

# Bob Beck Device

## How to use



**Before using the device:**

- Wrap the electrodes in a cotton gauze.

- If you have a skin reaction after using the device, alternate wrists each time.
- Please, read carefully Bob Beck's lecture and watch his video on our web site for any further enquiries.

**Attention!** LED light should only blink when the electrode cable is **unplugged** from the device. When plugged in, the LED light should turn off.

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# THE FOUR PARTS OF THE BECK PROTOCOL

- 1. Micropulsing to revitalize the blood. Micropulsing is 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 guide brings you the basics about how to use each of the three units that comprise the Beck Protocol. A guide assumes that we are all alike so before we get into the basics, we include reports from individuals to give you a better idea of the broad range of use that has led to successful healings. We suggest you combine the following reports plus the testimonials on our website along with the basic recommendations for each of the four steps to decide what will be best for you.

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 or Blood Electrification** is the most important element of the program. This is the unit that Bob developed 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—the radial and ulnar arteries—electrons enter the blood. The arteries are close to the skin at these pulse points so the electrons are better able to enter the bloodstream.

## Micropulsing

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### Initial Use:

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.

### Apply micropulsing for -

- 2 hours or more daily and,
- Continue for a minimum of 8 to 12 weeks.

### Ongoing Use:

After initial use, set yourself a yearly program in order to refresh the beneficial effects of adding 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.

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## **Recommendations:**

- To ensure the body is able to eliminate increased wastes when micropulsing, drink several glasses of water daily.
- When ready to stop micropulsing for a time, it is always wise to gradually decrease the time rather than stopping abruptly.

## **Tips:**

### **How Does Micropulsing Feel?**

The sensation is a gentle buzzing/thumping feeling. You don't need to have the unit turned 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. Make sure you drink plenty of 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. Common sense is the best guide to knowing what to eat when using the micropulsing unit. We take a variety of food supplements and herbs when using the micropulsing unit. If you are unsure about a specific herb or supplement, consult a natural health practitioner. Please see page 15 about suggestions for lifestyle changes.

### **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. Electroporation means certain levels of electrical current open the cells to absorb more. While the output of the micropulsing unit is not strong enough to create electroporation, our cells are, however, continuously absorbing and expelling substances. 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 micropulsing session, rather than before, so there would be a minimal amount of drug in the bloodstream by the time of the next micropulsing 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.** Keep the cotton or paper towel covers on the electrodes damp. Both dry electrode covers and bare electrodes will cause an electrical burn that may scar.
- 4.** Do not sleep while using the electrodes as the electrode covers may dry out. This could result in an electrical burn.
- 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.

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## Sensitive Skin:

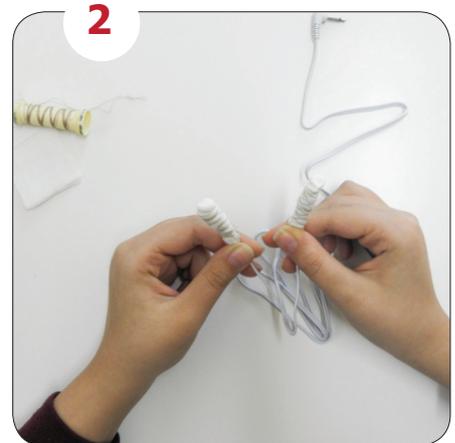
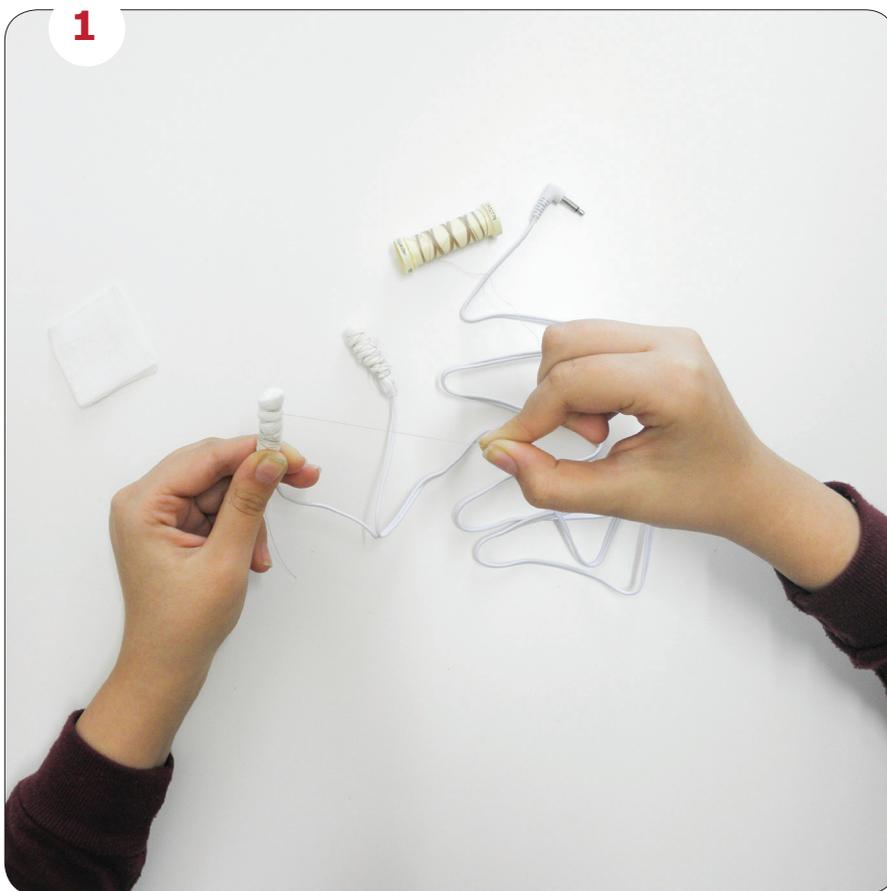
Some individuals may be particularly sensitive to microcurrents and the irritation may continue.

