

Keynote Jan 24

Dec 31 - Jan 9

7-13

14-20

21-27

28-3

Color = Capricorn blue; represented by the note of A – Days of rejuvenation, planning and moving on

People who make New Year's resolutions have the best of intentions about the vows they make for a better life, a better health program. They endeavor to take better care of themselves, but they have been betrayed by the system that they believed would first and foremost do no harm. How can we improve when we have been betrayed by those who we trusted to be our partners in our reaching for our optimal wellness practices?

There are many dedicated, yet often scorned medical providers who are struggling to undue to damage put upon us by "the appropriate standard of care." One such MD angel is Dr. Amy Yasko who has dedicated her life's work toward creating a "Roadmap to Health" for optimal form and function.

Sr. Yasko wants everyone to Feel Good (her book) through Nutrigenomics, a system of genome and diet interactions that influence the health and well being of living systems. Her Roadmap illustrates a pathway to identify interruption of the interactions between biochemical and genetic sequences of life. She has created a map that can be used to test humans for faults.

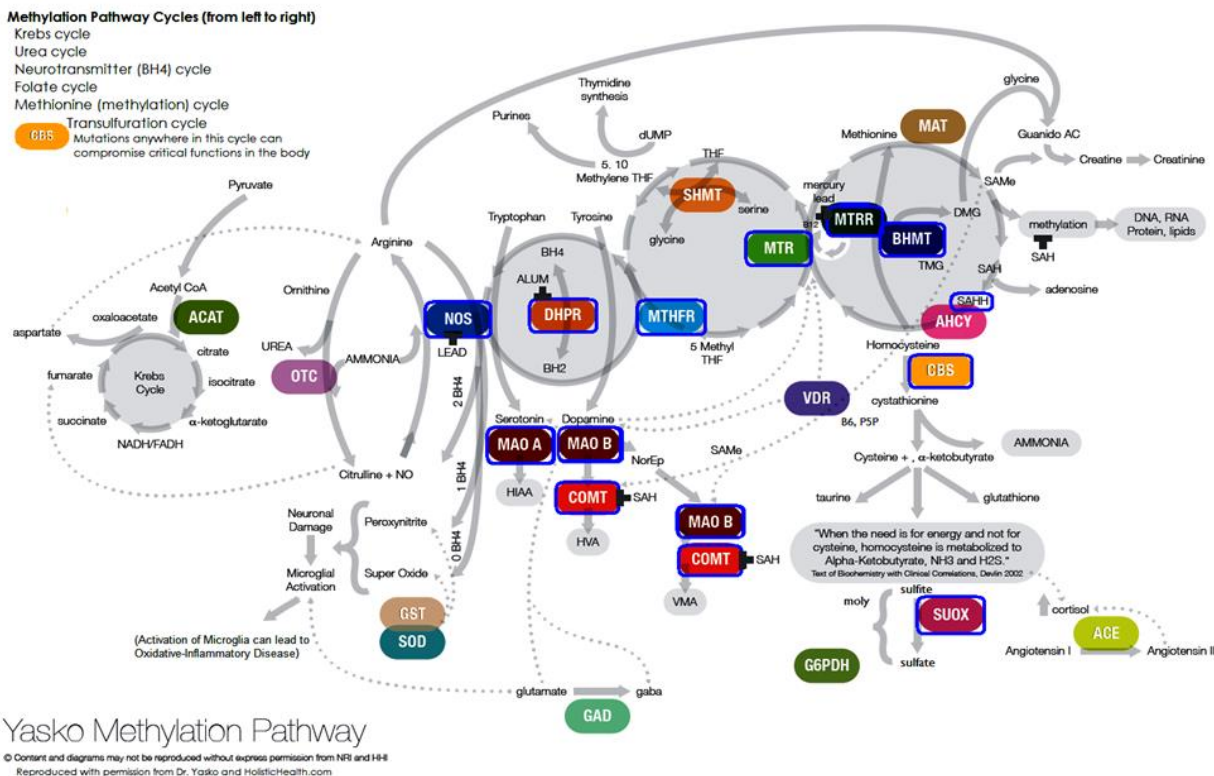
Over the years this column has brought information and research to the forefront of public awareness pertaining to the examination of vocal frequencies as a holographic representation of brain activity and hence the metabolism of the speaker. In an attempt to support best health efforts for optimal health affirmation for the new year, we have created a public self-examination screening opportunity.

