

An Introduction to ENERGY Medicine!

<http://www.heal-me.com.au/frex.html>

Introduction

Electrotherapy is believed to have been used by early Egyptians to treat disease. The current method of using **specific frequencies** for treating health conditions emerged around the 1930's.

Since then, a great deal of knowledge has been gained on the value of different frequencies for use in treating various diseases. The Frex database is the result of all these years of research, which is still evolving.

It has been claimed that everything in this world vibrates when stimulated by the right frequency. A glass will break when a singer delivers the right notes at the right power. Likewise, harmful bacteria, virus, mould and fungus will vibrate and become devitalized when exposed to frequencies that resonate with their tiny structures. This interruption of pathogen provides an opportunity for the body's immune system to gain control of its microbe populations, and thus heal from disease.

NASA discovered nerve cell regeneration with 9Hz (a hertz is pulses per second and displayed as Hz)

NASA also uses audio frequencies to overcome astronauts' bone and muscle waste problems of gravitational free space flight. These frequencies were found in the study of a cat's purr.

Doctors around the world use frequency therapy for all sorts of health promoting functions - from stimulating human cell growth, to devitalizing harmful pathogens.

The more popular use has seen people using frequency therapy as an integrated tool to assist in the recovery of a health crisis.

If you scan through the database, you'll soon discover the staggering vastness of this therapy and its great value for being an important tool in the first aid cabinet in every home.

Welcome to Frex - Help & Tips <http://www.heal-me.com.au/frex.html>

With thanks to the Internet, Frex is now used in every country in the world - by private individuals, alternative and natural therapy researchers, homeopathic doctors and MD's.

In A Nutshell

Frex is a database of disorders and body stimulation functions. Each disorder has a frequency list associated with it which can be output via a Windows PC, notebook computer or MP3 Audio Player via the sound system to drive various contact electrode and plasma light transmitters.

Frex is used to control



- The ubiquitous MP3 Audio Player which is virtually a Hard Drive Computer facility, recording in Digital format is an excellent storage & Delivery system for the purpose of Frequency therapies!
- Contact electrode systems. *Very popular*
- Most versions of EM (**E**lectro**M**agnetic) plasma transmitters. *Popular*
- Some researchers use Frex to control their Rife/Bare RF machines. *Popular*
- For use on any device that requires frequency generation under 20kHz

Navigation In Help

Easy, just click on the menu option the top of this page to access information on that topic.

Specifications

While the frequency generator functions in Frex will resolve an output frequency to 0.00001Hz resolution, the calibration function in Frex denotes accuracy to 0.001Hz.

All Program Manager, Explore and Sweep functions allow inputs to 0.01Hz (This is well beyond the tolerance level for RIFE instruments). Database entries can be to 6 decimal points and will be output to 6 decimal point resolution (0.00001Hz) via the function generator software of Frex.

In A Nutshell

Frequency sets for various disorders can be selected in the database, stored in a temporary buffer and used to create programs to run on the computer's sound system.

Often, a disorder **frequency set** will be made up of between 1 - 40 or more frequencies to be run. The standard run time per frequency is 3 minutes (180 seconds) unless different advice is reported in the comments.

Running frequencies under 2.5 minutes will have a stimulating effect on microbes, while running frequencies for 3 minutes or longer will have the desired devitalizing effect. This is simply the product of Resonance Initiated Field Effects (RIFE).

Flex lets you record sine, square, triangle, sawtooth pos., sawtooth neg., and white noise.

Square Wave is the default waveform due to the strong harmonics it creates. Harmonic and sub harmonic frequencies when generated will assist in devitalizing specific microbes and enhance the healing response.

The Default Program

When Flex runs, it will load the default program. You are free to modify and save the default program so each time you access Flex, it will be set-up with your program and ready to run.

Physiological Responses

During a frequency session, some people experience a physiological response to a frequency. These responses can start when the new frequency is transmitted, or at some time through the frequency run time. I have come to understand these responses are also associated with the level of pathogens or dis-eased cells present in the body.

I have seen responses last for as long as ten minutes when being stimulated by a frequency.

Manifestations of these responses have been observed to include: ...

- a) goose bumps
- b) watering eyes
- c) slight muscle spasm/twitches
- d) sinus clearing - runny nose
- e) prickles in scalp
- f) churning stomach
- e) feet and hands get twitchy, like a nervousness
- f) breathing rate change. (either way)
- g) quickening of the pulse
- h) biofeedback temperature drops
- l) a group of muscles going soft or strong
- j) nerve pathways (deep in tissue usually) tingle
- k) noise in ears alters (can go loud or soft)
- l) low level pain in joints increase then falls away quickly
- m) a random tingle in the body (may be the site of pathogen or tumor)
- n) a feeling of warmth in the tissue or sweating

Named after German physician Karl Herxheimer, M.D., Herxheimer's Effect (or Herx, for short) basically can be a side effect of any antibiotic treatment, be it pharmaceutical, herbal, colloidal silver or long exposures to Rife technology when first starting out. When these mechanisms kill microbes faster than your eliminatory system is able to remove them, it manifests itself generally with flu-like symptoms. These can include headaches, soreness/swelling in joints, swollen glands, bloating, constipation, and numerous other discomforts.

Many people are in good enough physical/systemic condition to not have any noticeable indication of Herx. Those who are generally well (but not totally healthy, and many do not realize this), are surprised by and anxious to get rid of the discomfort. Relief will generally come within a few hours of stopping the medication/therapy and drinking large amounts of water to help the system flush the toxins out. Hopefully the patient will resume the treatment at a lesser dosage or exposure, again slowly increasing.

However, many who have experienced long term chronic illnesses look forward to these side effects, as an indicator that what they are doing/taking is working, and try to maintain a tolerable level of discomfort until they effect submission / remission of their condition.

Long-term Candida sufferers are most likely to experience this effect of the 'die-off' of large numbers of organisms. This is because Candida is so often overlooked and therefore has ample time to wreak havoc on the immune system and digestive tract, reducing the ability of one's body to handle the 'die-off'. Many Candida victims have reported no undue symptoms, but it is well to be prepared mentally for the possibility.

When using Homeopathic Energy Frequencies, at first go-slow. A few frequencies totalling 10 to 15 minutes is wise. Wait for a day to see how you feel. If you don't feel any of the above symptoms the next day, it would be okay to run another session with more frequencies added. If you do have a Herx Effect, wait until it has passed before continuing the treatments.

Many responses in people occur below the threshold of conscious detection. This is where sensitive biofeedback instruments could contribute to optimizing the frequency session by detecting physiological responses to specific frequency stimuli. This is a planned upgrade for Frex.

Good health
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