

Rife Frequency Reference Companion

A source-aware guide to units, examples, history, and evidence

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A companion to Rife Machines and Frequencies for Beginners. No disease-specific treatment frequencies are presented as established remedies.

How to Use This Companion

This companion is a source-aware index to the frequency examples and terminology in the main book. It is not a disease-to-frequency directory. The book does not verify a list of frequencies as a clinical treatment, and this companion does not turn commonly repeated associations into medical advice.

Read each entry in four layers

- 1. Value and unit: what number is printed, and what quantity does the unit describe?
- 2. Context: is it an original teaching example, a technical definition, or a historical claim?
- 3. Provenance: which source supports the entry, and what exactly does that source establish?
- 4. Evidence: does a clinical study test this exact intervention and outcome? A technical value or historical report is not clinical evidence.

Important: A frequency value alone is not a treatment instruction. The signal, device, output, coupling, exposure, and verified clinical context would all matter—and no disease-specific treatment is established here.

What the Main Book Actually Documents

A systematic check of the current manuscript found educational signal values and arithmetic examples, but no validated Rife frequency-to-disease table. The numbers below are included because they teach unit conversion, periodicity, ranges, pulse timing, harmonics, and specification reading. They are not presented as frequencies discovered by Royal Raymond Rife or recommended by a manufacturer.

Evidence labels used in this guide

Label	Meaning
Technical definition	A standard unit or mathematical relationship supported by a technical or educational reference.
Teaching example	A deliberately selected value used to explain a calculation; it has no health association.
Historical claim	A claim made about past work. Its existence does not prove that the claim was true or reproducible.
Commercial/traditional association	A use or meaning repeated in a product, list, or community source; not independently validated here.
Clinical evidence	Human research on a defined intervention and outcome. It applies only within the study's limitations and does not automatically transfer to another device.

Unit and Period Quick Reference

Hertz (Hz) counts cycles per second. Kilohertz (kHz) means one thousand hertz; megahertz (MHz) means one million hertz. For a stable periodic signal, period T in seconds equals 1 divided by frequency f in hertz. This relationship describes timing only.

Expression	Equivalent / Interpretation	Source / Context
1 Hz	1 cycle per second	NIST unit definition [1]
1 kHz	1,000 Hz	SI prefix conversion [1]
1 MHz	1,000,000 Hz	SI prefix conversion [1]
500 Hz	2 ms per cycle	Book calculation example; $T = 1/f$ [2]
100 Hz	10 ms per cycle	Book pulse-timing example; educational only
1 kHz	1 ms per cycle	Fictional specification used for reading practice

Do not confuse frequency with amplitude, power, field strength, or duration. Each describes a different property.

Documented Values: Teaching Examples

Every value in this table is reproduced only as an educational example from the current manuscript. None is labeled as a Rife treatment frequency. The listed values show how the same quantity can be written in equivalent units or how a constructed signal is analyzed.

value(s)	unit	Why it appears	Provenance / unit
10	Hz	Simple cycles-per-second example	Main book §1.2; original teaching example
4; 8	Hz	Compare cycle counts and periods	Main book §2.1; original teaching example
2 kHz; 0.5 kHz; 500 Hz	Frequency	Practice unit conversion	Main book §2.1; 0.5 kHz = 500 Hz
100; 200; 500	Hz	Distinguish a range from discrete list entries	Main book §2.1; illustrative values
100 Hz; 10 Hz	Hz	Pulse repetition versus group repetition	Main book §2.2; constructed timing pattern
100-500; 300	Hz	Linear sweep endpoints and midpoint	Main book §2.3; arithmetic example
100; 300; 500	Hz	Fundamental and 3rd/5th harmonic arithmetic	Main book §2.3; mathematical relation only
1 kHz	Hz	Fictional signal-generator specification	Main book §4.8; not a product specification
500 Hz	Hz	Waveform and period diagram	Main book §8.3; 2 ms period

Historical Rife Numbers: What Can Be Said

The project sources and the current manuscript do not supply a primary, independently verifiable archival record tying a specific numeric list to a reproducible Rife apparatus and validated clinical outcome. Modern lists often combine later community compilations and device-specific conventions. A list's circulation proves that the list exists, not that its labels or claimed effects are clinically established.

