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IF YOU HAVE ANY CONCERNS ABOUT YOUR HEALTH YOU SHOULD SEE YOUR LOCAL GP OR A LICENCED HEALTH PRACTITIONER.

Questions & Answers *by Michael Forrest*

What is this electro-medical technology basically about? It's about using small amounts of electric current to disable virus, bacteria, and other pathogens (such as yeast and mycoplasmas) in the body.

Are there other devices which safely use electric current on the body? Yes. Muscle stimulators relieve pain, reduce spasms and edema, tonify weak muscles, and assist the healing process, run at from 1 to 130 Hz. TENS units are used to block pain run at about 80 to 90 Hz. Interferential Therapy units are a type of muscle stimulator run at 3000 to 4000 Hz. Bio Feedback instruments used to modify behavior and retrain the nervous and muscular systems, run from below 1Hz to about 40 Hz. Bone Growth Stimulators, used to heal broken bones, run at various frequencies. Deep Brain Stimulators, which use implanted electrodes to impart electrical pulses, run from between 120 and 160 Hz directly to the brain to control involuntary muscular tremors in Parkinson's disease. Heart Pacemakers use an electrical impulse to regulate the hearts rythm.

Are the Black Box and Magnetic Pulser safe? Yes, the Black Box delivers less current than the AMA approved TENS units, and the Pulser delivers only momentary pulses of a magnetic strength that is less than that of MRI (Magnetic Nuclear Resonance Imaging) body scanners. Dr Steven Kaali, patent owner for 2 blood electrification devices, said that electricity itself has no toxic side effects. Of course, this depends on your not using them longer and more often than you should (producing too much cleansing reactions). Also, with 1/4hz and 4hz, it depends on you not taking herbs & medicines anytime other than right after using the Black Box.

How is it that electricity can harm microbes but not our own cells? Microbes are very much smaller and more delicate than our bodies cells which makes them more easily affected by electricity just as they are more easily affected by medicines.

How long have these devices been available? Since 1991 when these were invented by Bob Beck as an alternative to the Medical Machines goal of only utilizing this technology on patients by extracting their blood, treating it electrically, and then re-injecting it (as a dialysis machine does). This, of course would be timely, costly, and painful. Also it would keep the technology out of the hands of the common man and in the control of the Medical System.

Is using electricity for health a new concept? No way! The earliest recorded medical use of electricity is in 46A.D. when the Roman emperors physician recommended treatment with the electric torpedo fish for rheumatism and gout. Benjamin Franklin also used electricity to treat people with neurologic problems. For a complete history of medical electrical devices you could visit the Bakken Museum of ElectroMedicine in Minneapolis. Also, there's an article in Science & Vie Magazine revealing that one of the methods used by immune cells to kill bacteria and fungi is to shock them with a surge of enzyme triggered electricity. So actually electricity has been used for health ever since the first human existed!

Are there any devices like the Magnetic Pulser that have FDA approval? Yes. Neotonus products have been approved since 1998. 'ExMIcæ' innovative technology (Extracorporeal Magnetic Innervation) uses magnetic fields to treat neurological and neuromuscular disorders. It works by producing a highly focused pulsed magnetic field that penetrates deep into a targeted region of the body to painlessly stimulate nerve activity in the region which causes muscle contractions and increased circulation. (ps- this system is stronger than Jaguars which isn't sufficient to affect most muscles.)

How does Magnet Therapy compare to using a Magnetic Pulser? Magnets provide a *constant* force field, but a *varying* force field is needed to induce electric currents in a conductive medium (a living body in this case). Electric current is essential for causing lymph flow and deactivating microbes. Magnetic Pulsers 'pulse' magnetism into the body which induces electric current therein. Magnets are good for some things but not for creating electric current.

How do you know this isn't just a well hyped scam? Because this bio-technology is based on reproducible laboratory research findings which prove the consistent negative effects that electric current has on microbes. It's science. Period. Also, this author and thousands others have gotten well from viral and bacterial diseases by using these devices. And there is a major medical device patent issued for the use of this blood electrification technology.

Is their an on-line discussion group for this type of therapy? Yes, it just started May 2000. Just go to www.egroups.com/group/Beck-n-stuff and click onto 'subscribe', or email Beck-blood-electrification@egroups.com with 'subscribe' in the subject line.

Is the Black Boxes electric current harmful to the blood at all? Yes and No. White blood cells (immune cells) that are weakened by infection can have their cell walls ruptured (a process called Lysing) which will cause their demise. The rate at which the weakened cells are destroyed by the electric current is dependent on the amount of time the person uses the Black Box daily. This is why it is very unwise to use it any more daily than what the instructions recommend (especially for the first 3 weeks), especially if the persons immunity is already low. But this is ultimately good to have the infected blood cells destroyed so that the body will have the opportunity to make new replacements and have access to the viruses that were hiding inside so they can be eliminated. Lab tests on my blood have proved to me that healthy blood cells aren't negatively affected by this electric current. I had my blood tested for # of white blood cells (wbc) right after 6 weeks of blood electrification, and then a week after stopping blood electrification (which is enough time for the body to replace destroyed wbc's). The count wasn't higher in the second test which proves it doesn't destroy non-infected cells. Also, in the Biophysics Journal, Vol 58 Oct 1990, pages 897-903 the authors wrote that "Human erythrocytes treated with AC

fields for hours were shown to have normal shape, volume, and permeabilities to potassium and sodium."

