

Keynote April 2025
Astrology association: Aries
Color association: red
Musical Note “C”

The Fat Storage Fiasco

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 medications 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 designed to decrease appetite. It is regulated by dipeptidyl peptidase.

The outdated idea of eat less, exercise more, is leaving those with unmanaged weight issues without hope or help.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 or 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, the bicep femoris, is the same frequency as adiponectin which is a biochemical associated as a [protein hormone](#). Adiponectin is involved in regulating [glucose](#) levels and [fatty acid](#) breakdown. See the MoH March 2025 issue for a fat storage map.

We published the map 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 involved with 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, arginine to become active – bile salts are in stress the first week of this month.

Taurocholate, a bile salt, along with Taurine emulsifies dietary fat and is active the first week of April.

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.

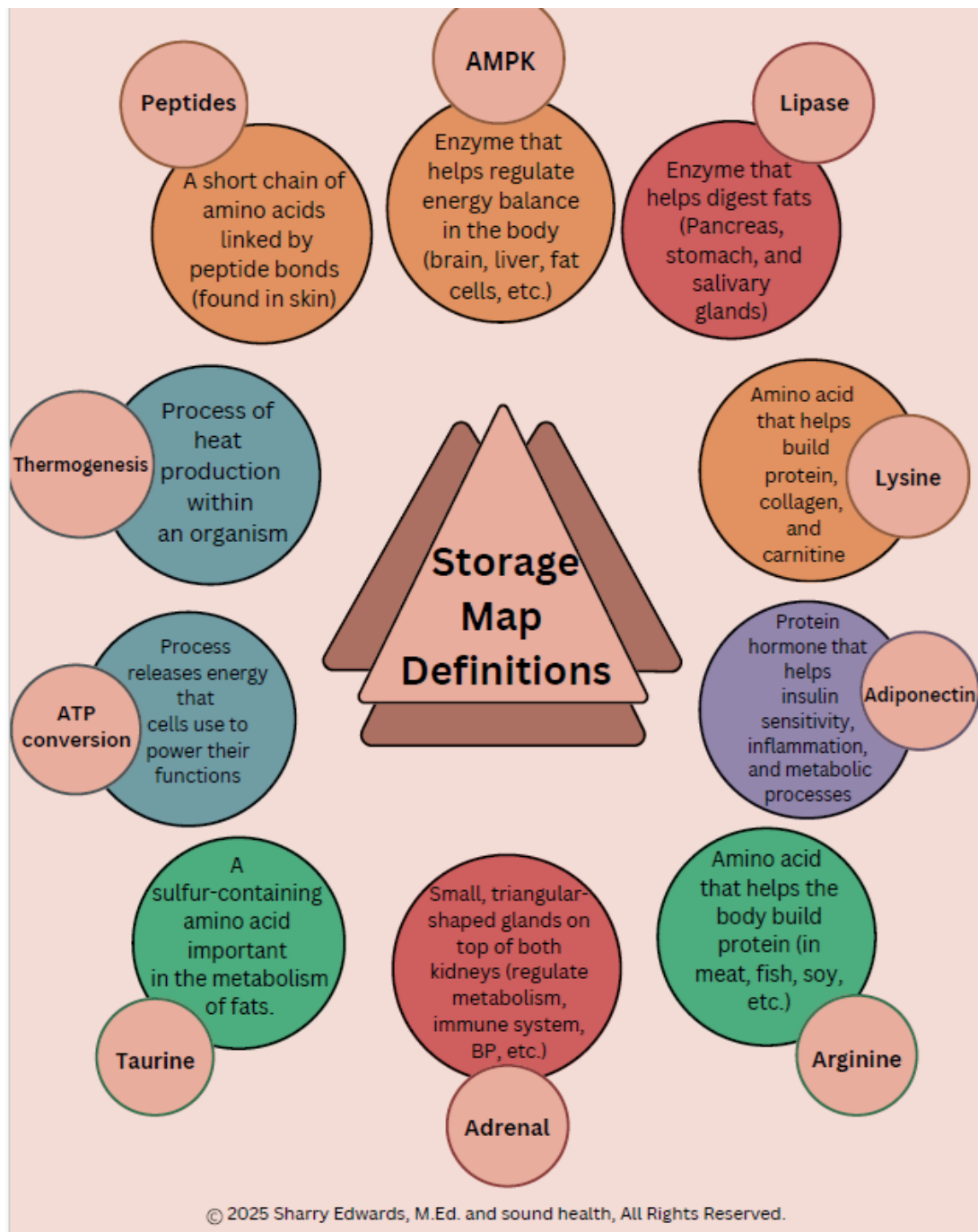
TUDCA has been used as a supplement for thousands of years in traditional Chinese medicine. It was first sourced from bear bile, which is made up of 50% TUDCA. Today, this health-promoting supplement is made synthetically.

<div>  FAT BREAKDOWN & ENERGY UTILIZATION ENZYMES Fat-burning enzymes play a key role in breaking down stored fat into usable energy. </div> <div>  SOUND HEALTH <small>www.BioAcousticSolutions.net 1 (740) 698-9119</small> </div>		
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.

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

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

Other fat burning biochemicals include



Frequencies in stress for the month of April 2025

The month of April frequencies reveal a harsh month for diabetics and energy systems as thyroid and blood sugar 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.

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

Muscles in stress – Gastronemius, eye-associated rectus muscles, thumb, sternocleidmastoid

Amino Acids in stress – leucine, isoleucine, asparagine, ornithine

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

Toxins: mirex – electrical wiring-associated

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

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>