

TRUERIFE'S QUICK START GUIDE

# WELCOME TO **TRUERIFE**



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# Referral Program



## GET \$1,000

Introducing the TrueRife Referral Program!  
Your opportunity to earn \$1,000 for your first referral after purchasing a TrueRife package.  
Each referral will be \$500 thereafter.

### **HERE'S HOW IT WORKS:**

1. Must have W-9 Form completed and submitted to TrueRife. You can find this form on our website under the Referral Program tab.
2. MUST confirm referral with TrueRife via email within 10 days of purchase.
3. The referral purchase must be a minimum of \$5,000 before tax and shipping.

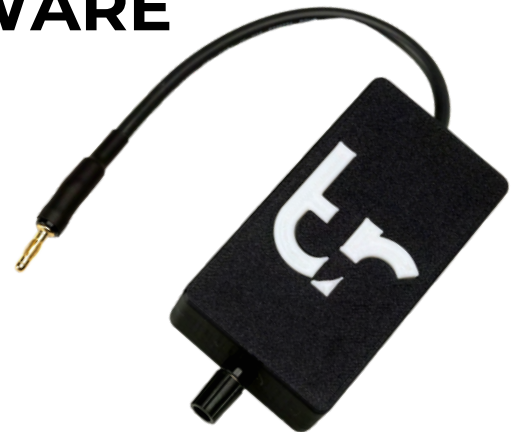
# Quick Start Guide

ITEMS NEEDED TO RUN A BULB PROGRAM

**F-122 GENERATOR**



**LAPTOP WITH  
VERSION 6.4  
SOFTWARE**



**JACKHAMMER  
AMPLIFIER**



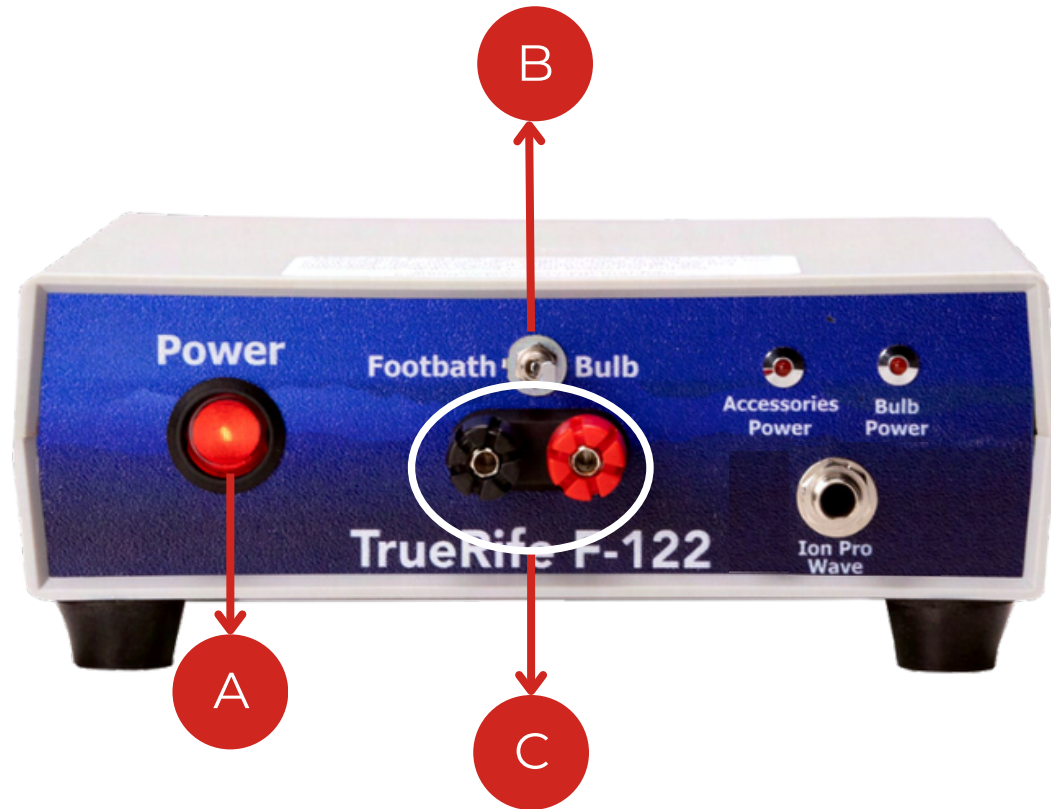
**CRYSTAL HAMMER  
BULB**



**GROUNDING MAT**

# F-122 Generator

PARTS REFERENCED IN QUICK START GUIDE



A. ON/OFF Switch

B. Toggle Switch

C. Bulb Ports



D. Power Cord

E. USB Port

# SET UP: F-122 GENERATOR

## STEP 01

Plug the power cord into a wall outlet. A surge protector is recommended.

**DO NOT** turn on F-122 Generator.



## STEP 02

Plug the USB Cable into the back of the F-122 Generator.



## STEP 03

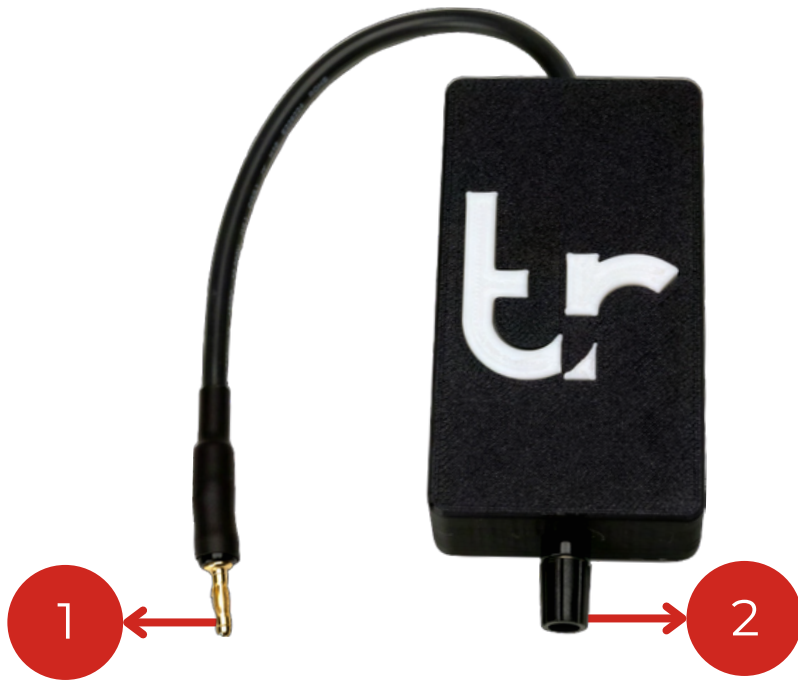
Plug the USB Cable into the USB Port on the side of your computer.



# Bulb & Jackhammer Amplifier

## PARTS REFERENCED IN QUICK START GUIDE

Please note: The parts mentioned in this Quick Start Guide are used as an example. All TrueRife bulbs plug in the same. See page 22 for all bulbs compatible with the Jackhammer.