This map plus additional information pertaining to the Methylation Cycles of the body has been used to create a software program that can be used to individually and mathematically ascertain methylation faults via Vocal frequency analysis.

Go to SoundHealthPortal.com. Follow instructions on the landing page to create an individualized vocal analysis. Use this map to determine which faults may be engaging your health status. Use your report output to circle the items that are listed. Check the internet for

Yasko practitioners near you. Share your map or use their web site to move forward – www.DrAmyYasko.com. The Getting Started page is especially helpful.

Happy Holidays and Best Wishes for the new year.



The more you know, the less scary health choices become, and the more power you have over your own health care. Pp 33

January 2024 Keynotes and information about the frequencies bombarding our planet and our health.

What did the ancients know? How did they figure out the circumference of the earth using a stick and a shadow to be 24,901 miles (24,902 by today's calculations)?

How did Pythagoras, Hermes and others come to the conclusion that math and music are intrinsically related and conclude that music influences behavior and emotions? Math as Medicine is an upcoming source of information about our status as math-influenced beings.

Consider your brain as a central processing unit (CPU) – like your computer. All information is in the form of math bits and bytes that pass through the CPU to manage the activities of the user. As a comparison, the frequency impulses from the human brain manage, direct, and animate the activities of the human brain. Environmental, biochemical, emotional actions and reactions have been measured to have a numeric value that can be evaluated as brain waves.

BioAcoustic Biology has verified that the frequencies of your voice are a numeric holographic representation of those brain waves. Correlations of these frequencies to human health and wellness have been decoded by the Institute of BioAcoustic Biology & Sound Health since the early 80s. They have proven through repeated case studies that sound has a predictable influence on the body's optimal form and function.

This column attempts to keep you informed concerning the universal math that may allow your life to be a bit more prepared for the coming year.

The month of January is often seen as a time of renewal and planning for the future. Particularly January 2024 seems to be involved with iron, thyroid and blood clotting frequencies which in turn help to energize us.

Vitamin D Receptors, B5, manganese (insulin-related) and leptin (weight issues) are particularly vulnerable this month.

Additional information for all of January:

[<https://ods.od.nih.gov/factsheets/manganese-HealthProfessional/>] - Manganese is an essential trace element that is naturally present in many foods and available as a dietary supplement. It is a cofactor for many enzymes, including manganese superoxide dismutase, arginase, and pyruvate carboxylase. Through the action of these enzymes, manganese is involved in amino acid, cholesterol, glucose, and carbohydrate metabolism; reactive oxygen species scavenging; bone formation; reproduction; and immune response. Manganese also plays a role in blood clotting and hemostasis in conjunction with vitamin K.

Manganese is absorbed in the small intestine through an active transport system and, possibly, through diffusion when intakes are high. After absorption, some manganese remains free, but most is bound to transferrin, albumin, and plasma alpha-2-macroglobulin. Manganese is taken up by the liver and other tissues, but the mechanism of this process is not well understood.

Pantothenic acid (also known as vitamin B5) is an essential nutrient that is naturally present in some foods, added to others, and available as a dietary supplement. The main function of this water-soluble B vitamin is in the synthesis of coenzyme A (CoA) and acyl carrier protein. CoA is essential for fatty acid synthesis and degradation, transfer of acetyl and acyl groups, and a multitude of other anabolic and catabolic processes [3,4]. Acyl carrier protein's main role is in fatty acid synthesis.

Particularly people who have taken Statins to lower cholesterol (Atorvastatin, Crestor...) may have B5 in stress.

B5 – is part of the energy cycle of the cells that is particularly vulnerable this week. Amy Yasko has done incredible studies dealing with the Krebs's Cycle of the body. Check out her web site under Amy Yasko for classes and books designed for the public.