A responsible inclusion test

- Can the original document, edition, date, and page be inspected?
- Does the document say who created the value and how it was measured?
- Is the frequency defined as carrier, modulation, pulse repetition, or another quantity?
- Is the device and output method specified?
- Does a clinical study test that same signal and device for the stated outcome?

This companion intentionally omits disease-specific frequency entries where provenance or clinical meaning cannot be independently established. It does not reproduce CAFL/NCFL or other copyrighted compilations.

How to Read a Frequency List Entry

Treat a list entry as a record requiring context, not as a prescription. Preserve the source wording before interpreting it. If one field is absent, write “not stated” rather than filling the gap from memory or another list.

Field to capture	Question to ask
Exact value and unit	Is it Hz, kHz, MHz, or an unqualified number?
Signal role	Carrier, modulation rate, pulse repetition, sweep point, or unclear?
Waveform and timing	Sine, square, burst, duty cycle, dwell, sequence, and pause?
Output path	What device, channel, accessory, load, or delivery method is specified?
Source trail	Author/compiler, version, date, page/URL, and original source?
Claim type	Historical report, community association, advertisement, or clinical outcome?
Evidence match	Was the same intervention tested in people with a comparator and a defined outcome?

If two lists disagree, keep both records and compare their source trails. Do not average values, silently select one, or assume that similar names mean the same intervention.

Glossary and Safety

Term	Plain-language meaning
Amplitude	Size of a changing signal; the relevant unit and measurement convention must be stated.
Carrier	A higher-frequency signal that may be varied by modulation.
Duty cycle	Fraction of a repeating period spent in the active state.
Frequency	Number of cycles or repetitions per second, measured in hertz.
Harmonic	A component at an integer multiple of a fundamental frequency.
Modulation	Changing a signal property according to another signal or pattern.
Period	Time required for one cycle; $T = 1/f$ for a stable periodic signal.
Pulse repetition rate	How often pulses recur; distinct from pulse width or group rate.
Sweep	A change across a defined frequency range over time.
Provenance	The traceable origin and history of a value or claim.

Safety

This reference is educational. Do not use it to diagnose, treat, prevent, or monitor a disease; do not delay professional care or change prescribed treatment. Follow the device manufacturer’s current manual and electrical safety instructions. A table entry is not a validated setting or exposure recommendation. Ask a licensed clinician about health decisions and the manufacturer about device-specific technical limits.

Sources

[1] NIST, “SI Units – Time,” <https://www.nist.gov/pml/owm/si-units-time>; “Metric (SI) Prefixes,” <https://www.nist.gov/pml/owm/metric-si-prefixes> (accessed Oct. 20, 2026). [2] OpenStax, University Physics Volume 2, §15.2 Simple AC Circuits, <https://openstax.org/books/university-physics-volume-2/pages/15-2-simple-ac-circuits>. [3] Tektronix, “What Is a Signal Generator?,” <https://www.tek.com/en/documents/primer/xyzs-signal-generators>. [4] Keysight, “Introduction to the Signal Generator,” <https://www.keysight.com/blogs/en/tech/rfmw/2018/10/30/introduction-to-the-signal-generator>. [5] Costa FP et al. “Treatment of advanced hepatocellular carcinoma with very low levels of amplitude-modulated electromagnetic fields.” *Br J Cancer*. 2011;105:640–648. doi:10.1038/bjc.2011.292. PMID 21829195. This study concerns a specific investigational intervention and does not validate commercial Rife products or the teaching values in this guide. [6] Main manuscript, Rife Machines and Frequencies for Beginners, current 22,359-word review version, §§1–2, 4, 8. These are educational examples, not a clinical list.

Complete Index of Teaching Values: A-M

The entries below are a cross-reference of numerical frequency values found in the current manuscript's teaching examples. Repeated values are grouped; ranges, units, and fictional examples are preserved. They are not attributed to Rife's historical work, to a manufacturer, or to a health condition.

