

Lakhovsky Coil Instructions

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. I have found that the wire around the waist works best to stop back and other pain. I have suggested to most people that they just follow my instruction in the beginning, since I know it has worked on others that have tried it, and after they have seen results, they can experiment later. Then they will know the difference in the results from my suggestions and the changes they have made.

Choosing the Copper Wire

I have found for best results to 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 (one is bare that you can use right away but the other two will have to be stripped) and the outside casing is orange.



You will want to get enough to fit around your waist with a 3-inch overlap. The coil is worn loosely around your waist under your clothes. I personally think it works better if sometimes it is against the skin.

Using the Dielectric

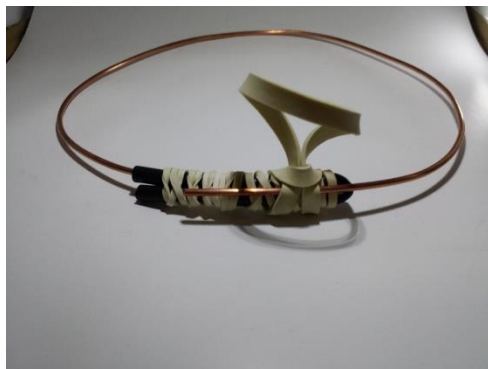
Next you need to get a dielectric. I have found that rubber works best and that the easiest and most convenient source is the smallest size of automobile vacuum hose, available through your local auto parts store, it fits perfectly over the end of the copper (if you can't get this you can always use my old standby and use balloons). You should get about six 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 any size rubber band will do.



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.

Twist the rubber band around the wire and rubber piece and when it is tight enough loop the final part over the end of the copper.

Taking Care of The Lakhovsky Coil

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 of tarnish. Whenever his coil started getting tarnished 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 and best is to use a copper cleaner like Twinkle or Wright's Copper Cream. 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 clean mine about once a week because it gets tarnished 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, since moving to South Dakota I clean it every few days. You only need to take the rubber piece off every third or fourth cleaning, since it doesn't get tarnished as fast under the rubber. You can just pull it off with the rubber bands still on it and then twist it back on.

Replacing the Lakhovsky Coil

Most people, including myself, have found that after wearing the 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. When I first started wearing the coil and I had to make a new one it would take a little bit for the coil to work again, but now after wearing it so long it works right away. Wearing the Lakhovsky Coil has never failed me.

Wearing the Lakhovsky Coil is no more than wearing jewelry so those that tired it felt they couldn't be harmed.