptoms.*** This includes acute (recent-onset) and chronic (longstanding) conditions, as well as conditions you've had for so long, you've resigned yourself to them as inevitable or unimportant. Continual symptoms can provide clues as to which frequencies are most needed, since some pathogens can linger in the body for years, and ailments not treated immediately can escalate into other conditions. Visualize, and expect, the best possible results. This will help you devise an effective protocol, as well as stimulate your immune cells.

5. ***Obtain a medical diagnosis, if possible.*** It can be helpful (though it is not mandatory) to have a diagnosis from a medical doctor. However, sometimes a doctor does not order all the necessary tests, or misreads the results of tests that are done. Also, your doctor does not live in your body. Your own research, common sense and intuition may serve you better than a doctor's diagnosis. Treatments are only effective if the diagnosis is correct.

6. ***Look up the frequencies for your condition and/or relevant microbes, and write them down.*** Thankfully the Plexus 560 has thousand of pre-loaded frequencies and illnesses. To select the best and most relevant frequencies:

- If you already know what's ailing you, learn more about your condition from a medical textbook or from Internet medical databases. Diseases are usually named according to either the microbe involved, the body part that's affected, or symptoms. Sometimes the same disease has different names in different countries. If you don't have a diagnosis, make a list of every disease to which your condition is similar.
- Write down every body part that is affected by the condition, as well as which symptoms are the most severe or dangerous. These require priority attention. Don't dismiss using a particular frequency just because you have only a few symptoms. Also, some frequencies work for a wide range of ailments: microbes can be involved in ulcers, Multiple Sclerosis, kidney stones, and even fibromyalgia. By using the rife for one condition, may help other conditions you might not have thought were related, as the same microorganisms are implicated in many disease pictures.
- Consider other options. For example, someone medically diagnosed with a brain tumour got no results using frequencies for brain tumours. But when she tried frequencies for meningitis and encephalitis (both also disorders of the brain), she reversed her symptoms.

7. Program the frequencies into the unit if not on the rife. With the Plexus 560 use each frequency for 3 minutes. You will get the frequencies from us, or internet. If no time/duration is mentioned, use the 3 minute option, if it needs to be longer it will be stipulated at the specific frequency.

8. To maximize your rifting experience:

- Before your session, eat lightly smaller, rather than a large meal, as the microbial die-off might make you feel nauseated.
- Wear loose-fitting clothes so you can relax, wear comfortable clothes sit or lie down, make sure you are not interrupted. Remember the Plexus have a Pause button if you have to stop the rife during your treatment. Just press Start again after the interruption.
- Keep the room at a comfortable temperature; with a blanket nearby, most people find it so relaxing that they fall asleep.
- Place your frequency device on a stable surface and be careful not to trip over the cord when you walk pass the rife.
- Drink water containing minerals or even chlorophyll water (to help the body to become more alkaline) or preferably not tap water during and immediately after the session if possible.
- Don't engage in stressful activity, as your body needs this time to heal. Also, drinking is required during and after rifting. If you drink just before going to bed, you'll have to interrupt your sleep to get up to go to the bathroom. And if you rife without drinking, you may have a headache or other unpleasant reactions the next day.
- Don't touch your hands together. If you do try, you will see that it doesn't hurt, but what we want is for the frequency to go through your one hand, along your arm, across your upper body, down your other arm, through your hand and back into the machine. This allows for maximum exposure to the bloodstream which can then carry the energy to various parts of the body. If you allow your hands to touch then it will take a "shortcut" through your hands and back into the machine without going through the rest of your body. This would be counter-productive and a waste of time.
- A very important point to remember is, that you skin of your hands and feet, is a lot thicker and tougher than the skin on the other parts of your body. Because it is thicker it retains its moisture more effectively. Passing an energy wave through a softer type

of skin will cause the skin to dry out and a burning sensation will be felt. Some people are tempted to use the hand terminals or footplates in other parts of the body, which could be closer to the problem area that they want to treat. If you decide to do that, Please get a WET CLOTH (I sometime suggests a wet set of socks) and put that around the footplates of handset. This must be used throughout the treatment. Always ensure the cloth stays wet.

- Your first treatment should be *Detox general*. Since we are going to be killing off, any possible pathogens that is in the body, we need to get your excreting organs clean to be able to take the onslaught of dead pathogens to follow. Thereafter, do *Infections Main*, this is to kill any possible pathogen in the body. You will then end off with *Circulation* to send out all the dead pathogens throughout the body. Ensure to drink sufficient water to help the detoxing process.

