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Spooky2



Dear friend,

Only **6 Days Left** in Spooky2 Summer Healing Month! 🌞 ✨

Time is running out to enjoy **7% OFF sitewide** with code **HEALING2026**.

If you've been thinking about upgrading your setup or trying something new, now is the time to act before the offer ends.

Shop Before It Ends

Next, welcome to Issue #562 of the Spooky2 Weekly Digest.

Spooky2 Blog Articles 📰

[Understanding the Vagus Nerve: Your Body's Quiet Messenger](#)

The vagus nerve plays a key role in the connection between your brain and body. Discover how this fascinating pathway influences communication throughout the body and why it has become a focus of modern wellness research. [Click here to learn more.](#)

[How to Remove Mold in Your Home with Remote or Plasma](#)

Mold can be more than an unwanted sight in your home. Learn about common

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[IBS: Why Your Gut Can Feel So Unpredictable](#)

Why does your gut sometimes feel out of balance? Explore how IBS is connected with the complex relationship between the digestive system, nervous system, and daily factors that influence gut comfort. [Click here to learn more.](#)

Spooky2 Testimonial 🧡

[A Bee Sting Experience](#)

On Friday evening, I was stung by a bee. I removed the stinger and then observed it. Usually, my body reacts to a bee sting with swelling and slight itching, which go away relatively quickly. But this time it was different. After 12 hours, the finger started to swell a lot, it became stiff, with poor mobility. The pain spread to the thumb joint of the same hand and to the elbow. The entire palm started to swell. I didn't notice any other reactions (pus, bluish lips, etc.) Only then, at night, more than 24 hours after the sting, did I start treatment: I put Swelling and Inflammation on the Remote, and I put the same program on Contact (a glove on one palm, a Band on the other hand). I slept poorly, but I woke up without pain in my thumb and elbow. The finger and palm were still swollen, the finger was also dark red, but the mobility increased, and the stiffness in the finger decreased significantly. The hand or palm was usable again.

On the second and third day of treatment, I did only additional support to Contact (2 x daily).

After 4 days, the situation was completely normal, as if it had never happened. So, after the introduction of frequency support, there was a very rapid clinical improvement and complete normalization within 4 days after the sting.

[View More Stories Here](#)

*Individual experiences may vary. This testimonial does not constitute medical advice or guarantee results.

Rife Healing Frequency Video 🎧

[Rife Frequencies for Altitude Sickness | Natural Sound Therapy.](#)

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to create a peaceful atmosphere for rest, mindfulness, and moments of calm—especially when adjusting to unfamiliar environments or changes in elevation.

- ✨ Create a relaxing space for rest and recovery
- 🌿 Ideal for meditation, breathing exercises, and quiet wellness routines
- 🎵 Enjoy gentle frequency-based sounds during travel or downtime

[Click to Listen to the Video](#)

🤔 When to Use Frequency Audio vs. Rife Machine? [Check this blog out!](#)

Spooky2 Q&A 💡

[Will all Central modes deliver the same frequency if used together?](#)

The "Contact mode" and "PEMF mode" in the Spooky2 Central run on fixed frequency & amp and do not run the frequencies you put in the generator. The Contact, PEMF, and Ultrasonic functions in the Central mainly serve to advance the effects of the Plasma frequencies. You do not have to use all of them each session. [Click here to learn more.](#)

[Can I use Spooky2 Central Plasma with a standalone GeneratorX Pro?](#)

Yes, you can operate Plasma with a standalone GeneratorX Pro, but with some limitations.

The standalone mode works well with Plasma for frequencies above 100 kHz. For frequencies below 100 kHz, the GeneratorX Pro will promote them to a harmonic above 100 kHz. Therefore, if your program contains frequencies below 100 kHz, using GeneratorX Pro in online mode with the Spooky2 software is generally recommended. [Click here to learn more.](#)

Spooky2 Discussions

Spooky2 Rife for Life Facebook Group 

[Any suggestions for extremely dry, itchy ear canals?](#)

Do your 11-day Terrain and follow up with dry, itchy ear canals from the peptide programs. It worked for me. No harm doing Terrain every so often. BFB is always a go-to. Dry, itchy ear canals are a symptom, not a disorder in its own right. [Click here for more discussion.](#)

[Will frequencies below 100kHz be effectively delivered using the plasma bulbs?](#)

If you check out the frequencies specified in the shells and use the one that covers your needs, you will be fine.

If you choose a plasma shell that does not include your desired frequency, Spooky will harmonically adjust the frequency to one that is allowed for that shell.

These shells are your friend and safeguard while learning about your Plasma. [Click here for more discussion.](#)

Training Course

Spooky2 Online Training Course – Addressing the Root of Chronic Inflammation With Spooky2

On Thursday, Aug 27th, we will have a new training course, hosted by Nick Dewey, one of our certified Spooky2 trainers. In this webinar, he will discuss the following points:

- What Is Chronic Inflammation — The Biological Mechanism Behind It
- Root Causes of Chronic Inflammation
- How Chronic Inflammation Differs from Acute Inflammation — Why It Persists
- A 3-Step Framework to Address the Root: Remove Triggers, Repair Barriers, and Regulate Immunity
- How to Use Spooky2 Frequency Programs Targeting Inflammation Pathways
- How to Combine Spooky2 with Other Interventions for Better Results
- Key Interventions and Safety Considerations When Using Frequency Therapy for Chronic Inflammation

Click to Save Your Seat

☀️ Thank you for being a valued part of the Spooky2 community! Stay tuned for more updates and exciting content in next week's digest. Take care and happy healing!

The Spooky2 Team

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