Is the electric current helpful to the blood? Yes, blood viewed under a microscope that has been treated electrically no longer displays the common problem of the red blood cells clumping together (which hinders the cells ability to absorb and release oxygen). Also it becomes so much more 'vital' that it will stay alive inside a sealed microscope slide 7 times longer than untreated blood will. It has been found that the electrical current recharges the energy level of the blood cells which results in an ATP energy production increase of as much as 500%! Read *Effects of Electric Currents on ATP Generation in Rat Skin* by Cheng & Nook, Clin Ortho and Rel Res. number 171, Nov-Dec 1982. This is why some people use these devices just for the extra energy they get as a result.

What is meant by 4hz? The 'hz' stands for 'hertz' which is a cycle per second. 4hz is a scientific abbreviation that means the voltage output completes a cycle of its polarity from positive to negative and back to positive four times a second. 100hz is 100 cycles per second. 1/4hz completes a cycle every 4 seconds.

Do these devices produce a harmful 'EMF' (electro-magnetic field)? The Black Box doesn't produce any EMF. The Pulser produces some but only for a fraction of a second every time it pulses. EMF that is harmful is strong and continuous (such as what you get when living under a high voltage line or watching TV within 6 feet of it).

When using the 1/4hz or 4hz setting, why do I have to limit taking herbs and medicine to the time right after Black Box usage? Because during electric current application (at 4hz) blood cells more readily absorb chemicals that are in the bloodstream. (~20x more.) So it would be necessary to give the body plenty of time (22-23 hours) to expel the medicinal chemicals by only taking them right after each session. (otherwise use the 100hz setting which doesn't cause this effect). This high-absorption effect on blood cells exists only while the electric current is applied and is called 'transfection'.

What has been your experience with this rule? I had some strong Chinese herbal yin tonic tea that I used to test myself with. When I'd drink 2 cups of it before 4hz Box usage I'd get really sick within 2 hours (headachey, weak, shakey, nauseous). (When I'd drink it right after Box usage I'd stay normal feeling which meant that the tea itself wasn't making me sick.) Doing the same test with the 100hz setting produced minimal negative feelings which proves that 100hz is the solution for this problem.

What are your recommendations for making sure the body has eliminated all herbs & drugs within 23 hours? Drink plenty of liquids that are cleansing such as water, fruit juice, and vegetable juice. If one has poor kidney function then he/she should take one of these food diuretics; watermelon, cucumber, or parsley. Sweating is not advised because it is too dehydrating although it helps eliminate toxins from the skin. Rebounding is good because it keeps the lymph fluid moving.

Why does Bob Beck and other device manufacturers claim that these devices cause electroporation? Because Beck mistakenly thought that the high-absorption effect was electroporation without studying the science journals enough to realize that it couldn't be electroporation which is a very severe and unwanted effect. And the other companies want to stay in harmony with Beck in order to keep getting his referrals. And none of them want to look foolish by saying that they were wrong to begin with.

What is electroporation? It is a temporary condition of the outer membrane of blood cells becoming 'porous' as a result of high electric fields affecting the cells. While the cells are porous, normally unwanted fluid & substances can enter into the blood cell with resultant disturbing effects. This man-made effect is useful to scientists though, which is why there are companies like Genetronics which manufacture laboratory instruments which induce electroporation. It should be a great relief to all to know that these blood electrification devices do not produce an effect so extreme as electroporation.

What is the evidence that the high-absorption effect is not electroporation? Brian Austin, Technical Support Manager at Genetronics (an electroporation device company), emailed me concerning the Black Box that "with the (electrical) conditions used, there should be no electroporation effects. Field strengths are not high enough." J. C. Weaver of the Massachusetts Institute of Technology in his report on electroporation published in the *Journal of Cellular Biochemistry* (51:426-435 1993) reported "In the case of isolated cells, mammalian cells experience electroporation for electric fields of about $E=1\text{kv/cm}$ (1000 volts with a distance of 1 centimeter between electrodes) for short pulses." The Black Box produces about 1.35 volts per centimeter when the electrodes are placed on the same wrist. Another electroporation device manufacturer, Cyto Pulse Sciences, stated on their website (in the equipment tutorial) that red blood cells need 1430 volts per centimeter for electroporation.

