

Keynote July 2025

Color Association: Gold

Astrological Sign: Cancer

Musical Note Association: D#

Weight Management Clues

This is the 8th article in a series specifically designed for Masters of Health Magazine readers to provide information that is not readily available for persons who have baffling weight loss issues.

The majority of mail we received from last month's article contained serious questions about how to safely detox a non-alcoholic fatty liver which seems to be a major weight loss deterrent.

Not knowing where to start with a safe detox was a major concern.

Dr. Levitt from the UpWellness Center in Bulford, Georgia, USA suggests that Acetyl-Cysteine (NAC) is a major supporter for liver detox. Many conventional physicians suggest taking statins as a way to control cholesterol which helps create a fatty liver. Dr. Jack Wolfson, of Natural Heart Doctor Clinic of Scottsdale, Arizona, suggests the herb Silymarin combined with the supplement Berberine will do more than Statins with less side effects. Still some alternative practitioners suggest harsh methods (like walnut hulls). Detoxing gently is likely a more prudent method.

It is a common misconception that eating less and increasing exercise is the panacea for weight loss. This is far from the Truth.

No matter which method you choose, experts agree that detoxing a fatty liver is one of the first steps in supporting your body's ability to build and optimally manage fatty acid metabolism. The most common issues found in our database of people concerned with repairing a fatty liver included incorporating:

1. Peptides - Short chain amino acids involved in biochemical functions such as hormones, insulin and oxytocin.
2. AMPK – An enzyme that helps regulate energy balance in the body: manages cholesterol and fatty acid metabolism.
3. Taurine - A sulfur-containing amino acid important in the metabolism of fats and bile salts.
4. ATP – The process releases energy that cells use to power their functions. Involves energy conversion and expenditures.
5. Lysine – An amino acid that helps build protein, collagen, bile salts and Carnitine.
6. Lipase – An enzyme that helps digest fats (hormonal, hepatic, pancreatic and salivary glands). Especially lacking in post-menopausal females.
7. Arginine – An amino acid that helps the body build proteins such as bile salts (found in many foods, including meat, fish, poultry, soy, beans, and dairy).
8. Adiponectin – A protein hormone that helps with insulin sensitivity, inflammation, and metabolic processes (fat cells released into the bloodstream).
9. Leptin – A hormone primarily produced by adipose (fat) tissue that plays a crucial role in regulating energy balance by inhibiting hunger, thereby helping to regulate body weight.

The body's use of frequencies is very redundant. Using the map published in the March 2025 Issue of MOH, you may be able to identify if any of these biochemicals are part of your weight management quandary.

Nutrients generally associated with weight management include:

1. Choline - thins bile salts
2. Taurine - stimulates bile production
3. Lecithin – flushes out fat
4. Betaine - increases fat burning metabolism, helps remove toxins

I love to find answers. I especially like helping people find their own answers. Our survey showed that persons with gallbladder issues were often not informed of the relationship between gallbladder, liver, bile salts and the inability to manage weight.

Bile acids, synthesized from cholesterol in the liver, play a multifaceted role in human metabolism beyond their traditional function in fat digestion. They act as signaling molecules influencing various metabolic pathways:

1. **Lipid Metabolism:** Bile acids emulsify dietary fats, facilitating their digestion and absorption. They also regulate cholesterol homeostasis by promoting its excretion and modulating its synthesis in the liver.
2. **Glucose Metabolism:** By activating receptors like FXR and TGR5, bile acids influence glucose homeostasis. FXR activation suppresses hepatic gluconeogenesis, while TGR5 activation enhances insulin secretion and sensitivity through GLP-1 release.
3. **Energy Expenditure:** TGR5 activation in brown adipose tissue stimulates energy expenditure by promoting the conversion of inactive thyroid hormone (T4) to its active form (T3), thereby increasing metabolic rate.
4. **Gut Microbiota Interaction:** Bile acids shape gut microbiome composition, and conversely, gut bacteria modify bile acids into

secondary forms, affecting their signaling properties and, consequently, metabolism.

5. **Inflammation and Immune Response:** Bile acids modulate inflammatory pathways and immune responses, with implications for conditions like non-alcoholic fatty liver disease and inflammatory bowel disease.
6. Disruptions in bile acid metabolism or signaling can contribute to metabolic disorders, highlighting their central role in maintaining metabolic health.

In addition, calcium metabolism plays an important part in discerning the cause of weight management issues; including calcitonin. We invite all of you who are having weight management issues or who have patients who are struggling with weight management.

Preliminary issues can be identified using SoundHealthPortal.com. For a more in-depth evaluation join or inquire about our class to learn to create individual weight management reports independently. We may be able to provide scholarships to those who wish to take this back to their communities.

BioAcoustic Tidbit. Using chewing muscles together, the Masseter and pterygoid stimulate the frequency of dopamine – a feel good biochemical. So next time you feel the need to eat something, are you hungry or just need to chew?

