

# Pain Relief Instructions

The story of the Lakhovsky Oscillating coil

By Anita Mathews

## Georges Lakhovsky's Theory

Georges Lakhovsky was an independent research scientist. This independence gave him the freedom to experiment with new and fresh ideas without being held to the dogma of the day. In the book “The secret of Life” he chronicles the portion of his work done in the early 1920’s. The book was published in French in 1925. The driving force behind his research was his overwhelming desire to find the cause of Cancer. Therefore, his theories and experiments revolved around that solution. A major portion of this website has been dedicated to the presentation and perpetuation of his work.

Lakhovsky was knowledgeable in both engineering and biology. It was the meshing of these two sciences that helped him prove his theories. It had already been established by the 1920’s that invisible radiations were constantly bombarding the earth. Lakhovsky believed that these ultra short waves (sometimes called penetrating waves, at the time) were what gave us life.

Lakhovsky believed that each of our cells was a minute resonate circuit and when these circuits were oscillating correctly we or any living thing were healthy. When an outside source caused our cells to oscillate at a different rate then disease set in. In his book “The Secret of Life” Lakhovsky wrote, “What is life? It is the dynamic equilibrium of all cells, the harmony of multiple radiations which react upon one another. What is disease? It is the oscillatory disequilibrium of cells, originating from eternal causes. It is, more especially, the struggle between microbic radiation and cellular radiation.” He believed it was these radiations that kept our bodies oscillating correctly but too much or a distorted radiation would cause them to oscillate incorrectly.

Setting out to prove his theories, Lakhovsky felt that they could generate a practical application to enable the adversely effected cells to regain their full vitality by reinstating their proper oscillatory rate. Thus he invented the Multiple Wave Oscillator (originally called Radio-cellulo-oscillator). He felt that by giving the cells a large range of oscillating waves that the cells would find their proper frequency and therefore become strong enough to fight off the improper oscillations of microbes or be strong enough to fight back from such damage as that caused by smoking.

The universal nature of Lakhovsky's theories is extremely compelling. So, weather you believe in Royal Rife’s microbe theory, (He claimed he “saw” the microbes that caused cancer with his Light Microscope) or in the “accepted” cause of cancer as being simply a weakened or suppressed immune system due to outside forces, Lakhovsky’s theories are applicable.

To learn about Lakhovsky's many experiments you should read his book "The Secret of Life" which shows his many papers written and presented. Also included are the many scientist of his day that he worked with including the well known Professor D'Arsonval who wrote the preface to Lakhovsky's book. Right now I want to talk about his experiment with the Geraniums treated with the open metallic circuit which is what most of this web site is based on.

After devolving his Radio-cellulo-oscillator, Lakhovsky tried it out on bacteria cultures and found that it had no effect on them showing him that his machine was safe. He then inoculated plants with something that could produce tumors comparable to cancer in animals. He then periodically exposed the plant to radiation from his Radio-cellulo-oscillator. The tumor separated from the plant and fell off with a touch. He tried this experiment 3 different times and all three experiments produced the same results.

Since Lakhovsky's belief was that living cells were tiny oscillators that were given life from penetrating radiation and the oscillation of these cells put off their own radiation he proceeded with an experiment to find out if indeed the penetrating radiation was what caused the cells to oscillate or if some other stimuli such as chemical energy was responsible for sustaining this oscillation.

Inoculating a number of plants the same way as was previously done; Lakhovsky placed a circular spiral of copper around one of the plants. After two weeks he discovered that all the tumorous plants or stalks without the protection of the copper spiral were dead. The plant with the copper wire was healthy. Lakhovsky believed that the copper wire had reacted to external atmospheric radiations creating an electromagnetic field which shielded the plant from any excess of cosmic waves.

Owing to the fact that we are not only constantly being bombarded with background radiation from space but are also living in a world of electric motors and wireless waves, our bodies are constantly taking a beating from all of these radiations. Lakhovsky also believed that any oscillating circuit regardless of size or shape would react to any external frequency to which it was resonant. This reaction would help the circuit maintain proper oscillation.

Having discovered how good a copper wire could be for the body he developed belts, bracelets and collars, with tremendous success from trying them first on animals and then on people. Since the copper wire had worked so well with the plants, he decided to try it on animals. He put it on horses that couldn't conceive and they became fertile. He put it on dogs with skin infections and they cleared up. He found that when he put the copper on an animal that its eyes got brighter and the fur or hair became softer and shiner. They also became frisker and as he put it "full of life".

