

Keynote Sept 2024
Color: Celery Green
Astrology: Virgo
Note: F

Exploring the Intersection of Sound and Health

AI reports relief of G-OUT pain

Dr. Murphy was participating in a BioAcoustic Vocal Profiling Training for medical professionals in which the class was evaluating the potential of pain relief using low-frequency sound. Being both skeptical and curious, Dr. Murphy inquired if there was a sound that would eliminate gout pain. His big toe often swelled, turned red and was very painful if he ingested certain foods or drink. Imbibing Whisky caused the most pain for him.



The class decided to set up an experiment as a group intervention. Sure enough, the sound frequency combination that had been identified the year before, not only relieved the pain almost instantly but began

to obviously decrease the redness and swelling.

The event was recorded, and we are making the 2002 class recording available to the public to show that Dr. Murphy was incredibly pleased that the sounds successfully relieved his discomfort. *A Perspective on G-OUT* Link: <https://tinyurl.com/62mdvjr6>

Background from AI info about Gout

Gout, a form of inflammatory arthritis characterized by sudden and severe pain, swelling, and redness in the joints, has long been a source of discomfort and debilitation for those affected. Approximately 9.2 million people in the US experience gout pain flare-ups.

Traditionally managed through dietary modifications, medication, and lifestyle changes, recent advancements in health technology are exploring new ways to detect and manage gout that doesn't include debilitating gastrointestinal side effects. Online sources report that one such advancement is the emerging field of vocal biomarkers, a promising area that leverages voice analysis to diagnose and monitor health conditions. This innovative approach could provide new insights into gout and offer alternative pathways to healing.



Understanding Gout: Causes and Symptoms

Gout is caused by an excess of uric acid in the blood, leading to the formation of sharp, needle-like crystals in the joints. This often results in intense pain, typically affecting the big toe but also other joints such as the lower back, ankles, knees, wrists, and fingers. The condition is often associated with a diet high in purines (found in red meat, shellfish, and alcohol), genetics, obesity, and certain medical conditions. Recent studies have associated uric acid with diabetic joint pain.

The symptoms of gout can be unpredictable, with flare-ups occurring suddenly, often at night.

The pain can be excruciating, accompanied by swelling, warmth, and redness in the affected joints. Over time, recurring gout attacks can lead to chronic joint damage and other health complications.

Vocal Biomarkers: A New Frontier in Health Diagnostics – from online AI information

Vocal biomarkers have presented an innovative approach to health diagnostics, where the analysis of voice patterns can reveal underlying health conditions. Pioneered by researchers like Sharry Edwards, this field is based on the premise that the human voice reflects the body's internal state. By analyzing the frequencies and patterns within a person's voice, it is possible to detect imbalances and identify potential health issues.

In the context of gout, vocal biomarkers could provide a non-invasive method to monitor the condition. For example, changes in vocal frequencies might indicate an impending flare-up or provide insights into the body's inflammatory state. This could allow for early intervention, helping to prevent or mitigate the severity of gout attacks.

The Institute for BioAcoustic Biology & Sound Health has reported that their record for the relief of gout pain using specific low frequency sound presentation is 16 seconds.

The Connection Between Vocal Biomarkers and Gout

The relationship between vocal biomarkers and gout lies in the body's biochemical processes.

Gout is linked to metabolic disturbances, particularly the overproduction or underexcretion of uric acid. These metabolic processes are reflected in the body's frequency patterns, which can be detected in the voice.

By analyzing these patterns, vocal biomarker technology could potentially identify signs of metabolic imbalance before they manifest as a gout attack. For instance, specific frequency disruptions in the voice might correlate with elevated uric acid levels or inflammation. This information could be used to adjust treatment plans, dietary recommendations, or lifestyle changes to prevent flare-ups.

Moreover, vocal biomarkers could also be used to monitor the effectiveness of gout treatments.

By tracking changes in voice patterns over time, healthcare providers might gain insights into how well a patient is responding to medication or other interventions. This could lead to more personalized and effective treatment strategies, reducing the frequency and severity of gout attacks.

