

Considerations for Giving One's Self a Rife Session



PRELIMINARY

By Jimmie L. Holman & Jack Counts
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Last updated 2/25//2005

These pages are for informational and educational use only. The devices, methods, and suggestions discussed in these pages are meant as a primer to this technology, to allow you the first-hand experience and self-education so that you may also personally validate the science underlying this and similar technologies and hopefully add your discoveries to the shared pool of knowledge. No health or medicinal claims are made. No guarantees of ANY KIND are suggested. Use of these type of technologies as a treatment should not be utilized as a substitute for competent medical care. Our focus is to provide some basic guidelines for experimenters and researchers who may otherwise endanger themselves as they probe the possibilities of this emerging technology and whatever it may offer them.

Forward & Dedication

Our investigation into this technology as been a truly remarkable one. What was once thought of as pure quackery was found to have solid documented foundations in hard science, physics, and health. When the technology was most needed for our loved ones, it was unavailable and information much harder to come by. We vowed to do what we humanly could to bring about positive change and technical enlightenment to those seeking it. The uses and implications go far beyond what most folks think of as Rife technology, with practical uses also extending into manufacturing, chemistry, industry, military, energy and aerodynamics.

Most experimenters and researchers beginning with this technology have often asked for more detailed information in specific areas and for them and others like them, this primer is dedicated. We would like to thank the Way of the Light Foundation, and especially those brave researchers who kept asking questions and encouraging us to continue on our path.



Jack Counts & Rita Divine



Jimmie Holman

In loving memory of Rita Divine

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Probable more than any other questions received, are those specifically related to “giving one’s self a Rife session”.



Few of the Rife developers have formal medical training. The technical aspects of the equipment development pretty much requires a healthy research and development background. Our staff and associates are largely founded in proprietary Research and Development ... I myself have over 35 years ... some have another 15-20 years on top of that. The no-nonsense approach, the methodical and deliberate investigation into the well documented science of what is going on with the general concepts of Rife technologies, we feel, have given us an edge into better equipment design, not simply copying or duplicating the “theories” of others.

Working in close relationships with legitimate and licensed health professionals, not only within the United States, but largely OUTSIDE the country, we are confident “proven and scientific protocols will be developed making the personal user’s self application much easier and more efficient. It is unfortunate that within the United States, Canada, and much of western science, the foundation of the technology is neither understood, considered, investigated or integrated into conventional medical practice. Because of the systems and politics in place, it is quite unlikely that environment will change anytime soon.

It is unfortunate that most persons come to Rife only after years of failed conventional medical treatment. On a positive note however, if you are reading this, you are likely one of those individuals that has broken away from the mold of society and have taken the responsibility for your own health ... not simply tried to find another doctor to dump YOUR problem into his lap.

Understanding the relationships and science of the technology as a tool to be incorporated into a more holistic approach is imperative to bring about long lasting, permanent and positive change.

Who Should Generally NOT Use Rife ?

- *Persons with heart conditions*
- *Persons wearing a pacemaker*
- *Persons who are pregnant*
- *Persons who were nursing*
- *Persons who have had an organ transplant*
- *Persons who are especially sensitive to radio frequency or electromagnetic radiation*
- *Persons who have kidneys or livers which are especially weak*
- *Persons who have severely compromised immune systems*

If any of the above circumstances describe your situation, it does not automatically exclude you from Rife research. It does however mandate you closely evaluate the technology, the risks, and how it must be used in your particular circumstance. The circumstances also determine which type of device may be better or worse for your experimentation and research. All devices referred to as Rife equipment do not necessarily encompass the original technology as conceived and envisioned by Royal Raymond Rife. Some devices include capabilities that go far beyond the concepts of Rife but none the less, are still generally categorized as an offshoot of this amazing field of research. No person is in a better position to evaluate and judge the effectiveness and response than the actual recipient.

Because of the legalities, imposed upon many manufacturers of devices, it is not uncommon for devices to be shipped with limited instructions. In fact in the United States, it may actually be illegal for a manufacturer to ship with specific instructions suggesting Rife treatment. General instructions regarding equipment operation and features should be closely reviewed for the type of device you are using to develop an understanding on how this relates to your situation and your self treatment.

The Latin/Greek concept, *deus ex machine*, (“god from the machine”), describes a person or thing that appears by the intervention of a god in the form of a machine or device which suddenly and unexpectedly, provides a contrived solution to an apparently insolvable or impossible difficulty. This is often the manner in which Rife technology is viewed by the end-user ... trusting a “magic box” and never attempting or desiring to understand the underlying technology. Unfortunately, it is also the matter by which some marketers present inferior products to potential buyers. It is ironic that many folks expect a guaranteed solution for their problem and still do not wish to investigate the source of their problem even in life threatening situations. The fact that they may have experienced decades of failed conventional medical treatment which also came with absolutely no guarantee seems to evade most folks.

It is absolutely imperative that the end user/recipient take full responsibility for the investigation, research, development and refinement of a custom protocol for their specific needs.

KNOW Your Equipment

Read and reread any instructions which came with your equipment. In most cases, the instructions may seem incomplete. This is most likely NOT an oversight by your manufacturer, but rather a bureaucratic limitation placed by a governing agency. Responsible manufacturers comply within these limitations, while others forge ahead without regard for the consequences.

In the United States, failure to responsibly consider these positions, claims, statements, and mandates risks getting a device permanently labeled an “unapproved medical device”, getting the manufacturer set up on any host of charges, including sale of unapproved medical devices, but may even go so far as “practicing medicine without a license”, an impressionable offense.

Most of the manufacturers out there try to be responsible all DO NOT!

Understand the differences in the types of equipment, the general operation, and really study your particular unit, its potential, and recognize its limitations. Limitations are typically a minor issue when you understand them and can plan around them.

Often times, manufacturers product lines are modular in nature allowing the user to expand into other areas with little to no loss of previous investment, adding capabilities without losing previous functionality. Price of the equipment IS NOT a good indicator of the effectiveness of particular system, nor its appropriateness for any specific use. (i.e. Direct contact devices, can be considered cruel when working with a sick pet while a radiant or hybrid type would probably be a better selection.) Some equipment lines also provide capabilities not considered strictly only within the limited realm thought of as “Rife Technology”.

It is extremely important to realize, that the capabilities of some equipment far exceeds the demands of most users. The “science” and “physics” of what is occurring, (and being caused to occur), is actually quite amazing and relatively complex.