What is the evidence that the blood cells are more absorptive during electrification? In the *Biophysics Journal*, Vol 58 Oct 1990, pages 897-903 the authors wrote that "...electric fields that generate transmembrane potential in the range of millivolts are capable of activating membrane transport systems." (The Black Box creates a potential across the blood cell membranes of millivolts.) Also; "...reversible activation of certain membrane channels or transport systems may be achieved using low-amplitude, low frequency alternating current fields. Electric fields as small as 16 volts per centimeter have been shown to induce membrane conductance, and these effects were completely reversible."

What is the best time to use the Black Box? With the 100hz setting it doesn't matter. But with the 1/4hz and 4hz setting, because of high-absorption, it is best to use it when your blood stream has the least amount of potentially toxic byproducts of metabolism in it, which is when you awaken from sleep. After using it then take your supplements, herbs, drugs, coffee, etc. Also be aware that your bloodstream has a lot of chemicals in it after being on the highway for very long. These can toxify your blood when doing low frequency blood electrification. Therefore please wait 4 hours afterwards before zapping. Carbon monoxide (from auto exhaust) poisoning gives the same symptoms as cleansing reactions from electrification. Also have your gas heater checked by a pro for how much carbon monoxide its leaking out.

Does the Magnetic Pulser also cause the high-absorption effect? No, because the induced electric current from the Pulser lasts for only a fraction of a second each time it pulses. This is not enough to activate the blood cells membrane transport system long enough to absorb much of anything.

Are there any patents for devices using the same kind of technology that the Pulser uses? Yes. Patent # 4683873 is about a device very similar to ours. It proposes its use for speeding the healing of broken bones by using it 8-14 hours a day.

Can the Black Box be modified to lessen the increased absorption effect at 1/4hz and 4hz? Our units have the ability to lessen it on these settings by using a modified square wave with a rounded off leading edge (instead of a sharp edge) which makes its effects more similar to that of a sine wave. The Biophysics Journal, volume 58, said of the effects of a square wave versus a sine wave that "More than a 10-fold increase in transfection efficiency was apparent when the ac field was changed from a sine wave to a square wave". In other words, a sine wave has 1/10th the negative effect as a square wave. (Transfection is another biophysics term used to describe higher membrane transport of substances across it.) To see the difference between the two resultant current waveforms

What other benefits are possible because of the waveform modifications? Users experience less discomfort because of the lack of a high current transition spike that happens with a pure square wave when the signal reverses polarity. Without this mod all the electronic blood cleanser units create a momentary spike of current that is 4-6 times higher than the working current of .15 - .3 ma. Now with this mod the working current can also be increased 30-50% because without the spike of current there is less limitation due to electrical discomfort. This can be important to those with mineral deficiencies or high blood sugar because with these conditions the electrical current flow in the bloodstream is restricted and needs to be compensated for by turning up the current control knob. Also I believe that the lack of a transition spike of current will prevent a lot of infected blood cell lysing (dissolving) which may be crucially important for very sick people when they start blood electrification. A customer who also had a competitors unit (with 4hz square wave output) emailed : "Your box is a vast improvement for comfort. I hardly notice I'm wearing it. The current on the Black Box is certainly much more comfortable."

How does the 100 hz setting further lessen possibilities of increased cellular absorption? Concerning different applied frequencies (in their transfection experiments) the Biophysics Journal, vol 58, reported that 1 hz caused the greatest amount of transfection, and 1/4hz and 4hz caused almost as much. On the graph in the Journal it looked like at 100 hz the amount of transfection was about .3% of the amount caused at 4 hz. Because of that we sell units with the option of switching on 100 hz. I tested myself with this 100 hz option by drinking strong Chinese yin tonic tea before 1 hour of device usage and got no bad effects from the blood electrification which means that it does reduce transfection enough to not be noticeable. (Robert Beck said that blood electrification was frequency independent anyway because it is the current that does the work, not the frequency. The only reason it uses any frequency is that it needs to alternate the polarity in order to prevent electrolysis. The original experiments by Dr Kaali were with zero frequency direct current anyway.)

Do you have any evidence that the 100 hz setting also disables microbes? Yes. Reports from users indicate that it also is effective in that way. I've gotten two reports of healing (gastritis in one case) from people using this frequency and people have been getting cleansing reactions (headaches, tiredness) from using the 100 hz frequency setting which is a sure sign of microbe die-off. Also it proved capable of eliminating candida from my bloodstream (which was verified by live blood analysis by Dr Barclay Tait, ph 423-681-2312) although I had a bad case of intestinal candida infection and twice have gotten over the flu within 1.5 days using 100hz. But in my experiments with it I've found that for some stubborn viral infections (such as Epstein Barr) 1/4hz or 4hz is necessary to completely eradicate the virus.

What then is the basic info concerning the switch combinations? Square wave 4hz is the combo that Beck proposes but that I dislike due to the transfection effect. Modified 4hz is effective while lowering transfection, white blood cell lysing, and 'shocking' sensations in sensitive people. I don't recommend modified 100hz because together the effectiveness may be reduced. Square wave 100hz is effective without causing transfection.