Healing Through Sound: The Potential of Sound Therapy – from online AI information

Beyond diagnostics, the concept of healing through sound, also known as sound therapy, offers another intriguing possibility for managing gout. Sound therapy involves the use of specific frequencies to promote healing and balance within the body. This approach is rooted in the idea that everything in the universe, including the human body, vibrates at specific frequencies.

When these frequencies are out of balance, it can lead to illness and discomfort. In the case of gout, sound therapy could be used to restore balance to the body's metabolic processes, potentially reducing

inflammation and pain. While research in this area is still in its early stages, some practitioners of alternative medicine believe that targeted sound frequencies can help dissolve uric acid crystals that alleviate the pain associated with gout.

For example, low-frequency sound waves could be used to stimulate circulation and reduce inflammation in affected joints. Additionally, sound therapy might help reduce stress and improve overall well-being, both of which are important factors in managing gout. Although more research is needed to validate these claims, the potential of sound therapy as a complementary treatment for gout is an exciting area of integrating Vocal Biomarkers and Sound Therapy in gout management.

The integration of vocal biomarkers and sound therapy could represent a holistic approach to gout management. By combining the diagnostic capabilities of vocal biomarkers with the healing potential of sound therapy, healthcare providers might be able to offer more comprehensive and personalized care for those suffering from gout.

For instance, a patient's voice could be regularly analyzed to monitor for signs of imbalance allowing for early intervention before a gout attack occurs. Simultaneously, sound therapy could be used as a preventive measure or to alleviate symptoms during an attack, offering a non-invasive and natural approach to pain management.

While these concepts are still emerging, they highlight the growing interest in non-traditional methods of healthcare that focus on the body's natural frequencies. As research in vocal biomarkers and sound therapy continues to evolve, there is potential for these technologies to play a significant role in the future of gout management and overall health.

Conclusion: The Future of Gout Management

Gout remains a challenging condition to manage, with flare-ups causing significant pain and discomfort. However, the advent of vocal biomarkers and the exploration of sound therapy offer new avenues for diagnosis and treatment. By leveraging the power of sound and voice, these innovative approaches could revolutionize the way we understand and manage gout, providing patients with more personalized, effective, and holistic care.

As the science behind vocal biomarkers and sound therapy advances, we may one day see these techniques integrated into mainstream healthcare, offering a new standard of care for gout and other metabolic disorders. Until then, the intersection of vocal biomarkers, sound therapy, and traditional gout treatments represents a promising area of exploration for those seeking alternative and complementary approaches to healing.

REFERENCE

Gout Facts and Statistics: What You Need to Know link: <https://www.verywellhealth.com/gout-6273971>

September 2024 BioAcoustic SUMMARY:

BioAcoustic Frequencies active for the month of Sept 2024 – these frequencies are cyclical each year depending on what frequencies are bombarding the earth. -Keplar and Pythagoras both tried to explain the phenomenon of Orbital Resonances. Kepler reported that the frequencies of the movements of the planets are heard by our soul and establish our health equilibrium and personality traits.

Do your joints ache? It is likely that some nasty Prostaglandin frequencies that cause inflammation and pain are active during September if the body is too acidic. -Try laying off those acid-producing foods (flour, grains, sugar, beans, alcohol, shrimp) until the end of next month. You may think your Gout is acting up, but it is just the inflammation-causing foods. *Wheat Belly* by William Davis explains the relationship between joint/muscle pain and the inflammatory response from foods.

Muscles in stress – the rectus abdominis frequencies are still active-along with the iliacus and muscles of the lower back.

DDT has been outlawed for many years but those of you over 50 years of age might feel some muddled thinking and dizziness. - DDT is a pesticide that was commonly sprayed in the presence of humans, especially school children. It lays down on the stomach muscle – rectus abdominus - since they are the same frequency and may be the toxin that is causing that round of fat around your midsection. Fats lay down more readily on muscles that have the same frequencies. There are plenty of good detox protocols out there – check the internet.