Dec 31 -Jan 6

Potassium is the most important frequency correlation that will be active for the next week. It is a crucial electrolyte and mineral that helps maintain the fluid and acid/alkaline balances for the body. Potassium supports muscle strength, heart rhythm, cell communication and digestion. Symptoms of low potassium can include scalloped edges on the tongue against the teeth, abdominal weakness, muscle aches and cramps, a feeling of weakness in the ankles is often present. An irregular heartbeat and edema can be signs of potassium imbalance. For people using our nanoVoice program to evaluate potassium levels, check the balance between D# and A. If you suspect a potassium issue, check with your wellness provider, or have your blood pressure monitored. For some people who have low potassium, there may be swelling on the side of the tongue causing a scalloped appearance.

An energy (Krebs) cycle component (succinyl CoA) and ACTH (an adrenal hormone) are both in stress over the next few days. Issues with either of these biochemicals can cause low energy and low motivation. The immune system may need more support – you might want to check on vitamin C levels.

Phosphatidyl Choline, a great brain and energy support, is in stress, you may find that you are more alert if you are left brained, or you may find yourself struggling to "find your words" if you are right brained (meaning you may need more choline which can be purchased at your local health food store).

Manganese, a mineral constituent of insulin, is in stress for the next few days. A combination of insulin and high blood pressure issues may be reason to watch for blood clots - some of the present literature suggests that you add B3 (niacin), the note of B to your diet if clotting factors are at issue.

Yogurt is touted online as a way to control blood pressure issues with high minerals.

It might be a great time to be pregnant because folic acid – a major fetus-supportive nutrient – is active until the end of next week. B5 associated with fibromyalgia and tremors will be in stress until the 10th.

We are not finished with shoulder stress, but it may be moving toward the back of the shoulder as opposed to the top as has been stressed for the last few weeks.

For those of you who suffer from temporal migraines, you may need to be more careful with monitoring those triggers that cause your migraines.

Jan 7-13

Thyrotropin is a thyroid hormone that helps produce energy. If your energy is low, you might want to check the internet for thyroid information and associated dietary issues. Gastric enzymes are in stress this week and may help you absorb more nutrients from your food.

Muscles in stress this week: plantaris, soleus, tibialis – these lower leg muscles will continue through all of Jan primarily because of their relational with iron-associated biochemistry. The temporalis and subscapularis will continue through Jan to be in stress. Remember that very sensitive people will perceive these muscles stresses before others.

Pyruvate, Taurine, GABA and glycine in combination with nitric oxide may help relieve muscle stiffness and pain. This is a combination found online for relief of muscle soreness.

Inflammatory proteins continue to dominate until mid Feb. Check online for anti-inflammatory foods - primarily man-made products. Bread products are high on the inflammatory scale – likely because of the glyphosate-pesticide association. It has been reported that Bragg's Apple Cider Vinegar will help ameliorate inflammatory pain – especially for arthritis sufferers.

Jan 14-20

A glaucoma (eye) gene comes into play this week along with blood sugar issues. Blood clotting issues are still front and center. Immune and inflammatory proteins remain high. Those who are trained in this genre suggest bioflavonoids, zinc, Vitamin C, D to support immune needs. The pupil (eye) is in stress until the end of the month. Cartilage metabolism (causing still joints) will continue for the next 6 weeks or so. Sulfur and silica are involved.

Wheat's influence becomes dominant this week. Shellfish may cause a flare-up.

Histamine (allergy-associated) will start its climb toward allergy levels starting this week.

Leptin becomes stressed around now (weight- and appetite-associated). High decreases appetite and increases metabolic rate. Leptin can be monitored online through Ultimate Diet software found at SoundHealthPortal.com – SERVICES.

Muscle in stress this week: temporalis – associated with headaches

21-27

The frequencies associated with digestive enzymes continue to be stressed. Here is one of my favorites: Gastrophase by Tango – can be purchased from your local health food store or online.

Herpes frequencies are resumed this week. The internet suggests that lysine may be in stress if a Herpes outbreak occurs. Lysine is an essential amino acid found in meat fish, dairy and eggs and is reported to prevent the herpes virus from growing.

Campho Phenique, an antiseptic gel, is reported to relieve the pain from a Herpes outbreak. It is a common item in the first aid section of many drug stores.

The larynx (voice box) is an organ in the top of the neck involved in breathing, producing sound and protecting the trachea against food aspiration. People with ALS and Parkinson's have particular issues with this muscle.