Frequency Correlates for the Month of July

Breathing may have been a bit better or a bit worse depending on your brain dominance. For Right-brained people breathing may have been

more difficult; for Left-brained folks it may have been more difficult the last few days and likely until next Wednesday. For those with difficulty maybe take it easy on your job or going up stairs. It will pass in a few days. In the meantime refraining from milk products may help those who are sensitive to dairy.

There is only one muscle in stress now, the Serratus Posterior (assists breathing) is located in the back where your lower ribs begin to attach to the spine. These muscles are often tired at the end of the day just through normal waking activities. The Serratus Posterior assists in the rotation and extension of the trunk and contributes to the expiration of air as we breathe.

June 29th –July 5th

The bacteria, *Helicobacter pylori*, is in the air and is associated with ulcers. Along with enzymes for digestion and some additional cranky invading intestinal pathogens, it may be a bumpy ride for digestion for the next few days. You may even want to try some probiotics – there are several upcoming brands jumping into the market. I prefer Nana (low fat) or Maya yoghurt by Alta Dena if you can find it. It is a bit more expensive but well worth it because of the ancient cultures they use.

[\[http://www.altadenadairy.com/where to buy.htm\]](http://www.altadenadairy.com/where_to_buy.htm)

Nicotine and LSD show high frequency stimulation until Thursday or so, depending on where you reside on the planet. Those attempting to quit smoking may get a little boost as the interstellar frequencies provide the Frequency Equivalent™ for nicotine. Might even be a good time to give up smoking in light of the extra charges Obamacare piles

on for those who smoke. Already in some States in the US the tax on each pack of cigarettes is near \$5.00 per pack. That's enough disgust to make anyone want to stop puffing as Obamacare smoking tax will mean you will now being double taxed.

Back strain along with adrenal tension is obvious over the 4th.

Those who have experienced LSD may experience flashbacks or at least begin to remember the events associated with the participation.

July 6th –July 12th

Insulin resistance is high this week likely because of a fatty liver. It will be harder to lose weight as insulin resistance helps to maintain fat storage. Carbohydrate metabolism is hampered because of the stress of enzymes lipase and diastase. Allergies begin to plague now; particularly nose and bronchial issues. Remember the support of Vitamin C may help. Marijuana may have more of an effect this week. Menstrual cramps may be relieved easily with progesterone oil or cream as this hormone is very active this week.

Strep still lurks this week. Platelets are vulnerable – B3 – niacin may help break up sticky blood. Long term Diosmin might also be helpful.

Medication this week deals with high blood pressure. I've tried Nitric Oxide tablets (from Amazon NO40) – they seem to work for me for blood pressure issues.

Marijuana is still active along with inflammation markers and fatty liver indicators. Calcium and cancer markers begin a rise this week (calcium,

calcitonin, the Burnzyky frequencies and 5 HETE – all CANCER RELATED).

Nerve sheathing activates this week – You might want to check the supplement Benfotiamine (said to be great for restless legs.).

Adiponectin rears its ugly head this week – from Wikipedia – Adiponectin is a protein hormone and along with adipokine is involved in regulating glucose levels as well as fatty acid metabolism.

Carnitine helps break down fatty acids but is also in stress this week. The literature indicates that carnitine combined with alpha lipoic acid may help regulate blood glucose.

July 13-19

The key note for this week is the note of E which deals with wet tissues of the body; particularly the nose, mouth, throat and lungs. More mucous may be experienced along with a stronger reaction to mucous producing foods. Deep breathing may be more difficult.

Many forms of rhino virus are still lurking.

Muscles in stress this week: ribs and diaphragm may be more vulnerable.

July 20-26

The 26th is ruled by the amino acid carnitine – see above. People who cannot gain weight have been found to be high in carnitine. It can be found primarily in meats. Vitamins B1, B6, C, iron, methionine, and

lysine must be available to the body in support of synthesizing carnitine.

July 27-Aug 2

The end of the month is ruled by the lower back; encompassing the sexual “thrust” muscles for men. These are the muscles that have been problematic for Tiger Woods, in the past and after his accident, causing stress in his golf swing.

This column is NOT meant as medical anything. We are looking for data. If people get well, that’s their problem.

References:

Natural Heart Doctor, 6560 N. Scottsdale Rd. Suite 125, Scottsdale, Arizona 85253, United States

nih.gov

Bile Acids and Metabolic Regulation - PMC - NCBI

<https://pages.upwellness.com/uc-ultraliver-vsl03/?AFFID=255445&subid=strand250618pba>

Supporting Links:

Music link: <https://www.coronavirusdefence.org/frequenices-for-defense-immune-stre>

Antidote article link: includes Spike Article with Rife Frequencies

<https://bit.ly/Antidote308>