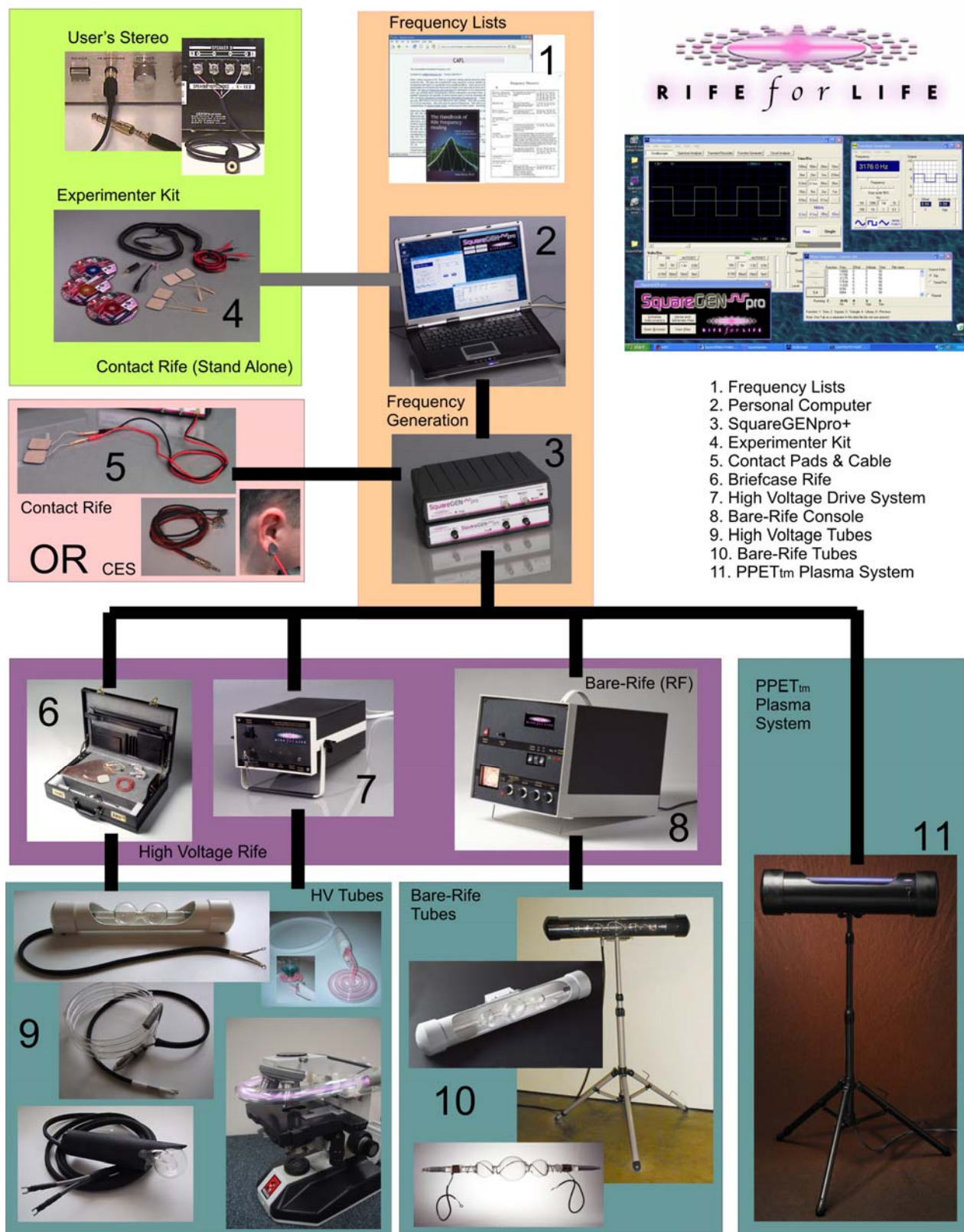
When you examine the science carefully, and research the technical references, you WILL SEE:

- there is absolutely nothing “magic” about what is happening,
- there are sound foundations in physics and science for the phenomena,
- you must integrate the science and technology into a holistic approach for best results,
- there are many potential uses for the technology OUTSIDE the realm of destructive biological effects, (industrial, chemical, manufacturing).

**“If you only consider the destructive nature most commonly thought of as Rife Technology
.... You are probably missing out on 95% of its capabilities!”**

Product Lines are often modular allowing user selection for the most appropriate components for his, (or her), particular area of research and experimentation.

Photo courtesy of RIFE for LIFE (www.RIFEforLIFE.com)



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Analyze Your Situation

List your symptoms and experiences over the years. Include symptoms you had for so long that you tend to disregard. Your health care professional can be an invaluable resource in making this list. It is important to know the relationships of those symptoms as well as the possible causes. This gives you starting points.

An excellent resource form for compiling and recording this information was originally compiled and used by Don Tuney, and later put in electronic form by myself as a multi-page PDF. It may be freely downloaded from the Introduction to Rife Technology website in the “References and Resources” section listed as the “Operating Aids” area.

The image shows three overlapping PDF forms from the Rife Technology Research Section. The top form is the 'Medical History' form, the middle is the 'Rife Technology Evaluation - Volunteer Waiver', and the bottom is the 'DAILY REPORT' form. The 'DAILY REPORT' form contains a grid for tracking symptoms over time.

Understand the Physiology

Dr. Nenah Sylver so aptly said:

“Since the allopath medical model is so dominant in the West, people may tend to use Rife technology in a strictly allopathic manner, as in “Just zap that sonuvabitch microbe and get rid of the disease.”

For best effect, we MUST take a more holistic approach and take our personal matters into our own hands ... which usually equates to educating ourselves a bit better about our own anatomy and our situation, such that it is. Understand the location, involvement and purposes of the affected and related body structures. Many people never take the time to do “maintenance” and often never even learn about the function or location of various body parts until something is wrong.

Your unique situation, what you are trying to manipulate, funds available, your level of understanding may impact what type of device you are going to use. INVESTIGATE !!!!

Understanding the layout and construction of the human body is especially important in contact applications. Deep penetration may not occur without careful planning. Radiant devices theoretically tend to penetrate far better and do not require the same level of planning, however, at least some of these devices generally require a more technical level of expertise to efficiently and safely operate.

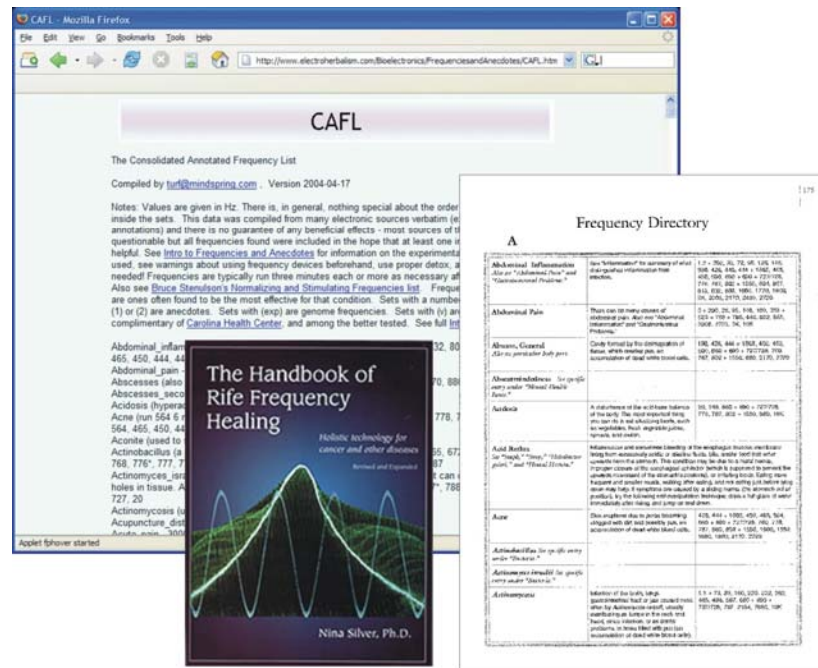
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Select Your Frequencies Build your Lists

Select your Frequencies you intend to begin with. Although there are many sources for the available frequency lists, my personal two favorites are Brian McInturff's CAFL (Consolidated, Annotated Frequency List) at www.electroherbalism.com and Dr. Nenah Sylver's Handbook of Rife Frequency Healing available direct from the author at www.nenahsylver.com

Both lists are extremely helpful to the novice user and provide important cross-references, considerations and notations. Both Brian's website and Nenah's book provide extra content absolutely necessary to understand and develop an effective protocol.

The lists should be considered "starting points" only. Elsewhere on the "Introduction to Rife Technology" website we more fully discuss frequency considerations. The general type of Rife device being used, the method of frequency generation being used, the method of application, and even the situation being investigated can make a big difference on how the user supplements or manipulates the list he has created for himself.



Your frequency list should never be static.

***It should be constantly evolving and representative of change
in response to the changes being brought about.***

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Modify as Needed

The absolute worst thing an individual can do is simply accept a list someone else has prepared and go no further in modifying and tailoring it to the individual's own unique needs. No two people are alike ... and it is unlikely their frequency sets will be either.

How Long ?????

