

# A Major Key to Stubborn Weight Loss

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**Musical Note association: D**

**Color Association: Orange**

**Astrological Association: Gemini**

This is the 7th article in a series specifically designed for Masters of Health Magazine for persons who have weight loss issues; and there are millions of us.

This installment is likely one of the most important because it touches on a majority of issues simultaneously that we listed in the initial article on this topic dated Dec 2024.

Particularly non-alcoholic fatty liver disease (NAFLD) is closely linked to weight management because it is both a cause and consequence of metabolic imbalances tied to excess body weight.

A fatty liver is associated with digestive enzymes, the breakdown of fatty acids, the creation of bile salts, metabolic hormone and biochemistry metabolism, toxicity, insulin resistance, and inflammation.

The information below may lead you to the conclusion that repairing your fatty liver may be your first step to weight loss.

Fatty liver occurs when excess fat builds up in liver cells, impairing liver function. There are two types:

**NAFLD** – not caused by alcohol; strongly tied to obesity and metabolic syndrome. This type is associated with sugars and carbs being turned into alcohol by the body. Common microorganisms implicated in turning carbs into sugar include *Saccharomyces cerevisiae*, *Candida albicans*, and *Klebsiella pneumoniae*.

**AFLD** – alcohol-related fatty liver.

**How Fatty Liver and Weight Are Connected:**

## 1. Excess Weight Increases Liver Fat

- Visceral fat (around organs) releases inflammatory chemicals and free fatty acids that end up in the liver.
- The liver begins to store more fat, leading to NAFLD.

## 2. Insulin Resistance & Metabolic Syndrome

- Is common in overweight individuals.
- Can cause liver cells to take in more fat and produce more glucose.
- Leads to a vicious cycle: more fat → more insulin resistance → fatter.

## 3. Fatty Liver Makes Weight Loss Harder

- A fatty liver can disrupt hormone signaling (like adiponectin, AMPK, leptin, fatty co factors, and insulin), which makes it harder to regulate appetite and energy production and use.

## 4. Weight Loss Improves Fatty Liver

- Losing just **5–10% of body weight** can **significantly reduce liver fat**, improve liver enzyme levels, and reduce inflammation. People have had success using Turmeric for it.

- A low carb diet works for many people.
- Going vegetarian may work for others. Editor's NOTE: Not suitable for everyone, and obtaining vital nutrients is necessary.
- Refraining from refined or artificial sugars (e.g., diet sodas) greatly helps reduce weight. Refined sugar spikes insulin and artificial sugar confuses the body's insulin responses even more.
- Some people use intermittent fasting to correct fat metabolism.

An individualized weight management vocal analysis is available as a public service at [SoundHealthPortal.com](https://SoundHealthPortal.com) – weight management campaign.

The personal analysis can point you in the appropriate direction to identify your individual weight loss issues and frequencies.

Everyone is biochemically unique! The most extraordinary aspect of BioAcoustic Vocal Profiling is the fact that we can individualize every encounter with every client.

Weight Management can happen for a myriad of reasons; from hormones to stress to biochemical peptides and proteins. As with any issue, the first step is to identify the root causes of the problem; from there a wellness provider can help support your needs or a individualized tone box can provide a correcting set of frequencies.

## Suggested Weight Management Strategies for finding what you need to eliminate a Fatty Liver

- **Dietary changes:**
  - Eliminate refined and artificial sugars, refined carbs, and damaged oils. Editor's NOTE, GM or damaged oils (e.g. canola and

other omega-6) are a major cause of fatty liver (NAFLD)

- Mediterranean or low-carb diets are especially effective.

- **Exercise:**

- Aerobic + resistance training improves liver fat and insulin sensitivity.

- **Avoid alcohol**

- **Spinal stress of the liver** The liver's autonomic innervation involves a range of thoracic spinal segments, the primary sympathetic input arises from T7 to T12, and parasympathetic innervation is provided by the Vagus nerve.

- **Evaluate your vocal print using the pioneering protocols found at [SoundHealthPortal.com](https://SoundHealthPortal.com)**

It is our theory of disease and stress that we are a combination of frequency relationships with the brain being our central processing unit of control for those frequencies. If we can identify the stressed math matrix for an individual and provide those frequencies ambiently, the body has the ability to heal itself.

We want everyone to have this ability and support. That is why we created the BioAcoustic WorkStation for people to create their own vocal print reports. Our issue today is that we don't have enough people trained to do advanced levels of this work. That is why we are providing software and tutorials for the public to learn BioAcoustic protocols that will support our future survival. Additional class information, downloads and materials can be found at [BioAcousticSolutions.net](https://BioAcousticSolutions.net) – tab – Portal Class Into.

Using a person's own vocal print allows us to customize requirements for optimal form and function. We hope to use the techniques to enhance the lives of your patients, your family, and your fellow planetary inhabitants.

Next month's article will encompass a mathematical calcium breakthrough that we discovered will help prevent health issues presently plaguing the planet.

