

# WEIGHT LOSS FREQUENCIES

## **The Frequencies to burn Fat are**

59.11 – Level 1 (Preparation)

125.613 – Level 2 (Burning Fat)

140.392 – Level 3 (Burning Fat)

## **Method of Application**

Use a square wave pulsed DC amplifier or generator to rife distilled water. Here are the settings (I used Ken Uzzell Frex-PFA-3 amplifier and Frex Software) <http://heal-me.com.au>

Waveform – Pulsed DC Square Wave

Time – 20 second each frequency

Wobble – ON

Total Time – 60 second

Take a Steel glass and put electrode (stainless steel cylinder) in the middle of the glass. Plug the negative wire to this electrode. And plug the positive alligator clip to the steel glass. (You can rife water any way you want). Now fill distilled water into the glass. Now you can start the frequencies. You can also try emem device, but I haven't tried it..

You can omit the first frequency if you want to. Take maximum two glasses a day...I lost two kgs with one glass