Keynote Dec 2024
Color association: Blue
Note association: G#
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Can fat be your best friend?

Using vocal frequencies to reveal the cause of unwanted fat accumulation around the middle

A survey of people who volunteered their vocal prints indicated that the most insidious stress for them this time of year was body image and the inability to manage weight loss successfully. Why does weight loss seem to be so individual, so elusive?

BioAcoustically Speaking, people with similar issues have similar vocal frequencies. Based on that tenet, the Sound Health research team attempted to answer this complicated question. Individual evaluations using weight management BioBundle templates are available to the public WorkStation located on SoundHealthPortal.com. Join the Guest/Apprentice level and use Weight Managment BioBundles to evaluate your own weight management issues discussed in this article. If you want to skip all the background, go directly here – https://tinyurl.com/45rsav4f to evaluate your own weight management.

Over 2000 vocal prints of volunteers were evaluated. Twenty generalized categories were found: One very obvious but illusive culprit was revealed – see #20.

Many people reported that they failed so often to lose weight that they just wanted to give up. From our years of research, Sound Health created a database bundle that could be used to identify individual weight issues because most people didn't even know where to start looking for an answer. For the moment, these evaluations are going to be our holiday gift that everyone can use to help identify individual issues with Weight Management.

Below are categories that we found to be at issue.

1. **THERMOGENESIS** - Thermogenesis refers to the production of heat in the body, which can contribute to energy expenditure and weight loss. Increasing thermogenesis is one method for promoting weight loss, as it can raise the number of calories burned even at rest. Here are some key aspects of how thermogenesis can impact weight loss:

Ingesting heat producing foods: *Garcinia cambogia* is a tropical fruit whose extracts are often used in weight loss supplements. Green tea, capsicum, chili peppers, caffeine are a few foods that increase thermogenesis. Caffeine increases adrenaline.

The body is very redundant. Almost every frequency has many correlates of muscles and biochemistry. The jaw muscles of chewing for instance – the pterygoid and the masseter, when used together, create the frequency of dopamine, a biochemical associated with satiation.

Thermogenesis issues are often associated with the thyroid. A vocal print can also evaluate your balance of white and brown fat, both are involved with the ability to manage excess adipose tissue.

2. MEDICATIONS – many medications including weight loss drugs can be toxic and contribute to weight gain - Certain medications (like some antidepressants, steroids, and anti-psychotics) can lead to weight gain as a side effect. Prednisone is known for its ability to cause weight gain.

Ozempic is the latest craze in weight loss but has been reported to have many negative side effects.

3. NEUROTRANSMITTERS – Neurotransmitters are released from the brain where they are able to interact with neurotransmitters and receptors.

Neurotransmitters such as serotonin influence sleep; GABA, glutamate, acetylcholine, dopamine, and serotonin are involved. Serotonin signaling is involved in the regulation of eating behavior and long-term body weight.

Weight loss biochemicals and hormones are included in the *Ultimate Diet* template available on the public WorkStation: SoundHealthPortal.com.

4. BIOCHEMISTRY – Leptin, AMPK, adiponectin, alpha lipoic acid and berberine are just a few of the weight management biochemicals included in the *BioDiet* template that can assess BioAcoustic frequencies associated with weight management.

5. MEDICAL CONDITIONS - Polycystic ovary syndrome (PCOS), certain endocrine disorders, menopause, fatty liver disease and genetic conditions can increase the likelihood of obesity by interfering in body chemistry. These can be evaluated using the templates of *Disorders, Hormones and Receptors, Leaky Gut or Fatty Liver.*

6. AGING - As people age, they often lose muscle mass, slowing their metabolism and increasing the risk of weight gain. This template is included in the weight management BioBundle available on the Portal.

7. GENETICS - People are often advised to avoid phthalates over concern it may increase the risk of weight gain. Increasing daily fluid intake to 3.2 liters for men and 2.2 liters for women. Increasing fiber to help make one feel full and [it] also provide prebiotics that are beneficial to the microbiome in the gut, which may also impact weight. The *Fat Switch* template includes some of these issues.

8. INSULIN RESISTANCE - One of the key pathways through which chronic inflammation contributes to weight gain is induced insulin resistance. Inflammation disrupts the normal signaling and function of insulin, a hormone responsible for regulating blood sugar levels.

This disruption leads to higher glucose levels in the bloodstream and encourages fat accumulation in the liver. The presence of these conditions can contribute to weight gain and metabolic dysfunction.

9. THYROID - Thyroid function is associated with energy production – fatigue is the most reported complaint. Using the *Krebs Cycle* and *Thyroid* templates can help to map methylation and cellular energy issues.

10. DIABETES - Taking insulin often increases weight. Insulin is a hormone that regulates how the body absorbs sugar, also known as glucose. For many diabetics, stomach weight gain can be frustrating. Diabetics also complain of adipose tissue gain on the lower side of the upper arm. The frequency of this muscle corresponds to an obesity gene.