For this month, put a watch on anything that flares your ulcer – those frequencies will be coming in by mid-month.

Several pain medication frequencies will be active in the next month. Depending on your brain dominance, you may need more or less medication to remain pain free and stable. This is not medical advice, just letting you know to be vigilant about your reactions to pain meds.

Soy proteins (tofu, soymilk, veggie burgers, salad dressings, margarine like spreads, dark sauces such as Tamari and Teriyaki) come into play on the first Tuesday of the month. Soy allergy symptoms might include asthma like breathing issues, tingling in your mouth, itchy skin, nausea,

drop in blood pressure, loss of sensation of lips, diarrhea, fuzzy thinking. Many foods you would not suspect contain soy; best to read the label.

Myosin, a family of proteins that helps the body rebuild, (from hair follicles in the ear, kidney, and nose to actual muscle integrity involvement) along with ATP, comes into play during this month. Myosin works closely with Actin which helps create microfilaments used to rebuild the body. Tinnitus is associated with myosin and actin stress.

Cytochalasin B is a mold referred to as a mycotoxin that strongly inhibits Actin and glucose transport and supports **platelet aggregation**. Cytochalasin is involved in food spoilage and is involved in fungal virulence.

Papain is an enzyme from papaya. It helps break down tough meat fibers. As a powder it is sold as a meat tenderizer. As a paste it can be used for bee stings since bee venom is made of protein. Papain is an ingredient in some toothpastes, mints, and tooth whiteners. WOW: Papain has been known to interfere with urine drug tests for cannabinoids.

Bromelain is an enzyme from fresh pineapple. It may slow blood clotting and is used as a tenderizer. As a protein digesting enzyme, it may be a potent anti-inflammatory, may prevent pulmonary edema (water in the lungs). The list of uses for Bromelain is broad: from relaxing muscles, stimulating muscle contractions, **slowing clotting**, improving the absorption of antibiotics, preventing cancer, shortening labor, and helping the body get rid of excess fat.

Clotting Factors are obviously stressed for the month of Sept. Check your vulnerability at the SoundHealthPortal.com – Coagulating Factors.

Muscles of the lower back and hips come into stress in mid-September, the Quadratus Lumborum (lower spine diagonal to hip crest) and Psoas (which help stabilize the hips).

Toxin - Mercury that is in your mouth and in the vaccinations that are given your child are active until the third Wednesday of Sept. It is injected into our children, but it must be handled as a severe toxin by your dentist when it is removed from your teeth. Go figure!

Vitamin in Stress - Vitamin K4 from green leafy vegetables is active and is involved with blood clotting proteins.

Bacteria in stress during Sept - Staphylococcus aureus, a bacterium, is commonly found in the human respiratory tract especially after a hospital stay. It is responsible for skin infections, food poisoning, pneumonia, meningitis, osteomyelitis, endocarditis, toxic shock syndrome and serious skin issues such as impetigo, boils, cellulitis, MRSA, wound and respiratory infections. Each year 500,000 people contract a staphylococcal infection in American hospitals. Chlamydia Pneumonia is a bacterium that infects humans and is a major cause of pneumonia and sinusitis. Staphylococcus is known to inactivate antibodies.

Specifically Sept – Week 1 -

Biochemical and muscle supporting energy comes into full stress this week. That back ache is likely from weak stomach muscles. The Krebs (Energy Cycle) of the cells is coming into stress from several angles. Your local health food store will likely have supplements that support the Krebs cycle – starting with Potassium and magnesium. Blood clotting to fatigue will plague the population this week. Bioflavonoids and pyruvate may be helpful.

Muscles influenced this week: For this week mostly back and shoulder muscles are in stress. Remember that the stomach muscles need to be considered important back support.