Probably without exception, the most often asked question seems to center around the timing plan of a Rife session or for specific frequency sets. This is an almost impossible question to answer ... much like asking/expecting an answer to "How long does it take to drive to work?" There is no "one answer fits all" reply. Every one is different, their symptoms are different, their health different, and their exposure and re-exposure to environment, diet, and water different. The effectiveness of their equipment, how they are using it, even where it is applied can make a big difference. It is up to each researcher/experimenter to determine on an individual basis what works in their unique situations ... and to optimize their equipment, the frequencies, and the exposure times, and diet adjustments as needed for their situation based on their personal observations and perceptions!

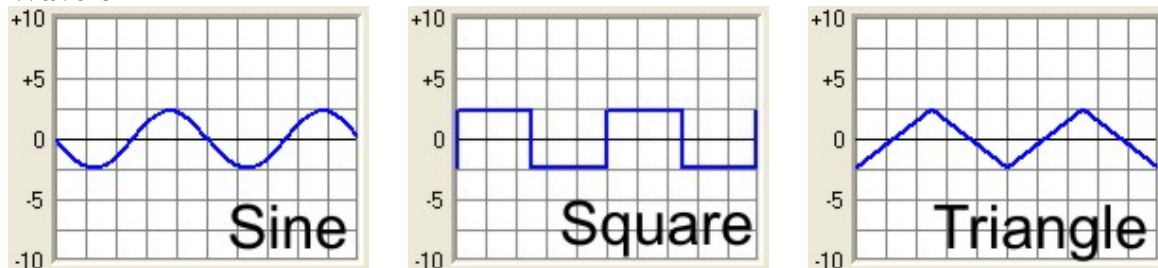
Limitations of Equipment

All equipment is not equal. Some equipment that looks just like another may in fact be far inferior, (or superior), to a similar looking unit. Price is no assurance that one unit is better than another and unfortunately some devices have prices founded more a result of marketing than of suitability or effectiveness. The truth is, most of these devices, regardless of type or manufacturer, work to varying degrees. Investigate and purchase what is **TECHNICALLY** appropriate for YOUR intended use. The ability to provide additional functionality and expandability based on your expanding knowledge, experience, and increasing needs should be of paramount concern.

Frequency Application

A much more detailed discussion of frequency generation and application is available on the "Introduction to Rife Technology" website, (www.holman.net/rifetechnology), in the "Frequency Generation" chapter. (also now www.IntroductionToRife.com)

Waveform

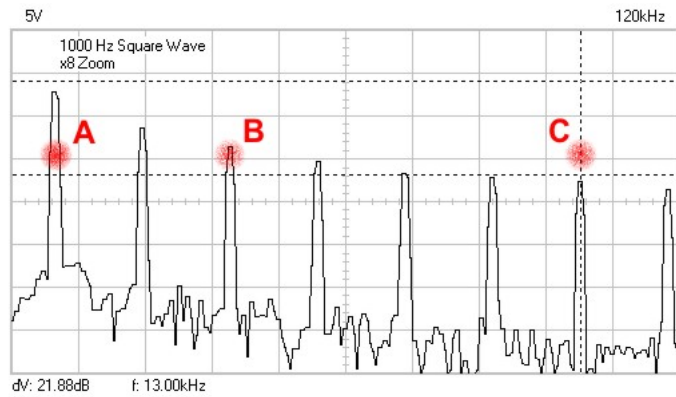


We use specific waveforms for different purposes. As a general rule, we have generally preferred square waves over the other waveforms. The large harmonic content, when compared with lower to almost non-existent harmonics of others have been the primary reason for our selection, realizing we have a far better chance of "hitting" our target.

Harmonics

Most of us realize that we are not using a single frequency, but rather clusters of resonant harmonics of a fundamental frequency. Limitations of some equipment may not allow it to effectively operate outside the lower audio ranges while others now allow for versatility into extended ranges.

These harmonics take energy. The energy you expend is allocated among these harmonics. If the specific ACTUAL mortal oscillatory rate is known, it is logically far better to focus ALL of your energy there via a waveform that doesn't expend/share its energy with the harmonics.



Pulses

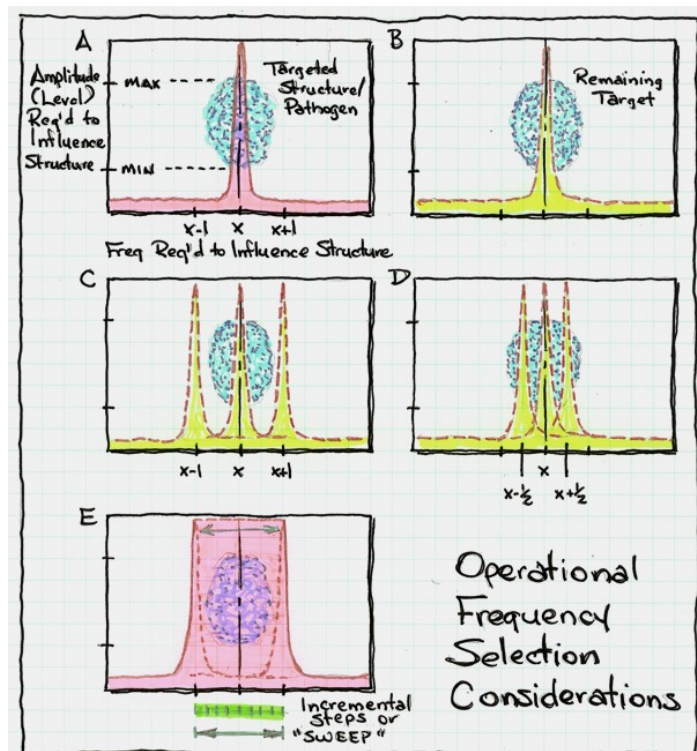
Nenah Sylver, in her book “*Handbook of Rife Frequency Healing*”, simply but aptly stated “Pulsing drives the wave more forcefully into the body to compensate for the microbes’ possible resistance to the frequencies.” A more technical explanation can probably be devised, but most researchers tend to agree, pulsing tends to have a positive effect for our uses.

Sweeps

It is natural for any organism to mutate to a varying degree. This is simply one manner it/we or our offspring adjust to a hostile environment. Likewise, the MOR (Mortal Oscillatory Rate) also moves slightly making it typically necessary to vary the fundamental frequency to effectively “get” both the target and its mutated offspring as well, to prevent a “reoccurrence” of the problem.

Toxic Chemicals/Medications

This will be addressed in more detail in the “*Common Sense Considerations*” which follow. If you are however noticing reactions with medications, adjust (lower) your exposure times to minimize adverse toxic exposures.



Experiment ALSO with various Fungi, Molds, Yeasts, and Parasites. Many problems/symptoms resembling others are brought about or worsened by having these forms present. Removing them may ease others as well.

Miscellaneous Common Sense Considerations

Water

While drinking plenty of fresh, clean water is almost always a good idea, it is exceptionally important when undergoing a Rife session. The die-offs and flushing necessary to rid the body of the debris and toxins is facilitated by the ready availability of water within the body.

Diet

A healthy, regular diet is instrumental to provide the necessary elements and compounds for proper development and efficient operation. Many of these elements in their proper ionic form are absolutely necessary for certain processes to take place.

Nutritional Supplements

In addition to clean water and a healthy diet, there are typically still deficiencies of needed minerals and compounds necessary for the efficient operation and maintenance of the human machine. A certified clinical nutritionist can be an invaluable resource in identifying these deficiencies and recommending appropriate natural compounds and foods not readily available over the counter.

Current Medications / Herbal Medicines

Whether you are taking prescribed pharmaceutical medications or herbal remedies, you **MUST** take into consideration the effect they may have when combined with your electronic sessions. Prescribed medications are largely unnatural, synthetic, toxic poisons or substances meant to bring about an effect. The “prescription level” is often at that threshold/margin where it can bring about its intended effect while staying right under the limit which can cause toxic damage to internal organs and bodily processes. While herbal medicines typically do not include the toxic effects, they too are often dosed at levels to bring about a specific effect when taken at a desired level.