1. Jackhammer Tip

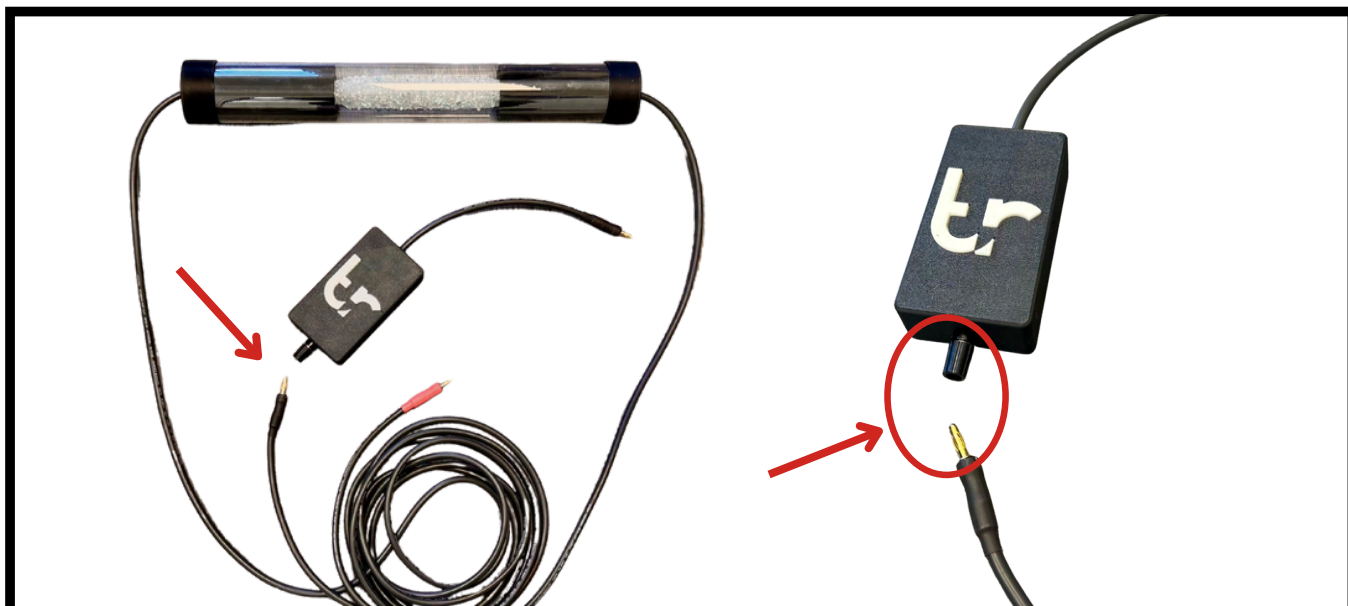
2. Jackhammer Port



3. Red Bulb Tip

4. Black Bulb Tip

# SET UP: BULB & JACKHAMMER



## STEP 04

Plug the black bulb tip into the Jackhammer Port.



## STEP 05

Plug the red bulb tip into the red port on the F-122 Generator.



## STEP 06

Plug the Jackhammer tip into the black port on the F-122 Generator.



## **BULB & JACKHAMMER COMPLETE:**



**Great! Now that all components are plugged into the F-122, it's time to move on to grounding.**

# TRUERIFE GROUNDING PRODUCTS

## GROUND MAT



The TrueRife Ground Mat can be used with bulb or footbath programs throughout the day. While this mat is most commonly placed behind the back for full body saturation, it can be used anywhere on the body to target a specific area.

## GROUND SHEET



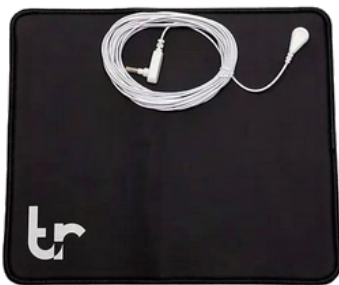
The TrueRife Ground Sheet is designed for signal acceleration during overnight sets. See directions on page 10.

## GROUND YOGA MAT



Stretching and working out with your TrueRife system just got easier with the TrueRife Grounded Yoga Mat. Recommended to use while doing yoga, stretching, foam rolling, or working out.

## GROUND MOUSE PAD



Whether you are running a program or just surfing the web, experience the benefits of being grounded with the TrueRife Grounded Mouse Pad.

## GROUND BAND



The TrueRife Grounded Wrist/Ankle Band is useful for when you are working out. Whether on a treadmill, stationary bike, or on the elliptical, the TrueRife Grounded Wrist/Ankle Band will keep you grounded.

## GROUND PET MAT



The TrueRife Grounded Pet Mat is imperative for furry and non furry friends to experience maximum TrueRife benefits.

## SET UP: GROUNDING MAT



### **GROUNDING:**

In order to get the full benefits from TrueRife Frequencies, you **MUST** be grounded while running programs.

All TrueRife Grounding Products plug into a standard wall outlet. The white plug goes directly into the wall outlet on the bottom of the three prongs.



## SET UP: GROUND SHEET



**Place ground sheet on the lower half of the bed. Ground sheet can fit up to a king size bed. Place Overnight Bulb either on your headboard or nightstand.**

# COMPLETE TRUERIFE SET UP



**After completing the steps outlined so far, you are ready to run a bulb program.**

**Press the red ON/OFF switch on the F-122 Generator and turn on the ASUS Laptop.. Please ensure the toggle switch is set to **BULB**.**

**See Version 6.4 Software tutorial on the next page.**

# TRUERIFE VERSION 6.4

SOFTWARE TUTORIAL



# TRUERIFE VERSION 6.4 SOFTWARE TUTORIAL

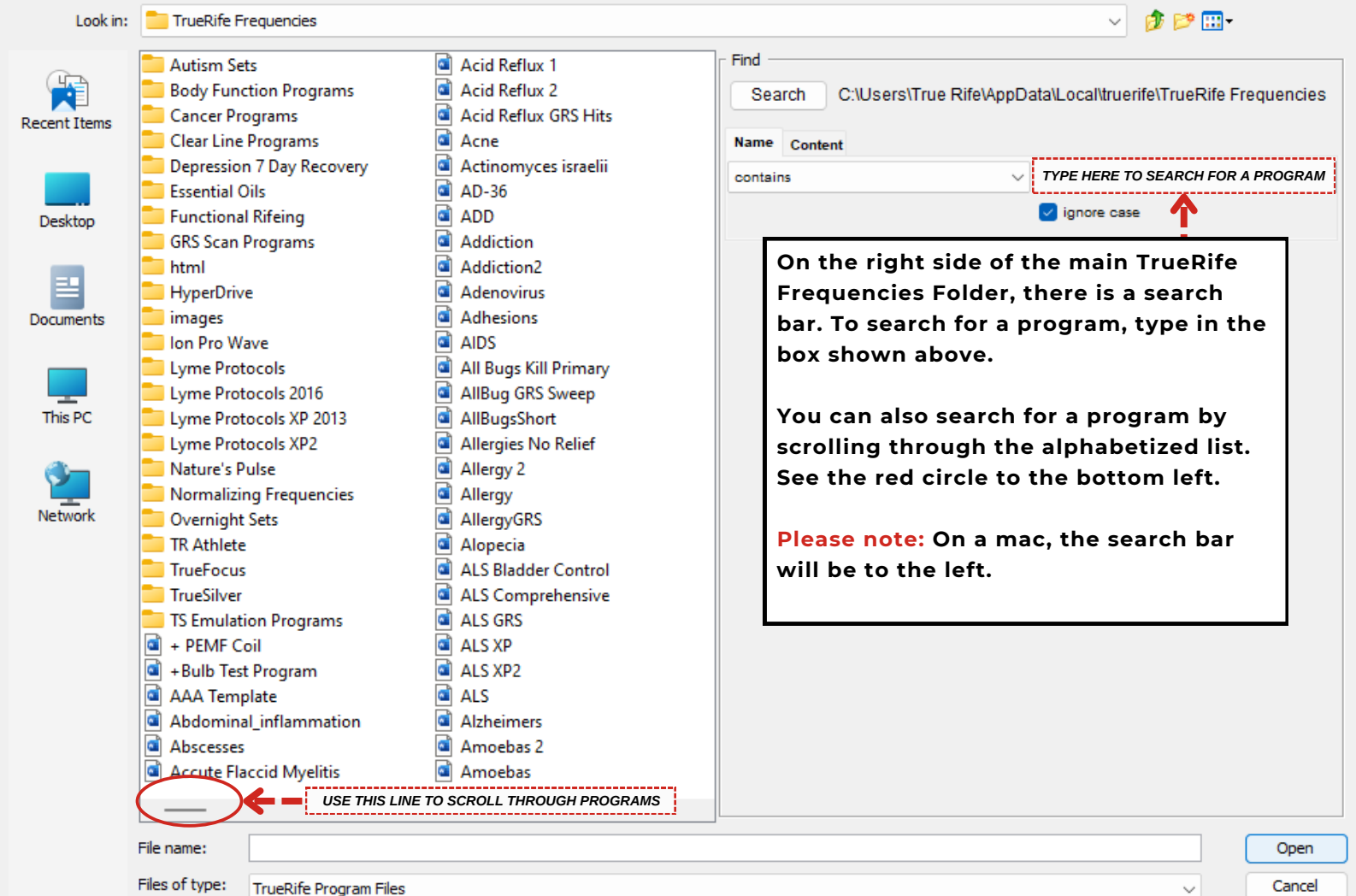
File Edit Tools Help

Open Program Add Program (Stack) Save Run Stop Pause Hold Skip

Open recent Memorize Update frequencies Repeat

To start a TrueRife Program, left click on **Open Program** at the top left of the screen. A pop-up box will appear, showing all of the TrueRife programs available. This is known as the main TrueRife Frequencies folder. The programs will be organized alphabetically.

