

BioAcoustic Biology

Remedies the Incurable

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Associated Color: Blue

Associated Astrology: Sagittarius

Associated Musical Note: G#

This article was written for those who suffer from unrelenting night leg cramps, shocking leg sensations and for those waking up at 2am and not able to get back to sleep. You need relief from sleep deprivation and an answer to being told there is no cure.

The concepts in this article may be a bit hard to fathom if you have not been following our articles about the body being energy that manifests into physical reality.

This is my personal story shared in the hopes of helping others who suffer. The information comes from our deep dive concerning weight management that we have been exploring and reporting on, during the last year's columns in Masters of Health Magazine.

My story: For years I have been experiencing what doctors call Restless Leg Syndrome. They claimed there is no cure. Over the last few years, the nightly attacks disturbing my sleep have become intolerable and left me non-functional without a midday nap. I would often wake at 2 am with an inability to get back to sleep until late morning. My

mind would be racing with a long history of things undone.

BioAcoustically I traced the frantic thinking to a cortisol imbalance and was able to regulate my erratic cortisol levels using sound frequencies but the shock-like sensations to my legs and nightly muscle cramps continued. I was able to somewhat eliminate ankle cramping by eating food containing iron and taking magnesium supplements before turning in.

The cramping issue was mathematically traced to iron deficiency. Our research had already established that body frequencies can substitute for each other. Muscles and biochemicals often require frequencies that attempt to be compatible yet interchangeable. For example, stomach muscles have the same frequency as some pesticides. The body lays down toxins in layers of adipose tissue (fat) on muscles of the stomach that are most closely related to the frequency of the original toxin. [A map that illustrates this principle was published in the March 2025 issue of Masters of Health Magazine.] Mathematically Speaking, pesticides are unbalanced frequencies.

The same phenomenon happens biochemically. If a frequency of 10 CPS is needed by the lungs to assist breathing, that frequency could be achieved by adding 1 and 9 together which is very unbalanced. Or 10 CPS could be achieved by adding 5 plus 5 — a very balanced combination. That is a very simple explanation but it illustrates the point. Trouble starts when the 10 cps frequency that is needed, does not exist in compatible constituents.

I was experiencing muscle cramps in ones that had been identified as muscles that had the same frequency as iron — the ankle muscles. I could provide the frequency for iron by using audible tones or by eating an iron containing food such as prune.

But the electrical shocking sensations continued to keep my legs moving and flailing with jolting pain and frustration. It wasn't until I begin researching Chromosome P 450 for weight management, as reported in last month's article here, that I stumbled onto the answer that changed my life.

Cytochrome P 450 is an enzyme that is glycine, serine and iron dependent. There are hundreds of mathematical frequency sets associated with this enzyme. It is involved in ATP production, glucose metabolism, electrolyte distribution, hormone balance plus production and regeneration of bodily systems.

Another pause here for needed background and explanation: [When conception takes place, when the sperm and egg unite — the action creates a biochemical called ATP — adenosine triphosphate — which provides the energy signal for a new being to develop. It seems to be the supreme dictator of the beginning of life - generation, regeneration. Throughout life our cells, our cellular energy system, continues the production of ATP. But what controls ATP? Finding the controller of ATP would mean finding the key to aging, cell deterioration, longevity.] That information is what the mathical

nature of BioAcoustic Biology led me to discover. The key, for me, was the frequency of glycine which is a multiple of the frequency of aspartame.

I then realized that my addiction to diet soda may be contributing to my symptoms, the root cause of my distress.

Glycine is required by muscles to prevent tremors by increasing oxygen and supporting nerve signaling. At a cellular level my body was expecting the appropriate amino acid, glycine but was receiving a toxin — aspartame as a substitute.

I already knew that Cytochrome P 450 was stressed and causing my weight issues and was also responsible for electrolyte and glycine imbalance. In my case my personal Mathematical Constitution, revealed that P 450 was stressed by a lack of serine and sensitivity to milk protein and gluten. I needed to discover what was causing the gene and enzyme of P 450 to misbehave.

A problem was occurring when nerves were expecting the amino acid, glycine but receiving aspartame. Mathematically discovering what biochemical controlled Cytochrome P450 in my genetic make-up revealed the answer.

This was an amazing BioAcoustic concept but could it prove physically to be the cause of my “incurable” restless legs and interrupted sleep?

This issue ensnares 1000s of people. I needed to use math to solve the mystery.

I immediately stopped drinking diet Pepsi or anything containing Aspartame. I added extra glycine supplements to my diet. The very first night, the shocking sensations disappeared. I slept peacefully for the first night in months. Within 3 days my blood sugar and blood pressure normalized.

Previously my electrolytes were erratic which I constantly had to replace. I needed to know what else was causing these changes.

What monitors and controls glycine and Cytochrome P 450 metabolism? I was determined to find out because whatever was controlling regeneration and metabolic balance could be the clue to longevity.

Cytochrome P 450 imbalances begin with a lack of amino acids, stress, cortisol imbalance, casein and wheat sensitivities, and adrenaline pressures. Mathematically, the answer was AMPK – adenosine 5'-monophosphate-activated protein kinase - which manages ATP and iron.

To my knowledge AMPK is not available commercially but by combining the stressed P 450 markers in a person's voice along with a few minor dietary changes, we seem to be assisting the body to regain dominion over AMPK's functions.

Is this the pathway to having complete dominion over our health, aging and a new beginning for health care?

We have discussed in this column, that AMPK controls hormones, cellular oxygen, energy production, nerve signaling, cortisol, sleep patterns, minerals, electrical and emotional stress.

Looking at this from a mathematical perspective it is obvious that managing AMPK starts with managing stress and concludes with system wide regeneration.

At this point there is no supplement for AMPK. But Life Extension does have a supplement called AMPK activators. Frequencies for AMPK are not one frequency alone but a set of frequencies designed to balance the genes and enzymes for AMPK.

For the time being I will add an evaluation for AMPK and stress to our offering on the public WorkStation = SoundHealthPortal.com. Ask for Adrenal for an evaluation.

For those of you experiencing these kinds of symptoms, you may want to:

- Refrain from consuming aspartame
- Have your voice analyzed for P450 faults
- Add glycine and AMPK to your supplement regimen
- Resist consuming milk and gluten if you are sensitive.

BioAcoustic fundamental biology is creating a mathematical pattern for our existence with more answers being revealed each day. During this project we discovered a frequency set that alters the perception of time. That is going to be fun to work with.

Thank you to those who have written and volunteered their vocal print so this work could go forward. We hope the series was able to help the 70% of people who reported being unhappy with their weight.

We were delighted to be able to share information that is not being readily shared with the public.

Sharry Edwards can be reached using her name at [Gmail](#).

Her new book, ***Breaking the Sound Barriers of Disease***, should be available on Amazon around Thanksgiving.

For anyone interested in becoming a BioAcoustic Professional, we are offering a Two-for-One price break until the end of the year. *Stimulations apply. Funding available.

References are available upon request.

BIOACOUSTIC HEALTH KEYNOTES

for December 2025

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 this month, is the USE OF LIPIDS.

December Frequencies

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 the rest of 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 holiday activities or the frequencies that move us to celebrate.

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 part of December.

Throughout the entire month of December, muscle stress in back and thighs is 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 weeks 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 of 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.

