

# The Fat Storage Fiasco

## *or What is Making Me Fat?*

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**Keynote April 2025**

**Astrology association: Aries**

**Color association: Red**

**Musical Note "C"**

This is the fifth installment in a series of articles concerning BioAcoustics-associated weight management. This article concentrates on the causes and biochemicals of fat storage. Subsequent information to be shared here will include peptides, enzymes, toxins, amino acids, organs, and medications associated with weight management. Individual Vocal Analyses including all of these topics are available to the public from our online WorkStation - SoundHealthPortal.com – Choose weight management as your topic so that you can receive an individualized evaluation of your weight issues.

For many people concentrating on how much food they eat juxtaposed with how much exercise they do or don't do is the essence of most weight loss programs. A lot of time and money is being spent on how to look good. The Ozempic\* and Wegovy\* craze is a good example. Both are based on Glucose-like Peptide (GLP), a natural substance manufactured by the gut to support intrinsic digestion. They are also based on the actions of Glucose-like Polypeptide-1 (GLP-1) which is designed to increase natural GLP-1 activity. GLP-1 is a natural substance produced in human intestines that decreases appetite. It is regulated by dipeptidyl peptidase (Editor's Note: \* These medications have harmful side effects.).

The outdated idea of eat less, exercise more is leaving those with unmanaged weight issues without hope or help. In installment one of this topic – [Masters of Health Magazine - Dec 2024](#) - we surveyed and listed the most prevalent weight loss commonalities that have been shared with us.

Without a doubt, toxicity was the number one culprit followed by a fatty liver causing insulin resistance. Online articles tell us that acetylcysteine is a major player to prevent/reverse fatty liver symptoms combined with herbs like milk thistle and the amino acid, taurine. Many available liver support supplements contain these ingredients. Some articles tout apple cider vinegar as a liver cleanse and protectant. The liver is fundamental to weight loss because of its association with breaking down fats.

Exploring this topic led us to the realization that fat tissue lays down on part of the body that is the most compatible frequency associated with the toxin or biochemical. A lot of pesticide toxins accumulate in adipose tissue found on the frontal stomach muscles. For instance, fat deposits are often found on the lower side of the upper arms, and are said to be a diabetic body marker. That particular muscle (bicep femoris) is the same frequency as adiponectin, which is a biochemical known as a [protein hormone](#). Adiponectin is involved in regulating [glucose](#) levels and [fatty acid](#) breakdown.

See [Masters of Health Magazine - March 2025](#) issue for the fat storage map.

The map was published in hopes of helping people identify the biochemicals associated with their individual weight loss issues. Most people are not familiar with weight storage biochemicals – see graphic below.

Organs such as the liver, gallbladder, pancreas, and intestines are involved, even the saliva in chewing is involved in digestion. Many people who have had their gallbladder removed are never told that the gallbladder and liver are involved with the creation of bile salts which help emulsify incoming fats.

Bile salts need taurine, glycine, and arginine to become active – bile salts are in stress the first week of this month.

Taurocholate, a bile salt, along with Taurine emulsify dietary fat.

Tauroursodeoxycholic acid (TUDCA) is a naturally occurring water-soluble bile acid. Bacteria in your large intestine break down [bile salts](#) and turn them into ursodeoxycholic acid (UDCA). It then combines with taurine molecules to create TUDCA.

TUDCA has been used as a supplement for thousands of years in traditional Chinese medicine. It was first sourced from bear bile, which is made up of 50% TUDCA. Today, this health-promoting supplement is made synthetically.

The body does two things with incoming foodstuff: It is used for energy or it is stored. Issues begin when energy is not created for immediate use but is stored and not readily available for energy. Hence

→ **FAT BREAKDOWN & ENERGY UTILIZATION ENZYMES**  
Fat-burning enzymes play a key role in breaking down stored fat into usable energy.