See below on how to search and scroll for specific programs.



Look in: TrueRife Frequencies

Recent Items  
Desktop  
Documents  
This PC  
Network

Autism Sets  
Body Function Programs  
Cancer Programs  
Clear Line Programs  
Depression 7 Day Recovery  
Essential Oils  
Functional Rifeing  
GRS Scan Programs  
html  
HyperDrive  
images  
Ion Pro Wave  
Lyme Protocols  
Lyme Protocols 2016  
Lyme Protocols XP 2013  
Lyme Protocols XP2  
Nature's Pulse  
Normalizing Frequencies  
Overnight Sets  
TR Athlete  
TrueFocus  
TrueSilver  
TS Emulation Programs  
+ PEMF Coil  
+ Bulb Test Program  
AAA Template  
Abdominal\_inflammation  
Abscesses  
Accute Flaccid Myelitis

Acid Reflux 1  
Acid Reflux 2  
Acid Reflux GRS Hits  
Acne  
Actinomyces israelii  
AD-36  
ADD  
Addiction  
Addiction2  
Adenovirus  
Adhesions  
AIDS  
All Bugs Kill Primary  
AllBug GRS Sweep  
AllBugsShort  
Allergies No Relief  
Allergy 2  
Allergy  
AllergyGRS  
Alopecia  
ALS Bladder Control  
ALS Comprehensive  
ALS GRS  
ALS XP  
ALS XP2  
ALS  
Alzheimers  
Amoebas 2  
Amoebas

Find  
Search C:\Users\True Rife\AppData\Local\truerife\TrueRife Frequencies  
Name Content  
contains TYPE HERE TO SEARCH FOR A PROGRAM  
 ignore case

On the right side of the main TrueRife Frequencies Folder, there is a search bar. To search for a program, type in the box shown above.

You can also search for a program by scrolling through the alphabetized list. See the red circle to the bottom left.

**Please note:** On a mac, the search bar will be to the left.

USE THIS LINE TO SCROLL THROUGH PROGRAMS

File name:  
Files of type: TrueRife Program Files

Open  
Cancel

# HOW TO: SEARCH FOR A PROGRAM

## STEP 1

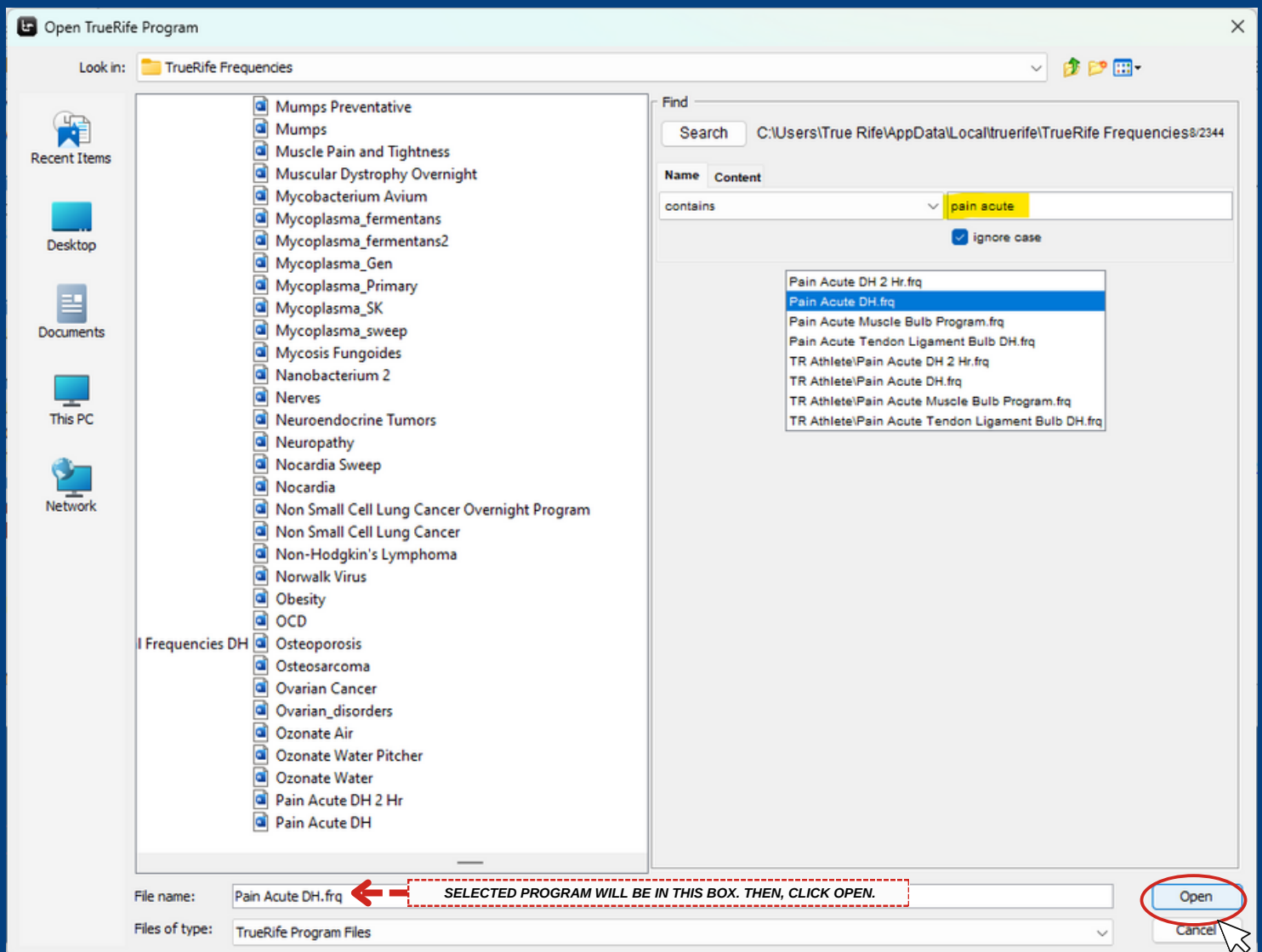
For this example, we will be using the Pain Acute DH program. Open the main TrueRife Frequencies folder by clicking **Open Program**. Once the folder is opened, type “pain acute” in the search bar to the right hand side of your screen. For reference, see details in the previous page.

## STEP 2

Programs with “pain acute” in the title will begin to auto-populate. Find “Pain Acute DH.frq” and single left click on the program.

