

Keynote August 2026

Astrological association: Leo

Color association: Yellow

Musical note association: E

## Using computerized voice analysis to reveal wellness status

The body is constantly communicating. It communicates through pain, fatigue, movement, temperature, breath, posture, chemistry, and emotion. Human BioAcoustic Biology proposes that the human voice may be another channel of that communication — not merely speech, but biological information expressed through sound. **The body is not the problem. The body is the messenger.**

That idea is simple enough for everyone to participate, yet expansive enough to encompass an entire new field of exploration. **BioAcoustics can allow us to listen to what the body is saying!**

It's simple. It's not a claim of diagnosis. It's not a claim of cure. **It is an invitation to listen.** If pain is present, the body is communicating. If fatigue is present, the body is communicating. If anxiety is present, the body is communicating.

If a voice changes, the body may be communicating. The challenge becomes: **How do we learn the language?** And suddenly BioAcoustics becomes less about frequencies and more about translation.

For centuries medicine has focused on symptoms. BioAcoustic Biology asks a different question: What if symptoms are messages? What if the body is not failing to communicate? What if we are failing to understand the communication?

We could define Human BioAcoustics as: The study of relationships between human-produced vocalizations, biological function, physiology, behavior, and health.

That definition stays broad enough to encompass:

- voice analysis,
- otoacoustic emissions,
- speech patterns,
- autonomic nervous system effects,
- emotional expression,
- physiological monitoring.

Now we're in a completely different conversation. Not: How do we dominate the body? But: How do we listen to the body?

That feels incredibly aligned with everything we've been uncovering through the information shared through this column:

- Acoustic Biology,
- Human BioAcoustics,
- Math as Medicine,
- and the idea that mathematics may allow us to see wellness relationships across many layers.

Then specifically under Human BioAcoustics:

- Voice-based physiological assessment
- Vocal biomarkers
- Frequency-equivalent mapping
- Personality and perception analysis through math
- Otoacoustic research
- BioAcoustic Biology

In that framework, BioAcoustic Biology becomes a specialized branch of Human BioAcoustics that may become a systems approach to Voice-Derived Physiological Assessment.

**Human BioAcoustics** is the scientific field. **BioAcoustic Biology** is the specific methodology and framework developed for the public to distinguish anonymous physiognomies.

It is often said that the body ultimately heals itself. Math is a language that supports that idea beautifully. The practitioner doesn't become the hero. The technology doesn't become the hero. The body becomes the hero. BioAcoustics simply becomes a way of listening. That's elegant and it is available to each of us in support of the proposition of SELF-HEALTH. The premise allows each of us to explore and become responsible for individual maintenance.

**The body is not the problem. The body is the messenger.**

In the beginning we went to the National Institute of Health under the wings of Burton Goldberg. We were instructed to compile case studies demonstrating our outcomes which have led to a large, searchable database that we have turned into a WorkStation open to the public.

So if you have weight management issues, go to [SoundHealthPortal.com](http://SoundHealthPortal.com) and have your vocal frequencies evaluated for anomalies compared to hundreds of others who may have similar issues. Over 300 templates are available on a rotating basis that can be used by the public. The portal includes a plethora of topics including some of the most prevalent issues plaguing our current populations: vascular faults, fatigue, gout, fibromyalgia, fertility, thyroid imbalances, metabolism issues, Covid assessments, aging, brain conditions, pain... Predictive capabilities

have been particularly supportive to prevent sports injuries. Parkinson's templates have been accumulating for four decades.

Personality assessments are available on the Portal that may help in making difficulty decisions.

**E**

## HEART HEALTH & CELL PROTECTION

PROTECTION • CIRCULATION • BALANCE

Supports cardiovascular health, cellular protection, hormone balance, and overall vitality.

**1 WHAT E MAY SUPPORT**

- Heart & Cardiovascular Health
- Cellular Antioxidant Protection
- Circulation & Blood Flow
- Hormone Balance
- Immune Support
- Vitality & Energy

**2 COMMON IMBALANCE CLUES**

- Poor circulation or cold hands and feet
- Fatigue or low physical endurance
- Muscle weakness or cramps
- Hormonal swings or imbalance
- Weakened immune response
- Slow recovery from illness or stress
- Skin dryness or premature aging

**3 BODY SYSTEM CONNECTIONS**

- CARDIOVASCULAR SYSTEM**  
Supports heart function, healthy blood flow, and vascular integrity.
- CELLULAR HEALTH**  
Powerful antioxidant that protects cells from oxidative damage.
- ENDOCRINE SYSTEM**  
Supports hormone balance and helps regulate reproductive health.
- IMMUNE SYSTEM**  
Enhances immune defense and helps the body fight infections.
- RECOVERY & REPAIR**  
Supports tissue repair, muscle recovery, and overall physical resilience.

**4 KEY NUTRIENT CONNECTIONS**

**VITAMINS**

- C** Vitamin C: Regenerates vitamin E & supports antioxidant function.
- A** Vitamin A: Works with E to support immune health & skin integrity.
- B6** Vitamin B6: Supports hormone regulation & protein metabolism.
- Fol** Folate (B9): Supports cell division & cardiovascular health.
- K** Vitamin K: Supports bone health & proper blood coagulation.

**MINERALS**

- Se** Selenium: Works with E for potent antioxidant protection.
- Zn** Zinc: Supports immune function & hormone balance.
- Mg** Magnesium: Supports heart health & muscle function.
- Cu** Copper: Essential for iron metabolism & antioxidant enzymes.
- Mn** Manganese: Supports enzyme function & connective tissue health.

