



Bob Beck Device Instructions

Rev 1.2 11/1/17

Thanks for buying the BBZ device.

When you first receive your BBZ unit, please unpack to ensure that it contains

the following items. If there are any deficiencies, or you have any questions, please write to us at support@herbhealers.com.

1. The BBZ unit
2. A connecting cable
3. Two electrodes
4. A wrist strap
5. A Duracell 9V battery comes installed.



What's not included?

1. Saline solution. Use simple eye drops from any pharmacy or you can make your own by adding 1/4 tsp of common salt to 1/2 cup of clean water. Stir well. It needs the salinity of tears to work. Don't overdo it.

Applying the electrodes.

1. Make sure the BBZ unit is off (not blinking)
2. Wash the wrist area with warm water. Add a couple of drops of saline solution to each cotton area. They should be moist but not dripping wet.
3. Connect the electrodes to the white wire pins.
4. Mark the outer arteries with a marker to make it easier to see.
5. Using the wrist strap, position the electrodes over the marked areas.
6. Turn the unit on and adjust the level to where you feel the pulsing.
Note: BBZ+ units have a blue pushbutton on the top left to change the pulsing frequency.
7. When done, turn the unit off and place the parts in a clean plastic dispose of the tape and pads. Store the wires in a plastic bag for storage



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. Dr. 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 since 1997. This instruction will deal with only micropulsing technique.

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 subtle currents of the body's electricity are the 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 Drs. Kaali and Lyman at Albert Einstein College of Medicine. It is the 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. The FDA has not approved this product for any use. User assumes all responsibility.

key 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 lunar), electrons can easily enter the bloodstream.

Starting out:

Drink plenty of pure (ozonated if possible) water one hour beforehand. If you are well hydrated, this will improve the current and help flush out wastes later.

To allow the body to keep up with the need to eliminate wastes or toxins, it is 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. Drink plenty of water to help reduce any possible side effects as the toxins leave your body.

Ongoing Use:

After initial use, set yourself an 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. 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.

The BBZ+ is a special dual frequency unit signified by the blue button pulses at the standard 4 Hz (slow) and also at a higher 21 Hz (fast speed). In other words, you may feel bad temporarily using the device right after taking your herbal supplements, you may want to use the faster speed with to prevent this. This is called electroporation by Dr. Beck.



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Note: A good battery should last 100 hours of operation. When the blue led quits blinking, it's time to replace it with a fresh Alkaline 9 volt battery. Slide the rear battery cover down and install it either way. Verify the led is now blinking with the switch on and then replace the rear cover. Easy isn't it?



Other Cautions:

1. Do not place the electrodes over skin lesions, new scars, cuts, eruptions or sunburn.
2. Do not sleep while using the device.
3. 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.

Some suggestions to reduce irritation:

1. Alternate wrists each day and apply a healing lotion—aloe vera, vitamin E, etc. later.
2. Drink plenty of pure water. If you are well hydrated, this may decrease skin irritation.
3. 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.
 - Do not understand the instructions
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