

Praise for *The Rife Handbook*

Natural therapies and healing have been ridiculed as quackery by the medical-pharmaceutical complex for a century. Yet consumers spend thirty billion out-of-pocket dollars a year on alternative therapies. Why? Not because people are gullible, but because many of these modalities work. Holistic health is complex. It addresses the entire body, all one hundred trillion cells. Supported by abundant research, Nenah Sylver does an amazing job explaining the plethora of options, techniques and technologies that will help readers make informed decisions about how to naturally support their health and innate healing power. Simply put, *The Rife Handbook* is an encyclopedia of holistic health. It's so comprehensive, it's mind boggling. This stellar body of work belongs in every household as well as every practitioner's office.

—Bernard Straile, DC
author of *One Thousand Shades of Pink*
and developer of the IMAET quantum energy wellness equipment

This book is incredibly well written and comprehensive, relevant to students and practitioners alike. Covering an array of topics in medicine and holistic health, it comes at a most crucial time in the burgeoning field of alternative and complementary health care. Having read scores of books on electromedicine, I count this book as my number one reference on the topic. I only wish I had the knowledge presented in these pages many years ago. As a scientist with over forty years of clinical and academic experience, I am mesmerized by Nenah Sylver's quality of writing and knowledge. She explains the most difficult topics clearly so anyone can understand and benefit from what she has to offer. Dr. Sylver is sure to inspire and educate those fortunate enough to hold a copy of her book in their hands. Without question, she will be included as one of the great minds of the 21st century. It is with great pride and honor that I recommend *The Rife Handbook* without hesitation to all physicians and students in the health field.

—John A. Amaro, PhD, DC, LAc, Dipl Med Ac
past president, International Academy of Medical Acupuncture
and developer, Electro Meridian Imaging (EMI)[™] acupuncture diagnostic instrument

In this 5th edition of *The Rife Handbook of Frequency Therapy and Holistic Health*—the definitive work on Rife, resonant frequency, pulsed energies, and related technologies for therapeutic use—Nenah Sylver has set an even higher bar of excellence. She has conveyed so much new and important information in an even more organized and cohesive manner, that this edition is a “must have” even if you enjoyed the previous volume.

Dr. Sylver's unique ability to translate complex information into accessible content, suitable for health professionals and laypersons alike, leave most hard-core technical persons (like myself) in total awe. Her attention to accurate historical detail as opposed to myth, and inclusion of new, cutting-edge complementary healing modalities, allows readers to strategize a practical and effective approach for their often serious health issues. This latest edition empowers the reader by providing a wealth of knowledge compiled, sorted, and refined over the last decade. It offers information that few have time to research for themselves when their health requires it the most. This book is an incredibly valuable resource that everyone needs. If you have but a single reference in your library on the science and practice of these technologies and therapies, *The Rife Handbook* should definitely be the one!

—Jimmie Holman
co-founder, Pulsed Technologies Research (USA)
and Bioenergetics & Pulsed Technologies (EU)

Traditional medicine, with its faulty paradigm and obsolete Neanderthal protocols, is already in a state of decline. In its wake, Integrative Medicine has begun to fill the void with bio-mechanical therapies, electromedicine, and more natural remedies to heal. Keeping up with the many advances is a monumental task.

The previous edition was a first-rate, comprehensive, extremely well organized and documented manual to help laypersons and physicians better understand the concepts of vibrational medicine and the power of complementary health protocols. As an author, researcher and international lecturer with over forty years of clinical experience, I was literally blown away by that masterpiece and gave it a definitive five-star rating. This revised 5th edition of *The Rife Handbook of Frequency Therapy and Holistic Health* is a perfect example of intelligent evolution. Dr. Nenah Sylver has compiled an even more comprehensive holistic bible. In an improved format, it provides frequencies to treat new diseases, plus expanded sections on the politics of medicine and vaccines, more breakthrough complementary therapies, historical electromedicine references, and other topics to help one survive the pitfalls of modern medicine. It's a must for everyone's reference library.

—Gerald H. Smith, DDS, DNM
past president, Holistic Dental Association

Dr. Nenah Sylver has brought together the sciences of bioelectronics and naturopathic health care in a truly integrated approach. *The Rife Handbook* is the bible of holistic medicine for the 21st century.

—Brian McInturff
*creator of the Consolidated Annotated Frequency List (CAFL),
www.electroherbalism.com*

Dr. Nenah Sylver has gifted humanity with a magnificent, comprehensive, thoroughly researched guide to holistic health as well as the science and application of the work of a great medical pioneer, Royal Raymond Rife. This book will help physicians expand their base of practical and theoretical knowledge. I highly recommend it for any clinical practice utilizing complementary and energy medicine therapies.

—Robert S. Ivker, DO
*co-founder and past president, American Board of Integrative Holistic Medicine (ABIHM)
and author of Sinus Survival*

At a time when health conscious individuals are concerned about drug-resistant infectious diseases, the government's push for mass inoculations, the over-medication of children, bioterrorism, and negative effects of vaccines and drugs, along comes a well researched, easy-to-read treatise that revives non-invasive and effective frequency therapy. *The Rife Handbook* is sophisticated enough for the seasoned health professional, yet thorough and understandable enough for the novice. This book does more than discuss the genius of Royal Raymond Rife; it superbly explains holistic approaches to treating disease. Even if the reader does not (yet) own a frequency device, this book is one of the best primers I have ever seen on holistic health. Anyone interested in alternative healing protocols must have this book.

—Rose Marie Williams, MA
Townsend Letter columnist, and natural health and environmental advocate

This 5th edition of *The Rife Handbook* is huge. Our definition of “handbook” must expand to include the book’s thousand-odd pages—making it a little unwieldy in the field, but absolutely worth keeping at the desk. It’s enormous in scope, but Nenah Sylver eases us into the text by explaining, in the Introduction, the premise under which she operates: “It became clear to me that I couldn’t just create a list of numbers [frequency settings] to go with the equipment . . . it wasn’t enough to receive frequency sessions; [people] had to actively eliminate the conditions that had allowed their illness to occur in the first place.” The end result is truly a comprehensive volume of healing.

Healing invariably makes us think of germs. But as Dr. Sylver writes, “As long as we perceive ourselves as helpless victims of germs, we’ll continue to rely on pharmaceuticals to help us get well.” A famous senior executive at GlaxoSmithKline (whom she quotes) once publicly admitted that over 90% of pharmaceuticals are only about 30%–50% effective (depending on the genetics of the person to whom they are administered). Dr. Sylver discusses the effectiveness and toxic effects of pharmaceuticals in depth. The political aspect of both pharmaceutical drugs and their marketing is also discussed and referenced extensively. The section on vaccination is to be particularly noted—the history, politics, science, and their incorporation into our own genetic material (a sort of biologic gene editing phenomenon). And that is only Chapter 1.

Other highlights made a particular impression as well. Dr. Sylver discusses the inventions of Royal Rife and the discoveries of other healers in this field of holistic medicine. The entire history, as recounted in this book, is sordid, and reflects very poorly on the medical establishment, including the American Medical Association. We are given a multitude of choices for healthy living—with the caveat that “one size fits all” does not work for either bathrobes or diets. I was especially drawn to the section on gratitude, toward both the animals and plants that provide us with our food. The Brix measurement of plant vitality was a brand new one to me. High Brix means more nourishment, and is measured by placing a drop of plant juice on a device called a refractometer and seeing how much the light is bent as it passes through the prism. There is also a very interesting discussion of wheat, and how it has become modified from the original 14-chromosome gluten-poor grain to the current 42-chromosome gluten-rich grain associated with multiple forms of illness known as “gluten intolerance.”

One of the appendices gives an excellent discussion of various electromagnetic frequency devices and magnetic therapy in general. Another appendix satisfies the research junkies among us, a list of published papers and books on electromedicine dating back to 1877. Plus, there are still all the chapter references, almost five hundred for Chapter 1 alone. Appendix E gives a tantalizing glimpse of current research on frequency treatment of cancer cells *in vitro*. And Appendix F lists commonly used chemicals, almost all of which are toxic to human life. There is so much more to this book that you need to read it for yourself and decide what your favorite portions are.

If you want to learn about Rife therapy or the context in which it is best used, this book is an excellent place to start. It is also an invaluable reference manual for complementary therapies and holistic living in general. The writing is superb. The information is well researched, logically presented, and accurate. “We cannot die in peace without living in love,” writes Nenah Sylver. The overall impression this book leaves is one of light and healing.

I am beyond impressed.

—Martha M. Grout, MD, MD(H)
Arizona Center for Advanced Medicine
Scottsdale, Arizona

Royal Rife developed equipment to apply frequencies. Since that time, various types of effective frequency devices have been produced. Hundreds of cancer patients have recovered without the benefit of surgery, chemotherapy, or radiation. Lyme disease, Multiple Sclerosis, rheumatoid arthritis, and many other conditions have yielded to frequency therapies. Non-professionals have produced many of these results. I have had the privilege of watching many people self-treat and enjoy improvements in their health.