Insulin allows sugar to enter your cells. This allows the sugar levels in your blood to decrease.

But if you take in more calories than you need to keep a healthy weight, your cells will get more sugar than they need. This happens in people who don't have diabetes, too. How many calories you need depends on how active you are. Sugar that your cells don't use becomes fat.

11. NUTRITION - If you take in more calories than you need to keep a healthy weight, cells will get more sugar than they need. How many calories you need depends on how active you are. Ghrelin and leptin are associated with appetite management. Both can be BioAcoustically evaluated using the *BioDiet* template.

12. INSOMNIA - "It's not so much that if you sleep, you will lose weight, but if you are sleep-deprived, meaning that you are not getting enough minutes of sleep or good quality sleep, your metabolism will not function properly," explains Michael Breus, PhD, author of Beauty Sleep and the clinical director of the sleep division for Arrowhead Health in Glendale, Arizona.

13. INFLAMMATION - Markers that promote inflammation, encompassing IL-6, tumor necrosis factor, C-reactive proteins, and adiponectin, are closely connected to gaining weight. Factors such as stress, insufficient sleep, consuming processed foods also play a role in fostering chronic inflammation and weight gain.

14. STRESS - Research shows chronic stress disrupts the body's immune function and can lead to inflammation. Managing stress is crucial for overall health and inflammation reduction. Chronic stress can increase the risk of stress-related diseases due to mild chronic inflammation. Stress and the stress hormone, cortisol, are known to contribute to weight gain.

15. HORMONES - Hormones are important substances that serve as chemical messengers in support of optimal body maintenance. These include cortisol, insulin, leptin, ghrelin, estrogen, neuropeptide Y, GLP-1, Cholecystokinin, and Peptide YY (decreases appetite) and are all included in Weight Management templates. Polycystic Ovary Disease and endometriosis are two, of many, hormonal weight gaining, disorders. *Hormones and Receptors* is the template used to monitor these hormones.

16. PEPTIDES – Ozempic is actually a peptide that targets the body's intrinsic metabolic processes. Eight peptides, including Human Growth Hormone, can be individually evaluated using the Weight Management BioBundle.

17. SARCOPENIA (age related skeletal muscle loss) - Intramuscular fat, like visceral fat, releases harmful inflammatory molecules, and it significantly affects muscle quality. Unlike subcutaneous fat (stored under the skin) or visceral fat (around organs), intramuscular fat infiltrates muscle fibers, thus degrading their performance and functionality. It can accumulate between muscle fibers or within muscle cells causing weight loss and frailty.

A 2022 study in Physiology Reports highlights that higher levels of intramuscular fat elevate inflammatory cytokines, contributing to metabolic disorders. The journal Radiology revealed that fat accumulation in skeletal muscles can increase the risk of death as much as Type 2 diabetes and smoking. The research, which tracked nearly 9,000 healthy adults over nine years, found that higher intramuscular fat significantly raises health risks.

18. **STEM CELLS -** Obesity has become a global epidemic and a threat to human health worldwide. It can be seen as an excess accumulation of adipose tissue in the body that can be associated with heart disease, hypertension, inflammation, diabetes. Templates to BioAcoustically evaluate stem cell status are part of the Weight Management BioBundle being offered here to the public.

19. INFLAMMATORY CYTOKINES - Fitness and nutrition expert JJ Virgin told The Epoch Times that intramuscular fat "releases pro-inflammatory cytokines, creating whole body inflammation." Additionally "Carbohydrates, especially processed foods, all contribute to intramuscular fat.

20. TOXICITY - Above all other factors, overabundant substances acting as TOXINS and free radicals (found in pesticides, food additives, medications, body care and cleaning products and animal growth hormones) are the #1 commonality for people reporting Weight Management difficulties.

ScientificAmerican.com reports that fat cells store stuff that the body can't process at the moment. When you begin to lose fat cells, those substances are released into the body's metabolic system, dumping lipids and ultimately environmental pollutants into the blood stream.

Glyphosate is an insidious environmental pollutant. It has the same frequency as MSG, B12 and several B vitamin co-factors. Glyphosate could interfere with cellular energy, mood, detox of lymph and glymph systems, and lipids at cellular level.

Not all fat is bad. Fat is needed by the body for energy storage, insulation, organ cushioning, hormonal regulation, nutrient absorption and brain/nerve health. Having some body fat is essential for optimal body form and function.

So excess fat is detrimental and too little fat is equally harmful. Could it be that knowing what is causing imbalances in fat status could support optimal balance and metabolism of a healthy person? We encourage all of you to embrace the idea of SELF-HEALTH by visiting the SoundHealthPortal.com to monitor your own BioAcoustic optimal health factors: https://tinyurl.com/45rsav4f Could fat also be our friend?