It was likely it was Lakhovsky's work that was responsible for the trend in the 1950's of wearing a copper bracelet to help prevent arthritis. Today you can buy all kinds of bracelets for that purpose. Multiple Wave Oscillators and Rife Machines are available on the internet and there is a whole new wave of bioelectrical machines being developed.

The one thing he didn't list in his book was exactly how he made his belts, bracelets and collars. So I set out to develop one that could easily be made and used by anyone. Here is the full story

of my experience with developing the Lakhovsky Coil including the original research, examples of successful use, how to make one for yourself and where you may purchase a coil all ready to use.

## Background

In 1984 I ordered a book, from an obscure publication, entitled "The Secret of Life" by Georges Lakhovsky. The content described experiments used to determine the origin of the life force. I was especially interested in the fact that back in the 1920's and 1930's machines were being developed which could heal with electrical oscillating waves and the manipulation of their frequencies.

I decided I would study his book and try and come up with a working oscillating circuit that would give me the same success that he had. I went to the library and found out what a dielectric was and started experimenting with different ones. Since it had done so much for his animals, I tried using my version of the coil on mine.

At the time, I had a cat named Candy that had lost a hind leg about four years previous. From all its activity the remaining hind leg had become so worn out and sore that Candy could only take one step before having to sit down to recover from the pain. He also was beginning to deteriorate which showed in his glazed eyes and the dullness of his fur. I decided he would be the perfect candidate for a coil.

I made a little collar to go around his neck, then sat back and watched. Within a few days I noticed that his eyes had cleared up and that his fur was becoming softer and shinier. Then about a week after I had placed a coil on him I watched in surprise as he walked clear across my living room floor without stopping once to sit down, and he even stopped and sniffed something at the coffee table. You can imagine my amazement.

I quickly made one for myself and the first thing I noticed was how it helped me go to sleep fast and to sleep more soundly. Then slowly over a period of time I found I no longer had dry skin and that all my little aches and pains which I had experienced for years had gone away including some bad pains I used to get in my breasts and my pelvic area. I also found that my temperament had evened out and I no longer had wide mood swings. I just realized that "hay, that doesn't bother me anymore" or "hay, that doesn't happen anymore."

After a couple of years of wearing the Lakhovsky Coil, I badly burned my shoulder, but the pain was gone within 15 minutes. I ran over my foot with a power mower and fractured my toe. The doctor said I would be in pain for at least a month but the pain was gone in a few days.

Today, after wearing a coil on and off for twenty years I'm almost never sick, I'm 59 years old, 30 lbs overweight, never exercise but can still run up two flights of stairs without getting out of breath. I wore a coil intermittently for about 3 years but then started wearing it again all the time because I feel so much better with it on. Some people prefer to wear it only when their pain comes back but I feel it has so many other benefits it's worth wearing all the time.

Having such success using a Lakhovsky Coil on myself I proceeded to tell others. My father was the next to try it. He was 72 years old at the time and had painful arthritis in his hands. He also had bursitis in his neck so badly that he would have to turn his whole body since his neck

wouldn't turn. My father was from Missouri and I figured that he would just scoff at the idea of wearing a copper like I suggested, but when he heard what it had done for me and the cat he was anxious to try it. Shortly after he started wearing it, his neck started to loosen up. He found that he could move it easily and without any pain. The pain and swelling in his hands also diminished . Because of my father's age it was necessary for him to wear it all the time. He knew when the copper needed cleaning because his neck would start stiffening up. My father tried using different dielectrics but found that the one I suggest in this information worked the best. He wore his coil until the day he died.

My mother also wore a Lakhovsky Coil but she didn't have as many problems as my Dad so didn't see any dramatic results. But she used it when her arthritis kicked up.

My excitement was so overwhelming I would tell anyone who would listen to me about the Lakhovsky Coil. The next person to try it was a woman in Missouri that had a serious problem with a slipped disk in her back. Kathy told me later that she put it on just to prove me wrong because "it couldn't possibly work". Since having become injured, she had to sleep on the floor to relieve her back pain. After wearing a Lakhovsky Coil for just a few days the pain had vanished. She couldn't believe it. After that, whenever her back would start to hurt, she would just wear the coil that night to help her sleep and by morning the pain would be gone.