An attorney with an autistic son reported that her child seldom slept more than three hours at a time; he would wake up in pain. The two of them were getting six hours or less of sleep a night. After the mother gave the boy one frequency session, he started sleeping consistently for ten hours, and his behavior improved. A prostate cancer patient had difficulty urinating and tried frequency therapy. Five days later, the urine flow was normal. A leukemia patient had a white blood cell count of 250,000. He decided to use frequencies that other leukemia patients had found useful. After six weeks, his white blood cell count was down to 16,000. A patient with pulmonary fibrosis made crinkling sounds in his lungs as he breathed. He was told that his prognosis was hopeless, that his oxygen saturation would continue to decrease until not even inhaling oxygen would keep him alive. After frequency therapy he coughed up a lot of material, after which his lung sounds and oxygen saturation returned to normal. Several people with degenerative hip conditions have used frequency therapies. So far, all have recovered. It appears that when the infections in the joints are removed, the body is able to repair the damage. And yet, most physicians have never heard of Rife's work.

The Rife Handbook of Frequency Therapy is a book that doctors and their patients can use to learn about this safe, effective and non-toxic therapy for cancer and so many other conditions. Dr. Sylver presents a fascinating account of the life of Dr. Rife and his accomplishments. She describes how his discoveries were, and continue to be, ignored or opposed. She explains why you may not get the best available care when you seek medical help. She covers in detail helpful steps to take in moving toward wellness, including how to get quality water and how to detoxify the body. She covers what you need to know to conduct a frequency therapy session. She lists a large number of conditions with appropriate frequencies. And she offers a wide range of complementary therapies that are natural, effective, and easy to use for a wide variety of ailments. Dr. Sylver has spent years studying how people get sick and how they can get well. She presents a wealth of valuable material that will be beneficial to all kinds of practitioners including doctors, and to those on the road to recovering their own health.

—Richard Loyd, PhD
practitioner, *Health Balances*
Graham, Washington, United States
and coordinator of the Rife International Health Conference, www.RifeConference.com

Nenah Sylver's direct style is a prophetic voice for the medicine of the future. She provides a well-organized history of Rife's work and a seminal guidebook for the modern application of his discoveries. This significant volume will encourage lively and informed discussion regarding the implications of bio-electromagnetic energies for human wellness.

—Joel P. Carmichael, DC, DACBSP
president, *North American Academy of Energy Medicine*
author of *What Should I Eat? A Food-Endowed Prescription For Well Being, 2nd Edition*
and *Nutrition For Endurance: Finding Another Gear*

Dr. Nenah Sylver's 2001 edition offered an impressive collection of long-suppressed information to help people break away from the self-serving deceptions employed by conventional allopathic medical care and the pharmaceutical industry. With this new volume, Dr. Sylver demonstrates her mastery of this complicated field with massive amounts of hands-on information that you must learn if you are to finally be well. She courageously demonstrates how each of us has the power to take charge of our own lives and create our own wellness protocols, without abdicating responsibility to anyone else. *The Rife Handbook* is destined to become the definitive reference on attaining self-directed, holistic health.

—S. Nathan Berger, DDS, PC
Rife researcher and biological dentist

It doesn't happen very often, but occasionally I read a massive book on natural health and healing that just plain blows me away. Dr. Nenah Sylver's huge and impressive *Rife Handbook* is more than merely the best and most complete compendium on frequency healing that I've ever seen. In addition to a massive cross-referenced frequency directory for most human ailments, this wonderful book also features detailed, helpful, and groundbreaking information on complementary therapies—and much, much more.

—Chet Day
Health & Beyond Online, www.chetday.com

As an AAMA Board Certified Alternative Medicine Practitioner, I have many fine modalities from which to choose. I recently experienced a health issue that failed to be helped by either conventional allopathic medicine or even alternative medicine treatments. However, after a Rife frequency square wave treatment protocol was applied, this health issue was completely resolved.

Rife technology, until now, has been largely questioned by both alternative medicine and allopathic practitioners for efficacy and disease resolution. But *The Rife Handbook* will dispel your doubts. It is the recommended work for practitioners who need to understand how and why this therapy works, and who want to utilize frequency therapies in conjunction with current preferred interventions to help their patients heal. Nenah Sylver's definitive interpretation of frequency therapy identifies applications, indications, contraindications, safety, and specific treatments along with directions specifying "how, when, and what frequency" for therapy sessions. The detail with which the author examines treatment modalities is remarkable; she presents a variety of protocols to resolve most health issues. It is rare that I read another's views of various alternative medicine therapies that exude such succinct clarity and comprehension as hers. Dr. Sylver has a remarkable grasp of what works, how it works, and on whom it may be effective.

This well-referenced treatise provides treatment options when progress falls short, or when there appears to be an impassable plateau in the way of optimal recovery.

—Bill Misner, MS, PhD
AAMA Board Certified Alternative Medicine Practitioner

When Nenah Sylver published the first edition of *The Rife Handbook* in 2002, it received excellent reviews as the best book in the field. This new version is substantially updated and improved, reflecting many of the advances in frequency therapies that have occurred in over a decade. Frequency therapy, properly applied, may well replace every other modality. Frequencies can alter DNA, kill or enhance cells, affect all chemical interactions, break up toxic substances and cause them to be eliminated from the body, kill pathogens that disrupt bodily function, and enhance and stimulate all cells and organ systems to higher levels of performance.

There are superbugs and bioengineered diseases out there that might make it to your neighborhood. Will your local medical clinic help you when thousands of people are dying from a strange disease? Don't count on it! If you want to live long and prosper, learn about frequency therapy. Dr. Sylver spends a lot of time in her book to help you use frequencies safely. Even if you just want to make life a little better for your family and friends, you will want to read *The Rife Handbook*.

—Jeff Sutherland, PhD
co-principle investigator of research grants, National Cancer Institute
assistant professor, Department of Radiology, University of Colorado School of Medicine
co-founder, Center for Vitamins and Cancer Research
Frequency Foundation, Boston, Massachusetts, United States

We work in the area of complementary and holistic cancer healing education and recommend Rife therapy to all our clients. *The Rife Handbook* is a bible in our office, an invaluable tool toward the healing of dozens of cancer victors. Nenah Sylver's research is thorough and detailed. The book sits on a prominent place on my shelf next to every frequently used manual in my practice.

—Ellyn Hilliard, CNC, PhD
former co-owner of Twelve Ways Healing Center in Colorado, US
and author of *Cancer Healing Victories*

Royal Raymond Rife discovered one of the most groundbreaking medical tools of the last hundred years. Due to political and financial interests, his discoveries were driven underground. But today, people suffering from cancer and other diseases can base their treatment on authentic science instead of politics. A scientist in the true definition of the word, Dr. Sylver methodically guides readers through Rife's life and achievements, with a history of the technology and the scientific foundation for its use. She also provides practical tips that can be easily integrated into a comprehensive protocol for a wide variety of health conditions. Nenah Sylver is the "researcher's researcher"; I habitually turn to her work as a trusted reference. I recommend *The Rife Handbook* without reservation to every health seeker, patient, physician, and scientist who values objectivity and innovation in medicine and wants guidance on complementary healing modalities.

—Bryan Rosner
author of *Lyme Disease and Rife Machines*,
The Top 10 Lyme Disease Treatments,
and *Freedom From Lyme Disease*

The Rife Handbook of Frequency Therapy and Holistic Health

an integrated approach for cancer and other diseases

Updated and Expanded 5th Edition

second printing

Nenah Sylver, PhD

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You must use the contact form at www.NenahSylver.com, as the author is unlikely to respond initially to phone calls. To request an interview, private consultation, group class, educational seminar, the author's participation at a conference or on a panel, or to submit products or equipment for testing, please use the contact form.

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The Rife Handbook of Frequency Therapy and Holistic Health: an integrated approach for cancer and other diseases.
Updated and Expanded 5th Edition

The first softcover edition of this book (with a different title) was published in 2001 by The Center for Frequency. Two larger, revised hardcover editions, almost identical, containing substantially new material, improved organization and an index, were published in 2009 and 2011 by Desert Gate Productions LLC.

An updated and expanded 5th edition (with 1104 pages, almost 400 more pages than the 2011 volume) was published in 2018 by Desert Gate Productions LLC.

In this second printing of *The Rife Handbook 5th Edition*, copyright 2021, a few errors have been corrected and some updates and newer material have been added to the text. The page count remains the same.

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New interior book design by Nenah Sylver.
Cover design by Duane Burchett and Nenah Sylver.
Index by Nenah Sylver.

Cover Images, Back.

Top: Bipolar nerve cell, as seen through the Ergonom microscope.

Middle: Cross section of a bone 3.5 mm thick, as seen through the Ergonom microscope.

Bottom: Cell division, as seen through the Ergonom microscope.

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This book is dedicated

to all peoples everywhere—

black
brown
red
white
yellow

who seek
clean food
pure water
dependable shelter
right livelihood
and radiant health

who want to be
acknowledged in community
respected for their humanity
and honored for their divinity.

May they find the
dignity
joy
peace
and love

that is their birthright

and may they always have
freedom
to choose the course of their own lives.

Disclaimer

The information given in this *Handbook* is for educational, informational, and investigational purposes only. It is not to be construed as diagnosis of disease, treatment of disease, prevention of disease, or as a replacement for consulting a qualified medical practitioner.