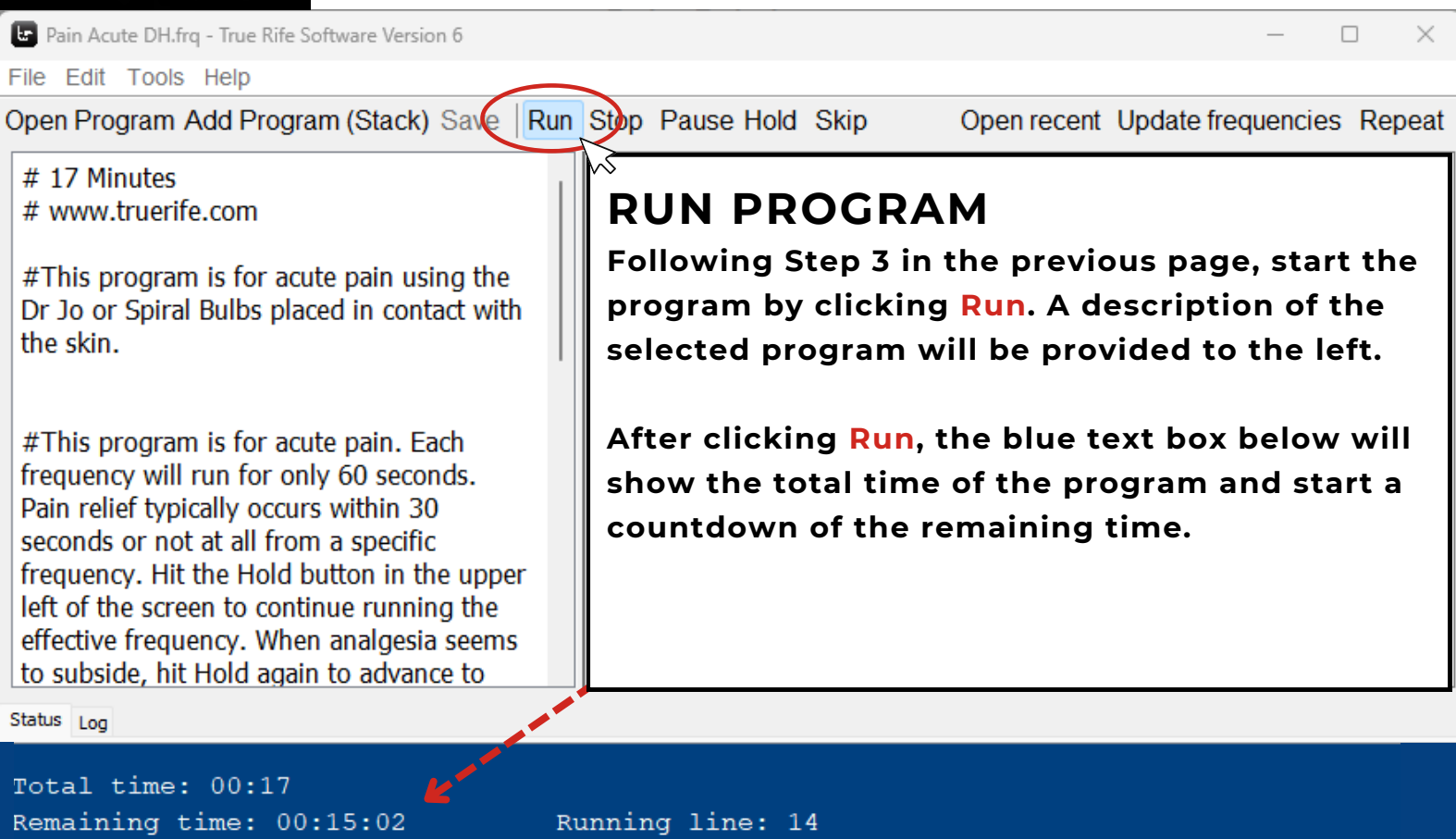
## STEP 3

Once the program is highlighted in blue, left click **Open** on the bottom right hand side of the screen. See the red circle and arrow below.





# HOW TO: RUN A BULB PROGRAM



Pain Acute DH.frq - True Rife Software Version 6

File Edit Tools Help

Open Program Add Program (Stack) Save **Run** Stop Pause Hold Skip Open recent Update frequencies Repeat

# 17 Minutes  
# www.truerife.com

#This program is for acute pain using the Dr Jo or Spiral Bulbs placed in contact with the skin.

#This program is for acute pain. Each frequency will run for only 60 seconds. Pain relief typically occurs within 30 seconds or not at all from a specific frequency. Hit the Hold button in the upper left of the screen to continue running the effective frequency. When analgesia seems to subside, hit Hold again to advance to

**RUN PROGRAM**

Following Step 3 in the previous page, start the program by clicking **Run**. A description of the selected program will be provided to the left.

After clicking **Run**, the blue text box below will show the total time of the program and start a countdown of the remaining time.

Status Log

Total time: 00:17  
Remaining time: 00:15:02 Running line: 14

## SOFTWARE FEATURES

**RUN** - Starts program

**STOP** - Stops program completely

**PAUSE** - Pauses program temporarily - click "resume" to continue program

**OPEN RECENT** - Shows the last ten programs that have been opened

**REPEAT** - Click repeat and then click run in order to repeat the program

**UPDATE FREQUENCIES** - To keep the frequencies in the software at peak performance, be sure to click **Update Frequencies** at least once a month.

**PLEASE NOTE:** Internet connection is required in order to update frequencies

# HOW TO: STACK PROGRAMS

To run programs consecutively, use the **Add Program (Stack)** button. See steps below on how to stack programs together. For this example, we will be stacking Pain Acute DH with Anxiety & Relaxation.

Open Program **1** Add Program (Stack) Save | Run Stop Pause Hold Skip Open recent Update frequencies Repeat

## STEP 1

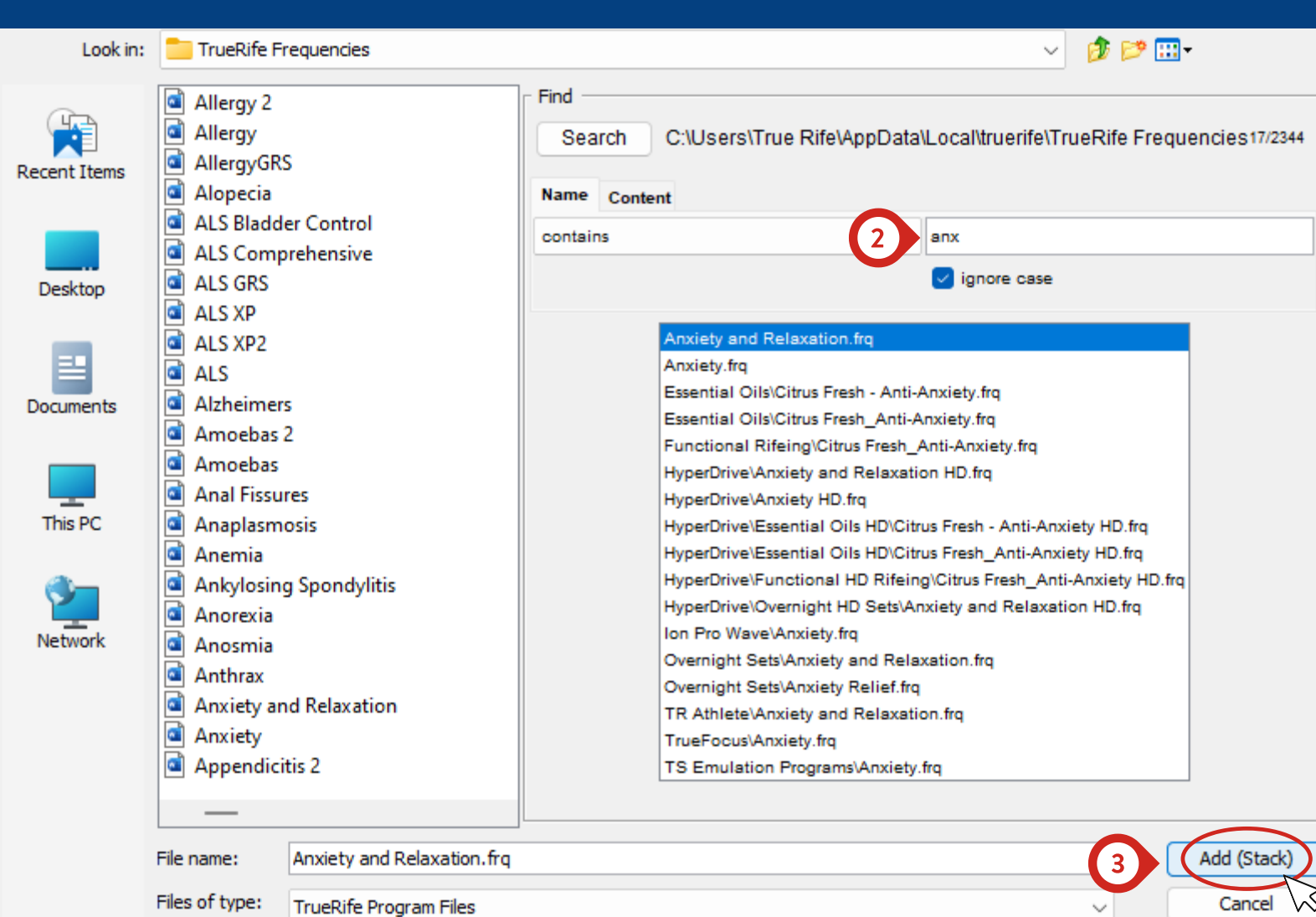
Starting with the initial program you want to stack, in this case it will be Pain Acute DH, click **Add Program (Stack)**

## STEP 2

After clicking **Add Program (Stack)** the frequency folder will open. Search for the desired program you would like to stack.

## STEP 3

Once the program is selected, click **Add (Stack)** on the bottom right side of the screen. See the red circle below.



