

Bob Beck Device Instructions

Rev 0.1



THE FOUR PARTS OF THE DR. BOB BECK PROTOCOL

- 1. Micropulsing** to revitalize the blood. Also known as Blood Electrification or Microcurrent Therapy.
- 2. Pulsed Magnetic Fields** for lymph and tissue electrification.
- 3. Ionic Colloidal Silver** to help the immune system.
- 4. Freshly Ozonated Water** to oxygenate and help flush wastes.

A key to overcoming almost all body discomforts and diseases or to regain health is a strong immune system. Robert C. Beck, D.Sc. simply known as Bob Beck, developed this protocol to help strengthen the immune system and better allow the body to heal itself. The following guidelines for using the Beck Protocol have been developed based on personal experience and feedback from others since 1997.

This instruction will deal with only the first part, micropulsing.

Every area of the body affects the whole body. An understanding of the electrical nature of the body helps to recognize how all body systems work as one. Every cell works in concert with all other cells. The chemical reactions from the food we eat occur as a result of electricity. The subtle currents of the body's electricity are key to health as they stimulate and control the chemical reactions so the nutrients nourish our cells.

Micropulsing is the most important element of the program. The unit that Bob developed was first based on laboratory research by Dr. Kaali and Dr. Lyman at Albert Einstein College of Medicine. It is fundamental to the Beck Protocol as the blood circulates throughout our bodies and cleansing the blood of pathogens is a key to strengthening our immune systems. Bob Beck developed a simple way to apply microcurrents. By positioning electrodes over the arteries on the wrist, (radial and ulnar), electrons enter the blood. They are close to the skin at these pulse points so electrons are better able to enter the bloodstream. See picture at the top.

Starting out:

Plug in the white cable and attach the pads to the ends. Apply the pads to your wrist as shown in the diagram. Turn the control from the off position to where you can feel the pulsing. The blue led will flash showing a good battery and proper output.

When done, click the control off and put the pads back on the clear plastic to preserve the gel.

To allow the body to keep up with the need to eliminate wastes or toxins, it is often best to build up the time gradually—starting with about 15 minutes a day and building to 2 hours or more daily and continue for a minimum of 8 to 12 weeks.

Our Bob Beck Products and the Beck Protocol are not offered as medical devices or advice and are not intended for the diagnosis, prevention or treatment of any disease. Always consult a licensed health care professional if you have a health related condition.

Ongoing Use:

After initial use, set yourself a regular program in order to refresh the beneficial effects of applying microcurrents to blood. Consider what suits you for ongoing use.

For example, you might want to micropulse for 2 hours: a) 2 days per week, b) 1 week per month, or for c) 1 month twice yearly. It is always wise to gradually decrease the time rather than stopping abruptly.

How Does Micropulsing Feel?

The sensation is a gentle buzzing/thumping feeling. Don't turn the up to its highest output. Instead, adjust the intensity to a comfortable level. At a higher intensity, your fingers may twitch, this is normal. Over time, you may not feel the current as strongly or as easily so turning the unit up to a higher intensity may be necessary. If you don't feel the current, it may be because you are not well enough hydrated. You may be able to turn it up slightly 2 or 3 times during a session so every 5 or 10 minutes you may be able to tolerate a little more tingling. If it is very uncomfortable then back off on the dial just a little bit. Make sure you drink plenty of pure water while on the Beck Protocol.

Dietary Restrictions:

There are NO dietary restrictions. The health benefits of micropulsing are naturally improved with good nutrition. We achieve better health when we eat as healthy as possible—fresh foods rather than processed or dead foods. To ensure the body is able to eliminate increased wastes when micropulsing, drink several glasses of pure water before and after a session.

Use of Drugs:

Bob Beck cautioned about applying blood electrification when it is necessary to take prescription drugs. He decided to err on the side of caution after reviewing research about electroporation. There may be a mild increase in the transport of substances while micropulsing. For this reason, Bob suggested waiting to take any drug following a session, rather than before, so there would be a minimal amount of drug in the bloodstream for the time of the next session.

Other Cautions:

1. Do not place the electrodes over skin lesions, abrasions, new scars, cuts, eruptions or sunburn.
2. Do not apply the bare electrodes to the skin.
3. Do replace the pads if they are no longer sticking properly.
4. Do not sleep while using the device.
5. During the first weeks of use, the skin may become irritated. Over time, irritation usually decreases or disappears. Alternating wrists each session allows any irritation to better heal.

Here are suggestions to reduce irritation:

1. Alternate wrists each day.
2. Wash wrists well after each session and apply a healing lotion—aloe vera, vitamin E, etc.
3. Drink plenty of pure water. If you are well hydrated, this may decrease skin irritation.
4. Worst case, reduce the time you use the blood electrification unit each day to allow the skin to better adapt. Once the skin irritation heals, you can gradually increase the time.

Do not use this device if:

- You are pregnant, nursing or trying to get pregnant.
- Have a pacemaker or other active implanted device.