Be careful when investigating this technology! Protocols may need to be modified, or used with only certain types of equipment and not others—or this technology may be contraindicated entirely—if you have a heart condition, are wearing a pacemaker or autodefibrillator, are pregnant, are nursing, have blood clots, are taking strong medications such as chemo, are taking herbal or nutritional supplements, have a medical need to suppress your immune function (such as organ transplant recipients who are taking immunosuppressive

drugs), are wearing metal implants or stents, have breast implants, are especially sensitive to radio frequency (RF) or other electromagnetic radiation, or have especially sluggish detox/eliminative functions (liver, colon, kidneys, and lymph system). Before using any equipment, and to see if you should even be experimenting with this technology, please read the beginning of Chapter 4, which explains these circumstances and the precautions to take. The author, publisher, distributors, and sellers of this book are not responsible or liable for the results of your experimentation with Rife Therapy or your use of any other protocols described in this book. The reader accepts full responsibility for any and all consequences of trying or using these modalities. *If you have a medical condition, see a qualified health professional of your choice.*

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Detailed chapter outlines, containing up to four levels of headings and subheadings exactly as they appear in the text, are at the beginning of each individual chapter.



San Diego Historical Society

Royal Raymond Rife with one of his microscopes, 1929.

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Acknowledgments

This book would never have been written without the pioneering discoveries and great personal sacrifices of Royal Raymond Rife. Likewise, I am indebted to the archivists, electronics engineers, microscopists, medical researchers, and others who came after Rife and continue to contribute to and refine the growing field of frequency therapies. This *Rife Handbook* is not intended to supplant anyone's research, discoveries, or devices. Rather, it is meant to guide you through Rife's healing modality that has reemerged and been updated, after being suppressed for over half a century. This book is also intended to provide you with a solid introduction to natural health so you can utilize this versatile frequency therapy to its best advantage.

Throughout the years, as this book has grown in size and detail, more people have critiqued it, adding to the complexity of its contents. There are many researchers in the Rife Therapy field who deserve to be acknowledged for their efforts to promote this drug-free, non-invasive modality, although not all are in the public eye (or want to be). Of those who can be named, I thank Brian McInturff for his early Consolidated Annotated Frequency List and continuing contributions to the Rife community; Jeff Sutherland, PhD, for his eclectic approach and assistance to me in the early years of this manuscript; and Jeff Garff, Shawn Montgomery, Jason Ringas, and Stanley Truman for allowing me to use documents and photos from their archives. I also thank Dave Felt, who spent many hours

patiently answering my questions and explaining technical issues (particularly as they pertained to engineering); and Marty Monahan, DC, NMD, who kindly gave me some additional frequencies he has used successfully in his clinical practice. Edna Tunney and her staff at Resonant Light Technology Inc. also have my thanks for giving me the kindest, most polite encouragement as only Canadians can. And I appreciate Bryan Rosner for his unique insights on protocols that help eliminate Lyme disease, as well as for his enthusiastic support.

There are some very special people in the forefront of the Rife community that I want to tell you about. Peter Walker, founder of the decades-old organization Rife Research, Europe and the Rife Forum (rifeforum.com)—and who then began hosting dozens of other types of health-related groups—has been instrumental in helping to keep the Rife community afloat and active, for which the world owes him a huge debt of gratitude. Over the years, Peter has graciously provided me with information and much practical assistance in many areas. I continue to be thankful for his dedication and efforts.

Another multitasking individual is Rife researcher, musician, mathematician, and historian Charlene Boehm. With her incisive mind for details and dedication to ethics and accuracy, Char would always make time to explain technical information. She also reviewed my history of Royal Rife and corrected a few errors—some of which had already been widely disseminated for years on the

Internet and on the printed page, and then unfortunately made their appearance in previous printings of this book.

Richard Loyd, PhD, is an exceptionally kind and caring researcher and practitioner. Dr. Loyd has generously shared his extensive knowledge of frequencies, his clinical findings, and many wonderful articles on electronics and nutrition. He has also freely and humbly acknowledged what has not worked, reminding me that sometimes, we learn from our mistakes even more than our successes.

Jimmie Holman of Pulsed Technologies is another person I have been honored to call a friend. Over the course of five editions of this book, this brilliant scientist has also functioned as a mentor. I will always treasure his willingness to share his innovative research, accompanied by a generous dose of patience as I sometimes struggled to understand what I was being taught.

Finally, I want to mention the late Steve Haltiwanger, MD, CCN. Steve possessed a giant intellect and encyclopedic knowledge, which he used in his many professional capacities to help countless health seekers. However, what I will equally remember him for is his kind and generous heart, which is what impelled him to so freely share what he knew with whoever wanted to learn. My many hours of discussion with Steve inspired me to include some important material in this book. Steve passed away after the 5th Edition was published but before this second printing was released. I will miss him.

On the practical side, some of the organizing assistance for past versions of Chapter 5, provided by Linda Thieman, MA, were retained for this current edition. Ann Rogers and Ron Strauss, who provided the index for earlier editions, laid the foundation for my indexing of this current volume. Duane Burchett, with good-natured patience, provided many versions of this new cover until I was satisfied.

Rife therapy should be administered holistically, as part of an overall wellness protocol. Therefore, this book addresses many complementary modalities. A project of this scope and depth could not have been completed without input from health professionals and educated laypersons versed in acupuncture, biology, chemistry, chiropractic, herbology, massage therapy, physics, and even law. There are too many people to name who provided input for both past and current editions. I trust that you all know who you are and will accept my thanks.

In the personal arena, I am blessed by two wonderful people who have become my family and constantly show me that our companions in life can help us work miracles and weather any storms, no matter how bleak life may appear. Throughout the decades that I labored on all

versions of this book, Paul Silverfox helped with countless everyday tasks so that I could spend uninterrupted hours writing. He reviewed all of the previous editions as well as this current one, remaining cheerful no matter how many rewrites I asked him to critique. From his perspective as a licensed massage therapist, he offered sage advice on many topics concerning health and gave me encouragement whenever I needed it. I will always treasure his friendship, support, wisdom, and common sense. For the 5th Edition and this second printing of the 5th Edition, James Dutcher provided enthusiastic and loving encouragement as well as highly personalized computer and software support. He upgraded, debugged, and repaired my computer—day or night, whenever it was needed. Most importantly, he spent many hours helping me navigate a frustrating and complicated software program for professional publishing. Doing my own manuscript layout was not only exhilarating and empowering, it immeasurably influenced my writing. I cannot emphasize enough how formatting this book myself allowed me to include more, essential, and timely information, organized in a way that makes complex data easier to absorb. In a sense, this book has been created for you by three people. I could never have written it without Paul and James. Having loving friends and comrades in life makes even gargantuan tasks manageable.

There are many others I want to acknowledge, even though I'll never meet them face-to-face. First are the thousands of people who, over the course of two decades, telephoned or emailed me about their health concerns. Their questions propelled me to search for answers, and because of that search I was able to write a better book. I also want to acknowledge members of the Internet health group community, people from all over the world who shared their very personal stories about how they were helped by frequency therapies and other complementary modalities. I found these accounts informative, inspiring, and often moving. Finally, I want to acknowledge those who sent me personal emails thanking me for writing this book and helping to make the quality of their lives better—and in some instances, for saving their lives. Whether or not I truly can (or should) accept credit for that feat, such comments literally take my breath away. When I receive such heartfelt missives, I know that I have succeeded in doing the job I'm supposed to be doing.

There is one more person I want to sincerely thank: you, the reader. Your courage to question the status quo, your desire to learn new ways of healing, and your willingness to take responsibility for your health, are a testimony to what holistic medicine is all about. It is in service to you that I have written *The Rife Handbook*.



Foreword by Steve Haltiwanger, MD, CCN

Medicine is a cult. Just as religion has its catechism, medicine has a set of credos based on faith. The faith says that if you take a pharmaceutical, it will fix everything. But this is a delusion. Pharmaceuticals do not heal. In order for true healing to take place, you need raw materials: amino acids, fatty acids, minerals, vitamins. Otherwise, cells do not work, tissue cannot be restored, and symptoms will not abate. They will not ever abate, not unless the body is given the chance to fix itself. Therefore it is my great pleasure and honor to be asked to write a foreword for this new edition of *The Rife Handbook*. It does not ask that you accept what is written on faith. You are presented with some solid science that organized medicine denies, the self-serving political agenda that organized medicine tries to cover up, and the contradictions in logic that organized medicine tries to pretend do not exist. And then it is up to you to decide what to do about your health.

I met Nenah Sylver at a scientific conference many years ago, and she and I stayed in constant contact thereafter. I found her to be a compassionate individual and a good friend. Nenah is not only an outstanding writer and the author of the best electromagnetic medicine book currently on the market, she is also a multi-talented musician and songwriter. A person of depth, she has lived an interesting life. She has always collected and surrounded herself with individuals who are curious and expansive in their vision. Not surprisingly, she gathers and assembles information the same way. She does extensive research, so her readers can be satisfied that

the information she has collated has been checked. She asks the same question, of several people, until she is satisfied with the answer. In her investigations into new developments in the scientific community, Nenah is in regular communication with innovators. This includes manufacturers of electromagnetic medicine equipment. Then she assembles a voluminous amount of information, and somehow it all neatly fits together into a book.

While this book has “Rife” in the title, it is a much broader review of multiple technologies that can be used to promote health. I ought to know. I have lectured for thirty-three years in seventeen countries on topics involving electromagnetic biology, infrared therapies, PEMF therapies, psychiatry, and nutritional treatments of neurological conditions. Over the last twenty-two years, I have participated in seventy-two research studies focused on the use of PEMF devices, microcurrent treatments, infrared therapies, photobiomodulation, nutritional supplementation, and laboratory analysis of human chemistry. I have formulated numerous nutritional supplements and I’m a consultant to several companies in the medical field. With my background and experience, I am pleased to say that this book is an invaluable contribution to the holistic and alternative medical fields. It is documented and sophisticated enough for the professional, and accessible enough for the layman.