Kathy's son played basketball and had a lot of pain in his ankle. He would have to tape it up for the high school games, even then it didn't completely ease the pain. But, when he saw how much the coil did for his mother, he asked her to get one for him. He only wore his at night but it completely got rid of the pain. He didn't have to tape his ankle anymore.

Next, was a very dramatic example of a man in his 50's who had an extreme case of arthritis. The only thing the doctors could do is dope him up on pills to stop the pain. He had completely gone off the medication because he didn't like being doped up and had tried everything for pain relief including a gold treatment but nothing worked. I suggested that he try the Lakhovsky Coil and he said, "Why not? He had nothing to lose". He told me that after he put the coil on, within in a couple of hours his hands started to feel better and loosen up. He said to himself it was just his imagination. Then a few hours later the pain was gone. At that point, he said to himself, "Maybe this coil thing is working". He continued to progress quickly and told me that his breathing and cough had been so bad that he could only sleep about an hour at a time before having to sit up. The first night he wore the coil he slept through for 4 hours and couldn't believe it. As time went on, he no longer had to roll out of bed in the morning and pull himself up because his legs had stiffened up during the night. But the most miraculous result was about after 3 months of wearing the coil he did deep knee bends in front of me with his arms straight out in front of him. After he had done it, he commented that before the Lakhovsky Coil he couldn't even bend down let alone get back up. His biggest problem with the coil was that he had a tendency to do too much now that he was free of pain.

After that, I moved to Los Angeles and told only a few people about the Lakhovsky Coil over the next few years. But no one I knew had any serious problems or I couldn't get anyone to try it. But then there was a guy at my church who had a pinched nerve in his hip and was in so much pain that he told me he had bawled like a little baby. He went to the doctor and was given pain pills but even those didn't completely alleviate the pain. He complained that the pills made

him like a zombie. I told him about the Lakhovsky Coil and he said he would try anything. After a few hours he was walking better. He said the pain was better and that the "catch" in his hip was gone. Within a few days the pain was gone. He is just fine now and has not had a recurrence of the pinched nerve or pain.

His story encouraged me to talk about the copper at work. I told one of my co-workers, Josie, about the Lakhovsky Coil because she told me she was having trouble sleeping. When I told her the whole story regarding the success I had seen with other people, she said she had a brother with two slipped discs in his back and wondered if it might help him. He had had pain in his back for five years, spending most of his time going back and forth between his chair in the living room and his bed. When he walked, it was with a cane. She said he walked hunched over like an old man.

I made a coil and gave it to her. When she showed it to him, he laughed but his mother told him to put it on. That happened on a Sunday. The next Wednesday the whole family had to get together and you can imagine their surprise when he walked in upright and straight without a cane and not in pain. He was so excited that he was laughing and showing everyone his copper telling them all about it. Last time I talked to her she said that he was driving again and that he was careful to always keep the coil clean.

Josie wears one because it makes her feel so much better and happier. She made one up for her other brother who had back pain, her girlfriend, her mother, and a friend of hers who is 88 years old and suffering from arthritis. Josie's friend was so sore and stiff that she had to walk with a cane and could hardly get around. Shortly after starting to wear the Lakhovsky Coil, she was doing her own housework. My co-worker said she was even kicking up her leg and dancing a little.

Then another co-worker had a problem with a tremor in her neck. It was hereditary and her mother also has the same problem. She said the problem got so bad sometimes that she had a hard time getting food in her mouth. Wearing a Lakhovsky Coil cleared up her tremor and if she doesn't wear it people noticed right away that her tremor is back. She has only been wearing it a few months so it remains to be seen whether or not the problem is reversed.

You never know what results you may get from a Lakhovsky Coil. One guy in Missouri put it on because he had problems with his knees. The next day he came in excited because he was breathing so much better. He said he hadn't been able to take such deep breaths in years.

I must say, it is exciting to the person getting relief from their physical problems. If you do try a Lakhovsky Coil, you will probably be surprised. But any reaction varies between individuals. So the amount of time it took to get results was different from one person to another, but those with the success stories didn't give up. They all tried it thinking they would give it at least a couple of weeks to see if it would improve the way they felt. Wearing this is no more than wearing jewelry so those that tried it felt they couldn't be harmed.