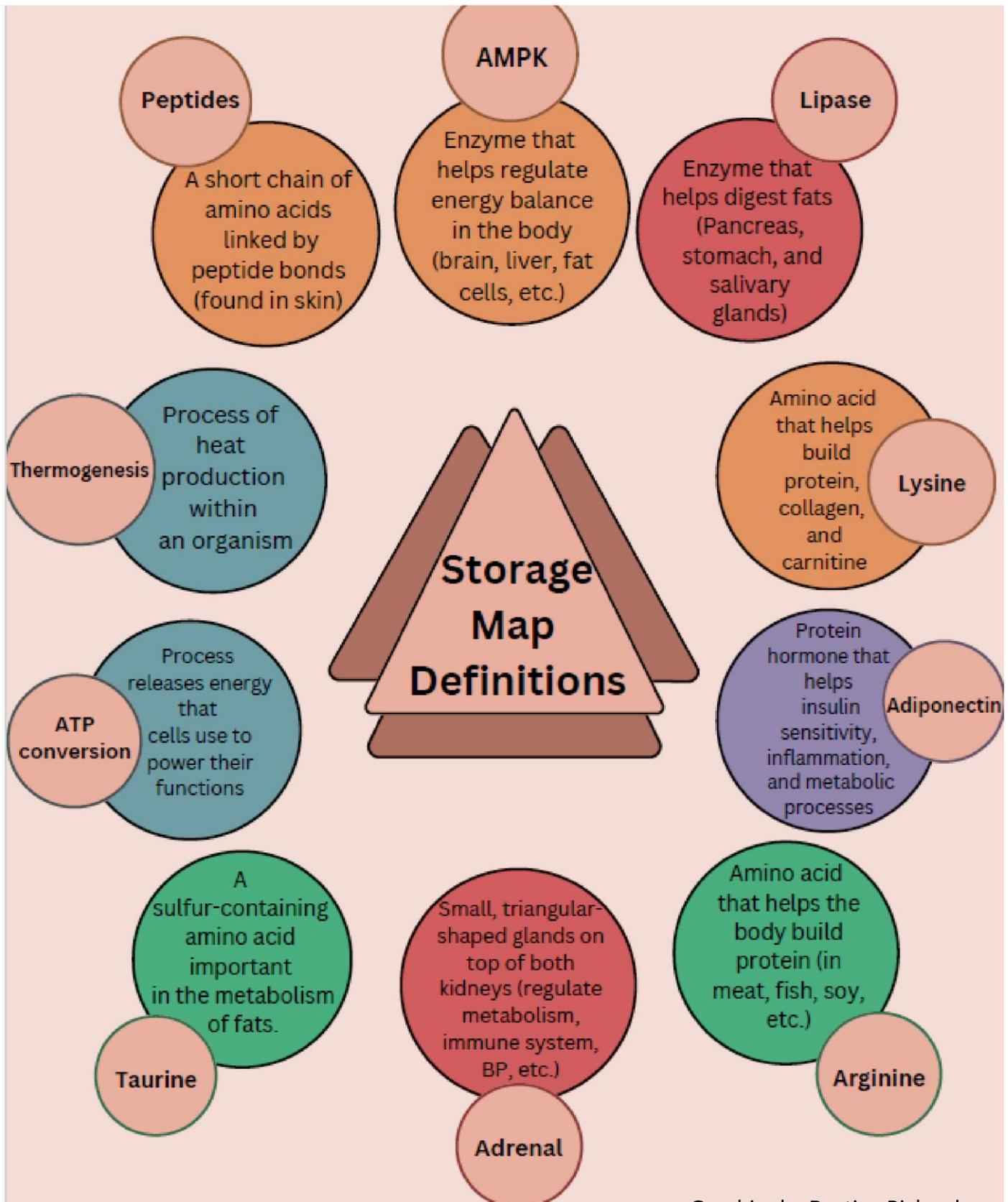


CATEGORY	ENZYME/PROTEIN	FUNCTION
Lipase Family (Breaks Down Fat) →	Hormone-Sensitive Lipase (HSL)	Mobilizes stored fat by breaking down triglycerides into free fatty acids.
	Adipose Triglyceride Lipase (ATGL)	The first enzyme to act on triglycerides, converting them into diglycerides and releasing fatty acids.
	Lipoprotein Lipase (LPL)	Helps break down fats from the bloodstream so they can be used for energy.
Carnitine-Related Enzymes (Transport Fat for Energy) →	Carnitine Palmitoyltransferase I (CPT1)	Moves fatty acids into mitochondria for energy production
	Carnitine Palmitoyltransferase II (CPT2)	Completes the transfer process for fat oxidation inside the mitochondria.
Beta-Oxidation Enzymes (Burn Fat for Energy) →	Acyl-CoA Dehydrogenase	The first step in breaking down fatty acids inside mitochondria
	Enoyl-CoA Hydratase	Helps further break down fatty acids into smaller units for energy.
AMP-Activated Protein Kinase (AMPK) →	Regulates Fat Burning	Not an enzyme itself, but AMPK activates fat-burning pathways by increasing energy expenditure and breaking down stored fat.
Boosting fat-burning enzymes naturally involves: diet, exercise, and lifestyle habits. (How) →	Increase Protein Intake	-Protein stimulates hormone-sensitive lipase (HSL) and lipoprotein lipase (LPL), which help break down stored fat. -Good sources: Eggs, lean meats, fish, nuts, and dairy.

one of the first weight management issues to arise is fatigue.

Fatigue is often associated with thyroid issues, a lack of fat burning and slow metabolism. Cholesterol issues may be involved.

Other fat burning biochemicals include:



Graphics by Destiny Richards

# Frequencies associated with the month of April 2025

**The month of April frequencies reveal a harsh month for diabetics and energy systems. Thyroid and blood sugar-associated frequencies are prevalent.**

And special attention should be paid to the health of the eyes with stress on eye rectus muscle frequencies associated with macular degeneration.

Anti-diuretic hormone, glucose 6 phosphate, vasopressin, GLP-1, AMPK, mots-c and zinc = all blood sugar related.

Muscles in stress – Gastrocnemius, eye-associated rectus muscles, thumb, sternocleidomastoid.

Amino Acids in stress - leucine, isoleucine, asparagine, and ornithine.

Biochemicals in stress - Vitamin E, Catalase, Cortitropin, estrogen, beta-carotene.

Toxins: mirex – electrical wiring insulation associated.

Systems in stress: blood sugar, thyroid, Krebs Cycle, DNA, Stem Cells, Mitochondria.

Mold frequencies are high the last few weeks of April.

## References

<https://www.drberg.com/blog/the-benefits-of-tudca>

<https://statcarewalkin.com/info/should-you-take-bile-salts-after-gallbladder-removal.html>



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