



Objective:

Show how to use the "Hulda Clark Zapper".

Warning and Disclaimer:

A zapper is **NOT** a medical device. It is a common garden variety electronic oscillator. A zapper can just as easily be used to check the wires and cables in a home audio systems.

You are experimenting with your own body. JComm LAB has no control over how you do your experiments. JComm LAB makes absolutely no claims and guarantees no results with this type of experimentation, hence, assumes no liability, expressed or implied, for your outcome.

As a precaution:

DO NOT ZAP IF YOU ARE PREGNANT, WEARING A PACEMAKER OR HAVE HIP JOINTS OR OTHER METAL OBJECTS IN YOUR BODY!

Other Warnings:

If you are thinking about using a lab type signal generator to use as a zapper, **Don't Do It!** Some signal generators can put out as much as 35 volts. At higher voltages and frequencies, you risk damaging human tissue. You want to get parasite and bacteria cells, not your own human cells!

Don't ever use a zapper that puts out a voltage of more than around 9 volts. (12V to 15V maybe) Some machines out there are giving good zappers a bad rap by ignoring FDA human body models and regulations as to the amount of current that can go through your body. Zappers such as those described by Clark, are probably safer than some electric toothbrushes or shavers. None of which we worry about.

On a More Positive Note:

You don't have to worry about being "shocked" by qualified zappers, for the current that goes through your body is imperceptible, less than 50 *millionths* of an ampere. This is about the same as stabbing a pair of copper and zinc nails into a couple of lemons (in series)!

How To "Zap"

You Are In Charge!

Please follow the guidelines and instructions that come with your zapper. Use wisdom concerning diet, rest, hygiene, and self-awareness. You are in charge of your *own* life!

Just What Are You Trying to Do?

When you use vitamin supplements, take medicine, or go to the doctor, you are experimenting with your body. We all have to learn to pay attention to how we feel, what reactions we have to food and supplements, medicines, etc. No one can do this for you.

The more self-aware we are, the better we can determine how well *any* kind of treatment is working for us.

What You Hope to Get From Zapping:

Although not officially recognized as a medical device, some types of ailments seem to respond well to zapping. (Your mileage may vary)

You are using this device to *see* if you get results. Ideally, fewer visits to the doctor and less use of conventional antibiotics. When experimenting with zappers, it is probably better to start by thinking "these things don't work". It should be quite obvious after a few days as to whether zapping does or does not 'work'. The proof is then *yours* and not the claim of another.

Many of us know how long we are normally sick with a cold, or flu, etc.

Zappers are not any kind of miracle device. For me, if I can knock a day or two off my normal illness period, or reduce my symptoms, I am a happy camper!

If things are working for you, you should experience an improvement in your symptoms within a day or two.

How Might Zappers Work?

One of the reasons that the FDA looks upon devices like these with (reasonable) skepticism is that proper studies must be done to accurately determine the effectiveness of *anything*, whether it be drugs or zappers.

Here are some different ideas on why zappers might work.

First Idea: Zappers generate a tiny electrical signal that turns on and off. Body invaders such as parasites, microbes, etc., are "shaken up" by this signal. Much like an opera singer's high-pitched voice that proverbially breaks a crystal glass. Zappers might disrupt the invaders, weakening and/or killing them. Your body's immune system does the rest.

Second Idea: Zappers might stimulate your immune system.

Third Idea: Zappers might give you the illusion that something good is going to happen. This *placebo* effect boosts your immune system. (Essentially electronically induced positive thinking)

Fourth Idea(s):

From the author and researcher Robert J. Thiel, Ph.D., N.H.D., of California.

<http://www.paradevices.com/thiel.html>

"There are several reasons to believe that there may be scientific justification for the use of zappers."

My summary of his article:

- We don't know exactly how parasites are fought by the body.
- Parasites might be able to turn off our immune system. (and the zapper might turn it back on)
- Electrical activity is part of our immune response.
- Electric current has been found to suppress the replication of certain viruses.
- Electrical stimulation may improve nutrient absorption
- Cell walls may become more permeable to nutrition.