Should seasoning herbs and alcoholic drinks also be avoided except right after Black Box usage (not at 100 hz)? Yes. Also avoid all minor medicines (including laxatives and headache medicine), high potency vitamins, vitamin A, D, Beta Carotene, niacin, garlic, caffeine, nicotine, and recreational drugs. Salt and other minerals are needful for adequate current flow in the bloodstream though. It's advisable to use sea salt every meal. Salt is an essential nutrient and is especially needed by the adrenal glands for normal functioning. Sea salt used in moderation does not cause high blood pressure.

What is the reason for the new Black Box output of 1/4 hz? It is our idea for an output that is closer to being direct electric current, which is what Kaali used to experiment with the effects of electricity against viruses. This output changes polarity every 2 seconds, which is 1/16 the frequency of 4 hertz. I have personally found that is more powerful which results in having to use it less time each day (1/3 the time of 4 hz) which is more convenient. But it is easier to use it more than you should and wind up with too-strong cleansing reactions. But I have seen friends get over the flu by using it only 45 minutes a day. Its transfection effect is equal to 4 hz although I recommend being more careful with it for lessened transfection effects since you don't want to add that on top of strong cleansing reactions if you accidentally use it too long.

What is the biggest obstacle to people using this technology other than having to limit use of medicinals on the 4 hz setting? Unbelief, Martyr's Complex, losing financial aid if they get well, and a desire to die. Most people think that because their doctor doesn't OK it that it can't be the answer. They have a "group mind" which has to stay conventional until the whole group moves on. Our industrialized society designed the school system to mold our thinking that way so that we won't think for ourselves. The goal was to form us all into "economic units" instead of strong individuals able to act independent of the group if deemed necessary. A Martyr's Complex is what many weak people adopt as a way to get the attention and sympathy they desire. They think people will esteem

them for their needless long suffering. The desire to die is also very prevalent in our society because people are unhappy and so they give up and subconsciously want out instead of standing tall and recreating their life into something more fulfilling. With this despairing mindset, though, they only get disease and more suffering, not a way out. Negative thoughts or the lack of strong healthy ones cause the immune system to weaken which then allows microbes to multiply and cause disease. Microbes exist to return the weak to the earth for recycling. If you don't cultivate and accumulate thoughts of vitality and prosperity then you silently give the recycling process the OK to prematurely proceed on you. Think vital to be vital.

How do I know the devices are working for me? Unless you have considerable immune dysfunction you will get varying degrees of cleansing reactions such as headaches, stiff joints, nausea, sleepiness, weakness, foggy thinking, and dulled speech. Blood cell lysing and the immune system chemically attacking disabled viruses and bacteria causes the cleansing reactions. The intensity of the cleansing reactions is controllable by the length of time that you daily use the Black Box. Longer usage time equals more cleansing reactions. Users limit the time according to how they feel the next day.

Do these devices disable the good bacteria in the intestines as well as the bad? The Pulser can kill the intestinal bacteria if used more than recommended (in the instructions) there. The Black Box doesn't affect the intestinal contents when using the wrist electrodes. It can though if using the pad electrodes on the intestinal area. If you use it that way, then be sure to start taking an expensive acidophilus supplement to replenish the good bacteria.

Is there any good bacteria in the body except in the intestines that I should be worried about killing? Not that I know of.

Is it important to feel an electrical 'tingle' when doing blood electrification? Absolutely not. Whether or not you feel anything is dependent on your nervous systems response to the electricity. But the target is not the nervous system, but rather microbes. With continued usage, people often feel the electricity less and less although the amount is the same.

How important is the Magnetic Pulser? If you are fighting a systemic infection then you CAN NOT completely be rid of the bacteria or virus unless you are using BOTH the blood electrification unit and a Magnetic Pulser. The Pulser is necessary to stimulate lymph flow so that the microbe-destroying immune cells will have an unimpeded flow from the bone marrow (where they're created) to the bloodstream. Keep in mind that blood electrification only stops microbes reproduction and that it's the immune cells that kill them. Also if there are any stray viruses in the peripheral veins of the lymph system the increased circulation helps move them to the main lymph arteries so they can be destroyed by immune cells. The Pulser also breaks up electrical attractions between viruses and other cells that can keep viruses from freely circulating in the bloodstream which is necessary for them to be affected by blood electrification.

What is lymph fluid? Lymph is basically blood without the red blood cells. Fluid from the blood flows into the lymph system (leaving the red blood cells in the bloodstream), flows into the lymph vessels and nodes, and then empties back again into the bloodstream close to the heart. But most everyones lymph flow is stagnant and moving too slow (due to lack of exercise, carnivorous diets, cheese and milk, not enough water, etc) and especially needs the help of the Pulser to force some circulation of the lymph.