With information expanding at a geometric pace, it is impossible to keep current with all the equipment that is being invented and produced. It is also difficult to keep

current with all the advances in complementary medicine. Therefore, although this is called a “handbook,” a better name might be “the bible of electromagnetic devices and complementary medicine made accessible to everyone.” My one complaint is that I don’t have enough time and money to buy and try all the technology described in this book.

This book is not the type that you usually read cover to cover. Instead, it is like an encyclopedia in which you search out specific topics that you have an interest in exploring. As you look through this book, you’ll discover how the properties of electricity, magnetism, light, and sound can be utilized by devices to affect and regenerate the human body. You’ll also learn about more complementary therapies than you possibly have time for. While these therapies reinforce the benefits of having an electromagnetic medical device, if you don’t own a piece of equipment just yet, the therapies can do a pretty good job on their own. In fact, the therapies are critical to becoming well and staying well.

Having had the pleasure of reading prior versions of this book, I am happy to report that this current version has vastly improved, like fine wine that gets better with age. This 5th edition has been expanded by over three hundred carefully documented pages. *The Rife Handbook* is an invaluable resource, not only for scientists and health professionals, but also for individuals who want to know more about technologies and adjunctive health therapies. I urge you to use this book as a guide and as a reference. Savor it.

—Steve Haltiwanger, MD, CCN

lecturer, researcher, psychiatric consultant, and
consultant in Rife Therapy,
electromedicine, and nutrition

medical director and consultant for many
international nutrition corporations

former medical director,
Emmanuel Center for Health

author of dozens of research papers, including
“The Electrical Properties of Cancer Cells”

co-author of the book *The Electric Human*
(pulsedtechresearch.com)

MILBANK JOHNSON, M. D.
PACIFIC MUTUAL LIFE BLDG.
LOS ANGELES, CALIFORNIA

November 9, 1931

My dear Mr. Rife:

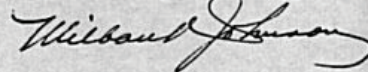
In the name of the other three gentlemen and myself I want to thank you for your most courteous reception and for giving us an opportunity to have a glance of your wonderful microscope. I want to say to you that we all spent one of the most instructive and interesting afternoons of our lives in your laboratory.

Upon returning to San Diego that evening I wired to Dr. Arthur I. Kendall of Chicago and gave him a brief description of what we had seen and our opinion of it, and upon my return to Pasadena this morning I received the following telegram from Dr. Kendall - "Expect to start for California Saturday night. Letter follows".

If he comes straight through, which I think he will, he will arrive in Pasadena on Tuesday, November 17 so be sure and have your microscope in perfect condition for the Big Chief when he arrives. I will bring him down to San Diego in my car at which time you and Dr. Kendall can make such arrangements as you desire.

Thanking you again for your courtesy, I am

Yours very sincerely,



Mr. Roy Rife
2500 Chatsworth Bldg.
San Diego, Calif.

600 BURLINGHAM DRIVE
SAN RAFAEL HEIGHTS
PASADENA

*Letter from Dr. Milbank Johnson to Royal Raymond Rife, November 9, 1931.
Milbank Johnson became one of Rife's most enthusiastic supporters and a trusted benefactor.*



Royal Raymond Rife and Mamie Ah Quin Rife.

Courtesy of Jeff Garff



Introduction

Imagine what your life would be like if you could eliminate ill health in as little as one day for something mild (like the common cold), or in several months to a year, maximum, for a more serious illness (like cancer). To do this, you would need three things: a protocol to strengthen your system so that it's no longer a breeding ground for pathogens, a frequency device, and a list of frequencies to go with the device. You would not need toxic drugs or invasive surgery, you would not incur unfairly high medical bills, and you would not have to depend on doctors for long periods of time. This protocol is called Rife Therapy, named after its inventor Royal Raymond Rife.

American scientist Royal Rife, and his remarkable technology that has helped thousands overcome life-threatening diseases, is finally becoming more public after decades of suppression. As incredible as it sounds, though, the knowledge that specific frequencies destroy pathogens is not new. Royal Rife began his career as an inventor almost a century ago.

It all started with one of Rife's key inventions, a most unusual microscope. In those days, the magnifying power of existing microscopes was poor. Individual viruses, and even some bacteria, could not be seen because they were too small. Determined to view them, Rife built his highly acclaimed Universal Microscope. Many times more powerful than other magnifying instruments, the microscope made specimens visible without killing them. This feat was beyond the capacity of even an electron

microscope, which makes pathogens visible by bombarding them with electrons in a vacuum, thus destroying them.

Rife had a good reason for wanting to see specimens in their natural live state. If you want to discover how to kill a microorganism, you need to know how it reacts to its environment. Once Rife could observe the activities and responses of living microorganisms, he could devise a method to destroy them. Hence, the Rife Ray was born.

Rife's strategy of destroying microorganisms was based on the principle of resonance. Every living organism has a resonant frequency, or intrinsic radiation signature. The cliché of the soprano who shatters a glass with her single, pure, focused tone is (for now) an adequate working metaphor for how Rife's electronic device worked. The various frequencies it emitted, via an electromagnetic field, corresponded to the resonance of different pathogens and therefore disabled them. Once they were no longer viable, the body's immune cells could eliminate them.

Tests were successfully conducted on thousands of infected animals. Many of the most prestigious doctors and pathologists in the US, impressed with the initial results, supported Rife in several ways. They gave him money, worked with him in his laboratory, substantiated his findings, and used the Rife Ray in their US and overseas clinics. Some doctors even sent Rife notarized affidavits affirming the effectiveness of the treatments. Accounts of Rife's microscope and ray machine were published in newspapers, journals, and medical bulletins across the United States.

Ironically, Rife's treatments may have been too successful. The medical-pharmaceutical industry, foreseeing a massive loss in profits from drugs and surgeries, appointed some very vocal opponents—none of whom, it should be pointed out, tested the machine. The physicians and financial backers who had been Rife's colleagues and friends became targets of character assassination. Medical boards threatened to revoke the licenses of doctors who used the Rife Ray unless they relinquished their equipment. Some of Rife's closest collaborators later denied even knowing him, despite the existence of a widely circulated photograph in which they appeared with him at a banquet in his honor. Articles on Rife and his inventions began disappearing from newspaper archives. The greed and callousness of the wealthy powerful few deprived many sick people of healing and even cost them their lives. Vilified and discredited by the ignorant and greedy, his technology misunderstood and underutilized, Royal Raymond Rife died in 1971.

Rife's story, while unique in some ways, nonetheless follows a familiar pattern. First, a therapy is discovered that's non-invasive, inexpensive, and drug free. Next, after it makes large numbers of people well, its inventor, proponents and users are privately harassed, publicly humiliated, and legally persecuted. Perhaps they even die of mysterious causes or under suspicious circumstances. Finally, steeped in rumor and innuendo, the modality disappears. As with other promising complementary treatments, Rife's therapy was driven underground.

The long silence on Rife and his inventions was finally broken with Christopher Bird's article "What Has Become of the Rife Microscope?", which appeared in the March 1976 issue of *New Age Journal* and was later reprinted in other publications. Then in 1987, Barry Lynes published *The Cancer Cure That Worked*, an emotionally-charged glorification of Rife's life and work. However, original source material was scarce. Movie footage from 1936 showing Rife in his lab, and a few equally old photographs, provided the only visual clues about the equipment.

Gradually, other memorabilia surfaced: Rife's surviving lab notes, letters, telegrams, photographs and awards, all unearthed from different locations. One researcher spent hours rummaging through the morgue files of a California newspaper office to find decades-old news clippings. Another investigator spotted articles in obscure yellowing engineering journals. Still others uncovered documents in the attics and basements of people descended from Rife's colleagues and co-workers. One astonishing find was an old trunk full of reel-to-reel tapes, featuring discussions between Rife and his close colleagues. The tapes were transferred onto CDs and made available to the public.

Around 2005, a non-working Rife Ray was found in a museum and restored by a team of resourceful engineers. Shortly after, a US frequency equipment manufacturer acquired a box of priceless documents from a nurse who had once worked with Royal Rife's colleague John Marsh. This manufacturer was then given an old schematic of one of Rife's original units built in the 1930s. With the help of others—including an elderly engineer familiar with the tube technology of Rife's era—he deciphered the almost illegible drawing and reconstructed the model. Then an actual prototype of yet another model was discovered, and the Rife community was closer to understanding how Rife's technology worked. This knowledge was not merely academic. It could, and would, lead to the production of more effective modern units.

Also around this time, the most powerful of Rife's microscopes was resurrected: the Universal Microscope (after being stolen from Rife's lab decades earlier and then recovered). Kept safely in an undisclosed location, it underwent meticulous restoration by several key researchers until it was again taken. Predictably perhaps, the cloak-and-dagger antics of secrecy, theft, and duplicity that had plagued Royal Rife have continued today.

Fortunately, not everyone interested in Rife history wanted to hoard their treasures. Many documents, along with designs of Rife's original ray machine, were posted on the Internet. This global sharing has allowed Rife's diverse technologies to inspire progress in many fields of electromedicine today. Using the primary source materials as references, scientists, health practitioners, electronics engineers and curious laypeople are now experimenting with different types of machines as well as new frequencies. With a rapidly growing, fresh generation of wellness seekers demanding access to life-saving technology, a new era of frequency healing has been born.