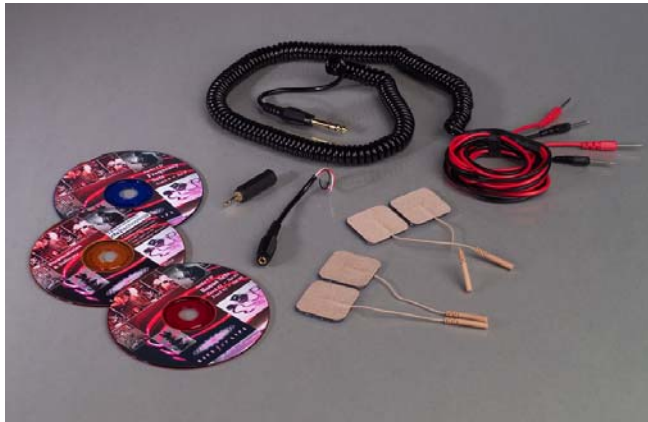
The nature of the various forms of “Rife” or many of the other electronic methods you may be working with typically all cause a separation of clustered cells (common when one isn’t running at “100%”). This separation allows for **MUCH** better absorption of oxygen, nutrients, **AND** the medications, which, if toxic, can cause a problem worse than what is originally being addressed. In the case of toxic medications, (besides effectively receiving an overdose of the medication), the results can be so severe as to overtax, even permanently damage various organs. Herbal medications, while more natural and more easily integrated into the system, also can be received in excess.

IMPORTANT!!!! Considering the scenario above, being aware of these facts, it makes good sense to merge some allopathic treatment with Rife. Using the Rife itself to amplify the effectiveness of a prescribed or natural medication, makes good sense. Example: Using Rife with an extremely low dosage oral chemo to bring about the desired effect while at the same time having only a minimal amount of substance in the body. The result hopefully being optimal use of the medication with far less “side-effects” and little toxic overload and damage.

THINK ABOUT IT !

Contact Method of Application

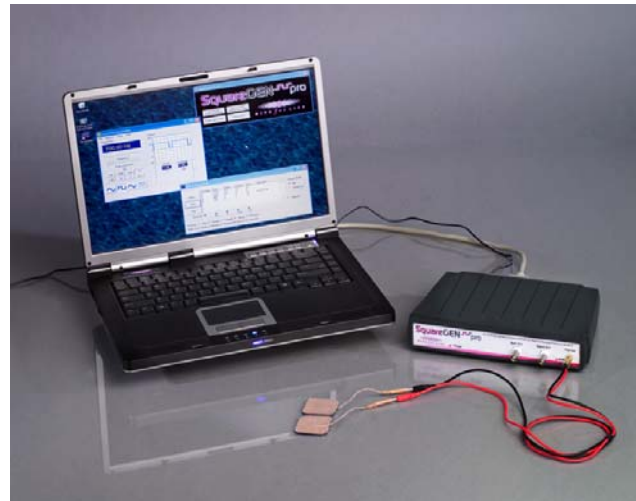
The contact method of application is probably the easiest and most practical method for most folks to get into the technology. It provides a simple yet effective method by which the novice may begin their investigation and experimentation and have a foundation to build on for more complex equipment later on. Although it is the simplest of the methods, it generally requires a bit better understanding of anatomy and physiology for most effective use.



Above: Experimenter Kit

The experimenter kit device shown here represent something as simple as prerecorded frequency sets which utilize the person's home stereo for sufficient voltages and currents for useful stimulation.

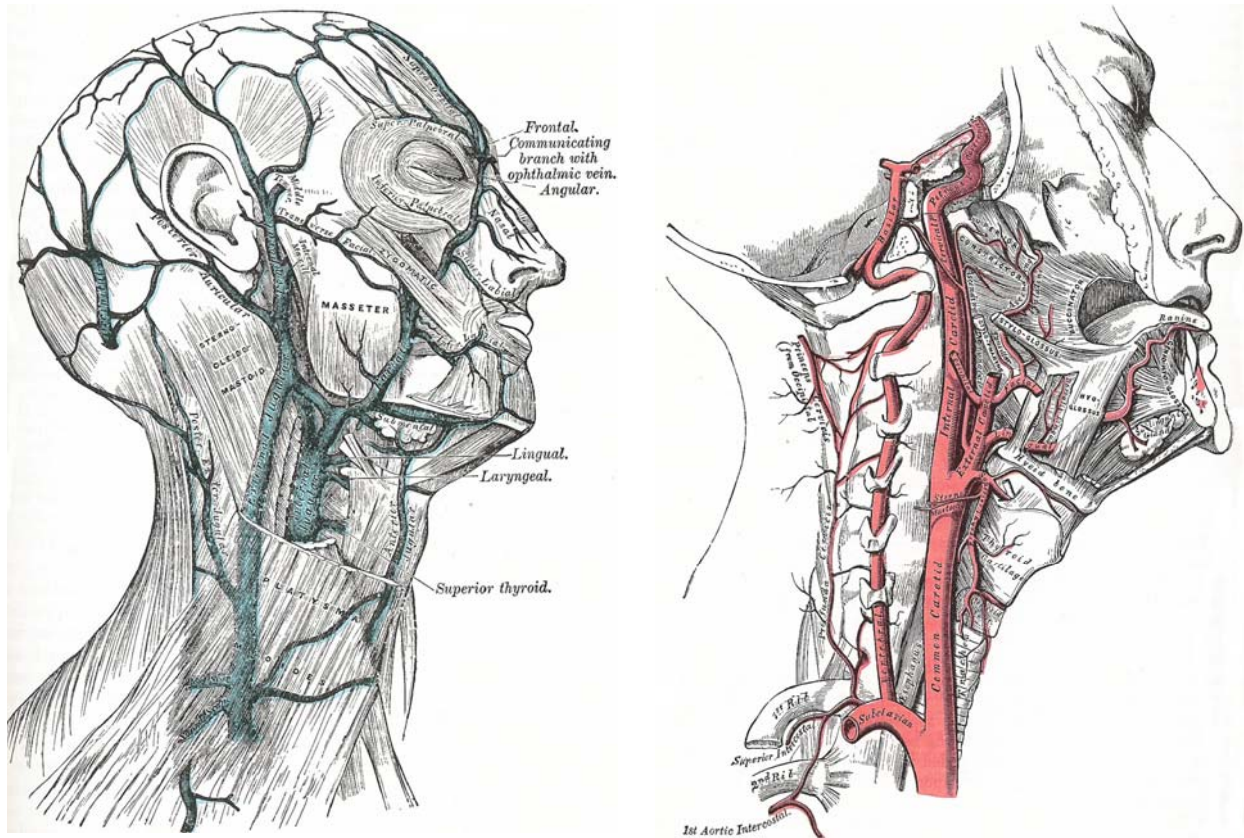
Right: SquareGENpro+



The computer controlled SquareGENpro+ offers versatile precision frequency generation for not only contact-type applications but suitable for laboratory and plasma type devices. (Note: The unit can also be used to appropriately drive the more elaborate plasma devices using the same frequency sets built for direct contact.)

It is perhaps best to start out what NOT to do. Both the heart and brain are very electrically active components operating on very small electrical control signals. Direct application of electrical impulses to either head or heart could easily interfere with the natural signals with FATAL consequences.

DO NOT APPLY ELECTRODES TO THE HEAD OR HEART AREA !