Interspinales: We take the spine for granted, but it is made up of a significant number of muscles and nerves which enable it to support us physically and in so many other ways. There are layers of muscles in your back that attach to, and around, the spine. The interspinales muscles are in the deep muscle group. -So, if your back is providing you pain signals, it may mean that some weakness exists. Exercises for this muscle can be found online or visit your local gym for assistance. [Source:Anatomy Zone "Interspinales"](#)

Semispinalis Thoracis: Another back muscle - this one originates from the Sixth Thoracic Vertebrae and extends to the Cervical 6th Vertebrae, which is about half of the back and the first part of the neck. This large muscle allows us to extend the cervical part of the spine (i.e., your neck) and the thoracic section of your back. It also allows us to flex those same parts of the body side-to-side as well as to rotate them. [Source: Get Body Smart - "Semispinalis Thoraces Muscle"](#)

Supraspinatus: This muscle assists your deltoid (one of the shoulder muscles) to begin the action of abducting the arm. It also assists with keeping the shoulder stabilized. [Source: Get Body Smart "Supraspinatus Muscles"](#)

Infraspinatus: Another shoulder muscle, this one being 1 of 4 muscles in your rotator cuff. Specifically, this one externally rotates your humerus bone and keeps your shoulder joint stable. [Source: Get Body Smart "Infraspinatus Muscle"](#)

Rectus Abdominus: This is a large muscle of the abdomen that countervails the action of your diaphragm, but it does so much more, as indicated by InnerBodyImage, a website, in the following quote:

The rectus abdominis muscles, commonly referred to as the “abs,” are a pair of long, flat muscles that extend vertically along the entire length of the abdomen adjacent to the umbilicus. Each muscle consists of a string of four fleshy muscular bodies connected by narrow bands of tendon, which give it a lumpy appearance when well defined and tensed. This lumpy appearance results in the rectus abdominis muscles being referred to as the “six-pack.”

The name rectus abdominis comes from the Latin words for “straight” and “abdominal,” indicating that its fibers run in a straight vertical line through the abdominal region of the body.

The rectus abdominis muscle performs the important task of flexing the torso and spine in the abdominal region. It does this by pulling the ribcage closer to the pelvis. The rectus abdominis can also tense to contract the abdomen without moving the torso, as in sucking in one’s gut. Contraction of the abdomen results in increased pressure within the abdominopelvic cavity and is useful to push substances out of the body during exhalation, defecation, and urination. [Source: Inner Body “Rectus Abdominis Muscle”](#)

Gluteus Maximus: Your largest sitting muscle, of course.

Biochemicals/Nutrients in stress this month:

Potassium Phosphate Cell Salt: We have not seen cell salts in a while. Not often talked about in general, or even alternative media, they are really amazing. Little tiny pills work from the cellular level to support your body, in its efforts to self-maintain and self-heal, in so many ways. This particular cell salt works particularly in the nerves and muscles of the body, helping the body to address such things as nervousness, so-called “nervous heart trouble,” melancholy, and sleep discomfort, as well as learning disorders. [Source: Schuessler Cell Salts “No. 5. \(6\) Potassium phosphate - Kali Phos”](#)

Arginine: This is an amino acid that has been found to have a powerful impact on several body systems and is used in certain medications (Ibuprofen) and in the following medical treatments:

- Congestive heart failure;
- Chest pain;
- High blood pressure;
- Coronary artery disease;
- Intermittent claudication (leg pain due to blocked arteries);
- Chemotherapy;
- Fighting weight loss in AIDS patients;
- Reducing infections;
- improving wound healing;
- Shortening recovery time after surgery;
- In the elderly, decreased mental capacity (i.e., senile dementia);
- Erectile Dysfunction; and Male Infertility

Week 2

This week continues to support inflammation in joints and muscles. The literature reports that this is from too much acid and suggests one teaspoon of naturally fermented vinegar in water can help balance pH – Energy cycle faults continue to cause fatigue. Many of the people who have had Covid, or the shots report extreme fatigue - NAD (nicotinamide adenine dinucleotide) – has been helpful. It is an important co-enzyme for the body's energy cycle and has been reported to support many biological processes within the body – link - <https://www.bulletproof.com/supplements/dietary-supplements/nadh/>

Oxytocin, the human bonding biochemical becomes active this week.