Although frequency equipment has been substantially modified and redesigned since Rife's colleagues treated people in the 1930s, 40s and 50s, the basic principle of how the devices work—pathogen destruction through resonance—remains the same. There are now hundreds of companies, on every continent of the globe, selling frequency therapy units to address all types of diseases. Despite the intimidation tactics of the medical-pharmaceutical industry and some government agencies, more researchers are stepping forward to share what they know, via the printed page, radio, electronic media, and at conferences. In addition, medical clinics and formal and informal research centers are springing up all over the world: Australia, Mexico, Canada, the Netherlands, New Zealand, South Africa, Germany, Romania, and the United States, among other countries.



It was over 30 years ago—around 1983, long before the massive infusion of Rife-related artifacts—that I first heard about Rife’s technology. Cryptic fliers from companies specializing in unusual devices somehow found their way to me. From time to time, electronics buffs and complementary health practitioners would tell me about a device that emitted frequencies to reverse disease, but they were extremely vague in their accounts and couldn’t or wouldn’t elaborate. The couple of fliers that specifically addressed rife machines gave, for merchant contact information, addresses that were either in Mexico or for United States post office boxes, so I wasn’t sure if the sellers were honorable. Because I still had more questions than answers about the information I was seeing, I didn’t do much more than collect data.

Thus for many years, Rife and his inventions occupied the same category as all the other unsolved mysteries of the universe, like who built the Easter Island statues and how did the Bermuda Triangle sink ships. Although my collection of papers taunted me with their “too good to be true” rumors, my intuition told me that this information was vitally important and would one day bear fruit. So I put everything into a file folder and waited, remaining open to whatever the universe might choose to reveal.

Then in 1993 I met Howard, a US-based dulcimer maker and musician who had majored in electrical engineering at Cornell and was now retired. With his highly inquisitive mind, engineering background and love of tinkering with machines, Howard was an ideal Rife researcher. (He had already demonstrated an affinity for unusual science projects: One winter holiday, he sent me several Petri dishes containing glow-in-the-dark fungus as a gift.) Howard had previously been interested in frequencies as a musician (as had I), so learning about Rife was a logical next step. When he informed me that unfortunately (for experimentation purposes) he was in excellent health and therefore had no way to test his (not one, but two) frequency units, I could not believe my good fortune. Having suffered for years from a severe systemic *Candida albicans* infection and desperate for relief, I instantly volunteered to do the testing for him. Just as eagerly, Howard accepted my offer. This is how my academic query turned into a hands-on experiment.

Little did I know that my experimentation would lead me to unexpected and startling places—and continue indefinitely. I exposed myself to many different types and makes of machines and tried nearly all of the frequencies that were on the lists that came with the units.

My efforts were rewarded when the *Candida* became more manageable. Then I began helping friends and acquaintances with health problems of their own.

As people learned that I was experimenting with rife technology, they began asking me about Rife and his life, how frequencies work, and about healing in general. Not knowing all the answers—especially when they involved electronics and details about pathogens—I pumped information from every knowledgeable professional who was willing to talk to me. Dragging out my dusty medical and science textbooks, I increased my knowledge about biology, brushed up on physics, labored over chemistry, and struggled with electronics. I also read every book on Rife that I could find. The problem was, except for Barry Lynes’s indignant little paperback and one highly technical manual on how to build a frequency machine, very little information on Rife and his inventions was available. Not only that, there was no cohesive guide to understanding or using frequency equipment. Plus, information on the frequencies themselves was scattered in many different places. So I began to compile a simple guide of popular frequencies that I had personally found to be effective, while continuing to work with new frequencies.

Almost immediately, it became clear to me that I couldn’t just create a list of numbers to go with the equipment. I wanted people to understand that in most cases, it wasn’t enough to receive frequency sessions; they had to actively eliminate the conditions that had allowed their illness to occur in the first place. I needed to investigate, refine, and explain a solid, workable paradigm of what it meant to be healthy.

At that point, a major area of my life had become heavily impacted by my involvement with Rife research: my work as a Reichian (body-mind) psychotherapist. More and more clients were coming to me who were struggling not only with knotty emotional issues, but also with serious physical ailments. They had been taught that Western medicine was the only legitimate modality, so they weren’t convinced that holistic methods could help them. Some clients had trouble understanding that physical disease can influence one’s emotional state in unexpected ways. This lack of comprehension struck me as odd—considering that they had specifically sought my services because they knew that unresolved emotions lodge in the body as muscle tension, which causes biochemical changes that eventually lead to illness. But it never occurred to these same clients that many emotional problems can be exacerbated, or even directly caused, by the same biochemical imbalances and pathogens involved in disease! This piece of information even more strongly fired my resolve to focus on the physical, as well as emotional, origins of disease.

The more I became immersed in frequency therapy, sharing—with friends, acquaintances and even strangers, anyone who'd listen—became a full-time job. There was so much to report and explain that I was teaching even in social situations when I “should” have been relaxing. I did recognize, though, that this was a lot of information for people to handle—especially in a social situation, where they're not expecting to be bombarded by an impassioned lecture on medicine. Also, people tend to retain information more easily if it's written down. And, most important, although my enthusiasm never waned, my energy levels did. So I realized I needed another way to convey the material, and looked for well written, accessible books that presented the topic clearly and thoroughly.

To my great dismay, I couldn't find what I was looking for. What I wanted, very simply, was an all-purpose holistic health book that met many needs and featured a wide range of topics: cutting-edge research in medicine and science, an exposition on Rife and his work, and a foundational discussion of electromedicine (so people would understand why Rife therapy is so effective), along with a directory of frequencies to use for specific health conditions. Not surprisingly in retrospect, nothing suited my exacting requirements. After complaining for months about how hard it was to obtain reliable information about Rife, in conjunction with additional topics that I felt were essential—presented, no less, in just the way I wanted—I realized that the person who was supposed to put all this together was me. That is how my little list of popular frequencies metamorphosed into a project whose scope I couldn't possibly have foreseen. This fifth edition that you are now holding in your hands is the result of my curiosity, learning, labor and love over the course of two and a half decades.



Now that you have this *Handbook*, where do you begin? Some readers, especially those who own frequency devices, may be tempted to jump directly to the Frequency Directory (Chapter 5). But this *Handbook* is about much more than pathogen-destroying frequencies. It is about freeing yourself from medical propaganda, trusting in your own experience, and opening to the self-confidence and health that blossom when you think and act for yourself. So please don't ignore the beginning of the book. It shows you new ways to approach your body and healing, as well as addressing your questions about rife machines.

Chapter 1, “The Politics of Medicine and the Nature of Health,” is a primer on allopathic vs. holistic (also known as “complementary,” “alternative,” or “functional”)

medicine. It explains why most drugs don't work and in fact make you worse—as well as how most clinical trials are not only worthless, but can be rigged to “prove” whatever outcome the experimenter wants. The reader is also shown how drugs are approved, and by whom—which in virtually all cases, involves politics and profit rather than humanitarian concerns or even good science. This chapter also contains a brand new section on electrosmog: what it is, how it affects us, and how to avoid it.

Chapter 2, “The History of Pleomorphism and the Inventions of Royal Raymond Rife,” features Rife's unusual life and the controversial debate over pleomorphism—a phenomenon relatively unknown in the United States, but widely understood in Europe. Pleomorphism is the ability of pathogens to radically change their form, structure and function, from simple and primitive to highly complex and multi-functional, depending on the changing terrain of the body. Rife's microscope showed that often, pathogens become dangerous only when the system becomes biochemically unbalanced. So, if you are attached to the germ theory of disease, this chapter will give you a different perspective. The debate on pleomorphism is important, because as long as we perceive ourselves as helpless victims of germs, we'll continue to rely on pharmaceuticals to help us get well. But if we understand that pathogens can and do adapt to their environment, we can lessen or remove their harm, knowing that we can alter that environment—the terrain of our own bodies.

The task of making that terrain (ourselves) less hospitable to pathogens leads us to Chapter 3, “Healthy Living and Complementary Therapies.” Here, you will find some of the most effective, user-friendly, and inexpensive protocols to help you detoxify and heal. This chapter is a guide for frequency device users who want to handle the effects of sudden microbial die-off. But it's also designed for non-rifers who want clarity about lifestyle choices, and are eager to learn about some of the best, mostly self-administered, holistic protocols available today. Readers already familiar with these protocols will learn new ways to approach what they're doing. The range of therapies is vast. In addition to ozone, sauna and light therapies, Inclined Bed Therapy, and homemade colloidal silver, I have added sections on homeopathy, organ cleanses, and so-called “folk” remedies that really work—activated charcoal, clay, and castor oil. This edition also contains vital new information on food, exercise, and nutritional supplements. Also, from my Reichian psychology background, I discuss the relationship between mind and body and the psychological aspects of what we call disease.

Chapter 4 shifts our focus to the “how to” of Rife's technology. To apply this technology correctly, you need

to know who can benefit from the equipment and who should not use it, and under what circumstances; what type of frequency device might best suit your needs; how to give yourself a Rife Therapy session; how to administer sessions to children, pets and the elderly; how to select the correct frequencies; how to deal with detoxification reactions from microbial die-off; and what to do if you're not getting the results you want. If you already own a frequency device, this chapter will help you use it to its full advantage. If you don't own one, this chapter will help you choose the unit that's right for you. In addition to older material that has been rewritten for clarity, there are some new sections, including one specifically for practitioners on how to incorporate this therapy into a busy practice.