### Here are suggestions to reduce irritation:

1. Alternate wrists each day.
2. Wet the cotton or paper covers for the electrodes with ionic colloidal silver as silver has a healing effect.
3. If you do not feel the current when wetting with ionic colloidal silver, avoid using salt to increase conductivity as it often increases irritation. Instead try a saline solution for the eyes or add a conductive gel to the wet cotton. Both products are available at health food and drug stores.
4. Using unbleached paper towel to cover the electrodes may also decrease skin irritation. A small square can be wrapped around the electrodes and will last for several applications. The paper may have fewer impurities than the cotton.
5. Wash wrists well after each session and apply a healing lotion—aloe vera, MSM cream or vitamin E oil are options.
6. Drink plenty of water. If you are well hydrated, especially before applying the electrodes, this may decrease skin irritation.
7. 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.

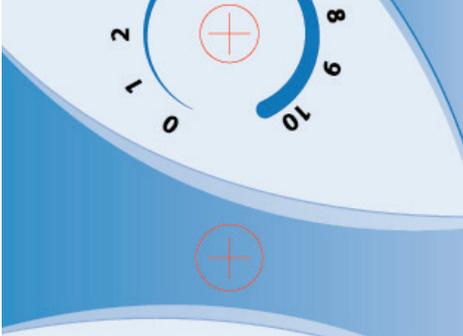
### Do not use the micropulsing function in the following situations, as safety has not been explored:

- In the case of pregnancy, nursing or trying to get pregnant.
- With a pacemaker or other active implanted device.
- Continue for a minimum of 8 to 12 weeks.



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**Before using the device:**

- Wrap the electrodes in a cotton gauze.
- Soak the electrodes in a glass with salt water before placing them on your wrist (approx. 1 inch apart) and fasten them with the velcro.
- Turn the device on by turning the knob to the right, up to the point where the electrical impulses are still comfortable.
- If you have a skin reaction after using the device, alternate wrists each time.
- Please, read carefully Bob Beck's lecture and watch his video on our web site for any further enquiries.

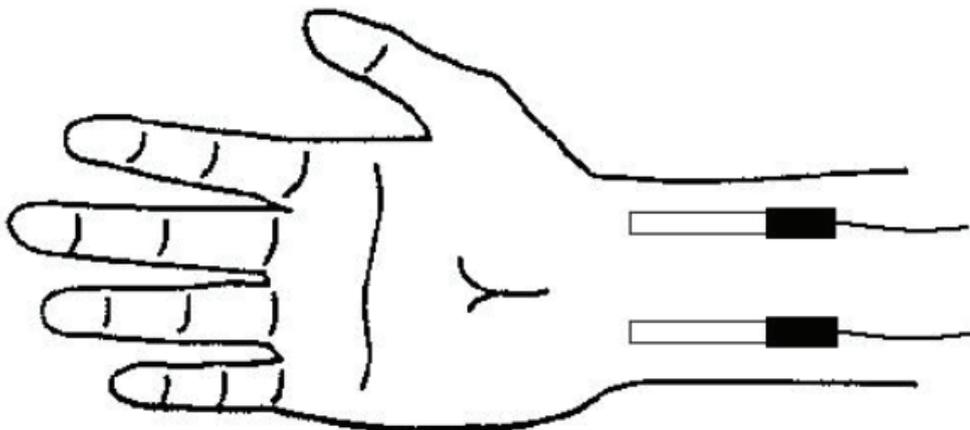
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## Placement of Probes (Electrodes)

Placement of Probes Over Arteries, not blue veins.

Align Electrodes Parallel to Pulse



The figure illustrates the placement of two electrodes on the same wrist. It is easier to place the electrodes if you first place the strap around the wrist and then insert the electrodes under the strap.

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