9. **For cancer:**

- This requires an aggressive approach, let a therapist work out specific treatment regimes for you on the Group listing. If you feel a lot worse after a session, this may indicate microbial die-off. If your system becomes too overloaded with waste material, take 1 or 2 days off and resume, but there is a resting day within our treatment regimes.
- Even after they are feeling better, most people give themselves at least one session per day for about 4 to 6 months. This ensures that the illness will not return. Most people feel better within a month, and sometimes within days. If you don't notice any change after your sessions for several weeks, don't be discouraged. Consult a qualified health practitioner who can monitor your condition. And consider changing your protocol.
- If you are undergoing intensive chemo, consider stopping the sessions until a few days afterwards if you cannot handle it. Otherwise, your liver and kidneys may be overwhelmed by poisons. The detox regime every 2nd day is extremely important due to this. Also, some people find that rifting intensifies the effects of the chemo so they need less medication. Consult your doctor.

10. **For Lyme:** Of all the infectious conditions, Lyme may be the most difficult to treat. The enormous amount of microbial die-off and other waste, plus the depleted and weakened nature of the body. When first rifting, leave enough time between sessions to recover. You may need several days or even longer, again talk to a practitioner for you regime.

11. **For other conditions:** Consult a health care practitioner and listen to your body. These are general guidelines *only*: Detox before you start any treatment regime, then treat your kidneys and liver with the tonics or support treatment and ensure to end with circulation or lymph drainage alternatively. A general rule is, if you feel better the next day, do another session. If you feel a bit worse, do another session. If you feel a lot worse and dysfunctional, there may be heavy microbial die-off. Wait until you feel somewhat better again, and then do another session. If you don't notice any change after your session, either run another session for a longer period of time, and/or change the treatments.

12. **Write down your responses to all of the frequencies used in the session, whether positive, negative or neutral.** A written record of your physical, mental and emotional responses (if any) can help determine which treatments were *hits* (produced a discernible response), and which frequencies did not work. This record can also help you plan a long

term health protocol. Your reports may also be useful to others, should you decide to share your results.

13. *Drink water in sufficient amounts, appropriate to your weight, size and toxicity level.*

The water should contain liquid minerals (electrolytes), chlorophyll, Vitamin C, or lemon to make it more assailable (to absorb better into the body tissues) preferably not tap water. If you won't drink water, don't give yourself sessions, or you'll risk toxification from microbial waste and get headaches or nausea.

14. *Don't interrupt the sessions until you're completely well, unless you have a good reason for doing so.* Some people who take a break from using the equipment before their illness is completely gone experience a recurrence. Reduce your treatments gradually till eventually you are on only 1 treatment per week. This way you really eliminate the pathogen in the body.

Troubleshooting

Let's assume that (a) the unit's working properly, (b) the signal is getting into the body, and (c) you have done everything suggested in Part I. If you are still not getting results with your protocol, and/or your condition is getting worse, see a health practitioner.

Also:

1. ***Be patient.*** Each body is physiologically and anatomically different. Therefore, the signals are processed by your body differently than by your friend's body. However, if you are getting steadily worse, see the following steps and consult a qualified health practitioner.

2. ***Use different frequencies.*** Microbes can mutate, due to either natural variations in their evolution or differences in the body's terrain. Bodily terrain depends on acid-alkaline balance, diet, hormones, and even climate. Also, if you received a medical diagnosis, it may be incorrect. And try using another approach to your symptoms.

3. ***Do longer sessions.*** You may need to take a more aggressive approach, and spend either more time with the machine. If you find it difficult to use the handset all the time, try the footplates or even the mat.

4. ***Run frequencies for Candida and parasites, even if you think you aren't affected.*** It's amazing how many conditions are either caused or exacerbated by fungi and parasites.

5. ***Eliminate silver-mercury fillings and mouth infection.*** Mercury in fillings continually leaks, as vapor, into the mouth. Even in parts per billion (ppb) amounts, mercury is very toxic! See a holistic dentist. Some herbs chelate heavy metals out of the body; and some homeopathic remedies and electromedical devices can nullify the effects of mercury. Also, the mouth is a breeding ground for bacteria and hence disease. Infections not only impede progress, they can cause even apparently unrelated conditions including heart attacks, as the teeth are connected to every meridian in the body. The ***Dental Foci*** is a wonderful treatment to use as a monthly maintenance one your problems are sorted out.