Chapter 5, offering an extensive "Frequency Directory," also teaches the reader how to navigate through the alphabetized listings that provide frequencies for common and exotic diseases. In addition to conditions such as allergies, cancer, HIV, Lyme disease, Morgellons and neurological disorders, Chapter 5 includes the viruses, bacteria, parasites, protozoa and fungi that are implicated in these symptom pictures. This chapter also doubles as a basic medical primer for the layperson; so even those without a rife machine will benefit from its contents. Summaries of the functions of organs, glands, and bodily systems accompany the listings, along with suggestions of holistic therapies that support (or can be substituted for) the frequency therapy. When medical terms are used, they are always translated into plain, everyday language.

Chapter 6, "Creating a Better World, Inside and Out," deals with topics that might be regarded as optional, but they will help us meet today's challenges. Many people are unprepared for death and they fear it, both for themselves and their loved ones. Yet paradoxically, in the United States at least, the dominant values (not to mention images) of the culture are filled with death. Our social system supports misery, poverty, fear and hate, instead of joy, abundance, truth and love. We cannot die in peace without living in love. In this chapter I discuss the changes that must be made on all levels—personal, political and transpersonal—in order for a life-based culture to emerge. In keeping with this theme, I could not resist including some exciting, groundbreaking scientific research that points to the existence of what some call "spirit" and proves beyond a doubt that love heals.

Appendix A, "Resources," lists some great sources of health-related information, products, and services (including some new listings, such as EMF protection and personal care products). For those who want to offer Rife Therapy to others, Appendix B, "Legal Implications of Rife Sessions," discusses some challenges of using a

non-medically approved device for healing purposes. (Please note that I am not an attorney. Not all countries and municipalities have the same legal requirements for providing electromedical therapies. Use this section as a guide, but do consult legal counsel to ensure that you are compliant with the laws of your locale.) Appendix C, "Healing with Electromedicine and Sound Therapies," is written for the layperson with no background in physics or electronics. This overview, which includes definitions and concepts related to the electromagnetic spectrum and sound waves, will help you better understand the more technical aspects of almost any electromedical device you wish to use.

Appendix D lists some publications on electromedicine. You may be surprised to learn that medical doctors were using many of these technologies over one hundred years ago! Appendix E describes a recent US medical study of a frequency machine to kill leukemia cells. Appendix F lists toxic chemicals in household products that many of us use every day, so you can avoid them. These chemicals are totally unnecessary because, as described in Appendix G, there are "Safe Substitutes for Common Toxic Chemicals." Appendix H shows you how to assemble your own detoxification footbath for under ten dollars (and yes, it really does work). Appendix I, compiled just before this book went to press, presents medical studies showing the harm of WiFi, microwave ovens, cell phones, computers, and other electropolluting equipment. This is a vitally important appendix, because the telecommunications industry—often with the sanction of governments, worldwide—has not only suppressed these studies (and replaced them with lies), but is now pushing the even more dangerous 5G technology. This needs to be stopped. In References, for your convenience, I include contact information for some non-mainstream sources.

Now for some editorial comments. Because a major theme of this book is self-empowerment, I have tried to select my words carefully. When referring to people with health problems, I don't use the word "patient" because it reflects and reinforces a hierarchical model that exalts the doctor as the all-knowing savior and relegates the health seeker to a subordinate, lesser role. The history of the word "layman" reveals a similar subordinate status; and even though I use "layperson" instead of the gender-biased "layman," the origin of the word should be noted. Initially, "layman" meant any person (male) who was not a member of the laity (clergy). Later, "layman" was expanded to mean anyone who was not in a specialized profession. In other words, a layman is a commoner without a title. In today's dualistic world, more respect is given to those who hold prestigious titles and degrees than to those who

do not. In truth, many laypeople are highly educated and informed—often more than those with degrees—but their lack of medical credentials apparently still makes them commoners (unworthy). I couldn't find a suitable word in English designating someone who is not a medical professional yet is worthy of respect.

This leads me to my citing of people who don't hold titles or degrees. While I have, of course, quoted credentialed professionals whom I admire and respect, I have also quoted people who aren't well known or necessarily have degrees, but who offer valuable input. Considering how many medical researchers have falsified data and outright lied (explored in depth in Chapter 1), it seems fitting that we expand our notion of whose ideas are worth considering. It is my hope that common sense and a resonance with the truth, rather than degrees and titles, will prevail.

Despite my own language preferences, when quoting others I try to respect the writer's voice. Thus, if certain words are used (such as "patient"), I leave them in. The same holds true with spellings, such as British English, which is sometimes different from American English.

Royal Rife's name is used often, as one would expect. Appropriate to this usage, "Rife" is capitalized. However, "rife" and "rifying" are now being used as verbs (referring to the act of giving oneself a frequency session). For these, and for the noun "rifer" (which refers to one who gives oneself frequency sessions), the "r" is not capitalized. Similarly, when used to describe frequency equipment, "rife" is not capitalized, as none of the units being made today were made by Royal Rife the man. A similar logic explains why "rife practitioner" also uses a lower-case "r." However, when referring to the research, "Rife" is capitalized because engineers and scientists involved in this area are usually investigating the man as well as the technology. I do capitalize "Rife Therapy," however, to make this modality immediately visually recognizable and distinct from other holistic protocols being discussed.

My final editorial comment concerns the completeness of the data in this new edition. I have included current discoveries about health as much as possible. We already know that two scientists—who for years had been ridiculed by colleagues for insisting that stomach ulcers are caused by a bacterium—found *Helicobacter pylori* in the stomach lining of enough people with ulcers to win a Nobel Prize. However, dangerous microorganisms are now being linked to conditions we normally might not associate with pathogens at all. For example, one doctor found a corkscrew-shaped, bacterial spirochete in the spinal fluid of over 90% of his clients with Multiple Sclerosis. Actinomycetes is being tied to Parkinson's

disease. And irrefutable evidence shows that not one, but two strains of Adenovirus can make us fat. In addition, we now know that bones and fat cells produce hormones.

More details on medical cover-ups have also been included in this edition, although frankly, it's hard to keep up with them. There's a fresh scandal every month, if not week—about not only the adverse effects of drugs, vaccines and medical devices, but also the drug industry's attempts to hide, distort and outright falsify test results in the hope that consumers will continue to buy their products. Depending on the media spin, it's either sloppy science (their intentions are honorable and they're just incredibly incompetent), or outright lies (they know exactly what they're doing and don't care who they hurt). Every effort has been made to bring you the most up-to-date news. But unfortunately, more corruption always seems to occur (or at least becomes public knowledge). The printed page cannot match the speed at which electronic media disseminates new information. Therefore, you are encouraged to search for updates on your own.



The first edition of *The Rife Handbook* debuted at the March 2002 Rife Conference held in Las Vegas, Nevada, in the United States. Despite my having steadily been researching this technology for eight years at that time (long after I was given those first fliers about Rife's therapy), I could not have anticipated how many people were hungry for information about this unique healing modality. Nor could I have grasped the diversity and sophistication of knowledge required to be a researcher in this field—not until I attended the conference.

Being at that conference, as a speaker, author and student, changed my life. Health professionals, equipment manufacturers, and engineers were present. But others attended too—people who knew someone with a serious disease or who were ill themselves. Tired of the same old drugs-and-surgery routine dispensed by doctors trained in nothing else, they wanted something better. Several people who were already using the technology recounted successful interventions against cancer, Lyme disease, and other conditions. I was very moved by the courage of these folks who were taking charge of their own lives—often despite the hostility of their friends and families, and against the advice of their allopathically trained doctors.

I was also impressed by the dedication and talents of the researchers. While it was true that they could be a cantankerous bunch—quarreling about their pet theories, how things worked and how to best accomplish their goals—it was largely because they cared. They

cared not only about whether others lived or died, they also cared about the quality of people's lives. As I later discovered, many of the researchers (like me) had at some point struggled with severe ill health. Others began their research after the death of a close friend or family member.

As I listened to the presentations and saw how much there was to learn, it was hard not to feel overwhelmed by what the seasoned rifiers knew. The field of Rife technology is so vast, it requires the knowledge and expertise of people in many diverse disciplines: the healing arts (medical doctor, acupuncturist, homeopath, naturopath, veterinarian, massage therapist); medical and scientific research (microscopist, laboratory technician, microbiologist); historical research (archivist, writer, filmmaker); physics; and of course electronics engineers, with their nuts-and-bolts skills of building equipment. Every rifier has something to contribute. This technology could not have come this far without input from everyone.

In the years since the first—and, in hindsight, very elementary—edition of this *Handbook* was released, I've had the almost daily privilege of connecting with customers from all over the world: Australia, Austria, Belgium, Brazil, Canada, China, Croatia, Denmark, France, Germany, Greece, Hong Kong, India, Israel, Italy, Japan, Kuwait, Manila, Mexico, the Netherlands, New Zealand, Norway, Pakistan, Poland, the Philippines, Romania, Singapore, Slovenia, South Africa, Spain, Sweden, Switzerland, Thailand, United Arab Emirates, United Kingdom, Zimbabwe, and of course my native United States. Words cannot adequately describe my appreciation of these rich multicultural exchanges. The health professionals wanted to learn more, do more. And laypeople, many of them quite ill, made a point of telling me how rigorously they had been seeking alternatives to the unhelpful medical treatments they had already tried. We may not be regularly reading or hearing about Rife's inventions in the national media, but that has not prevented knowledge of this therapy from spreading. People are waking up. They are intuitively sensing that frequency healing is a viable option, despite disparaging comments from the mainstream press. And these seekers won't stop searching until they find something that works.