How important is it to continue treatment (blood electrification and magnetic pulsing) once it is started? Very important. Once electrical treatment is stopped (before microbes are all eliminated) then the microbes reproduce at a faster rate than phagocytic white blood cells (neutrophils, monocytes) can be resupplied into the blood to destroy them. This imbalance is in favor of the infecting microbe.

Why is it recommended that the negative side of the Pulsers coil be placed against the body when pulsing? The negative (-) side is magnetic North. Bio-Magnetics people say that north pole energy arrests bacteria and growths, controls inflammations, reduces congestion, calms nerves, reduces pain, slows down overactive organs, attracts oxygen, increases alkalinity, contracts tissue, controls bleeding, and dissolves fat. Magnetic south pole energy is said to help areas of poor circulation and to stimulate underactive organs or glands. Unfortunately it also aids tumor and bacteria growth.

Are these devices safe to use on someone with electrical implants (such as a pacemaker)? The Black Box delivers electric current into the bloodstream. This current, like all others follows the path of least resistance. When both electrodes are placed on the arteries of one wrist then the current makes a loop traveling along the arterial paths which are through the hand and also down the arm around where the elbow is and then back up to the wrist. So its effects basically don't extend past the elbow although it's possible that some minor current also extends to the major arteries near the spine. Because of this possibility I would only recommend that people with electrical implants above the waist use the ankles for Black Box electrode placement. The reasoning here is that the arteries from the ankles of both legs make a major arterial connection in the lower abdominal area. This 2 into 1 termination would preclude any current going beyond that connection. As far as the Pulser goes, I wouldn't use it within 12" of any sensitive electrical implant. My tests revealed no perceptible electromagnetic field at that distance from the coil of the Magnetic Pulser.

What does it mean if someone gets better using these devices but still doesn't feel totally healthy? It means that he/she has gotten rid of the source of the problem but not the results of the problem. The results may be a congested liver, weakened adrenals, mineral imbalances, low thyroid output, lessened acidophilus count in the intestines, weakened cardiovascular system, kidney stones, gallbladder stones, systemic Candida, hard to kill intestinal bacteria and parasites, and countless other nuances. As a person corrects these remaining imbalances with the help of a Naturopath he/she will slowly regain his/her feeling of vitality. Also, even without other problems, sometimes it takes a while to recover as the immune system slowly replaces destroyed immune cells.

Is there anyone these devices can't help? Everyone is a carrier of multitudes of bacteria and viruses that these devices are said to help clear out. For instance, a book about Chronic Fatigue Syndrome states that 97% of adults carry the Epstein-Barr Virus. The immune system is constantly expending energy to keep bacteria and viruses from multiplying to harmful levels. If they were all

eliminated then the body's energy could be redirected to avenues of healing and building instead of defense.

How do you explain why some people can do blood electrification without any good or bad effects? The electrification just keeps newly created viruses from entering other blood cells. That's stage one of the viral removal process. Stage two is if the immune system is working then the deactivated viruses are eaten or chemically dissolved and the person feels a 'cleansing reaction'. If it isn't working (such as in late stage AIDS or CFIDS) then the person is up a creek without a paddle unless they use a herbal product that increases immunity by 3-8 times. It's called MGN-3 and this site sells it: flinet.com/~awaves/index.html

Should my mate use the Black Box also? Yes. It is thought that to prevent reinfection with the viruses that you've already shared through kissing and intercourse he/she should also use it. Otherwise, you should probably continue to use it 20-30 minutes every day as long as you two are together.

What is the size and weight of the units, and can I still do things while using them? The Black Box is 4"x3"x2" and is very lightweight. You can still walk around while using it and do other things as long as you are careful to not catch the wires on anything. The Pulsar is slightly larger and heavier because the coil weighs 1 pound. You need to stay in one place while using it because it is powered by an AC adaptor.

How long does it take to use the Black Box daily? At 4 hz users should gradually work up to using it at least 1 hour daily. If someone has much immune dysfunction or poor circulation then they should use it 2 hours daily. This should be done daily for 6-8 weeks.

What if someone uses 4hz 2 hours daily but still doesn't feel relief from a viral infection? I'd recommend they use it more hours a day. I once had a virus that I Black Boxed for 2 hours a day for 3 months and it was still there until I used it for about 8 hours a day. The very next day I didn't feel the internal 'heat' I normally felt from my immune systems attack on this virus. 2 hours a day of 4hz is known to work for HIV and Epstein Barr, but there are many more types of viruses out there that may need much more treatment to get rid of. You have to experiment and find out what works for you.