The screenshot shows a Windows File Explorer window titled 'TrueRife Frequencies'. The left sidebar shows 'Recent Items', 'Desktop', 'Documents', 'This PC', and 'Network'. The main pane displays a list of files and folders, including 'Allergy 2', 'Allergy', 'AllergyGRS', 'Alopecia', 'ALS Bladder Control', 'ALS Comprehensive', 'ALS GRS', 'ALS XP', 'ALS XP2', 'ALS', 'Alzheimers', 'Amoebas 2', 'Amoebas', 'Anal Fissures', 'Anaplasmosis', 'Anemia', 'Ankylosing Spondylitis', 'Anorexia', 'Anosmia', 'Anthrax', 'Anxiety and Relaxation', 'Anxiety', and 'Appendicitis 2'. The right pane shows a search for 'anx' in the 'TrueRife Frequencies' folder. The search results list several files, with 'Anxiety and Relaxation.frq' selected. The 'File name' field at the bottom contains 'Anxiety and Relaxation.frq' and the 'Files of type' is set to 'TrueRife Program Files'. The 'Add (Stack)' button is circled in red, along with a red circle containing the number '3'.

# HOW TO: STACK PROGRAMS

The stacked programs will reflect on the left side of the screen where the program description is located. You can see the stacked programs by scrolling through the description.

Open Program Add Program (Stack) Save | Run Stop Pause Hold Skip Open recent Update frequencies Repeat

# 17 Minutes SCROLL HERE →

# www.truerife.com

#This program is for acute pain using the Dr Jo or Spiral Bulbs placed in contact with the skin.

#This program is for acute pain. Each frequency will run for only 60 seconds. Pain relief typically occurs within 30 seconds or not at all from a specific frequency. Hit the Hold button in the upper left of the screen to continue running the effective frequency. When analgesia seems to subside, hit Hold again to advance to the next frequency. Experiment to see which frequencies are most effective for each individual and situation.

dwell 60

# File Anxiety and Relaxation.frq starts here ---- ← STACKED PROGRAM

# 49 Minutes

# www.truerife.com

# Anxiety and Relaxation

pulse 3 60

converge .1 .026525823

dwell 212

duty 45

## Pain Acute DH

---

**Sessions:** 7-15

**Related programs:** Pain BioBasic, Accelerated Healing

**Feedback rating:** ★★★★★

**Application:** Dr Jo or Spiral Bulb placed against skin; ground pad behind back

PLEASE NOTE:  
THE BULBS MENTIONED IN APPLICATION ARE RECOMMENDATIONS. YOU CAN USE WHICHEVER TRUERIFE BULBS YOU HAVE.

**The total time will reflect the added stacked programs.**

Total time: 01:06:28 Running line: 54

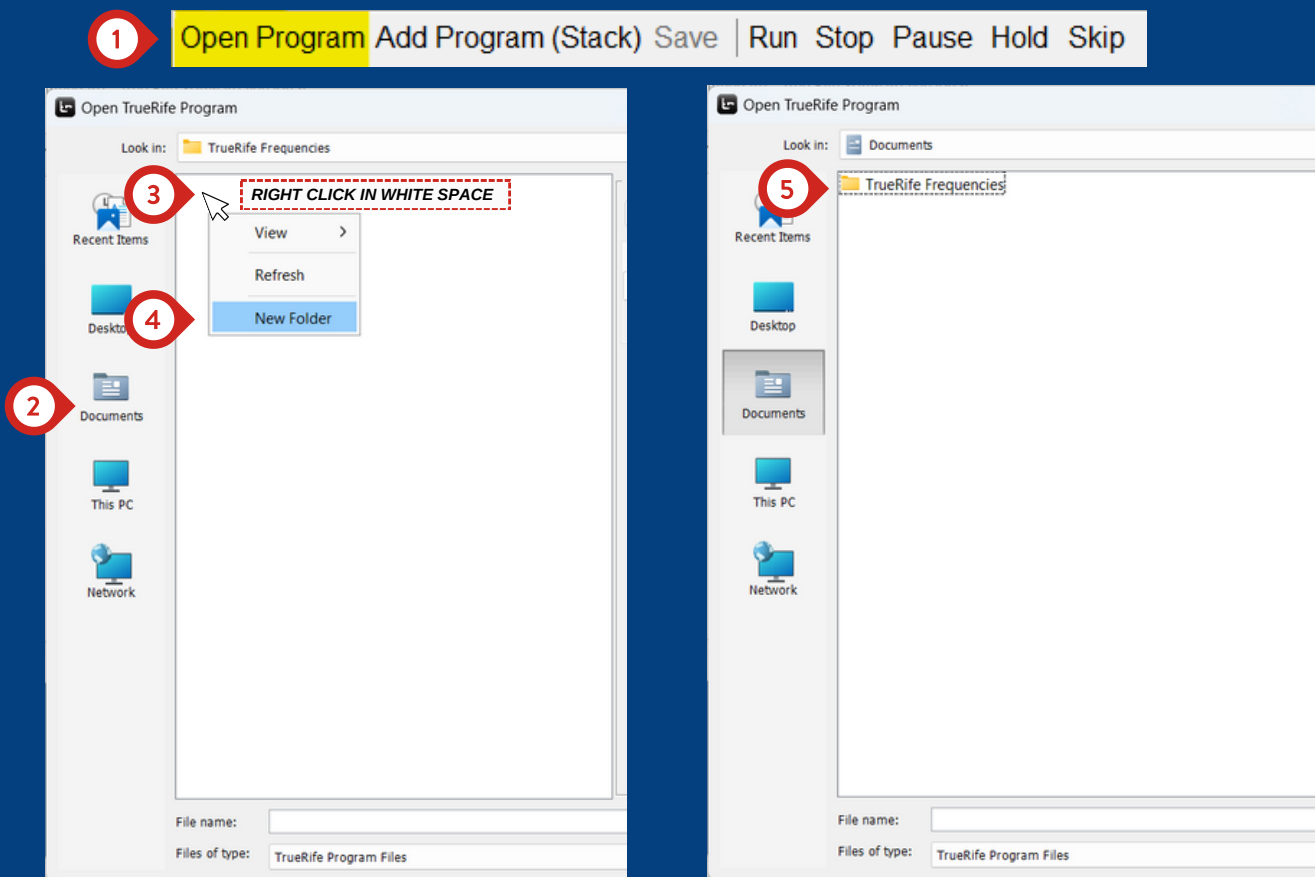
Remaining time: 00:42:57

To save your custom stacked sets for easy access, you will need to create a custom TrueRife Frequencies folder. See instructions on the next page.

# HOW TO: CREATE CUSTOM TRUERIFE FREQUENCY FOLDER

In order to save frequently used programs or stacked programs, a custom TrueRife Frequencies folder must be created. This is separate from the main TrueRife Frequencies folder.

See the steps below on how to create a custom TrueRife Frequencies folder.



## STEP 1

Open the main TrueRife Frequencies folder by clicking **Open Program**.

## STEP 2

Then, click **Documents** on the left.

## STEP 3

Right click in the white blank space.

