

## Herxheimer while Rifting – When to Adjust Amplitude

Herxheimer (*also called Herx*) is a natural body process that occurs when harmful pathogens die off too quickly, toxins are expelled, and a traffic jam happens as your body works to get rid of them. Herx happens when your body is detoxing too fast! You may experience Herx within the first few days of running new frequency settings, and in rare situations after a couple of weeks. Herx is an indication you're "*over-Rifting*" and will need to reduce exposure time and/or amplitude settings. Herx can include any one, or more, of the following symptoms🙄:

- Flu-like,
- Irritability,
- Joint or muscle pain,
- Exhaustion / weakness / fatigue,
- Temporary rash / skin bumps,
- Dizziness,
- Bloating,
- Brain fog,
- Swollen glands,
- Sensitivity to light,
- Constipation / diarrhea,
- Headaches,
- Nausea,
- And the return of old symptoms that had previously disappeared.

Drinking plenty of water while Rifting is important. If possible, get a little more rest. Those two actions usually help you avoid Herx symptoms. But if you do get some symptoms, don't panic! Following are two simple solutions:

1) Pause your generator(s) for 1-3 days until the symptoms subside, then resume,

**OR,**

2) Keep your frequencies running but lower the amplitude by 1V or 2V. When the symptoms subside, wait one week before increasing the amplitude back up, but only by 1V.

**Also:**

- Take a couple of 50mg Glutathione capsules; reboots all the cells of the body.
- Eat a delicious baked potato; it slows down the body's detox process.

**IMPORTANT:** when you're increasing amplitude, make small 1V changes, and wait at least 1 week before increasing it again. Using the "1V/1week" rule you will eventually find the amplitude settings that work for you. If you're changing frequencies because recent test results found new pathogens, be aware you may Herx again. Be patient and disciplined with your amplitude settings until you find a range that's compatible with you. Most people do well with 6V-8V ✓. For seasonal sicknesses, ie, cold or flu, or to address particularly aggressive pathogens, try 9V-11V ⚠.