Solar Frequencies in stress for the month of Dec.

Dec 1-7

The Liver starts to stress via the gallbladder and bile salts – particularly cholic acid, which is synthesized from cholesterol – Co-Enzyme A is involved – may be Statin related.

Myopathy genes continue to activate. HMB (Hydroxy β-methyl butyric acid**)** may be useful. It is used to prevent muscle wasting and is available as a dietary supplement. Thigh muscles and upper jaw will need extra care and stretching. You may want to consider a massage or facial.

Glutamate and glycine receptors and stressed this week. Aspartame MSG toxicity may be more noticeable.

Stressed frequencies for December: It is a puzzle that a hormone from the pituitary comes into play now. Lipotropin helps control appetite and is related to growth hormones as well as being the frequency of an obesity gene at the same time. Sometimes I wonder which came first – the holidays or the universal frequencies that seem to regulate the holiday activities. From the research that we do here at Sound Health with frequencies and math – I'm convinced that God is/was a mathematician.

The body's responses to frequencies are redundant. A muscle and a biochemical can respond to similar frequencies. A muscle in stress will often warn you of what is to come. For instance, a muscle behind the knee is the same frequency as the heart muscle.

Muscles in stress for December: Abductor magnus – hip joints and butt muscles just moving out of stress with the infraspinatus and big toes coming into activation the first of December.

Throughout the entire month of December, muscle stress in back and thighs are active. Methionine is optimally active this month. It is an incredible amino acid that helps the body detox along with aspartic acid. Methionine helps the body build other amino acids such as cysteine (for digestion and as a precursor of Glutathione – a strong antioxidant), carnitine (for healthy heart and fatty acid metabolism), taurine (for healthy eyes, calcium signaling, for healthy muscles and strength plus formation of nutrients needed to utilize fats and other essential components of metabolism such as lecithin (for healthy skin, cholesterol metabolism and for support of brain function), phosphatidyl choline (for metabolic transport and signaling) and phospholipids (a major component of all cells). Improper utilization of Methionine can lead to atherosclerosis and premature graying of hair – which is caused by a build-up of hydrogen peroxide in the hair follicles. Methionine requires B12 as a cofactor and is often low in vegetarians. Together with cysteine, methionine is involved with the metabolism of Lipotropin mentioned above.

Differing aspects of Vitamin D seem to have dominated the Keynotes for the last few months; and they still continue.

We are moving away from biochemical issues (such as methionine from earlier) to issues more related to the structure of the body. The Vocal Cords, voice box and throat are on the top of the list of stressed muscles during the first week of December. Many are noticing a scratchy, sore throat that is not long in duration. It is being reported that a simple salt gargle is taking care of the irritation.

Knee stabilizing muscles, the small muscles or the chest and the shoulder girdle, collectively are secondary stressed muscles this month.

Cranky and stiff joints are upon us; primarily the fingers, knees and neck seem to be involved.

Vision should be clearing up along with any gout you may have been experiencing. Blood pressures should be coming into line again along with a lessening of Strontium 90s influence.

Remember that Radiation Exposure evaluations are available to the public from the voice evaluation link on our Portal site. Many charts are included that show correlations and nutritional antidotes.

This column strives to bring you the latest in innovative ideas from the emerging field of Human BioAcoustics in support of SELF-HEALTH; especially important for this month, is the use of iron.

Resolving the pandemic's FATIGUE epidemic
Requested archive presentation below
BioAcoustically Speaking, iron has a critical relationship to pandemic caused FATIGUE all through the month of Dec.

Conclusion:
Whether it be 5G or pandemic residue, BioAcoustically Speaking, both situations have been found to be closely involved with the use of iron within the body. Not just the presence of iron but with its use via iron regulatory proteins. Research completed in December 2019 confirmed that Iron regulatory proteins have a direct mathematical relationship with the gene and proteins associated with the threatened pandemic.

A plethora of credible press articles list FATIGUE as the #1 complaint of people who have had Covid or the touted inoculations. Hemoglobin is a regulator of iron metabolism and iron is a major constituent of hemoglobin, the primary oxygen transport protein in red blood cells. Hemoglobin in blood carries oxygen from the respiratory organs to the rest of the body's tissues. There it releases the oxygen to permit aerobic respiration to provide energy to power functions of an organism in the process called metabolism.

Without the necessary presence and appropriate metabolism of iron, FATIGUE is the major result, with a myriad of accompanying complaints, from brittle fingernails, through glucose and thyroid metabolism to life threatening leukemia.

The most commonly known, and studied biological iron molecules are the **heme proteins**: examples are **hemoglobin**, **myoglobin**, and **cytochrome P450.** Many metabolic supporting enzymes contain iron such as catalase and lipoxygenase. The

cytochrome proteins also involve heme groups and are involved in the metabolic oxidation of glucose (cellular fuel).