## STEP 4

Then, click **New Folder**

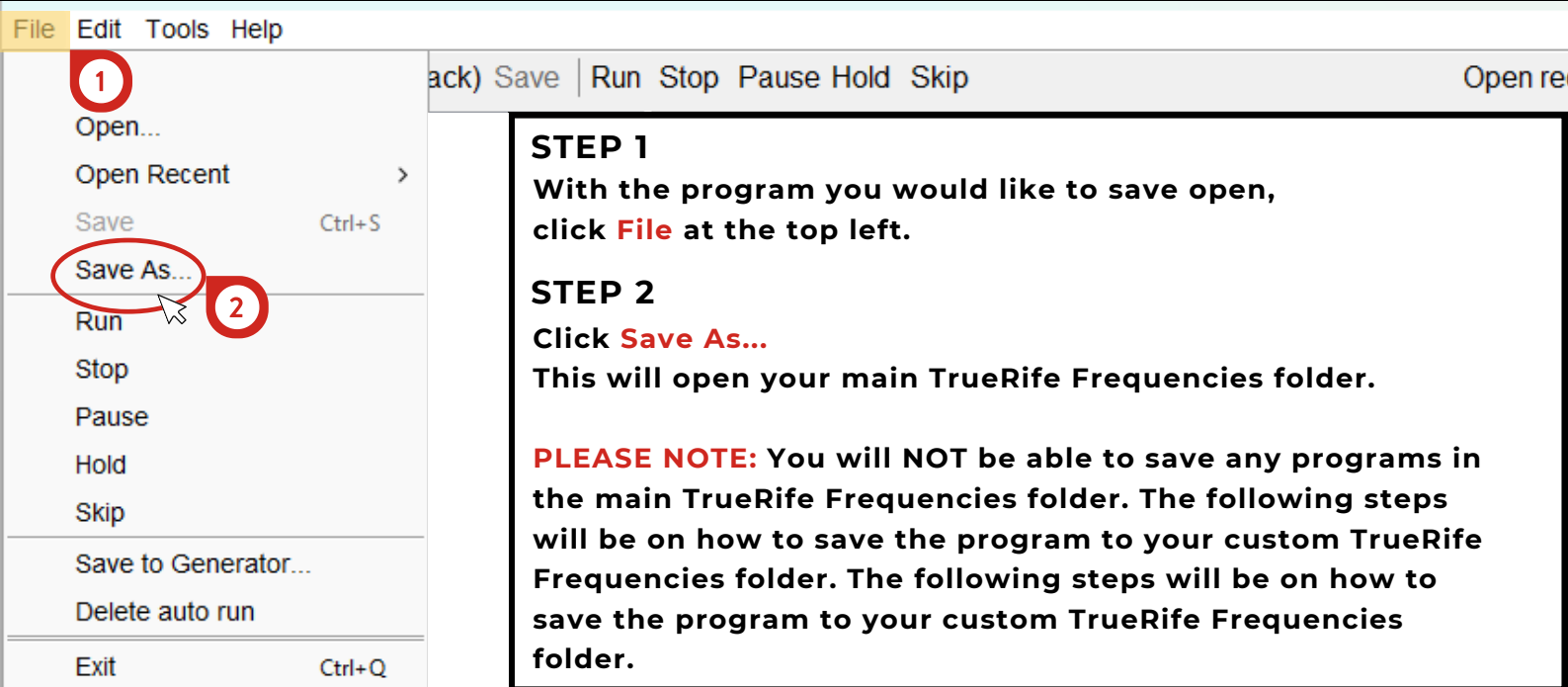
## STEP 5

**New Folder** will be highlighted in blue. Hit the backspace button on your keyboard and rename the folder as **TrueRife Frequencies**. This folder **MUST** be named exactly as it is shown in step 5 shown above.

# HOW TO: SAVE STACKED PROGRAMS

Now that the custom TrueRife Frequencies folder is created, this is where you will save any custom stacked programs or keep your favorite programs in one place.

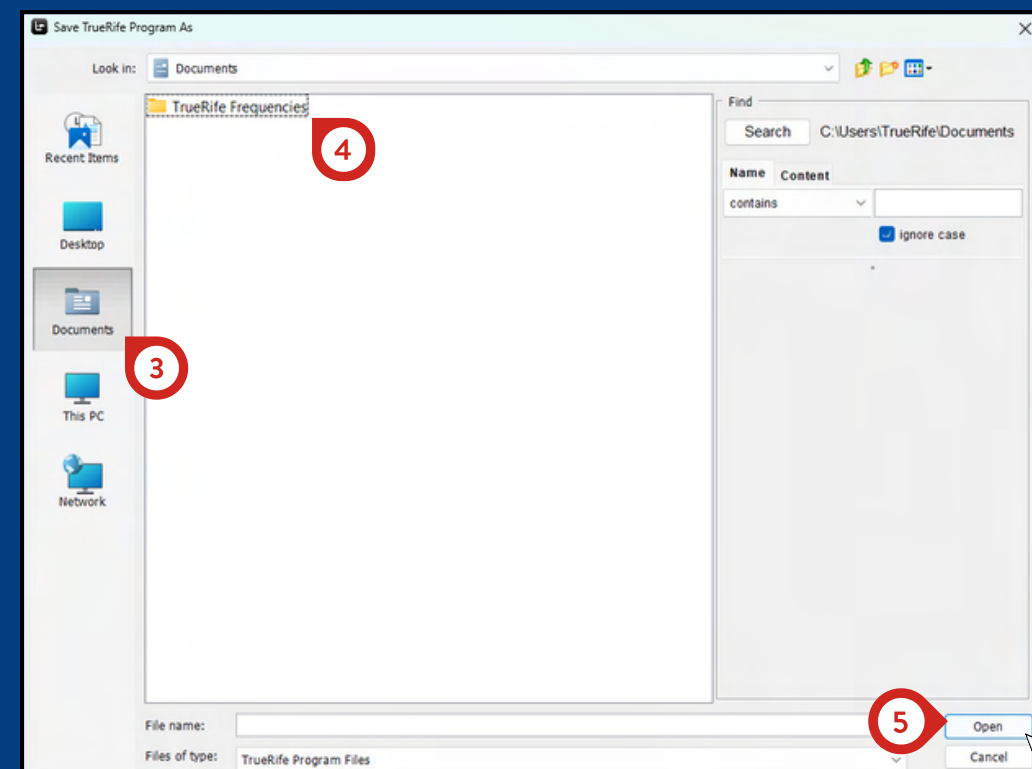
See the steps below on how to save programs in the custom TrueRife Frequencies folder.



**STEP 1**  
With the program you would like to save open, click **File** at the top left.

**STEP 2**  
Click **Save As...**  
This will open your main TrueRife Frequencies folder.

**PLEASE NOTE:** You will NOT be able to save any programs in the main TrueRife Frequencies folder. The following steps will be on how to save the program to your custom TrueRife Frequencies folder. The following steps will be on how to save the program to your custom TrueRife Frequencies folder.



**STEP 3**  
Click **Documents** on the left side.

**STEP 4**  
Double click on the yellow file folder icon next to **TrueRife Frequencies**

**OPTIONAL STEP 5**  
If you are having trouble with Step 4, single left click on **TrueRife Frequencies**. Then, click **Open** on the bottom right.