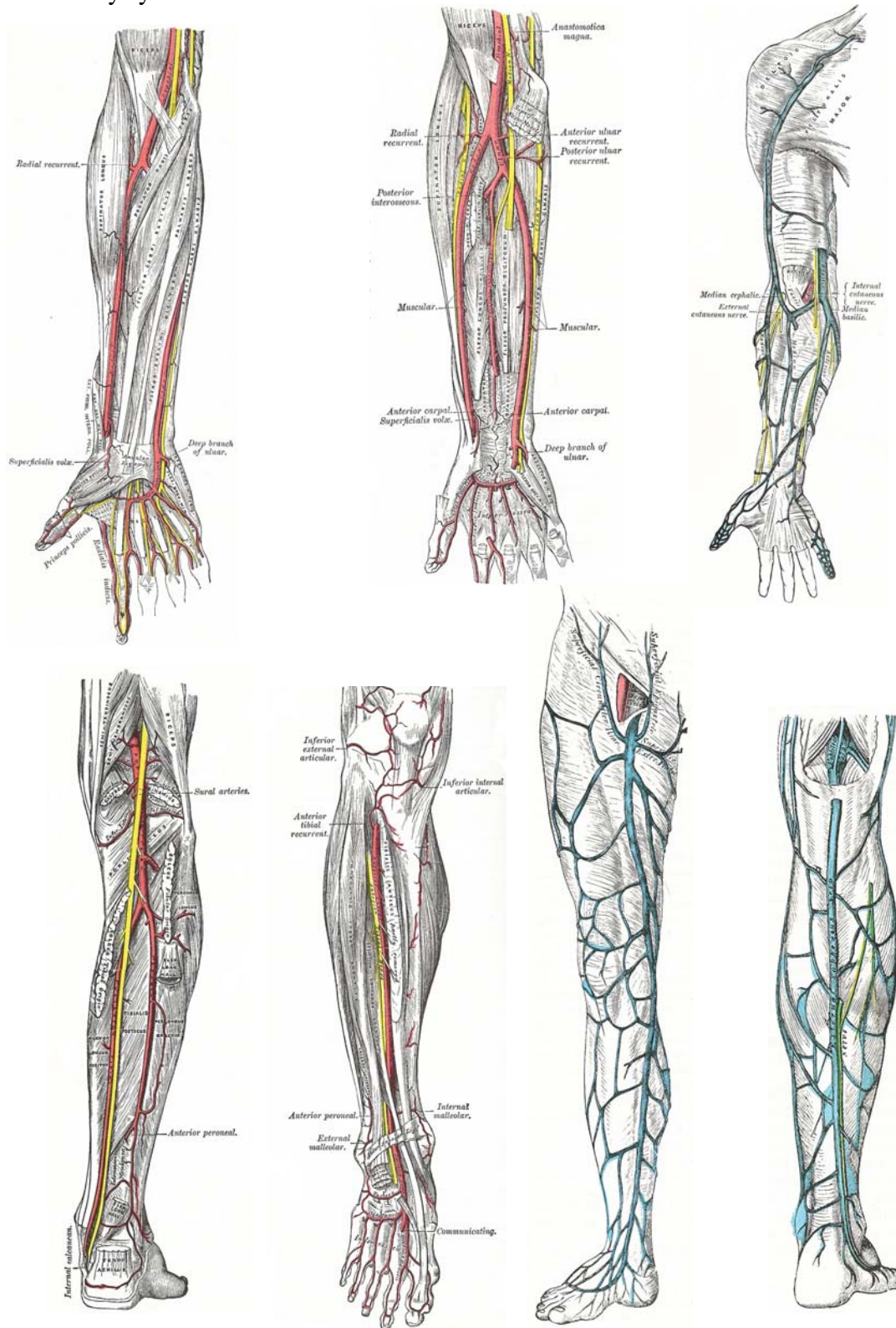
Likewise, do not provide a short direct path through the torso either ! ... i.e. chest to back shoulder.

The blood of the body has high iron content. The salts in the body, like the iron of the blood make the fluids of the body highly conductive.

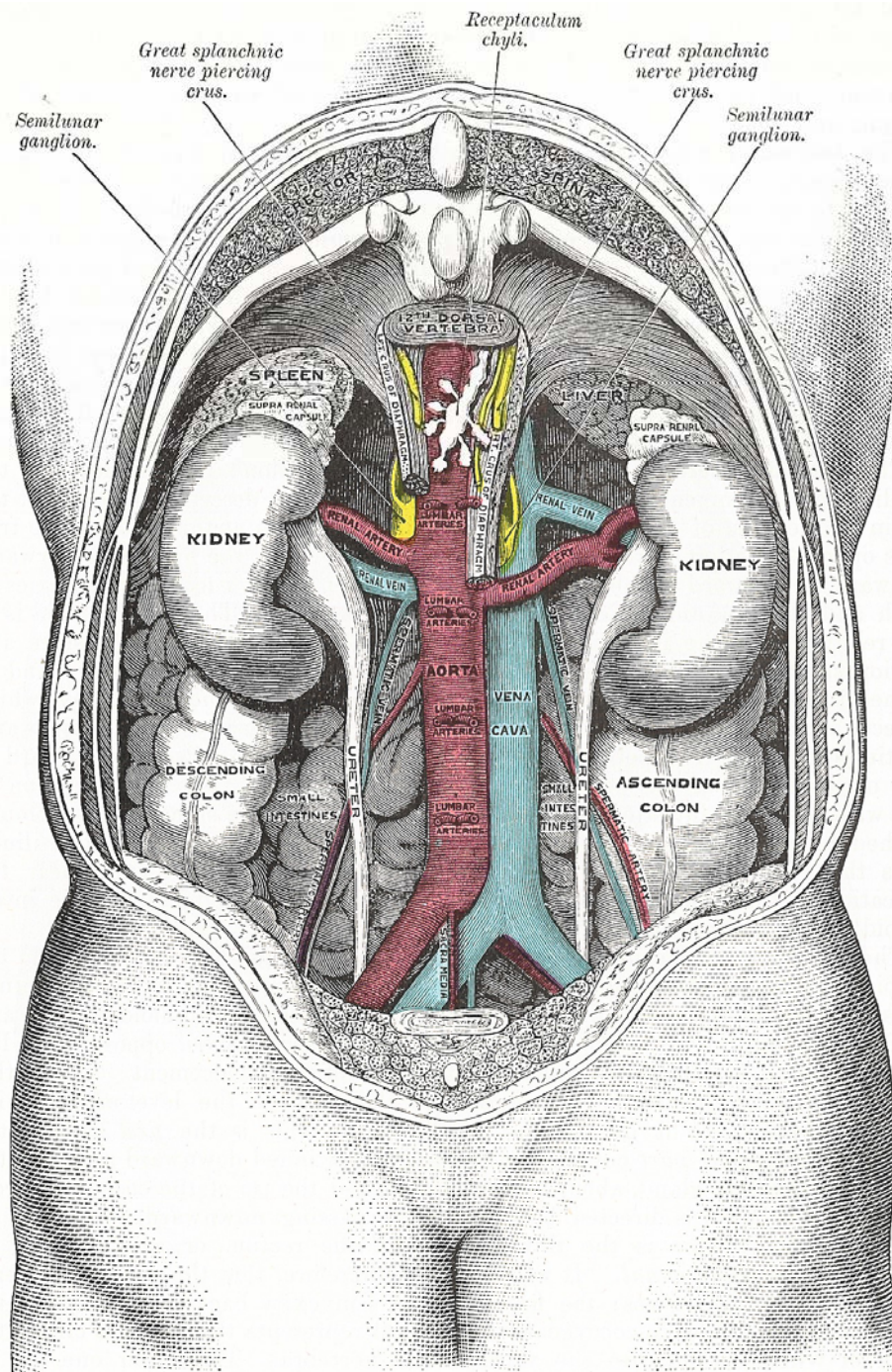
As you can see the network of both veins and arteries provide a conductive pathway to this undesirable area. The neck area shown here should be avoided completely.

