

GETTING STARTED WITH THE F165

This first section is for using the F165 stand-alone without a computer which is what most people do.

There is an F165 User Guide that is mainly about how to write your own programs. Most people never use it but you can download it at <http://www.royalrife.com/ftp01> .

CAUTION: This is not a medical device and no claims are made that it will diagnose or treat any condition. Frequency sets are for experimental purposes only. Those with a condition that normally requires the services of a physician are urged to consult one.

CONNECTORS : The F165 has two output connectors called BNC connectors. To attach a cable or adapter, rotate the end of the cable or adapter until the pins and slots line up and gently press it in and gently rotate it a quarter turn clockwise. To remove the cable or adapter, gently press in and rotate the end a quarter turn counter-clockwise and gently pull it off. No tools are needed and very little pressure is needed. The connector nearest the amplitude knob has higher voltage and it is normally used with cables for hand cylinders.

THE AMPLITUDE KNOB: This is a bit confusing. Normally a volume control knob is facing toward you and you turn it clockwise to increase the volume. In this case, when you are entering commands into the F165 the amplitude or voltage knob is facing away from you. So to increase the power you turn the knob counter-clockwise. When the power is all the way up the pointer line on the knob will be about the one o'clock or two o'clock position.

NOTE: There are two types of programs. Some of them are never ending loops. The timer on the F165 display will count up to tell you how long the program has been running. With non-looping programs the timer counts down until the program is finished.

FIND AND RUN A PROGRAM: Attach the connector with the hand cylinders to the connector nearest to the amplitude knob. Turn the unit on and wait for it to boot up. Touch the menu key. It will offer you "Open File." Touch the enter key. You can use the up and down arrows to find the desired program. To save time, you can touch the number 1 to take you 10 percent of the way through the list. Touch 2 for 20 percent and so on. For the HF programs, touch the #5 key. When you find your desired program, touch the enter key. If the frequencies are below 10,000 Hz, be sure to turn the amplitude down before you touch the Run button. To start the program, touch the Run key. Then slowly turn the amplitude up until you can just feel the frequency. You will be able to feel more at low frequencies below 5000 Hz than at higher frequencies. Do not expect to feel anything at frequencies above 10,000 Hz. To stop the program, touch run again or just turn the unit off. If you have a mold toxin issue, wrap a quarter of a wet paper towel around each hand cylinder during treatments.

CAUTION: Many organisms contain toxic fluids. Lyme, candida, cryptococcus and a number of other infectious agents are like tiny balloons full of toxins. If you pop too many of these balloons too quickly, your body will have a difficult time processing the toxins and you may feel ill. **To be safe, your first session should not exceed three minutes. Consider one minute if you are treating Lyme disease.**

Another caution is that frequencies may kill things that you do not expect them to kill. For example, frequencies on a staph list might also kill some Lyme or candida. So if you run a staph frequency set, you may have a release of toxins from killing some of these toxic organisms. Any program may kill pathogens that you are not targeting.

So your first session is only three minutes maximum. The next day note if you had a strong reaction to the frequencies. If you did, you may want to take one day off and when you begin again, use a shorter run time.

Or, you may have only a mild reaction or none at all. So the next day you could increase the run time to four minutes. **YOU CAN SLOWLY INCREASE THE RUN TIME OR THE NUMBER OF PROGRAMS BUT NOT BOTH IN THE SAME DAY.** If in doubt, lean toward caution. We do not want you to run a frequency set and later wish you had not done it!

TO RUN A FREQUENCY USING THE KEYPAD: Turn the unit on and wait for it to boot up. Touch the #5 key. Then touch the delete bksp key. Then touch in your desired frequency. Touch Enter. The unit will count down from 24 hours. If the frequency is below 10,000 Hz, be sure to turn the amplitude down before you touch the contacts. Then slowly turn the amplitude up. For more keypad commands see the F165 user guide.

CONNECTING THE F165 TO A COMPUTER

DO NOT CONNECT THE F165 TO A COMPUTER UNTIL YOU READ THE INSTRUCTIONS BELOW.

Go to <http://www.royalrife.com/ftp01> and download the F165_setup.exe which is the software that lets and F165 communicate with a Windows computer. Install it.

If necessary, see the video at <http://www.royalrife.com/members/indexm.html> on how to do this. The user name is rifer and the password is fedfree.