Mathematically speaking, the conversion, regulation, and transport of iron utilization, is controlled through the action of Aconitase – a principal iron regulatory protein. Other biomarkers include ferritin, frataxin, transferrin, hepcidin and particularly Ferrochelatase which is a preparatory protein that is an important step for iron use by the body (This is particularly troublesome for Parkinson's sufferers.)

Iron is necessary for optimal function of many primary body systems. It is both essential and a potential toxin. Iron plays a vital role as part of blood and is involved in electron transfer. Literally iron is an intrinsic part of the life blood of our existence.

The inappropriate use of iron by the body is directly related to FATIGUE.
Although not the presence of iron, that can be laboratory tested, but the metabolism of iron by the body comes into question when voice spectral analyses of volunteers, reportedly suffering from long term FATIGUE, showed a pattern of disturbed iron metabolism.

Frequencies bombard our planet and influence the movement of water on it. Could the same be said for earth's inhabitants since we are reportedly 90% water? During the latter part of December and the early part of January, many BioAcoustic frequencies, believed to have an influence on earth's residents, are associated with iron metabolism. It is, therefore, reasonable to project an increase in the complaints and incidences of FATIGUE.

If knowledge of which aspects of disturbed iron metabolism could be identified for every individual, steps could be taken to eliminate the FATIGUE. Again, an internet WorkStation for such testing has been set up for public use and can be reached via SoundHealthPortal.com – SERVICES – Campaigns – fatigue or iron.

If a person's iron metabolism could be evaluated and those results used to reestablish optional iron metabolism, FATIGUE would likely cease to be such a prevalent issue. Among the vocal graphs that were volunteered by FATIGUE plagued covid sufferers, at least eight iron related issues were of concern.

Background:
For nearly forty years the Institute of BioAcoustic Biology & Sound Health, located in Ohio, USA, has been evaluating the concepts of Math as Medicine. Since the early 2000s they have decoded seasonal flus into mathematical formulations designed to assist the body's defensive response to seasonal pathogens. Close to 2000 vocal prints have been accumulated, with 524 listing FATIGUE as a contributing factor to their malaise.

In August 2019, Nexus magazine published an article by Robert O'Leary, JD, showing that 5G interfered with the body's ability to process iron. Articles showing dead birds surrounding 5G towers have been published. Birds' beaks contain specialized iron molecules that allow them to navigate the earth's magnetic patterns. Could the same influence be afflicting humans?

Articles are readily available showing the relationship between long term Covid and FATIGUE. BioAcoustic Biology has decoded the relationship between proteins related to Covid and iron regulatory proteins and is attempting to make that information available to the public in the hope of a more energetic tomorrow.

Additional Iron containing foods and iron deficiencies info can be found at:
https://veryhealthy.life/19-foods-high-iron/?msclkid=13fbf061fcd614e5bff99319d4b2f2c0

Weekly - December 2024 frequency stressors

Week One is a big week for change: Aconitase activator and iron related Frataxin (precursor to hemoglobin) enter the fray. Frequencies associated with eye retinal cells activate this week. Heart muscles are stressed for the next two weeks. Insulin signaling and glucose transport might be a stronger influence this week. Aquaporin – that supports the water detox system activates on Wed. Medication in stress – Farxiga – which is associated with bladder and incontinence issues.

Week Two – Hemoglobin frequencies continue to be active. Alpha synuclein - helps reduce FATIGUE - comes into play this week. Thigh, knees, and hip muscles are likely feeling tired and tight this week. The actual lens of the eye may be giving you a bit of strain. This will pass next week. Thyroid issues may contribute to feelings of less energy. Upper back and breathing muscle stress will end after Christmas.

Week Three – Hemoglobin stays in stress until the end of this week. Thrombin (blood clotting) activates this week. Please stay hydrated. Knees, hips and lower back frequencies stay active. Cellular energy wanes this week. You may want to consider some extra B Vitamins, NAD or NAC, to stay energetic through the season. Losartan (blood pressure med) may be in stress this week.

Week Four – Hepcidin (regulates iron Metabolism) comes into action this week. Along with thyroid stress - watch for muscle weakness. Metformin (an anti-diabetic) is the med in stress this week. Shoulder muscles and knees continue to flare. Nutrients for the week: calcium, magnesium, Vitamin E, and potassium cell salts. Glycogen (stored glucose) will stay stressed into the new year.

End of Month – First of Jan – Ferrochelatase – a preparatory step in iron metabolism becomes active the last week of December and into January of the new year. Without the full cooperation of Ferrochelatase the muscles become weak and atrophied. Hemoglobin stays in stress until the end of this week. Thrombin (blood clotting) activates this week. Knees, hips and lower back frequencies stay active. Cellular energy wanes this week.

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