By carefully considering, familiarizing ourselves and better understanding the human physiology, we can utilize, (or avoid) particular areas for our fullest advantage.

The following illustrations should help familiarize you with the largest veins and arteries of the circulatory system.



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We can clearly see the physiology of these routes takes use just about anywhere in the body one would want to go. However, this may not be the only pathways we might utilize.

Accupuncture Meridian Network

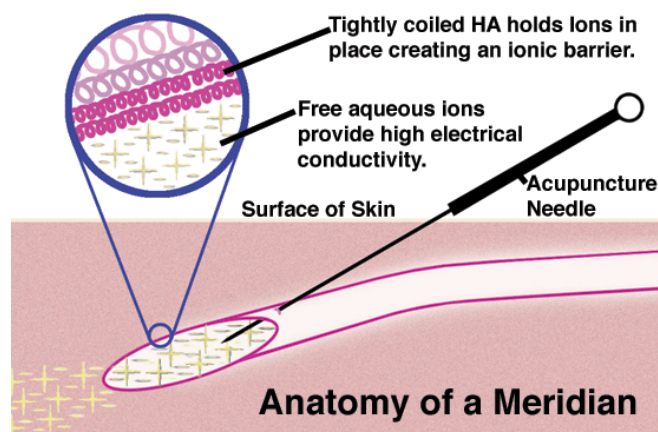
Although quite misunderstood and virtually ignored by western medicine, the meridian network provides a similar if not more directly useful “network” of pathways to the important areas of concern. Ironically, even though this network has been mapped out in diagrams from ancient oriental medicine, it has only been in very recent years, that the meridian network was mapped out via the use of radioactive tracers and modern equipment ... giving us a detailed picture corresponding to that which oriental medicine and philosophy has well known for thousands of years.

The structure of this system is chemically and electrically amazing and perfectly suited for our use. The meridian system is made up of HA ... Hyaluronic Acid, a water soluble oil which is capable of selectively bonding to water molecules and aqueous ions like sodium, potassium, and magnesium. HA can create an ionic barrier through which electrons cannot pass ... and by

withdrawing from an area leaves a high concentration of free aqueous ions (salt water), which is very conductive. In essence, it has formed a non-conductive tube, filled with highly conductive

fluid.¹ A visual analogy for our use might just as well be an insulated copper wire with a direct connection and distribution to every major component of the human body.

Like the blood network, or as in electro-acupuncture, it isn't necessary to directly connect to these systems. With contact methods, sufficient connection is made by surface transdermal connection.

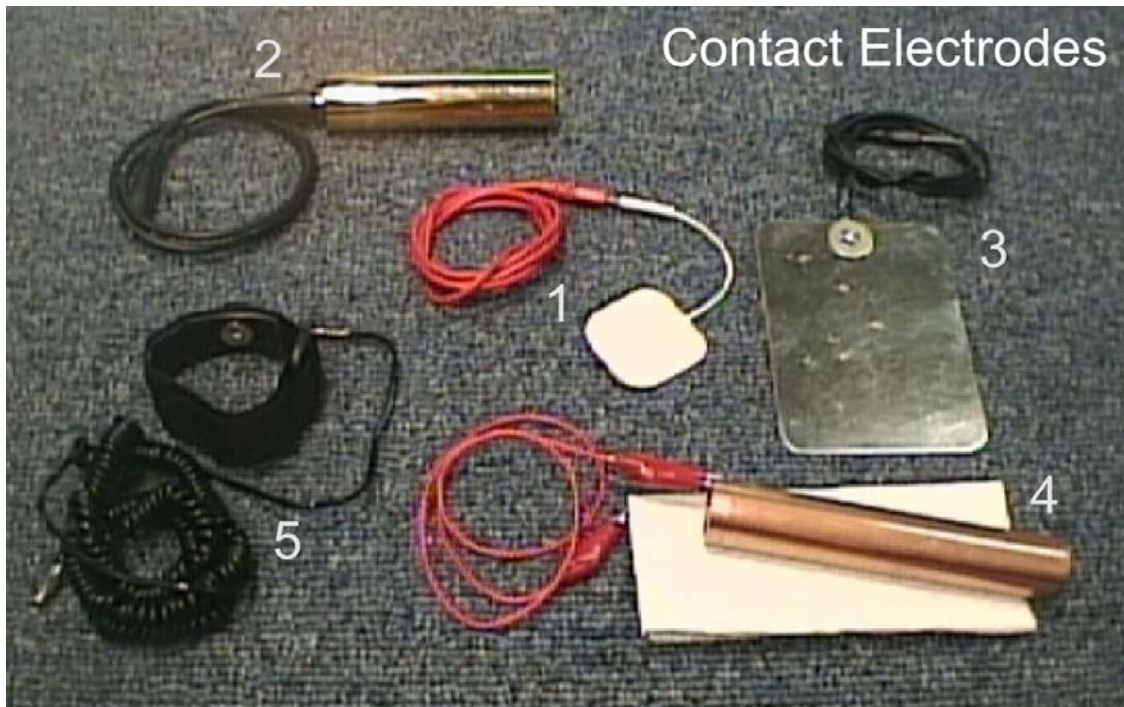


¹ Chi Institute Newsletter #105 – www.chiexplorer.com

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Contact Electrodes

Contact systems generally come with, or recommend a pair of contacts, generally within of the following general types.



1. **TENS/FENS Reusable Electrode Pads - *PREFERRED***

RIFEforLIFE products use the medical grade, reusable adhesive electrode pads across our product line. Even though small in size, (typically 2"x2"), they are designed to provide excellent electrical transfer while at the same time protecting the user from metallic impregnation due to the occurring electrolysis process. These pads are relatively inexpensive and allow for direct application to areas which would not be practical by the other devices. Note: Formal studies have shown, appx. a 10x improvement in effective electrical transfer over the plate or hand-hold types.

2. **Gold Plated Hand-Hold**

This is probably the most common of the higher-end, contact type systems. The gold plating provides good area to grasp, while also providing a non-tarnishing, conductive surface.

3. **Stainless Steel (or Aluminum) Footplate**

While these stainless steel pads provide a flat surface, often used to step on with bare feet, they have also been applied to general areas, via tapes and belts. Although a relatively dense metal, it does not offer any protection from metallic particle impregnation when there is direct contact. The softer aluminum should be avoided for this reason. We have used this type of pad when a footbath of Epsom salts was used ... the plate being dropped into the bath, and the entire salt-water contact with the skin being an effective contact.

4. **Copper Pipe wrapped with wet paper towel or cloth**

This application method is probably the most common of the low-end systems.

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Attachment to the simple piece of copper pipe is usually by a simple alligator clip. The wet paper towel or cloth, (moistened with salt-water for conductivity), helps provide better surface contact and electrical transfer while also avoiding the electrolysis issue

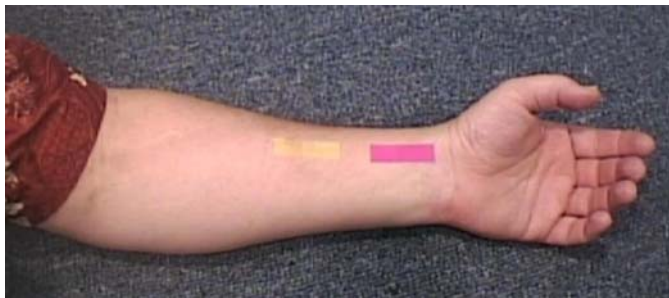
5. **Antistatic Grounding Wrist Strap – AVOID**

Wrist straps with special conductive liners can be used to firmly connect to the inner wrist which is actually a preferred area. These typically have a Velcro closure for a firm fit. Unfortunately, several manufacturers are using grounding wrist straps without modification which were intended as anti-static devices for computer manufacturing. These anti-static devices were meant to suppress high-voltage electrostatic discharges. The wire is often a special material to provide a resistive load and will typically not even pass the signals we are trying to apply. Be SURE you have a type suitable for your use and do NOT assume what you were sold is appropriate for your use. If it has not been properly modified, this type is generally worthless for our intended purposes.