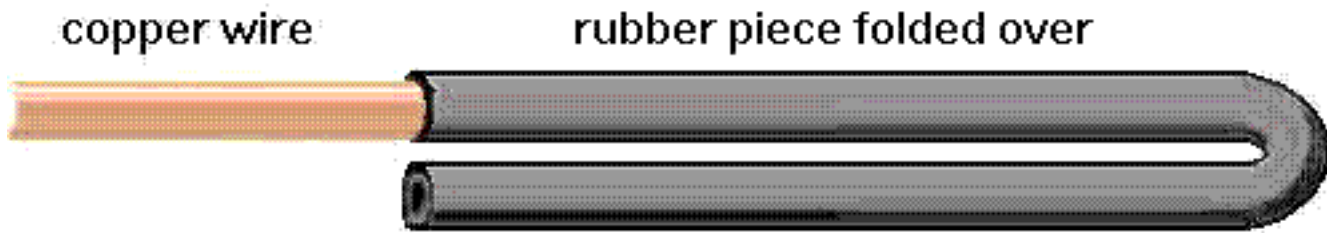
## HOW TO MAKE THE LAKHOVSKY COIL

Following are complete instructions on how to make the Lakhovsky Coil and how to maintain it. This information is a result of a great deal of experimentation and should not be taken lightly.

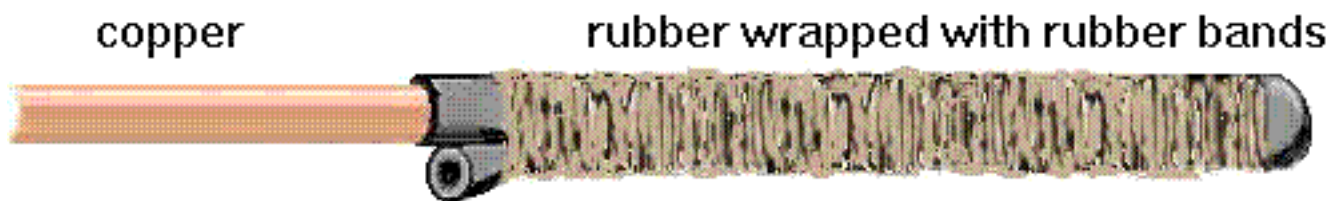
For best results use #10 solid copper wire, available at almost any hardware store. Sometimes you can find it without insulation. If it is insulated, you'll have to strip off the insulation. If you can't get the #10 wire in a single strand you can get it as "10-2 with ground" there will be three strands of #10 solid copper wire. In that case the individual strands must be separated and stripped. You will want to get enough to fit around your waist with a 2-inch overlap. The coil is worn around your waist under your clothes, although it doesn't need to be against the skin to work. (I personally like it against the skin).

Next you need to get a dielectric. I have found that rubber works best and that the easiest and most convenient source is the smallest size of automobile vacuum hose, available through your local auto parts store. It fits perfectly over the end of the copper. You should get about four inches for each coil that you are going to make.

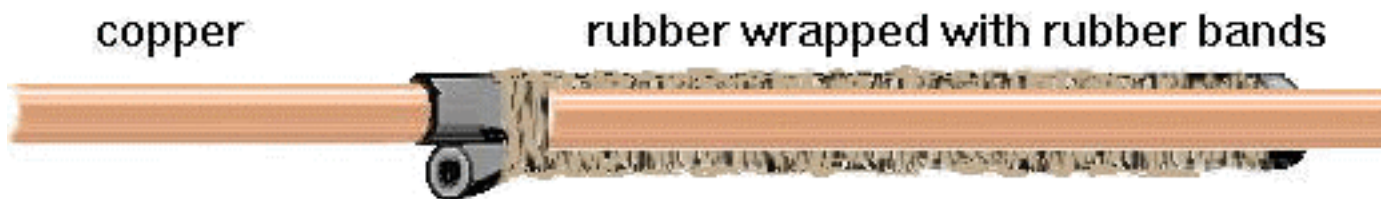
Slide half of the rubber over one end of the bare copper, as shown below.



