

Rife Machine Starter Toolkit

A practical workbook for comparing specifications and documenting equipment

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A companion to Rife Machines and Frequencies for Beginners. Record-keeping tools only; no treatment plan or recommended settings.

Start Here: A Device-Neutral Toolkit

This workbook helps you understand product documents, compare advertised specifications, and keep an accurate record of a device you own. It is not a buying endorsement, setup guide, treatment plan, or substitute for the manufacturer's current manual.

Use it in this order

- Identify the exact model, revision, accessories, and software version.
- Compare technical claims using the same fields and conditions.
- Ask the supplier for written answers and original documentation.
- Record what the manual states; mark missing or unclear fields.

Never infer a safe output or health effect from a frequency range, screen display, or marketing term.

Equipment Categories at a Glance

Category	What it generally describes	Questions before comparing
Bench-top generator	Electronic instrument that creates a specified waveform.	Output type, load, range, accuracy, amplitude?
Computer-controlled	Settings/sequences selected in software.	OS, license, file format, cable and update needs?
Contact-output device	Claims output through electrodes or contact accessories.	Output specified at what load? What warnings?
Plasma / RF-style	High-frequency source with separate applicator or lamp.	Which value is carrier vs. modulation? What controls?
Multi-mode system	Hardware combined with software and accessories.	What is included, optional, or separately licensed?

These are broad equipment descriptions, not a taxonomy of therapeutic efficacy. The exact model's manual controls.

Read the Specification, Not the Slogan

Specification	What it tells you	What it does not establish
Frequency range	Values a control or output covers under conditions.	Accuracy at every value or clinical relevance.
Resolution	Smallest selectable/display increment.	Actual accuracy or stability.
Accuracy	Expected difference under stated conditions.	That displayed digits are exact.
Amplitude	Signal size and convention under a stated load.	Power at every load or biological effect.
Waveform	Shape of a generated signal.	Equivalence across different devices.
Modulation / sweep	How a signal changes over time.	Full sequence or output if not specified.
Channels	Number of paths or outputs.	Simultaneous or independent operation.
Duty cycle	Timing fraction in an interval.	Exposure, safety, or effect.

Record units, load, measurement method, operating range, environmental conditions, and document date.
Ask for exact-model documentation.

Buyer Checklist

Identity and documentation

- Exact model/revision and current manual are stated.
- Included and optional accessories are separated.
- Software requirements, license, and updates are clear.
- Warranty, returns, repair, and support are documented.

Technical transparency

- Every displayed quantity has a unit and definition.
- Accuracy, resolution, range, and output conditions are distinct.
- Safety instructions describe hazards and intended environment.
- Claims can be checked against technical documents.

Claims and cost

- Health claims are separated from specifications.
- Evidence is not inferred from testimonials or unrelated devices.
- Total cost includes accessories, shipping, subscriptions, and parts.

A missing answer is a finding. Write “not stated”; do not guess.

Questions to Ask a Manufacturer

- What exact model and hardware revision does the specification describe?
- Can I read the complete manual and safety warnings before purchase?
- Does each frequency mean carrier, modulation, pulse rate, or something else?
- Under what load and measurement method are output values specified?
- What are the stated resolution, accuracy, stability, and calibration interval?
- Which timing and waveform features are supported in hardware vs. software?
- Which accessories are included, optional, or incompatible?
- What software versions, computer requirements, and license terms apply?
- How are updates documented and supported?
- What are warranty, return, repair, and support terms?
- What evidence supports each health claim, and does it test this exact device?
- Are the studies independent, peer-reviewed, controlled, and accessible?

Save written replies with the manual. A supplier statement is not independent proof.

Device Record

Copy from device label, invoice, and manual. Do not guess.

Manufacturer / seller _____

Exact model / hardware revision _____

Serial number (store privately) _____

Purchase date / source _____

Manual title, revision, date, URL or file _____

Software / firmware version _____

Included accessories _____

Warranty / support contact _____

Unanswered questions _____

Technical Configuration Log

Record what is documented or observed. This is not a set of recommended settings.

Date/time	Document version	Control label	Displayed value + unit	Source/page	Notes

Do not enter health data. Do not treat this record as a treatment protocol. Follow the device manual.

Sequence Documentation Sheet

Capture a sequence without interpreting it. Keep the exact entry and source; record any conversion separately.

Field	Entry
Source / author / edition	
File / date accessed	
Exact entry name	
Original values and units	
Range / step / duration / pauses	
Channels / simultaneous or sequential	
Source notes / uncertainty	
Question for follow-up	

Safety and Manual Checklist

- I have the current manual for this exact model and revision.
- I understand the stated ratings, environment, connectors, and warnings.
- I have not modified or connected the device contrary to its instructions.
- I know how to stop operation and contact technical support.
- I have not treated a frequency list as medical advice.
- I will not delay care, stop medication, or substitute a device for clinician-directed care.
- I keep supplier statements separate from independent evidence.

This workbook gives no output settings, exposure times, contact instructions, disease protocols, or treatment frequencies.

Technical Glossary

Term	Meaning
Accuracy	Closeness to a reference value under stated conditions.
Amplitude	Magnitude of a varying signal, with a defined convention.
Duty cycle	Fraction of a repeating interval that is active.
Frequency	Number of cycles per second; measured in hertz.
Load	Circuit or impedance connected during output measurement.
Modulation	Controlled change in a signal property over time.
Offset	Constant level added to a waveform, when applicable.
Resolution	Smallest control or display increment.
RMS	Root-mean-square value; mathematically related to peak for a sine wave.
Sweep	Defined change through a frequency range over time.

Terminology references: NIST SI units; Tektronix “What Is a Signal Generator?”; Keysight “Introduction to the Signal Generator”; OpenStax University Physics Volume 2. Product-specific details belong to the exact manual.

Reusable Review Sheet

Device / exact revision _____

Source or document _____

Question I am trying to answer _____

Statement quoted exactly (page/date) _____

What is directly documented? _____

What is unclear or unverified? _____

Follow-up question / contact _____

Date reviewed / next check _____

Keep source files with the form. This record does not constitute a clinical decision.