

## Introduction

I have been using the Beck style Blood electrifier for coming up to two weeks and just to start the ball rolling for other would be experimenters and to encourage feedback generally I am writing some of my findings and observations so far. Of course none of this is definitive, is subject to revision and most certainly ***must not be taken as medical or any other advice, experiment at your own risk!***

(For background info: [Bob Beck's Lecture Notes](#) .)

## Preamble

There are three versions of the Beck Electrifier: the original based on a 555 timer driving a relay, the second based on a dual op-amp relaxation oscillator and one I have not come across recently in my surfing travels based on transistor bistable driving a couple of optocouplers. They're all basically a squarewave oscillator circuits running at ~4Hz.

The purpose of this circuit is to 'electrify' the blood in-vivo with the purpose of killing pathogens (germs) and parasites that maybe present in the body.

There is a procedure associated with this procedure and some side effects and cautions mentioned (please see the above reference). It basically entails driving a small ac current through the skin via two external electrodes placed over an artery or couple of arteries for a set period of time each day.

I opted for circuit using the dual op-amps ([Improved Schematic](#)), as it was simple and relay free. For the electrodes I used a couple of long 4mm audio banana plugs. These are reasonably flat so they make good contact with the skin. A couple of 'Velcro' straps to attach them to my wrist or wrists.

## Preparation and application.

I clean the site or sites and rub dry to take of dead skin and soak the electrodes in a saline solution (the electrodes are covered in cotton to minimise skin irritation). Next locate the pulse.

Now common sites for electrification are:

- i) One electrode over each Radial artery on each wrist.
- ii) One electrode over the Radial artery and the other over the Ulnar artery on the same wrist.
- iii) Both electrodes over the same Radial artery with about 100-150mm of separation between them.
- iv) One electrode over each artery beneath each ankle.

I mainly use position ii) or iii) so that I can carry on with other things.

Locating the pulses can initially take a bit of getting used to, especially the one at the Ulnar, which can be tricky to find (at least on me).

Ideally, each electrode lies parallel with the underlying artery. Secure them in place with the 'Velcro' strap or straps.

***It is a good idea to make sure that the current control is set to minimum*** before turning on the circuit to avoid startling oneself or worse!

Usually I turn the current up so I can feel the pulses generated by the circuit.

## Observations

(July 11th - 23rd)

- No obvious changes, except for a few minor burn marks where the metal electrode contacted the skin.  
I may not be ill and may be parasite free (which surprises me on both counts!), hence no dead worms or signs of detoxification (Herxheimer's Syndrome). In fact I've not been watching what I eat or making sure to drink enough water before or after the session. But if I were knowingly ill I would be more cautious and follow the recommended procedures.
- I may try different electrode sites in the future.
- There might be a tendency to use too much current as there is no way of knowing that the required 100-150uA is reaching the blood, hence the tendency to go for the 'throbbing' feeling.
- Electrode gel may be a good idea to ensure reliable contact.
- The body's perception of voltage and current tends to be variable which is provably usual. Sometimes I have to use nearly the maximum setting to get the pulsing sensation. Then after a while it may get stronger and the control has to be turned down.

## Modifications

### Altering the frequency.

It has been mentioned on some websites and discussion groups that a lower frequency proves more beneficial to some people e.g. 0.5Hz, 30s, 6 mins or even 30 mins. I've only tried 0.5Hz (the longer delays aren't practicable with this design). This can be quite relaxing and slower pulse sensations can be used to time deep breathing exercises to!

### A dual function device?

0.5Hz and 100Hz are within the capabilities of this circuit and the fact that it's biphasic makes it usable as a Cranial Electrical Stimulation (CES) device. Ear-clip type electrodes and applied wet to the ear lobes, but other sites may be tried but remember to:

**Make sure to keep the current turned down so as to not fry your brain! Serious injury could result otherwise and besides it hurts (trust me I know!).**

When used like this it has left me feeling relaxed and calmer for a short while after. The effects of CES are supposed to be cumulative and only a few tens of micro-amps are all that are required (so you may not feel anything is happening).

By the way, the Electrifier uses +/- 27v as Bob Beck states this as a requirement for ensuring adequate blood electrification current. It is interesting to note that some are using only 6v to do the same thing ([Build Your Own, For Almost Free, Electromedical](#)

[Research Devices](#)). Usual CES devices like the Alpha-Stim on the other hand tend to use lower voltages, an exception to this though is the Beck derived Brain Tuner devices which also use  $\pm 27\text{v}$ .

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