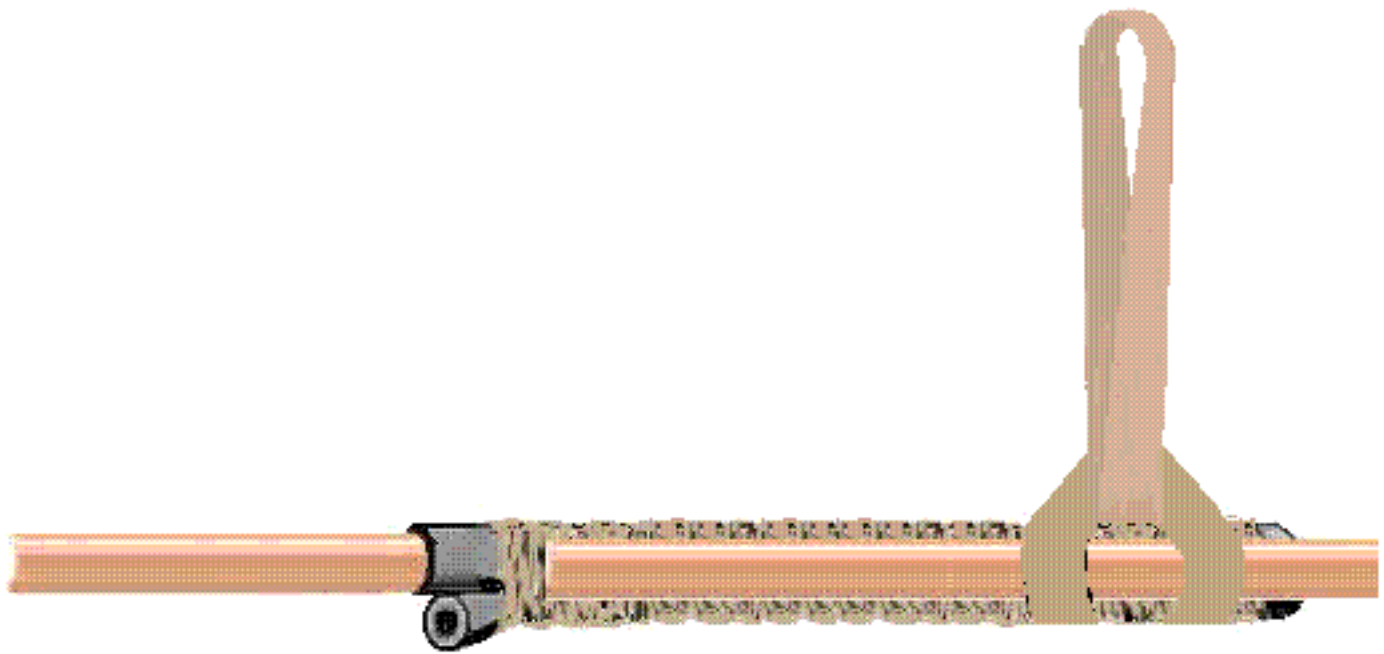
Fold it over and then secure it with rubber bands.



The copper goes around your waist and overlapped, making sure that the two ends of copper are not making contact.



The bare copper end is secured to the rubber with a single rubber band.



**single rubberband wrapped and  
Looped over the end**



My father was a wonderful barometer for how to best take care of the Lakhovsky Coil. Because of him, I learned that it was important to keep it clean. Whenever his coil started getting dirty his neck would start stiffening up and he would know it was time to clean it again. There are many different ways to clean the coil. You can use a cleanser like Ajax, or a scouring pad like SOS, but I think the easiest is to use a copper cleaner like Twinkle. It is a paste with a sponge and you can just wipe it on, then rinse out the sponge, run water on the copper and it comes out sparkling clean. I do mine every morning because it gets dirty fast. I have found that locality determines how often the copper needs cleaning. When I was living in New Hampshire I only had to clean mine about every few weeks but in California I have cleaned it every day or so. You only need to take the rubber piece off every third or fourth cleaning, since it doesn't get dirty as fast under the rubber. You can just pull it off with the rubber bands still on it and then twist it back on.

Most people, including myself, have found that after wearing a coil for a while that it isn't as effective as when they first started getting results. When that happened they just made up a new one and started wearing it. I always hated it when I had to start wearing a new one because it would take a little while before I started getting really good results. But, it has never failed me.

### **WHERE YOU MAY PURCHASE A COIL**

If you don't have the time or want to bother with gathering the materials to make yourself a coil,

Send me your Waist Size and \$10.00 U.S. - I'll send you one by return mail. Send your order to: Anita Mathews, P.O. Box 324, Brookings, SD. 57006-0324 USA ..... For orders outside the U.S. please include an additional \$5.00 for shipping and handling.

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