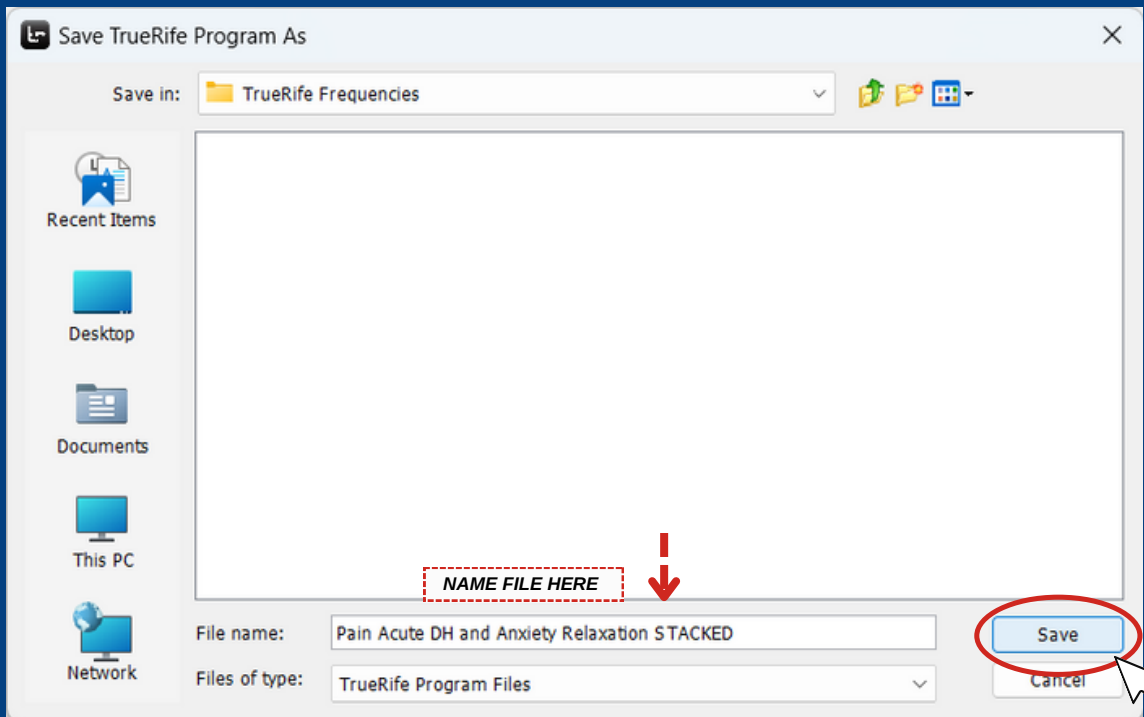
# HOW TO: SAVE STACKED PROGRAMS

## STEP 6

Name the program in the text box next to **File name:**

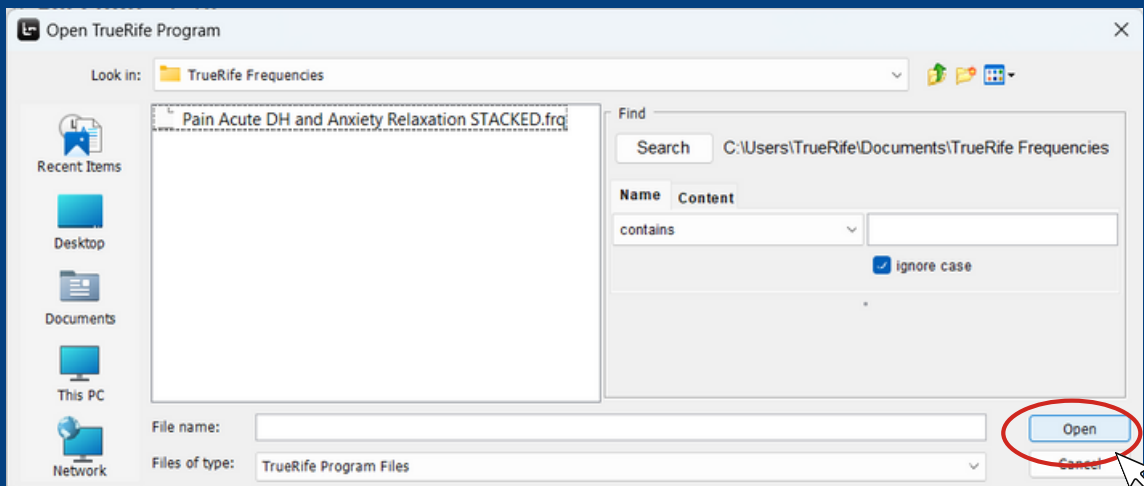
## STEP 7

Click **Save**



## HOW TO ACCESS SAVED PROGRAMS:

Click **Open Program** and follow steps 3-4 on the previous page each time to access saved programs.



# **TOP 10 TRUERIFE PROGRAMS**

**Please note: The software includes recommendations on which bulbs to run. However, any TrueRife bulb may be used for any bulb program.**

- 1. Insomnia DH 72 Minutes**
- 2. Pain Acute DH**
- 3. Accelerated Healing**
- 4. Circulatory Stasis**
- 5. Energy and Oxygenation**
- 6. Sinusitis Stubborn**
- 7. Detoxification - Ion Pro Wave Folder**
- 8. Fibromyalgia XP**
- 9. Immune System Stabilization**
- 10. Poison Ivy**

# Getting Started

**DAYTIME BULB** - Designed for full body saturation during the day.

**OVERNIGHT BULB** - Designed for full body saturation overnight.

**CONTACT BULB** - Designed to make direct contact with your skin to target localized issues.

Please note: All of the bulbs below are compatible with the Jackhammer Amplifier.

## DAYTIME BULB



### SUPERNOVA

The SuperNova is TrueRife's most powerful and innovative bulb. Paired with the Jackhammer Amplifier, the range of this bulb can go up to 14 ft.

## OVERNIGHT BULB



### CRYSTAL HAMMER

Designed for overnight use and travel, the Crystal Hammer is equipped with a protective flexible plastic shield that is almost impossible to break.

## OVERNIGHT BULB



### OVERNIGHT TORNADO

The Overnight Tornado is 40% more powerful than its little brother, The Crystal Hammer. When paired with the Jackhammer Amplifier, this bulb has a range of up to 12 ft.

## CONTACT BULB



### MINI RELIEVER

The Mini Reliever can be used to make direct contact with the skin to help decrease dental and other localized pain.

## CONTACT BULB



### RELIEVER

A larger version of the Mini Reliever Bulb with 4x the energy and covers 30% more surface area.

## CONTACT BULB



### BEAUTY BULB

Stimulating the acupuncture points, the Beauty Bulb can be used for facial rejuvenation. Applied in direct contact with the skin to decrease fine lines and wrinkles.



**DR. HOWARD'S FAVORITE!**



# Quick Start Guide

## ITEMS NEEDED TO RUN A BATH PROGRAM

**F-122 GENERATOR**



**LAPTOP WITH VERSION 6.4 SOFTWARE**



**GROUNDING MAT**



**ION PRO WAVE**



**FOOTBATH HEATER/TIMER**

# Quick Start Guide

ITEMS NEEDED TO RUN A BATH PROGRAM

**UNFILTERED  
TAP WATER**



**FOOTBATH TUB**



**3/4 TABLESPOON  
OF SALT**

# SET UP: HEATER CALIBRATION

## STEP 01

Fill the footbath tub with **COLD** unfiltered tap water. There must be enough to fully submerge the heater.



## STEP 02

Place the heater into the water. **DO NOT** plug in the heater until it is **FULLY** submerged.



## STEP 03

Calibrate the heater by pressing "set" until the heater reads 94. Please note: the more water that is in the tub, the longer it will take to calibrate.



# SET UP: FOOTBATH PROGRAM

## STEP 04

The heater only needs to be calibrated once. After it has been calibrated, plug the heater into the timer (pictured to the right). Push the button on the timer until the "60" is indicated in red.



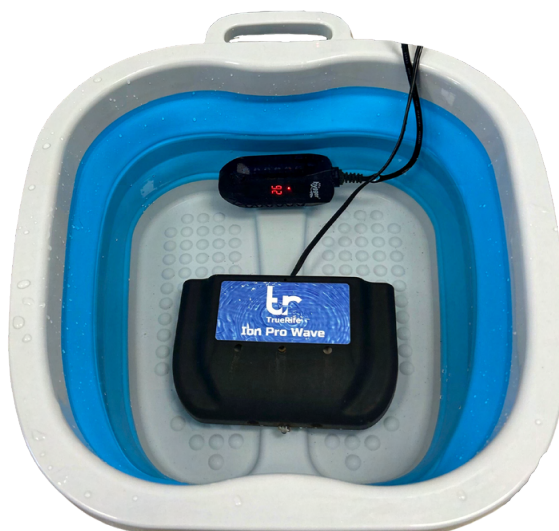
## STEP 05

Add 3/4 tablespoon of sea salt or table salt to the warm unfiltered tap water. Stir the water in order for the salt to dissolve properly.



## STEP 06

FULLY submerge the Ion Pro Wave module along with the heater into the footbath tub.



# SET UP: FOOTBATH PROGRAM



## STEP 07

Set up the Laptop and F-122 Generator as previously shown in the bulb set up guide.

## STEP 08

Set the Toggle Switch on the F-122 Generator to FOOTBATH (circled above).

## STEP 09

Insert the Ion Pro Wave plug into the Ion Pro Wave port on the F-122 Generator (see arrow above). Now you're ready to run a bath program!