If the Beck approach is so good why have we not seen more testimonials about the treatment and why has it not been popularized? This is a very good question. I helped a person get over AIDS but she wouldn't allow me to talk to her at all. (Her chiropractor was my go-between). I think people in general are ashamed of disease, especially sexually transmitted ones. Few people realize or care about the fact that their one healing testimony can lead the way for hundreds of others. So right now people have to enter the doorway of faith in order to try these products because there are so few testimonies and proof by lab tests. Maybe its best that way also if this really is a gift from God. Who knows? I've stopped getting frustrated over it though. I know they work like a charm though for anyone who uses them diligently.

Why doesn't Beck make more accessible the clinical studies on the effects of blood electrification against AIDS? Beck does in fact bring a stack of patient reports with him to the lecture table. However, in the interest of lecture time constraints, he does not invite every person from the audience to come up to the stage to handle the papers. This would cause chaos for a 45 minute lecture. He always invites any medically credentialed practitioner to the table to see the studies and verify them for the audience. Another reason he is reluctant to talk up the studies is due to the fact that they rely for their interpretation upon the results of the Kerry Mullis PCR testing for viral fragments. Of course, Dr. Mullis himself now disavows the diagnostic value of PCR due to the problem of cross-reactivity for the PCR test with dozens of other viruses and DNA fragments, making the test almost useless. So Beck doesn't really promote the studies too much, other than to say that the PCR counts were high and then were lowered for whatever significance that is. The bottom line is that the patients recovered and that's really Beck's message.

Is Beck affiliated with your company and does he endorse your products? No to both questions. He doesn't because we offer more options than just his original 4hz square wave output which is all that he will endorse. He wants to see clinical proof of the other options effectiveness before he endorses them, which is OK with me. I offer them for reasons stated above and invite users of my Black Box to experiment for themselves and see if the options are effective. From what I have seen and experienced I believe they are.

Are there customers who've had success with these devices that I can talk to personally?(I wish I had a dime for every time I've been asked that!) I know you want to be reassured but please think about what you're asking. No one that leads a normal life wants to leave themselves open for strangers to call them at any hour of the day and take an average of 30 minutes on the phone asking them a myriad of questions which can all be answered on a web site anyway. When I first heard about people getting over chronic fatigue syndrome by using these devices I too had some skepticism but I had to overcome it and take the risk because I had everything to gain and only a couple hundred dollars to possibly lose. My life was trashed completely by this infirmity and I needed to do something. So I took the risk and was free of the disease in just 2 months after having suffered with it for 16 years. Shirley Maclain properly entitled her book about her personal spiritual growth "Out On A Limb" because that's where the fruit in life is; on the outskirts of the limbs where one has to take a risk to climb out there and pick them. Nothing ventured, nothing gained. Life is full of possible risks and sometimes you fall and get hurt but the experts in life wisely chose their risks and enjoy such sweetness as a result of their choice and faith-filled venture into the unknown. I pray that God gives you the needed faith to do what you need to do in order to enjoy the health that you want to enjoy.

References:

Explore More Magazine, issue 15, "Experimental *In Vivo* Blood Virus, Microbe, Fungi, and Parasite Elimination Device" by Robert C. Beck

Explore More Magazine, issue 16, "A Few Unique Plus Traditional Uses For Silver Colloid" by Robert C. Beck

Patent # 5139684 "Electrically conductive methods and systems for treatment of blood and/or other body fluids and/or synthetic fluids

with electric forces" by Kaali and Schwolsky, 1992

Patent # 4683873 "Method and Device for treating living tissues and/or cells by means of pulsating electromagnetic fields" by Ruggero Cadossi and Donata Marazzi, 1987

Patent # 5091152 "Apparatus for electrically destroying targeted organisms in fluids" by Tim L. Thomas Sr., 1992

Patent # 4665898 "Malignancy treatment by pulsed magnetic field" by Jonathan L. Costa and Gunter A. Hofmann, 1987

Questions & Answers - part II

Is it Ok to do blood electrification on babies? Absolutely. Actually they handle the cleansing reactions much better than adults since their organs are "fresh" and work really well at cleansing out the resultant garbage from the bloodstream. I've had employees use it on their babies with great success when they were sick.

Is it OK to eventually use the Black Box more than the 1 or 2 hours daily? Yes. 1 or 2 hours daily is an effective exposure time but if you can handle more time without getting splitting headaches or other cleansing reactions then go for it. Excessive cleansing reactions are your only true limiting factor.

Is it advisable to use the Black Box once or twice a day (splitting up the usage time)? It's best to use it once a day.

If I'm still getting cleansing reactions after the recommended hours of Black Box usage should I keep using it? Yes. Cleansing reactions are a sure indication that you haven't completed the process. If you think you're all clear then use it for 3 hrs daily at 4hz for 3 days and see if you feel worse afterwards. If you don't, then you're finished using it. People with very weak immune systems or liver or kidney dysfunction usually have to use it much longer than recommended. (Also some people who didn't also purchase a Pulser find that they can never finish treatment.)