Knowing how to operate frequency equipment and which frequencies to use is a good start for your health protocol. But genuine healing usually requires major changes. This is why *The Rife Handbook* contains more than the three chapters that deal with the history of Rife, the “how to” of his therapy, and the “which frequencies

should I use” advice. You are being asked to set aside a one-size-fits-all, pop-a-pill-for-instant-results mentality concerning medicine. You are also being asked to consider that your education in the sciences was at best incomplete, and at worst an outright lie. You are being asked to maintain (at least for a while) an open and inquiring mind. And you are being asked to make changes in your lifestyle if necessary. This could mean anything from different dietary habits to questioning authority or even to meditating daily. Transformation means thinking outside of the box—indeed, dismantling that box entirely! As a colleague said to me recently, “*What box?* There is no box!” The good news is, the more we extricate ourselves from old habits and rigid constraints, the more we can reinvent ourselves in increasingly life-affirming ways.

This new paradigm that I am asking you to consider does contain some familiar elements. After all, Rife's therapy—at least what he publicized—was all about viewing and devitalizing harmful microorganisms. But despite the clear association between pathogens and disease, this doesn't mean that we should ignore other issues pertaining to wellness. Healing means balancing the bodily terrain; even Rife himself stated its importance. (Hence, the need for lifestyle changes.) Also, despite Rife's spotlight on pathogens, we are realizing today that his therapy very likely conferred other benefits unrelated to pathogen destruction. The field created by his ray machine appears to have helped normalize tissue function. For many reasons, then, it's a mistake to utilize Rife's technology in an allopathic way.

Nevertheless, I do not intend to misrepresent Rife Therapy. Despite the amazing cures witnessed by Rife's colleagues, or how much I have personally benefited, or the many remarkable success stories reported by friends, colleagues and acquaintances, I freely admit that even an outstanding therapy has its limitations. There is no magic cure-all that has been found to work for everyone, always. While the majority of people respond favorably to sessions, some respond minimally or not at all. The machines cannot produce miracle cures; your body is in charge of that. If you faithfully give yourself Rife sessions but continue doing what contributed to your getting sick in the first place, the best equipment in the world will not produce lasting positive changes. Also, *when* you use a healing modality is as important as the therapy itself. Depending on the extent and type of imbalance, one protocol may work better at a given time than another.

Sometimes I hear people complain when their healing is not progressing according to schedule. But whose schedule? We are not machines, even though the medical establishment would like us to believe that we are.

Furthermore, the medical industry has a very narrow definition of “normal,” even though people vary wildly outside the range of presumed “normalcy.” How many times have you heard of someone who felt unwell, only to have their doctor say, “There’s nothing wrong with you; you’re in perfect health”? We need to rely on common sense and how we feel, not blindly trust medical biases that have no foundation in fact. Much of modern medicine is based on arbitrary standards that change, according to the desires, agendas, and goals for profit of those in power.

Here’s a question, then, that I like to ask: If medical standards keep changing (apparently capriciously), and doctors keep changing their minds about protocols and prescriptions (based on these capricious standards), whose standards should we follow? And from whom should we seek guidance? Maybe it’s time to reevaluate the health care you have been receiving. Consulting with a health professional can be helpful and even essential, but you must use your own discernment too. Who is most qualified to help you? The person with the most impressive credentials may not be your best choice. If your practitioner doesn’t listen to your concerns or take them seriously, or if his or her training seems more important than what you are experiencing, maybe you should start looking for another practitioner.

You are the one who’s living in your body—so ultimately, your best teacher is you! However, to become that exemplary teacher requires commitment. You have to study, reason, decide what to keep and what to discard, trust your own (informed) experience, and be willing to make mistakes and learn from them. And you *will* make mistakes! But let that be okay. Taking responsibility and being accountable for our own decisions and actions makes us powerful. This book is a stepping stone to acquiring the knowledge that you need to become an expert...on you.



Today, five decades after Rife’s death, the concepts of Rife Therapy, frequency healing and resonance therapy—while not yet household phrases (at least in the US)—are trickling more into the public’s consciousness. In some circles, the technology is being used so regularly that the word “rifting” has become a verb. I think that Royal Rife would have been moved and gratified that his modality is finally being given the respect it deserves. I trust that by the time you finish this book, you, too, will be using the word “rifting” as a verb.

One final thought. More and more people are insisting that they aren’t commodities that are bought and sold in the marketplace. They don’t want to be toyed with, experimented on, or lied to. They don’t want their

treatment options limited by what their doctors were allowed to learn in medical school. And they don’t want licensing boards to prevent their own doctors from helping them: most boards forbid doctors to suggest alternatives to the prevailing (allopathic) standard of care.

People also want their health care providers to honor their need for compassion and hope as much as they honor their need for physical care. Health seekers want to be respected, to have their humanity acknowledged—and to be free to make their own choices. In other words, people want a voice in matters that affect them—and this includes the health protocols they use. No wonder polls consistently show that three-quarters of the United States population have sought complementary therapies in addition to Western medicine!

In this technologically advanced and uncertain age, with escalating infectious diseases and degenerative conditions, we need Rife’s and similar technologies more than ever. Yet the power elite is fighting back even harder, invested in perpetuating its own agenda and maintaining the status quo—at the expense of health and happiness, not to mention lives. Despite an obvious need worldwide for all kinds of electromedical modalities, information about Rife Therapy has largely been available only to the few who discover it by chance, or who know where to look for it (and to look for it at all). The majority of people in the United States are ignorant of this elegant technology that can substantially reduce suffering and save countless lives. My goal is for *The Rife Handbook* to empower significant numbers of people—not only by providing them with reliable information about more and better health care choices, but by inspiring them to spread the word to others that these choices exist.

The widespread use of frequency therapies, including Rife’s technology, promises to change the way medicine is practiced. Even if you are fortunate to be in good health now, it’s comforting to know that this technology is available if you or a loved one need it in the future. Simply by picking up this book, you have proven that you want more than what’s being offered by industrialized pill pushers, that you aren’t satisfied with the lowest common denominator of mediocrity. Anyone who seriously investigates Rife Therapy is making a statement. Therefore, you deserve to be congratulated for having the vision and strength to see through—and beyond—the dominant paradigm. It takes courage to challenge entrenched ideas!

I sincerely thank you for helping to create this positive global change in consciousness. It is truly a blessing to be accompanied by all of you who are embarking on this amazing journey of healing and hope.

The Campaign to Suppress Holistic Medicine

How did medicine in America shift from its early emphasis on prevention and health to a model of disease management?

In 1908, the American Medical Association's newly formed Council on Medical Education wrote to industrialist millionaire Andrew Carnegie to propose a collaboration to "reform" medical education. The Carnegie Foundation was allied with the Rockefeller family, which had interests in oil and was now investing heavily in pharmaceutical companies. The group decided to hire Abraham Flexner to investigate medical schools in the United States and Canada.

Flexner was a schoolmaster who knew nothing about the field of medicine. However, his brother Simon was director of the Rockefeller Institute for Medical Research. It's no surprise, then, that Flexner's findings—commonly known as the *Flexner Report*—heavily favored those medical schools that emphasized the use of pharmaceuticals. Wanting to improve the status of doctors, Flexner suggested closing most of the schools that allowed entry to women and black people. He advised the medical field to require specialization. And he insisted that funding and accreditation be given to only those medical schools that trained doctors in emergency and surgical medicine—both of which require the extensive use of drugs.

In response, the *New York State Journal of Medicine* berated the Carnegie Foundation for being dictatorial, for attempting to eliminate specific universities, for threatening the freedom of whatever medical schools were being allowed to remain open, and for denigrating anything that competed with the prevailing allopathic (Western, drug-oriented) methods. However, most other medical organizations and publications praised the Carnegie Foundation's goals precisely *because* of the clear bias against chiropractic, homeopathy, and all other forms of holistic medicine. The *Journal of the American Medical Association* supported Flexner's position as truth. Soon, the historic *Flexner Report* was widely acclaimed by everyone in the allopathic medical community. One hundred sixty medical schools had been open in 1905. But by 1927—just seventeen years after the *Flexner Report* was issued—that number dropped to eighty.

The Rife Handbook of Frequency Therapy and Holistic Health is designed to challenge this legacy of suppression and deception. We don't have to perpetuate what we have inherited. It's time to replace establishment medicine with true healing, derived from many disciplines.

**You can obtain
the entire printed / bound Rife Handbook
or The Rife Handbook ebook**

at:

www.NenahSylver.com

About The Author



Writer, educator, artist and musician, Nenah Sylver has devoted her life to the exploration of healing on mental, emotional, physical, and spiritual levels. Her early training in music led to subsequent studies in spirituality and physics—all complementary paths to her lifelong passion, the science of frequency.

Starting as a young adult, Nenah worked for two decades as a singer-songwriter, playing piano and guitar. Her performances include New York City coffeehouses and clubs, and colleges nationwide. She wrote lyrics and music for two off-off-Broadway plays and won half a dozen songwriting awards. She also performed for Hospital Audiences, Inc., an organization that brings music to adults and children in hospitals, residential treatment centers, prisons, nursing homes, and educational facilities.