My Personal Experience:

Over the 15 or so years that I have been using the zapper (built my first one in 1995), I have had some successes. One year, we had two kids with ear infections, one spouse with a sinus infection, and me with bronchitis. We all got better in record time (compared to how long we normally took).

No, that's not a "claim", just my personal experience. Just because it has worked for me doesn't mean it will work for you. That's *your* job to find out!

How to Zap (finally!):

(Best results occur with a new 9V battery)

The following describes one session.

Connect the electrodes. Either handholds or "sticky pads." Place the positive lead (usually red or yellow) onto your dominant side. The negative lead (usually black or green) on your non-dominant side.

- Turn power on and Zap for 7 minutes.
- Turn power off and rest for 20 minutes
- Turn power on and Zap for 7 minutes.
- Turn power off and rest for 20 minutes.
- Turn power on and Zap for 7 minutes.
- Turn power off.

Probes/Handholds:

As the name implies, handholds are well, er, held in the hands. Dominant hand should get the positive lead. Though it really might not matter. Another venue for experimentation.

Handholds can be made from two short lengths of copper tubing. If you have a machinist friend, you can make them out of brass. Be sure to make a convenient place to clip on the electrodes.

Be sure to cover the electrodes with a napkin or paper towel, then wet them down (wring out the excess water) before using. This cuts down on any possible metal migration into your body.

In a pinch, you can use a couple of butter knives if you promise not to poke yourself!

Sticky Pads:

"Sticky pads" are electrodes like the ones you see in hospitals for ECG's.

Clean the area of your body you intend to attach the electrodes to with soap and water or a cotton swab moistened with rubbing alcohol.

Peel the protective film from the electrodes. Put these "covers" aside so that you can reuse them later.

Attach one electrode to each side of your body.

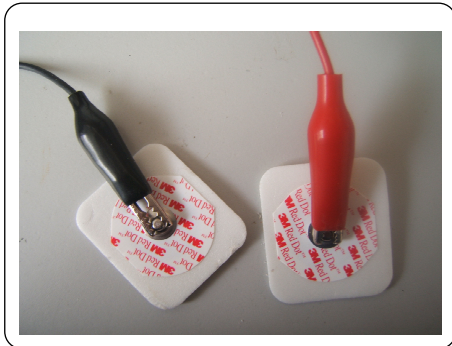


Fig 1. "Sticky Pads"

One complaint about these pads is that you may lose the "DC offset" that Hulda Clark said was so important.

How Often Should I Zap?

It is sometimes difficult to know how often to zap. Three zapping sessions a day can be good to attempt to shorten the time one has the cold or flu. Talk to other people who experiment on themselves and see what works for them. Then find out what works (and doesn't work) for you.

Stomach Culture:

If you are new to zapping, you might find your body reacting in the same way it does when you take antibiotics. So eat a good probiotic like yogurt or kefir to replace the healthy stomach bacteria that have been harmed.

It is also common to feel fatigue. If so, do what doctors are always telling us to do: get plenty of rest and drink plenty of water.

Zapper Battery Life:

Some Hulda Clark type zapper circuits use around 15 milliamperes of current. That gives a standard 9V battery a life of about 10 to 20 hours. Your voltage output with a new 9V battery will be a squarewave of about 5.8V RMS. (root mean square)

Test the Battery:

Note: You can test the battery by turning the unit "ON" in a dark room. If you cannot see at least a faint green light from the LED, replace the battery. To replace the battery, unscrew tiny screw on back of case. With a small flatblade screwdriver, carefully lift up the two small tabs near the switch and pry open battery cover. Press 9V battery toward spring and lift out. Put new battery in, observing correct polarity. Positive terminal of battery goes toward the inside of the case.

Resources:

The following are available from <http://www.Amazon.com>
(Search on "Hulda Clark")

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