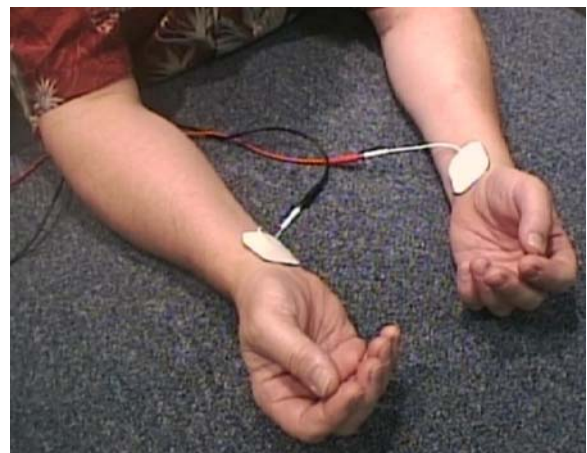
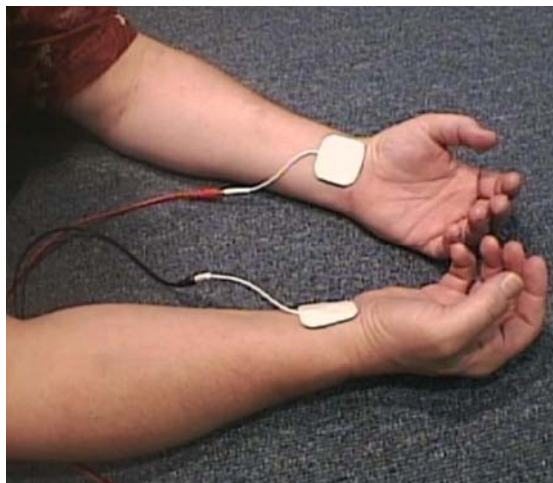


Both the radial and ulnar supplies come quite close to the surface in the wrist area. When utilizing very small voltage/current devices and attempting to electrify the blood itself, a practical arrangement might be as shown here.

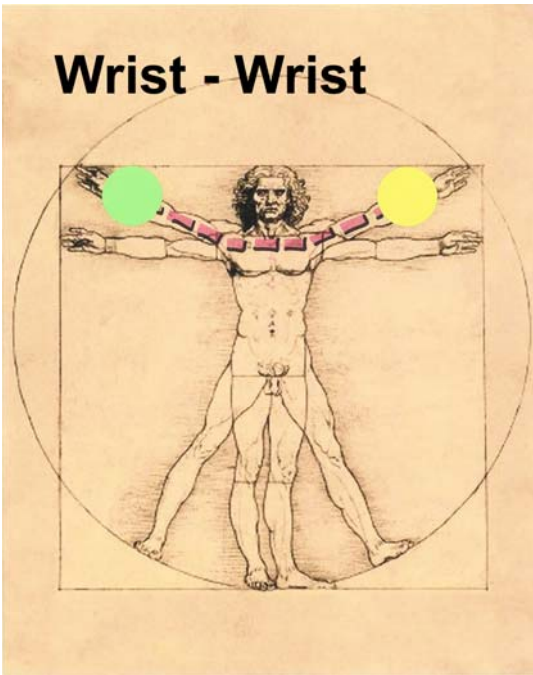
An alternative configuration for limited or low voltage/current devices is also shown here, effectively electrifying only about 6" of the radial artery. Remember, the entire blood supply will pass this point within a relatively short period of time



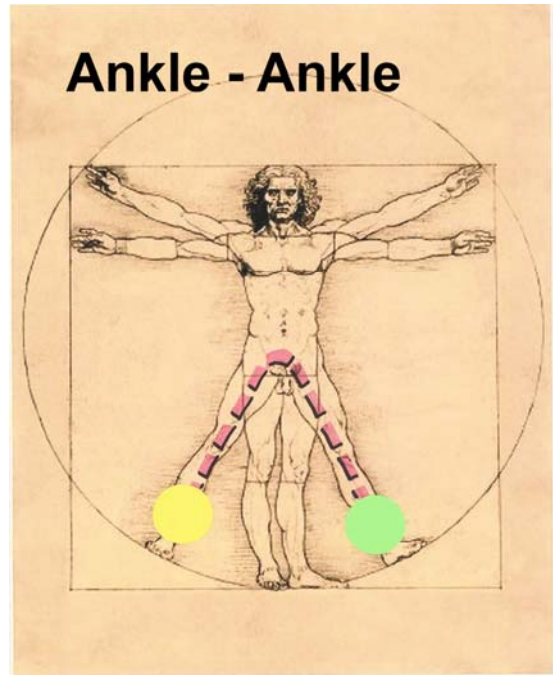
The wrist-to-wrist configuration shown here is probably the most common configuration for general use. Using this same technique and planning, with the feet or other areas of the body, an almost unlimited variety of patterns can be utilized to meet your unique needs