**NATURAL SUPPORT**

- Vitamin E (Tocopherols & Tocotrienols)**  
Fat-soluble antioxidant that protects cell membranes from oxidative damage and supports heart health.
- Nuts & Seeds**  
Almonds, sunflower seeds, and hazelnuts provide natural vitamin E and healthy fats.
- Leafy Greens & Avocados**  
Provide vitamin E along with essential nutrients that support cell health and circulation.

**5 PRACTITIONER NOTES**

E is associated with pathways involved in:

- Antioxidant defense & oxidative stress reduction
- Cardiovascular function & blood vessel health
- Hormone balance & reproductive health
- Cell membrane integrity & protection
- Immune system support
- Inflammation balance & recovery

**LEFT BRAIN • ANALYTICAL**  
Understand • Analyze • Integrate

Knowledge Creates Transformation  
Information + Intention = Change

These nanoVoice reports reveal what will truly bring frequency balance to your being.

Decades of time and dedication have resulted in protocols we want to share because we feel the public has a right to know. From ancient Pythagorean theories, through the earliest math models through conventional medical wisdom we have amassed information that will carry us toward a more vibrate future. **Whoever controls your health, controls your quality of life** and we want that person to be you. We invite you to claim dominion over your own health, we invite you to create your individualized profile, participate in our classes so that you can bring this new paradigm of wellness to your family and community.

As we work together with many modalities, we want to practice cooperation as

we realize there are certainly enough sick people to go around.

Vocal Profiling Link: [SoundHealthPortal.com](http://SoundHealthPortal.com)

Class Catalog: <https://tinyurl.com/mvwxcyr>

BioAcousticSolutions.net

Frequencies bombard the earth in a yearly cycle. Here, we attempt to report active frequency correlates for each week/month. Sensitive people will begin to notice the effects 8-10 days earlier than posted.

Frequencies associated with the month of August:

**Sound Health Options Note Correlate Chart™**  
**Weight Loss**

**Proteins**  
Fibroblast growth factor 21 (FGF21)  
AMPK alpha 1 ATP  
Aquaporin 9  
C/EBP alpha

**Fatty acid**  
Docosahexaenoic acid (DHA)

**Carotenoid**  
Fucoxanthin

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**Alkaloid**  
Berberine

**Hormones**  
Cholecystokinin (CCK)  
Chorionic gonadotropin beta  
Leptin  
Urobycoaine  
Urobycoaine sodium  
Norepinephrine  
Thyroxine beta 4

**Chemical**  
Synephrine

**Biochemicals**  
Cyclic adenosine monophosphate (cAMP)  
Tesamorelin

**Amino acids**  
Carnitine  
Phenylalanine

**Medication**  
Topiramate

**Vitamins**  
B6 (pyridoxine)  
B12 (cobalamin)  
Beta carotene

**Herbs**  
Bitter melon  
Ephedra

Left brained?  
Use this side  
of the card.

Right brained? Use  
the other side.

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## BioAcoustic Frequency -based Correlates for August, 2026

For most of August the muscles of the neck and upper back will be stressed along with B vitamins and their co-factors. Expect fatigue unless you load up on B vitamins and B vitamin containing foods. The Literature suggests that NAD, a supplement, is great for those suffering from fatigue.

**Jul 26 – Aug 1** – iron comes into play this week, further exacerbating fatigue symptoms. Cellular inflammation initiates this week. There are lots of anti-inflammatory articles on the internet. Breathing may become strained as the diaphragm frequencies come into play. Nerve sheathing proteins and biochemicals are active; including actin and myosin associated with Tinnitus. GLP-1 associated frequencies, Ozempic, Wegovy... come into play on August 2.

**Aug 2-Aug 8** - This is “be kind to your liver” week. It is working overtime to produce the enzymes and hormones that you need. Lyme’s pathogen frequencies begin to come active this week.

**Aug 9-Aug 15**- Herpes Simplex, Hepatitis Pathogens are active this week. Stress on B vitamins continues. Inflammation frequencies deepen.

The Vitamin K gene, along with Selenocysteine (enzymes and detox) and gout-causing biochemicals come into play at the end of the week.

**Aug 16-Aug 22**- Allergic reactions bloom all this week. Control of mast cell reactions will be tricky. Tooth plague will be more noticeable. Iron

and nerve sheathing issues may be more noticeable – neuropathy and restless leg symptoms for example may be more bothersome.

Spine issues dealing with the neck: C-2, Thoracic – spleen, pancreas, gallbladder (T-7) prostate, and legs, S-2 - lower spine

MSG and artificial sugars, as toxins, may cause increased brain fog this week.

**Aug 23 – Aug 29** - Some beginning throat and tongue irritation may be noticeable. More flu-like symptoms may appear as hemorrhagic virus spike proteins become more active (clotting). Abdominal muscle become stressed and may cause more low back pain.

Several issues that deal with male sexual performance are beginning to climb. B1 is more stressed than other B vitamins this week. Boron, a mineral (known to support bone health and alleviate arthritis pain), is activated this week.

It will depend on your brain dominance how you react to these frequencies. Play it safe and pay attention to your body's responses.

Author questions: SharryEdwards @gmail.com

We are very thankful you read our information. Our goal is to provide information regarding Self-Health. We want to support those who want to take responsibility for their own wellness choices.

Our latest campaign is about **weight management**. Are you one of the people just can't seem to lose weight?



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LEFT BRAIN



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 <b>Hormone Balance</b>	 <b>Immune Support</b>	 <b>Vitality &amp; Energy</b>

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This card is for educational purposes only and is not intended for diagnosis, health, cure, or prevent any disease.

Please share our ten part series year at *Masters of Health Magazine* – Dec 2024 – Oct 2025.

Ask about our weight management classes.