What if I already feel too toxic to use these devices? You can increase the detoxifying action of your kidneys by drinking the kidney cleansing tea (recommended later) and taking 50mg Silymarin (Milk Thistle extract which detoxes the liver) daily for 3 weeks previous to using the Pulser. Then use the following info.

How do I prevent getting toxic reactions? Eat light vegetarian meals for at least the preceeding 12 hours before device usage, and also for the first 3 days of use. Also drink lots of pure water (especially before Black Box usage), and eat or juice cucumbers or watermelon (both are diuretics). You can also take 1 tsp of Barley Grass Powder in 2-3 oz of water 3 times per day (sip slowly). Barley Grass helps the liver from accumulating too many toxins (dead parasites) and is high in S.O.D., an enzyme which protects all cells from damage by toxins. Start slowly and daily increase the time of device usage for the first few days. If you wake up with a headache then you might want to use the Black Box only 15 minutes that day. Drink 3 cups daily of Blood Purifying Tea for the first week of Pulser usage. (See end of Q&A for recipe.) Take psyllium husks stirred into liquid twice daily to prevent constipation (which can hinder detoxification). Take plant derived digestive enzymes such as Maximizer by R-garden, (1-800-800-1927). It also contains Protease which is really excellent for cleaning up trash in the blood stream because it is a protein digester.

What if I have bad digestion? Before anything else you should do the gallbladder flush which is said to restore proper flow of bile for digestion of fats and proteins. Also start taking a digestive enzyme capsule with meals, and acidophilus to make up for the lack of acidophilus in the intestines which is essential for digestion. The best vegetarian digestive enzyme I know of is made by Cell Tech (product #501). You can buy it from someone who sells Cell Tech products (they sell mostly blue green algae) or become a distributor by calling 1-800-800-1300. Make sure you take an expensive acidophilus powder with water or fruit juice every morning at least 15 minutes before breakfast. (Also mentally relax while digesting food.)

Are your Black Box and Magnetic Pulser endorsed by Beck? No, but they have never been submitted for 'approval'.

Kidney Cleansing Tea Helps dissolve all obstructions in kidneys for more efficient functioning. In 10 cups of pure water soak 2 oz each of Hydrangea, Gravel Root, Marshmallow Root, Fo-Ti. Soak for 4 hours or overnight. Heat to boiling then simmer for 20 minutes. Use a glass pot if available. Boil 4 bunches of fresh parsley in 1 quart of water for 3 minutes. Pour in with herbal tea. Strain out herbs from the tea, put in empty pot and add 6 cups water. Boil and simmer for 10 minutes. Strain and pour this tea into first batch. Add 8 oz pure Black Cherry Concentrate. Divide into 3 containers and freeze 2 of them. (1 container is for 7 days). Keep 1 container in refrigerator. Every day mix 1 tspn vegetable glycerin with 1 cup tea and drink throughout the day. Take these supplements: Ginger capsules (1 each meal), Uva Ursi capsules (1 with breakfast, 2 with supper), Vitamin B6 250mg once daily, Magnesium Oxide 300mg once daily. Drink the tea for 3 weeks. To avoid making new obstructions abstain from drinking tea and cocoa and phosphated beverages (most soda pops). This kidney cleanse should be done twice a year.

Blood Purifying Tea #1

12 cups water, 4 tsp Echinacea Augustifolia, 1 tsp Licorice Root, 1 tsp Chaparral.

Bring 3 cups water & Licorice to full boil, turn to low heat, wait 10 minutes, add other herbs, wait 10 minutes, turn off heat. Strain and store in refrigerator. Before drinking add 3 parts water to 1 part tea. To increase sweetness add more Licorice. To decrease bitterness reduce the Chaparral.

Blood Purifying Tea #2

32oz water, 1/8 cup Burdock, 1 tsp Licorice root.
Put herbs in water and bring to boil. Then turn down heat and cook for 15 minutes.
Then turn heat very low and add: 1/4 cup Red Clover, 1 tsp Chaparral.
Cover and cook for 15 minutes.
Drink mostly this all day for very potent blood purification.

Gallbladder Flush

This regimen causes the gallbladder to squeeze out most of its stones and sludge into the intestines. These are what obstructs the normal bile flow from the liver, through the gallbladder, and into the intestines to mix with and digest food. Normal bile flow is essential for digestion and liver purity. Needed: 4 tbspn Epsom Salt, 1/2 cup virgin olive oil, 1 large pink grapefruit, unsweetened apple juice, Psyllium husk powder. Choose a day for the cleanse that will allow you to rest the next day. The day before the cleanse drink plenty of water and limit your intake of animal protein and food made mostly of flour.

Day of Cleanse: Take no unnecessary medicines and vitamins. Drink only diluted apple juice with psyllium husks mixed in, or eat a light breakfast or lunch (no fat, oil, or animal protein).

2 PM No more solid food. The diluted apple juice should not have psyllium husks in it. Mix Epsom salt in 3 cups water. Stir and store in refrigerator. This makes 4 servings of salt water.