6. ***Consider that your system might not have adequate amounts of thyroid hormone.***

Hypothyroidism— either from insufficient hormone output by the gland, or the inability of the cells to absorb and process the hormone—can exacerbate and cause other heart disease. Fifty percent of the North American population may suffer from hypothyroidism. Don't use

your mat at night if your partner is sleeping next to you, it will affect him/her as well. Rather use your handset or footplates when it comes to the thyroid.

7. **Use the regeneration and healing frequencies.** Your system may not be working the way it should (whether or not microbes are involved), and you may need to focus on glandular and organ support. Some frequencies may stimulate the body's cells to repair and regenerate, independent of any ability to destroy microbes.

8. **Run the frequencies for chemical and heavy metal toxicity.** Many illnesses are either caused or exacerbated by chemicals and toxic metals. These contaminants can be in air pollution, vehicle or factory exhaust, foods, cosmetics, carpets, construction materials and drinking water. Illnesses caused or exacerbated by chemical poisoning range from cancers to neurological disorders (such as Multiple Sclerosis, Parkinson's and Alzheimer's).

9. **Use detoxification protocols for the liver and colon.** Many conditions can be alleviated partially or completely through detoxification. Detoxing may involve an herbal parasite purge, liver or kidney cleanse, sauna, colonic, or chelation to eliminate heavy metals. Just detoxing can make a huge difference in how you feel. Always remember to use the liver and kidney tonic/support regimes with your detox and then end off with circulation or lymph drainage.

10. **Try Chinese Medicine diagnosis.** There are relationships among all organs, glands and body systems. You might not be able to affect your condition with frequencies specifically for that condition, but focusing on related points may help. For instance, the spleen "controls" the mouth and lymph. So if the spleen is unhealthy, with deficient or excess energy, you could have a gum infection or clogged lymph vessels. Similarly, the kidneys control" bone health. So if the kidneys are weak, you could suffer bone loss (osteoporosis). These relationships may not make sense to the Western mind, but they're still valid. Many acupuncturists obtain excellent results using pad units for hard-to-treat conditions by placing the electrodes at the site of meridians and acupuncture points.

11. **Drink even more mineralized water than you were drinking before.** If the wastes are accumulating faster than the body can eliminate them, water will dilute the toxins to a more manageable level.

12. **Pay attention to lifestyle: diet, exercise, sleep, and stress levels.** Since the allopathic medical model is so dominant in the West, some people tend to use Rife technology in a strictly allopathic manner. They think that simply zapping the microbes will eliminate the disease, without their having to pay attention to what made them ill in the first place. If your diet is poor, you'll feed the microbes, which thrive on junk. Don't underestimate the importance of food in becoming and remaining healthy. Similarly, if you don't get enough exercise or sleep (or if you get too much), and if you have no way of managing stress, this can help keep you ill.

13. **Try other therapies.** If you're drinking enough mineralized water (and are using the correct frequencies) and you feel fatigued, congested, nauseated, thirsty, and/or have flu-like symptoms, try some protocols that **include lymphatic drainage, massage, ozone therapy and sauna therapy.** Rife technology is compatible with virtually all holistic therapies. It has been used somewhat less successfully in conjunction with allopathic medicine (drugs), although people do manage to combine riffing with allopathic drugs, especially after surgery and

hospitalization. It's important to use treatments such as *Infections* as a preventative method, as well as *Wound-healing, Bone Regeneration and Circulation*.

14. *Learn to release, manage and make peace with your emotions, and eliminate any beliefs that may contribute to being ill.* Often, some frequencies provide relief from emotions such as anger. This makes sense, as microorganisms constantly excrete myotoxins that cross the blood-brain barrier and poison the brain. Since the brain is the primary organ of emotions, perception of sensory input, motor function and cognition, myotoxins will affect mood, motor coordination and ability to think, as well as exacerbate or cause numerous neurological disorders. Nevertheless, approaching emotional and mental issues from a psychological perspective is important, too.

15. *Be aware that there are some conditions that rifting may not be able to correct.* These include: damage caused by nutritional deficiencies; damage due to drugs or toxic chemicals; severe trauma due to surgery or mechanical injury; and damage due to the effects of electromagnetic radiation, as long as the radiation continues to exist. *However, it can't hurt to try.* Some of the frequencies may at least help regenerate tissue or alleviate pain.

If you have a medical condition, consult a qualified professional. If you are rifting, find someone familiar with Rife therapy, such as a naturopath, chiropractor, osteopath, herbalist, acupuncturist or holistic physician.