In 1996, Dr. Sylver received her PhD from the Union Institute & University in Transformational Psychology, a multi-disciplinary program of holistic health, psychology, and gender studies. For fifteen years, she had a private practice in body-mind psychotherapy based on the principles of psychiatrist and natural scientist Wilhelm Reich. Then, in what began as a quest for solutions to her own health issues, Nenah started researching Royal Rife and his inventions along with other electromedical therapies. Her extensive knowledge of safe and effective holistic protocols eventually coalesced into five editions of *The Rife Handbook*.

Among other publications, Dr. Sylver's writing credits in the areas of psychology, feminism, health and social change include *The New Internationalist*, *Off Our Backs*, *Beiträge zum Werk von Wilhelm Reich* ("Contributions to the Work of Wilhelm Reich"), and the anthologies *Journeys of the Heart: Perspectives on Intimacy in America* (Bruner-Mazel), *Glibquips: Funny Words by Funny Women* (Crossing Press), *Closer To Home: Bisexuality and Feminism* (Seal Press), *An Introduction to Women's Studies* (Simon & Schuster), *Transforming a Rape Culture* (Milkweed

Editions), *Women, Culture, and Society: Readings in Women's Studies* (Simon & Schuster), *Bullying: Beyond the Schoolyard* (Teatro V!da), and *Energy Medicine Technologies* (Inner Traditions). Her volume of poetry, *Birthing*, was published by Woman in the Moon Publications. She has been cited in *Utne Reader* and *The New Yorker*. In addition, she published a short story in an anthology, *Woman in the Window* (STARbooks Press), which she also illustrated with original water color paintings.

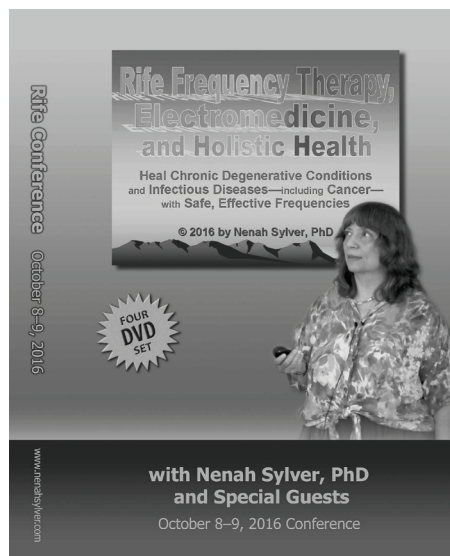
In the past few decades, Nenah Sylver has become well known for her writing in the health field. In addition to articles in *Natural Living Today* and *Natural Food & Farming*, "Toxic Products, Deceptive Labels" appeared in *Nexus*. Dr. Sylver's comprehensive book, *The Holistic Handbook of Sauna Therapy*, was published in 2004. In 2008, the two-part article "Healing with Electromedicine and Sound Therapies" (which was excerpted from Appendix C of *The Rife Handbook*) appeared in *Townsend Letter*. Portions of *The Rife Handbook* have been translated into German, Korean, and Polish.

The author has appeared on NBC-TV and on the Pacifica radio station WBAI-FM in New York City to discuss lifestyle choices. In other radio interviews she has talked about holistic health, complementary therapies, medical politics, electromedicine, and alternatives to toxic chemicals in the home. In 2016, she sponsored a conference in Tempe, Arizona, called "Rife Frequency Therapy, Electromedicine and Holistic Health," at which she presented for over six hours.

In addition to being a featured speaker at conferences, Nenah Sylver conducts educational seminars for small and large groups. Her latest project is the professional recording of three albums of original songs, on which she sings and plays piano, guitar, and bass. The expected release dates are throughout 2022. She lives with her human and canine family near Phoenix, Arizona in the United States.

The 2016 Conference on Rife Therapy, Electromedicine, and Holistic Health

"Exceeded my expectations!"
—several conference attendees



*These DVDs are for educational purposes.
If you have a medical condition,
consult your choice of health professional.*

Over 14 hours of presentations from:

Nenah Sylver, PhD

**Three Electromedical Equipment
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Steve Haltiwanger, MD, CCN

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- ◆ How To Give Yourself a Rife Session
- ◆ Secrets of Your Electromagnetic Body
- ◆ Biological Effects of Beneficial PEMFs
- ◆ How To Survive Electropollution
- ◆ Q & A, both days
- ... and more

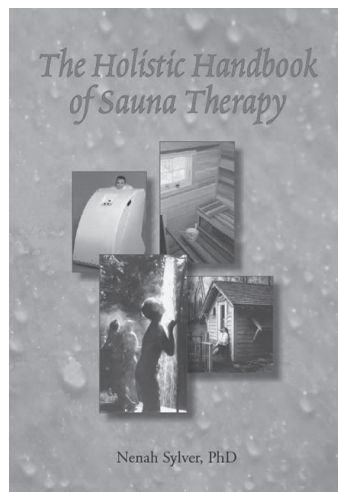
The Holistic Handbook of Sauna Therapy

360 pages, 7 x 10 softcover.
With tables, drawings, photos, and index.

- ◆ The Importance of Detox
- ◆ Physiology of Sweating
- ◆ The Three Types of Heat (Including FIR)
- ◆ Types of Saunas and How To Choose One
- ◆ How Sauna Therapy Works
- ◆ How To Do Sauna Therapy

Excellent book on saunas, one of a kind.
Never have I seen this subject dealt with
so comprehensively and in a manner that
shows a full understanding of how saunas
work and how they function."

—Joan Amtoft-Nielsen, MD, PhD



Well worth the price. . . . an excellent tool
for anyone interested in health maintenance
and disease prevention. . . . I am currently
investigating which model of sauna will best
suit my needs. This book will help me decide."

—Townsend Letter

For information and ordering, go to: www.NenahSylver.com

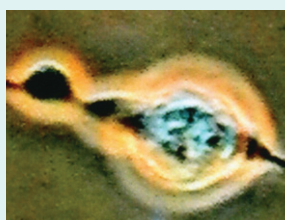
Holistic Health | Electromedicine

Just two decades ago, Rife Therapy was virtually unknown. Gradually, hundreds of thousands of health seekers—from Germany to England, Indonesia to Australia, South Africa to the United States—began purchasing “rife” machines for themselves, their families, friends, and pets. This safe and effective technology, which delivers frequencies for healing via electrodes or an electromagnetic field, has been successfully used for cancer, neurological disorders, Lyme disease, gastrointestinal and respiratory ailments, childhood illnesses, and dozens of infectious diseases and degenerative conditions.

Despite the best efforts of organized medicine and the pharmaceutical industry to suppress this healing modality, Rife Therapy is finally emerging into public awareness. Tired of conventional medicine’s consistent failures to produce cures, people are making Rife Therapy part of their lives in ways they could never have imagined.

Previous versions of this book sold in over thirty countries. This updated and expanded 5th edition has been completely rewritten, reorganized and expanded, with almost 350 more pages in an easier-to-read format. It contains new information on self-administered natural therapies (including clay, activated charcoal, castor oil, and homeopathy), expanded sections on the dangers of electropollution and vaccines, and suggestions for safe substitutes for many of the drugs and poisonous chemicals we have in our homes. There is also updated advice on how to use frequency machines and other electromedical instruments for healing, along with listings of new diseases and frequencies that disable microbes and restore cellular vitality.

Complex data explained in understandable terms will reassure the layperson, while thousands of scholarly references will satisfy the serious researcher. *The Rife Handbook* is the most complete and versatile reference anywhere on electromedicine and holistic health.

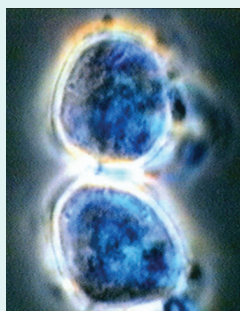


This is an invaluable resource, not only for scientists and health professionals, but also for individuals who want to know more about technologies and adjunctive health therapies. . . . A better name might be “the bible of electromagnetic devices and complementary medicine made accessible to everyone.” . . . Nenah Sylver is an outstanding writer . . . I urge you to use this book as a guide and a reference.

—Steve Haltiwanger, MD, CCN
lecturer, researcher, and consultant in
psychiatry, Rife Therapy,
electromedicine, and nutrition

An invaluable reference manual for complementary therapies and holistic living in general. The writing is superb. The information is well researched, logically presented, and accurate. . . . I am beyond impressed.

—Martha M. Grout, MD, MD(H)
Arizona Center for Advanced Medicine
Scottsdale, Arizona

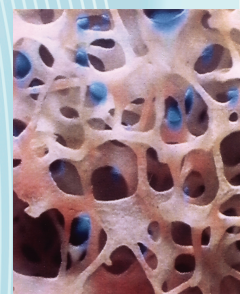


In this 5th edition . . . Nenah Sylver has set an even higher bar of excellence. She has conveyed so much new and important information in an even more organized and cohesive manner, that this edition is a “must have” even if you enjoyed the previous volume. . . . An incredibly valuable resource that everyone needs.

—Jimmie Holman, co-founder
Pulsed Technologies Research (USA)
and Bioenergetics & Pulsed Technologies (EU)

The Rife Handbook is an encyclopedia of holistic health. It’s so comprehensive, it’s mind boggling. . . . Nenah Sylver does an amazing job . . . This stellar body of work belongs in every household as well as every practitioner’s office.

—Bernard Straile, DC
developer of the IMAET quantum energy wellness equipment



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