Value(s) as printed	Context in the main book	Type & source
0.01 Hz	Fictional Birch control increment	Fictional specification comparison, §4.8
0.02 Hz	20 ppm arithmetic at 1,000 Hz; fictional Cedar bound	Calculation from fictional spec, §§2.3 and 4.8
0.05 Hz	50 ppm arithmetic at 1,000 Hz; fictional Birch bound	Calculation from fictional spec, §4.8
0.1 Hz	Illustrative display step and fictional Cedar increment	Teaching/fictitious specification, §§2.3, 4.8
1 Hz	Fictional sine-wave lower bound for Cedar and Birch	Invented spec comparison, §4.8
4 Hz; 8 Hz	Count cycles and compare periods	Original math example, §2.1
10 Hz	Cycles-per-second example; also a fictional list value	Teaching examples, §§1.2, 7.7–7.8
10 Hz; 20 Hz; 30 Hz; 40 Hz	Fictional list headings and entries	Invented data, §7.7
20 kHz	Fictional Cedar rectangular-wave upper range	Invented spec, §4.8
20 Hz	Fictional list value and sequence example	Invented data, §§7.7–7.8
25 Hz	Step between values in a fictional sequence	Invented sequence, §8.8
30 Hz; 40 Hz	Fictional list entries	Invented data, §7.7
100 Hz	Pulse rate, sweep endpoint, example generator values, fictional spec and list examples	Multiple constructed examples, §§2.2–4.8, 7–8
125 Hz; 150 Hz; 175 Hz; 200 Hz	Fictional stepped sequence; 150 Hz also a second-channel example	Invented sequence, §8.8

Complete Index of Teaching Values: N-Z

Value(s) as printed	Context in the main book	Type & source
190 Hz; 199.5 Hz; 210 Hz	Percent-change arithmetic around a fictional 200 Hz reference	Math examples only, §8.8
300 Hz	Midpoint of a linear 100–500 Hz sweep and third harmonic of 100 Hz	Math example, §2.3
500 Hz; 0.5 kHz	Equivalent values; period example; upper sweep endpoint; fifth harmonic	Teaching values, §§2.1–2.3
750 Hz; 0.75 kHz	Equivalent representations in a source-comparison example	Teaching conversion, §9
1 kHz; 1,000 Hz	Fictional generator specification and accuracy comparison	Teaching/fictional values, §§2.3, 4.8
2 kHz; 2,000 Hz	Unit conversion practice	Teaching conversion, §2.1
100 kHz	Fictional Cedar sine-wave upper bound	Invented spec, §4.8
40 kHz	Fictional Birch rectangular-wave upper bound	Invented spec, §4.8
80 kHz	Fictional Birch sine-wave upper bound	Invented spec, §4.8
1 MHz	SI-prefix conversion reference; not a device claim	Unit conversion only, §2.1

How to interpret the index

“Fictional” means the author constructed the value solely to teach comparison or arithmetic. A range is not a complete output description. The listed specifications belong to invented example devices named Cedar and Birch; they are not quotations from real products. Values in the book’s invented frequency-list entries are demonstration data, not historical or clinical records.

The technical relationships are supported by the book’s cited sources: NIST for SI units and prefixes; OpenStax for introductory electrical and periodic-signal concepts; Tektronix and Keysight for signal-generator terminology. The manuscript remains the provenance of each particular illustrative number. None of these references validates a therapeutic use.

Printable Source-Trail Worksheet

Use one worksheet for each frequency entry you encounter. Preserve the original document and wording. If any information is absent, record “not stated.” This process documents provenance; it does not identify a frequency for personal or medical use.

Field	Record
Exact value(s) and unit	
Original name / label (copy exactly)	
What the source says the value represents	
Signal role and timing details stated	
Device / channel / output path stated	
Author, title, edition, date, page or URL	
Primary source located? If not, what is cited?	
Claim category: technical / historical / commercial / testimony / clinical	
Independent evidence for this exact use?	
Uncertainties and follow-up questions	

Stop before drawing a clinical conclusion

A traceable source can establish where a number came from. It cannot, by itself, show that the number is accurate, reproducible, safe, or effective for a health outcome. Those questions require evidence appropriate to the exact intervention and claim.