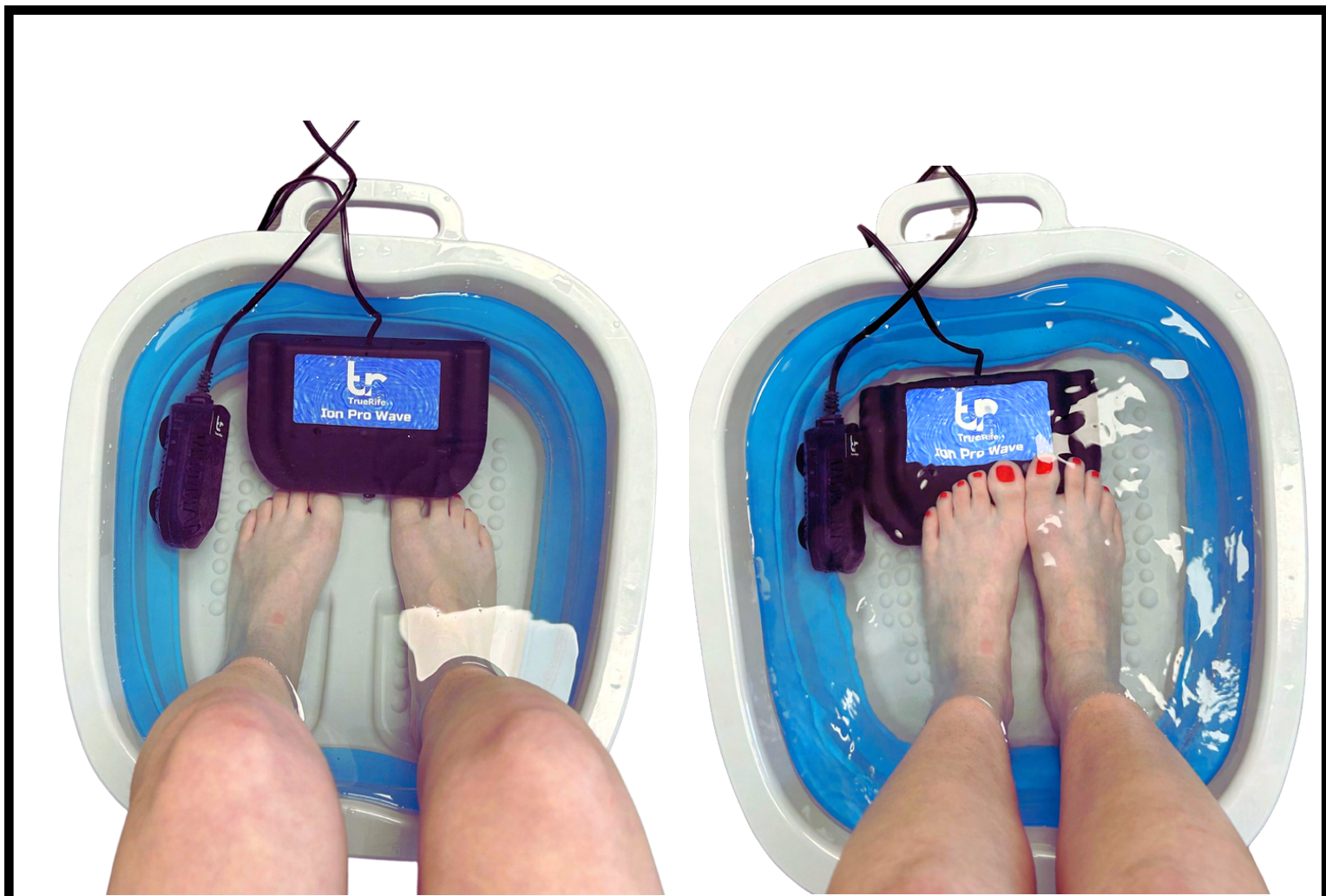
## WARNING!

When running a bath program, ALWAYS make sure the toggle switch on the F-122 Generator is switched to FOOTBATH. Running a bath program on the bulb setting will cause serious damage to the machine.

## SET UP: ION PRO WAVE

Place the Ground Mat on your back or how directed in the program description.

The Ion Pro Wave and Heater are designed to be used in water. As long as the Ion Pro Wave module and Footbath Heater are fully submerged, it does not matter how you position your feet in the footbath tub. The Ion Pro Wave can be above or under your feet - however is most comfortable to you!

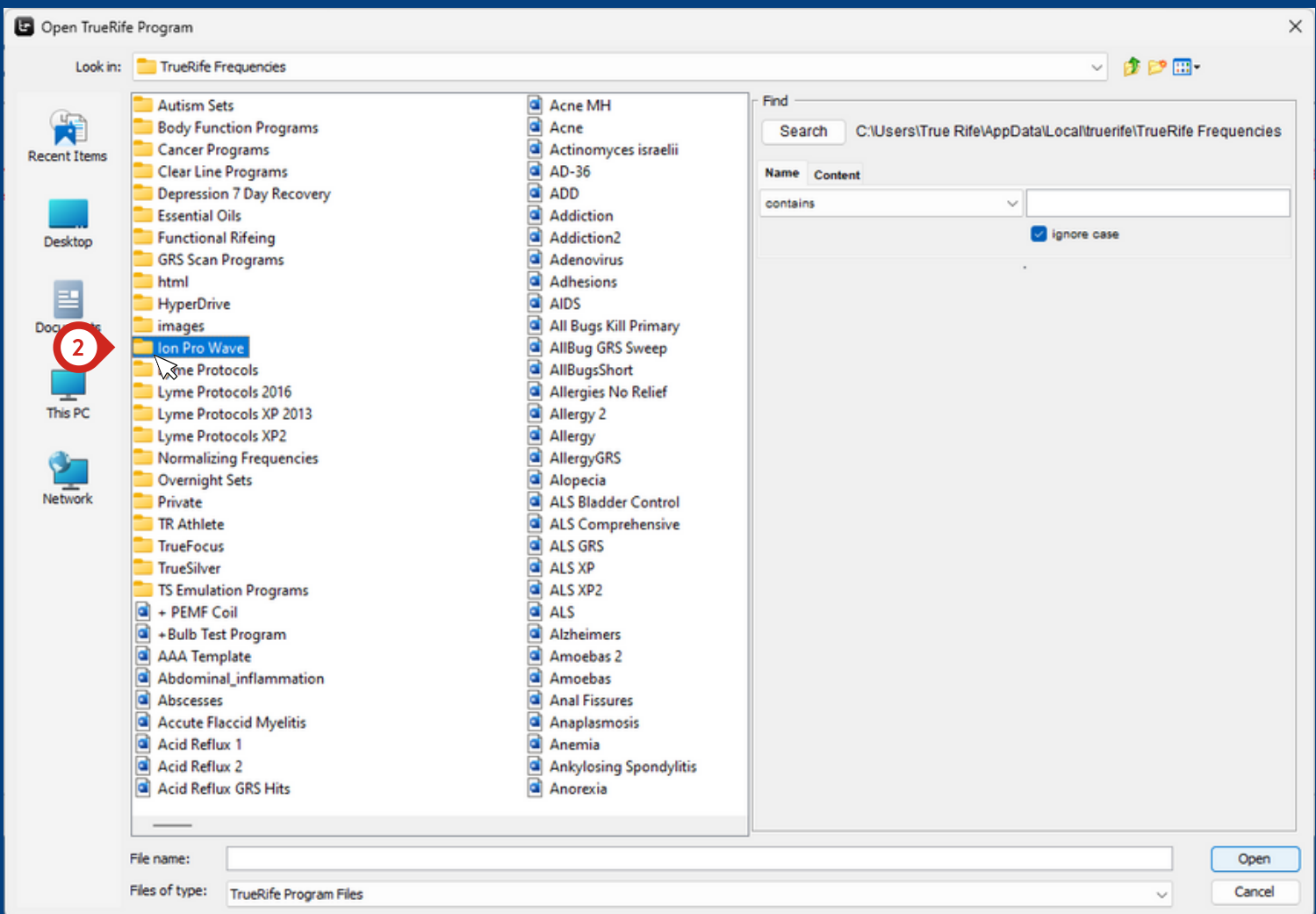


# HOW TO: RUN A BATH PROGRAM

Before running a bath program, please ensure the F-122 Generator is switched to **FOOTBATH**. To run a bath program, open the TrueRife Software and click **Open Program**.

1

Open Program | Add Program (Stack) | Save | Run | Stop | Pause | Hold | Skip



Find the **Ion Pro Wave** folder, and double click the yellow file folder icon. All programs in this folder are for the Ion Pro Wave Module.

## ION PRO WAVE MODULE:



**Congrats! You've now ran a footbath program. The image above is what an Ion Pro Wave module looks like after a completed program. The change of the water color is a chemical reaction of the minerals in the water mixed with the silver plate in the Ion Pro Wave.**

**Please note: Color can vary based on Ion Pro Wave lifespan and Ion Pro Wave program.**

**Cleaning Instructions: Outdoors, add 1 cup of muriatic acid to 1 gallon of water. Soak for 15 minutes. **DO NOT PLUG** the Ion Pro Wave in to the F-122 Generator while it is cleaning. Then, rinse the Ion Pro Wave with tap water and let air dry.**

**Repeat this process after every 20 uses.**