The program collection: From <http://www.royalrife.com/ftp01> you can download a file called **F100.zip** that contains current programs for you to install. Unzip it and put the folder in your documents folder.

Windows 7 or 10: On Windows 7 or newer computers, the USB driver is automatically installed. Open the software and connect the F165 to a USB port and turn it on.

To install a new program: Connect the F165 to the computer and turn it on. Go to File, then FGen and then Copy to FGen. Then you will be able to load the program or programs of your choice. You will need to point the software to where on the computer you have your programs stored. After the first time, the software will remember this location. Follow the instructions on the screen. If you have downloaded the zipped F100 folder with all the latest programs, you can click in that window, do CTRL/A and install them all.

If the computer does not recognize the F165: click on file and then Properties, you should be able to see a serial number for your F165. Click OK. Then try Copy to FGen again.

If I email a program to you, open the F100 software and click File and then New. Paste the program in the window. Click File and then Save As and name the program. The software will give it a .frq suffix. These are text files so you can look at any .frq program with Notepad. You can also tell the computer to always open .frq files with Notepad.

To write your own program: There are templates for the various types of programs that we use. Go to File and then Open. Look under AAA to find them. Often is just a matter of changing a frequency and saving your new program with a new name.

Windows XP or Vista: IT IS IMPORTANT THAT YOU INSTALL THE SOFTWARE AND THEN FOLLOW THESE INSTRUCTIONS. ESPECIALLY WITH WINDOWS XP OR VISTA DO NOT JUST CONNECT THE F165 TO THE COMPUTER YET OR YOU MAY NEED THE REMEDIAL INSTRUCTIONS ON THE NEXT PAGE. TRY TO AVOID THAT! After you install the software, you can turn the F165 on and plug it into a USB port.

You will need an F100 CD. If you do not have a CD, you can call us for one. Insert the CD. If the computer offers to install the software, tell it to. If it asks you what to do, tell it to run Setup.exe. **If you have Windows 98, XP or Vista, leave the disk in the computer when the installation is complete.**

Once you have installed the F100 software and the CD is still in the computer, you can connect the F165 to the computer with a USB cable and turn it on.

With earlier version of Windows such as XP, when you connect the F165 to your PC for the first time Windows will open the "Welcome to the Found New Hardware Wizard." Note that on some slower PCs, this window can take up to 2 minutes to appear. Wait until you see that window and then follow the instruction below:

- a) When you see the window entitled "Welcome to the Found New Hardware Wizard" do not let it look on the Internet. Select: "Install from a list or specific location" and click the "Next" button.
- b) In the next window select: "Don't search, I will choose the driver to install" and click the "Next" button.

- c) In the next window, select "Have disk" and the "Browse" button. Point Windows to the CD and then the usb directory. Select the file ftdibus.inf.
- d) In the next window, select "AtelierRobin FGen" and click the "Next" button.
- e) If MS-Windows shows a window saying that this driver "has not passed Windows logo testing", click "continue anyway".
- f) Click "Finish". You are now done with the installation of the USB driver.

Once the driver is installed, open the software. Connect the F165 to a USB port and turn it on.

To install a new program, Connect the F165 to the computer and turn it on. Go to File, then FGen and then Copy to FGen. Then you will be able to load the program or programs of your choice. You will need to point the software to where on the computer you have your programs stored. After the first time, the software will remember this location. Follow the instructions on the screen. If you have downloaded the zipped F100 folder with all the latest programs, you can click in that window, do CTRL/A and install them all.

If the software does not recognize the F165: click on file and then Properties, you should be able to see a serial number for your F165. Click OK. Then try Copy to FGen again.

TROUBLESHOOTING: If you have Windows XP and the driver installation does not work or you do not see the messages as I have listed them: If the F165 was connected to the computer without the above procedure being followed, Windows may have decided that the F165 was a DVD player or a mouse or some other piece of hardware and it installed an incorrect driver. To correct this, it will be necessary to go to Device Manager and uninstall the bogus device.

Click **Start**, click **Control Panel**, click **Performance and Maintenance**, and then click **System**. On the **Hardware** tab, click **Device Manager**.

Now look for a bogus device installation which may be marked with a yellow ! or ? which tells you that Windows is admitting that it had its doubts about installing the device. **IF IN DOUBT, FIND A COMPUTER GEEK TO HELP YOU WITH THIS.**

Once the incorrect device is uninstalled, you can go back up to instructions for Windows XP and Vista.