

Herxheimer & Frequency Fatigue

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. Definitely an uncomfortable feeling! Herx happens when your body is detoxing too fast.

Frequency Fatigue (FF) is the uncomfortable feeling when body organs and tissue are overexerted!

Both indicate you're **over-Rifing**! You should reduce amplitude settings and/or exposure time. You may experience them within the first few days of running new frequency settings or parameters, and 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 Rifing is important. Get a little more rest. If you do get some symptoms, don't panic! Following are two simple solutions:

- 1) Keep your frequencies running but lower the amplitude by 1V or 2V, or,
- 2) Pause your generator(s) for 1-3 days until the symptoms subside, then resume,

Also:

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

IMPORTANT: when you change 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 ⚠.