Wrist - Wrist

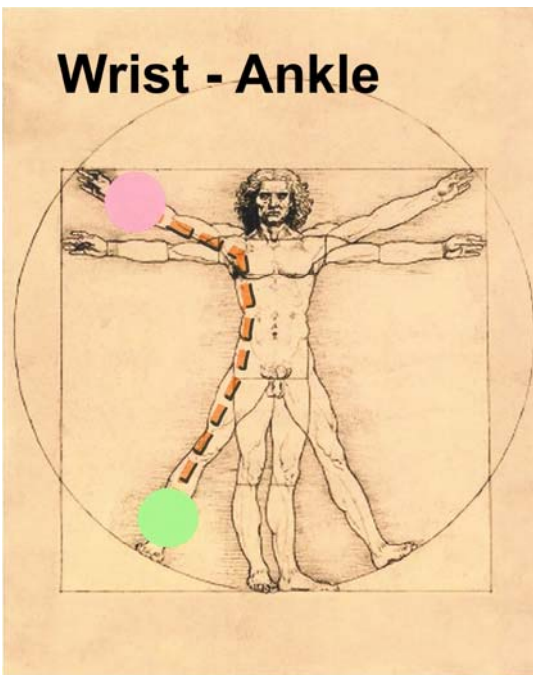


Ankle - Ankle

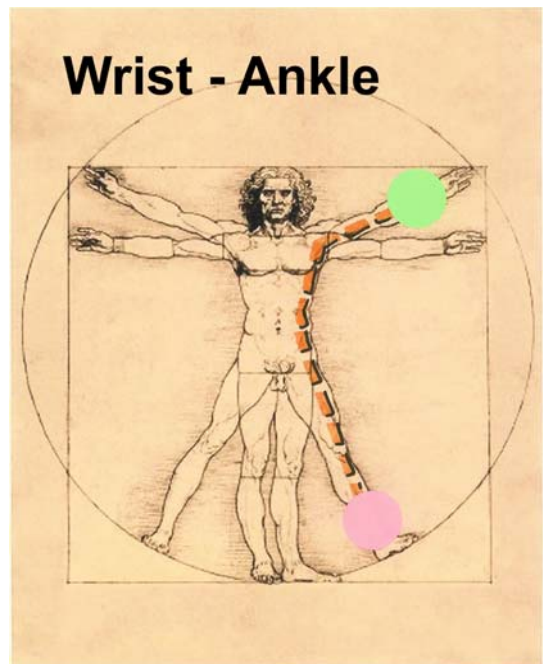


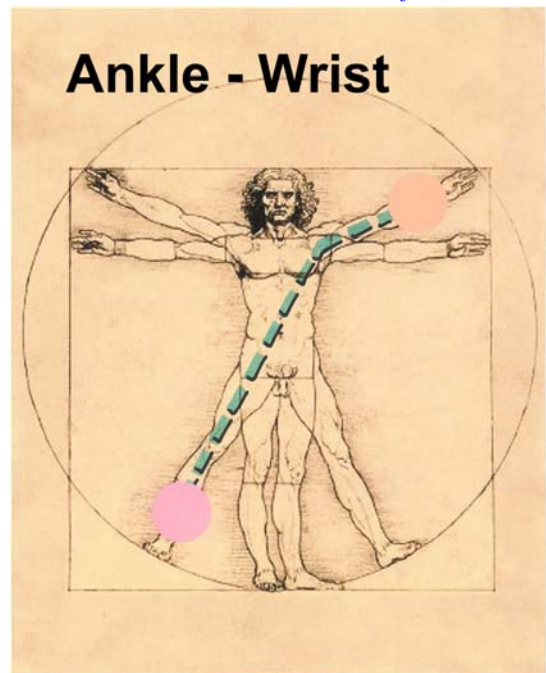
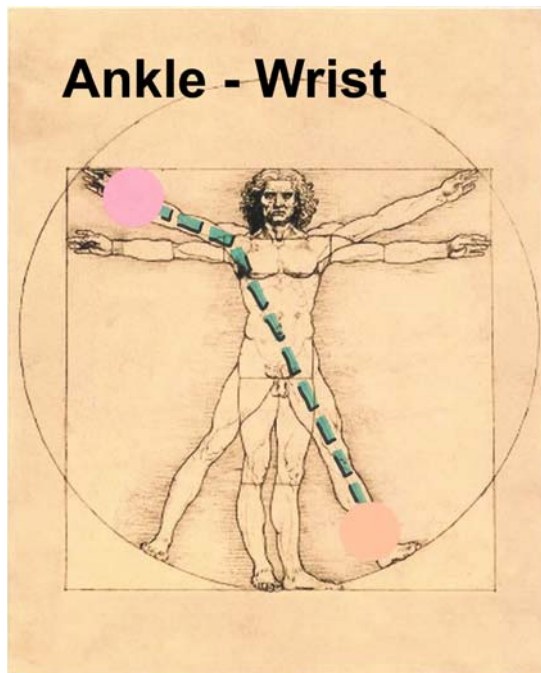
When Dealing with blood-born difficulties, any of these 4 connection points provide good overall coverage, while at the same time somewhat localizing to avoid critical areas. Localized planning of this sort can help make the most out of a system which may have limited current available.

Wrist - Ankle



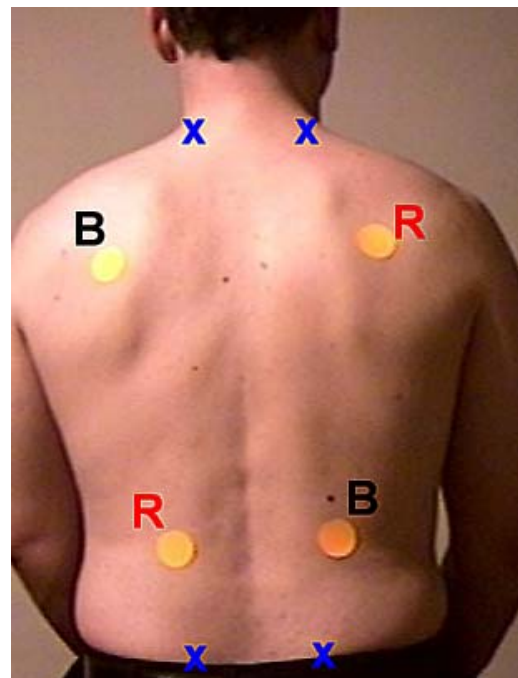
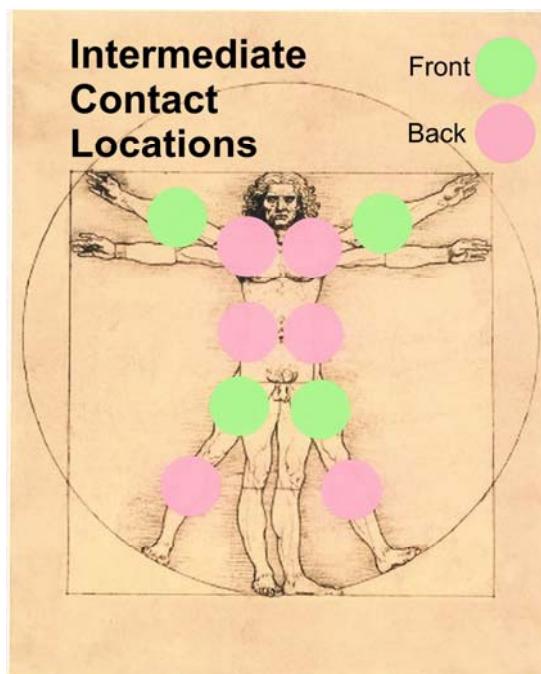
Wrist - Ankle





When necessary to try to “hit” specific internal organs of the torso and larger amounts of power are available, a Cross-the-Body configuration as shown here is recommended.

In addition to the “end-points” shown above, the intermediate points shown here are commonly used as termination points. Make special note here that some of these locations are on the front of the body, some on the back.



The lower right picture is a useful example of a 4 pad configuration such as the Experimenter Kit

High-Voltage Radiant/Contact Applications

Most of the high-voltage plasma devices are able to be used in both radiant and contact mode. Although radiant in nature, contact methods sometimes provide a superior pathway to the targeted areas

Laying a hand on the bulb is essentially providing one positive electrode contact point. In the case of the briefcase Rife unit, a hand-shaped grounding pad is provided to provide the contact point representing ground. This technically provides a Wrist-Wrist type connection as illustrated in the previous “Contact” section.

The provided electrode pad and extension cable provides the capability to ground to more specific areas and even better control general paths.

Even without direct contact, the radiant nature of the plasma tube will provide useful signal to the body. Providing extra targeting via grounding simply increases both amount and focus of areas of intended interest.

Note: The newest RIFE for LIFE high voltage design may provide so much energy that contact modes are impractical or not recommended.



These pages are for informational and educational use only. The devices, methods, and suggestions discussed in these pages are meant as a primer to this technology, to allow you the first-hand experience and self-education so that you may also personally validate the science underlying this and similar technologies and hopefully add your discoveries to the shared pool of knowledge. No health or medicinal claims are made. No guarantees of ANY KIND are suggested. Use of these type of technologies as a treatment should not be utilized as a substitute for competent medical care. Our focus is to provide some basic guidelines for experimenters and researchers who may otherwise endanger themselves as they probe the possibilities of this emerging technology and whatever it may offer them.

RF (Bare-Rife) Method of Application

Bare-Rife systems probably most closely emulate Rife's original configuration. In this system, a relatively large amount of modulated RF energy is used to excite the plasma tube. Unlike the previously mentioned application methods, Bare-Rife devices ARE NOT contact devices !!!!!

Under no circumstances should ANYONE be allowed to touch the tube while it is in operation. RF burns are painful and dangerous and WILL occur if the wrap is touched. Few people make this mistake more than once!



Most older Bare-Rife systems typically have the tube located at or near the equipment essentially forcing undue RF exposure on the operator. This situation has been eliminated with the ability to remotely locate the tubes, generally 20 ft away although this distance can be extended or reduced.

The older table-top type unit is most suitable for those desiring to build their own and/or for self treatment. The modular system currently being designed and built by RIFE for LIFE is well suited for clinical or large group settings.

Note: Microbial Die-off/Kill-off can occur at an exceptional rate with a good Bare-Rife system. Be particularly careful to not over tax your system, drink plenty of water!



A reasonable distance should be maintained from the tube, typically 6-8ft, for safety.



This paper excerpted from the information website

... an Introduction to
rife | technology

www.holman.net/rifetechnology

or

www.IntroductionToRife.com