

diypemf

Terrain Protocol



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The Terrain protocol

The Terrain protocol prepares the terrain in your body to be more available or receptive to further frequency treatments. This protocol was developed by Johann Stegmann for the [Spooky2 Rife](#) system, based on his experience of treating people using Spooky with their chronic disease. He found that people responded better to frequency treatments when common toxins and parasites eliminated beforehand. The programs and frequencies specified by Johann are included in the *diypemf Terrain Protocol*.

When running the Terrain protocol, make sure you keep yourself well hydrated to aid the elimination of toxins from your body.

There are 14 audio files in the Terrain protocol, representing 14 different detox functions.

Audio Name	Hours to run	Programs
01. Remove Metals	48	Arsenic as, Mercury Toxicity V, Heavy Metal Toxicity
02. Remove Chemical Materials	24	Detox Pesticide, Detox Fluoride
03. Remove Systemic Toxins 1	24	Detox Toxic Proteins, Detox Toxins Elimination 1
04. Remove Systemic Toxins 2	24	Detox Toxins Elimination 2
05. Remove Intestinal Toxins	12	Detox 1 Toxins in the Intestines
06. Remove Systemic Toxins 3	12	Detox 4 Toxins Throughout the Body
07. Parasites and Liver Function	24	Liver 1, Liver 2, Liver Flukes, Liver Function Balance
08. Kidney Function 1	24	Kidney Function Balance
09. Kidney Function 2	12	Kidney Insufficiency
10. Cleanse Blood	12	Lymphangitis, Streptococcus Pyogenes
11. Kidney and Liver Toxins	12	Detox 3 Toxins in the Kidneys and Liver
12. Intestinal Parasites	12	Detox 2 Parasites in the Intestines

13. Lymphatic System 1	12	Lymphs and Detox
14. Lymphatic System 2	12	Lymph Support

The recommended run time of the first audio is 48 hours. You may not be able to run this treatment this period of time in a single treatment. Instead, perhaps run this while you sleep, say for 8 hours, and repeat this treatment of the first audio until you complete 48 hours.

In addition to running these audios with the PEMF coil, you may experiment with just listening to these audios, or perhaps even using a TENS cable and TENS pads to give yourself a contact treatment. For these contact treatments, you mean need a low power amplifier to raise the voltage enough to get a good treatment. This will require some experimentation to discover the appropriate volume levels on the amplifier for a good treatment.