Blood clotting issues continue this month along with iron stress. The Obesity gene comes into play on the 18th – Check your voice by doing a BioDiet check at SoundHeathPortal.com.

Serotonin – a neurotransmitter associated with mood comes into stress this week along with support for nerve sheathing. Nerves may attempt to reconnect which causes intermittent quick pain bursts. That is good news if they don't continue for long. Ulcer symptoms continue to hang on until the last week in Sept.

Week 3

Pay close attention to your heart this week, cardiomyopathy frequencies are in stress this week along with troponin – an indicator of heart damage. Blood pressure indicators start to rise this week. Back stress continues into early Oct. Use your free nutrient software provided in our guest level course to monitor your mineralization as bone health stress begins now. -SoundHealthOptions.com – CLASS tab

Adrenal stress is solid this week – you may want to give people more “space” to work out their issues. This is especially important with Spike Protein on the rise; some of which influence your God Gene which supports empathy and family bonding.

Flu frequencies come into play at the end of the week.

Week 4

Milk protein is the most prominent frequency activated this week. Milk allergies can cause sinus, throat, bronchial and lung issues.

Streptococcus pneumonia pathogens will come into play by the end of the week. Vitamin B2 is activated on Wednesday [Riboflavin is a B vitamin. It can be found in certain foods such as milk, meat, eggs, nuts, enriched flour, and green vegetables.]

The gene that is most in stress is familial Alzheimer's but at the same time the herb, Curcumin, is active. Curcumin is often touted as a spice that can dissolve deadly brain plaques that can cause Alzheimer's. - [Curcumin comes from Turmeric, an herb].

Edema might be in the air as the mineral, Sodium comes into play on Monday. You might find yourself craving salt loaded fries or chips.

The Multifidi muscle, along with the Iliocostalis lumborum continues to stress the back in general, and specifically the lower back.

For those, whose ph. (acid/alkaline) balance might make you susceptible to Scabies - severe itching (pruritus), especially at night, is the earliest and most common symptom. Utter Balm is a sheep lanolin-based salve that may help. Campho Phenique salve or liquid (local Walmart) may also help.

A toxin – food additive high on the active list this month: MSG (Monosodium Glutamate) is contained in steak sauces, salad dressings, meat tenderizers, as a flavor enhancer in many packaged foods such as Hamburger Helper, Lipton's Onion Soup Mix and Progresso's and Campbell's soups. Sauces, gravy mixes, Bacon bits.... also contain high amounts of MSG. Many fast-food restaurants and Chinese restaurants utilize MSG. Snack foods are frequently enhanced (Pringles, Doritos, Planters nuts, Cheese-Its...) with MSG.

Reactions can be slight to severe from burning feelings in chest, arms and face, chest pains, headache, fatigue, heart palpitations, numbness,

sweating and nausea. The incidence of reactions to MSG has become so prevalent that it has a name: Chinese Restaurant Syndrome. Some people claim that taking B vitamins, particularly B6, before you eat will help eliminate some of the symptoms. Long term reactions to MSG can include stiff joints and connective tissue disorders, such as Carpal Tunnel.

The pathogen in stress for the next few days is Borrelia – a strain of Lyme's disease.

Muscles include the tailbone area and above along with the muscles of the lower leg. Secondary muscles just coming into stress are the eye muscles and thumb.

Insulin becomes vulnerable on Monday along with Zithromax (Z-pak) which is nearly the same frequency as one type of insulin. Vasopressin, a biochemical that helps regulate blood pressure and blood sugar plays a part in blood glucose frequency balance over the next few days.

Compiled and researched by Sharry Edwards, M.Ed. – Questions or comments - SharryEdwards@gmail.com

Breaking the Sound Barriers of Disease at BioAcoustic Solutions

BioAcousticSolutions.net