Other muscles in stress this week: deltoid, diaphragm, deltoid, lens of the eye, and toes.

Inflammatory indicators (C-reactive protein and gluten proteins) continue to be active. Blood clotting issues continue via fibrinogen.

The Gene for Retinitis pigmentosa is active for the next 10 days or so.

Magnesium Citrate and carnosine will be active until the end of the month.

FROM Wikipedia: Carnosine helps reduce the rate of formation of advanced glycation end-products (substances that can be a factor in the development or worsening of many degenerative diseases, such as diabetes, atherosclerosis, chronic kidney failure, and Alzheimer's disease^[11]), and ultimately reducing development of atherosclerotic plaque build-up.

Carnosine is also considered as a neuroprotector, appearing to reduce the telomere shortening rate. Carnosine may also slow aging through its anti-glycating properties (chronic glycolysis is speculated to accelerate aging).

Medication active this week: anything that contains acetaminophen (Tylenol, paracetamol) and acyclovir (an antiviral medication used to treat Herpes)

Jan 28 - Feb 3

You may have the urge to switch to red wine this week as ingredients in grape skins come into play.

You may also tend to smoke more as the sulfur content of cigarettes becomes active. Sometimes when people take sulfur supplements their urge to smoke decreases.

Muscles in stress this week: the masseter (chewing jaw muscle) and the Bulbospongiosus (contributes to bladder emptying and sexual activity). Some lower spine frequencies are in stress this week – L-2 (abdomen and upper legs) and upper back, T-2 (Heart and coronary associated).

Nutrients in stress this week: Vitamin D continues as do Proline (collagen-/glycine-related), B1 and B2.

Medication in stress: Naproxen – a pain reliever that should not be taken by persons concerned with thrombosis or stroke.

IgE (Immunoglobulin E) an important part of the immune system comes into play in early February, too much causes itchy skin. IgE is associated with sinusitis, rhinitis, food allergies and atopic dermatitis.

If you are feeling a bit water-logged of late, likely table salt has been, and will be, active over the next few days. You might cut back a bit or do some bike riding, even stationary bicycling would work, to get the lymph system moving.

Other muscles in stress this week: Semispinalis Thoracis, Rectus Femoris, Biceps Brachii and the Rhomboids Minor. Golfers take heed; your swing might be a bit tight. For those of you who do not recognize some of these muscles, www.GetBodySmart.com is a wonderful resource.

Toxins in stress: Blue dye and for some, the amino acid, phenylalanine. Phenylalanine sensitivity can mimic ADHD and is often misdiagnosed. Phenylalanine is not generally a health concern but for people with PKU (a genetic sensitivity to phenylalanine) it can cause symptoms of mental retardation, brain damage, seizures, allergies, and other issues.

Artificial sweeteners such as NutraSweet & Equal have a base of phenylalanine. An incredibly high number of processed foods contain phenylalanine under many synonyms. It has become such a problem that Federal regulations do not require warning labels.

Naturally occurring phenylalanine can be found in protein-rich foods such as milk, eggs and meat.

There are still a few stiff muscles and achy joints mucking about. Gout frequencies will be with us for a few more days while SAMe (the active form of methionine) will be in stress a bit longer.

Methionine is very important as part of the sulfur pathways and co-factors that serve to help the body metabolize incoming resources. It is often associated with digestion and bowel distress. A few studies show that restricting methionine increases longevity and restores fertility. Vegans who typically eat a plant-based diet are usually low in methionine. Methionine can be found in eggs, nuts and seeds, cheese, fish, beef, pork, wheat germ, oats, corn, beans, lentils and brown rice.

Cyclic adenosine monophosphate (cAMP) is just moving into active mode. It is derived from adenosine triphosphate (ATP), the first emerging biochemical after conception. CAMP is used for intracellular signaling of metabolic hormones.

Bacteria causing tooth decay come into play on the 3rd of Feb. An extra good brushing or a bacterium-destroying mouthwash (Tea Tree-based) may be appropriate. I personally love Tea Tree-based mouthwash because it also helps destroy nanobacteria that cause tooth plaque.

Activated Medication: Warfarin, a blood thinner – your doctor likely monitors this carefully.

*This column is not meant or implied as anything medical but is simply based on the principles of BioAcoustic Biology.