6 PM Drink one serving of saltwater. To improve taste add 1/8 tspn vit C powder. Remove the olive oil and grapefruit from the refrigerator.

8 PM Drink another serving of salt water. Get all your pre-bed tasks done.

9:45 PM Pour 1/2 cup olive oil into a pint jar. Juice the grapefruit and add 2/3 cup of its strained juice to the olive oil. You can add the juice of 1 lemon to enhance the taste. Close the jar and shake until watery.

10 PM Drink as much of the potion as you can within 5 minutes. Lie down flat on your back with your head elevated. Stay motionless for 20 minutes.

11 PM Drink diluted apple juice with psyllium husks mixed in. (helpful, but not mandatory step)

Morning Drink a serving of salt water. If you have nausea or indigestion then wait until it leaves before you drink this serving.

2 hours later Drink last serving of salt water. 2 hours later Drink apple juice or other fruit juice.

1/2 hour later Eat some fruit. 1 hour later Eat a light meal.

Hopefully some time during the day after the cleanse you will get diarrhea. When you do, look in the toilet for the gallstones or sludge. The stones will float if they contain much cholesterol. Most people will feel a bit sickly for a couple days afterwards so you'll need to plan to take it easy. You can repeat this flush every 2 weeks until you no longer see stones in the toilet. Everyone should do this twice a year following the initial series of flushings.

Recommendations for CFIDS people

Supplementation

Take the following supplements (even during device usage). Don't use a multi-vitamin.

Vit C 500mg 2x daily (or Megafood 250mg 1x daily)

Vit B Complex 25mg 2x daily with first two meals

Vit E 200-400IU 2x daily

Acidophilus Calcium(chelated) 1000mg 1-2 hrs before bed

Seed Oil caps of Black Currant or Flax

L-Carnitine 500mg each meal

Multi-mineral with trace minerals

Zinc (chelated) 25mg daily with breakfast

Magnesium Malate 152mg 3x daily or

Magnesium Orotate 400mg with brkfst

Adrenal Glandular

Thyroid glandular

After finishing Black Box usage take Echinacea Extract 15 drops 3x daily to purify the lymph fluid. Also take Panax Ginseng to stimulate metabolism (if you aren't hypoglycemic), and 30mg daily CoQ10 for energy, and Beta Carotene 10,000IU daily (25,000IU for smokers).

Heavy Metals

If you still have a lot of fatigue after Black Box usage then you might consider getting tested for presence of excess heavy metals in your body. Analytical Research Labs can do a laboratory hair analysis of your bodys levels of 13 major minerals and 6 heavy metals for \$55. Just send payment plus 2 tbspn of hair (from the nape of your neck) in a plain paper container to ARL, 8650 N 22nd Ave, Phoenix AZ 85021. Included will be an interpretation of your mineral levels and supplement recommendations that can slowly correct imbalances. For an extra \$25 they will include a personal diet plan for you based on the results. Subnormal ratios of sodium to magnesium and potassium to calcium definitely cause adrenal & thyroid underactivity. Research reveals that 40% of CFS people have heavy metal toxicity (primarily aluminum, lead, and mercury) and 77% of them show definite improvement by cleansing it out. Of course, metal dental fillings should be replaced by composites to keep from continuing to absorb mercury from them. Hal Huggins book "Its All In Your Head" tells the correct way for your dentist to do this to prevent getting a high mercury exposure during filling removal. To remove heavy metals you can take Chlorella and MSM (tablets or powder for 3-6 months), take 3-10gm daily of vit C which binds to heavy metals, and rebalance your mineral levels. Chemical toxicity can be cleansed out slowly by taking Blue Green Algae (from Klamath Lake) by Cell Tech or another good company.

Food Allergies

You can test yourself for food allergies that can sap you of energy. Every morning before rolling out of bed or stretching much, feel your pulse by your adams apple and count it for 60 seconds. Then get up, rinse your mouth with water, and eat or drink something you normally take every week. Don't take a belly full of it. Don't bathe with hot water or do vigorous exercise. In 30-60 minutes recline for 5 minutes and then test your pulse again. If it's 6 or more beats per minute more than your morning pulse, this indicates a food allergy and you should avoid the food. The above technique tests only for immediate response allergies. Some allergies take 24 hours to manifest and do not affect the pulse. To test for these you need to add a new food or supplement every 3rd day. Notice how you feel and avoid anything that makes you feel worse.

Parasitic Worm Infestations

For killing the worms of visible size use Green (Hull) Black Walnut Tincture (explained in the Q&A section). Microscopic size parasites are called Protozoans. These infections are very common with CFIDS. Main symptoms are watery stools and abdominal crampy pains but some people show no symptoms despite infection. Kill them before using the Black Box by taking Artemesia Forte. I think everyone should use these two products for a time every year to eliminate all possible parasites they may have acquired that year.