ON THIS PLANET WE ARE ALL INFLUENCED BY FREQUENCIES COMING AT US FROM OUR SOLAR SYSTEM. THE LISTING BELOW IS OUR ATTEMPT TO FOREWARN THE PUBLIC OF WHAT FREQUENCIES WILL BE ACTIVE FOR THE MONTH OF JUNE.

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## SOUND HEALTH KEYNOTES JUNE 2025

*This column strives to bring you information concerning the frequencies bombarding our planet each day in the hope of explaining how frequencies outside our solar system can impact health.*

**June 1-7** – The eyeball and a cataract gene appear this week along with progesterone, a major reproductive hormone and are all active now. DHT (a sex hormone associated with the prostate gland), adiponectin (helps regulate glucose levels), and glutamate (an excitatory neurotransmitter) are all fighting for your attention. Prepare to feel a bit scattered.

Toxin: Those poisoned with Agent Orange (Vietnam era) may experience abnormal reactions; Aspartame and MSG come into play this week. You may have additional issue with diet drinks and Chinese foods (MSG-laced food) this week. May cause foggy, difficulty thinking and fatigue.

Muscle in stress this week: Platysma – it is located beneath the chin and extends downward to the chest. A double chin is located here and is often associated with low progesterone.

### **June 8-14** - Gonadotrophin Releasing

Hormone (gestation and pregnancy related) is responsible for the release of follicle-stimulating hormone and luteinizing hormone from the anterior pituitary.

Muscles in stress for the next few weeks – toes and back of neck.

Starches and carbohydrates may be more difficult to digest because Amylase (the enzyme that helps break down starch and carbs) is in stress for the

next several days. Your ability to deal with Amylase stress may depend on your brain dominance – right brainers show the most difficulty.

A gene responsible for using sulfur at a cellular level (SUOX) comes up the end of the week. Sulfur protects the body against invading pathogens and is incredibly important as a constituent of connective tissue and the immune system.

Grain mold frequencies are active now. There are many articles on detoxing that can be found on the internet. Berberine, an herb, may help lower blood pressure and control blood sugar levels. Fosinopril, a medication for hypertension, is also active this week. Watch reactions of over-or-under dosing.

The human obesity gene begins to surface this week along with the parathyroid hormone (energy-related). It may be harder to start a diet or keep energy up.

Choline, a great brain booster, comes into play now. Choline has been shown to help increase focus and allow for greater cognition. It is also an excellent methylator of estrogen.

Getting rid of excess estrogen that accumulates from our diet and lifestyle is important, especially for older men. Prostate issues were prominent last month with high estrogen being a cause.

**June 15-21** - Allergies begin to creep in this week as histamine-related issues emerge making way for respiratory viral invasions. Vitamin D receptors need to be active now to help support the immune system.

Glycine, an amino acid that helps treat insomnia and an enlarged prostate, is active now along with iron and B1. Sphingosine, a lipid responsible for transport signaling, is also active, as is Transthyretin, a protein involved in fluid transport. Your extremities feel a bit sluggish.

Codeine becomes active the end of the week. Its painkilling benefit may be more or less than usual depending on brain dominance.

**June 22-28** - Guanine is a nucleobase found in nucleic acid, DNA – BioAcoustic research shows that stress of this nucleotide is associated with sensitivities to milk protein.

Other biochemicals in stress this week include bioflavonoids, Hesperidin, Quercetin (touted as a good item to combat Covid), manganese, Xanthine, iron, and Arachidonic acid.

Spine in Stress – C.4 - nose, lips, mouth, Eustachian tubes

S 4 - hips, buttock

T 9 - adrenals

Muscles – still in stress - the back of the neck

Meds: Tylenol

Keratin, a major constituent of skin, hair and nails, is in stress for the next ten days or so. There are a lot of gummy products on the market labeled **Hair, Skin, Nails** - might be worth your attention this week.

Capsaicin, the active component of chili peppers, is activated until the first week of July. They may burn more going down but are known for being great for circulation and the heart.

Watch for indications of Chlamydia Pneumonia (labored breathing/stress). Chlamydia Pneumonia attacks the heart sac and can sometimes cause extra tooth plaque.

Cocaine and Scopolamine (both mind altering chemicals) are active until the end of the month.

## Last few days of June 2025

**into July** - Adrenals are due for stress these last few days of June especially if you have sensitivity to gluten.

Dopamine, a feel-good biochemical, is stressed into the beginning of July.

Medicine in stress for this time includes some antidepressants. So, you may experience some emotional ups and downs – just know it is not coming from you but at you and it will be over by mid-July.

Nutrients in stress: niacin, glutathione and again, iron imbalances.

## The future of BioAcoustic Vocal Profiling

Vocal profiling, as a form of biometric health assessment, is projected to be a growing area of interest in 2025, potentially valued in the hundreds of millions globally, particularly as AI-driven voice diagnostics become more integrated into digital health platforms and early disease detection efforts.

## How much will vocal profiling be worth as a health support in 2025?

The global market for vocal analysis services, encompassing voice analytics, speech recognition, and related technologies, is projected to reach approximately \$3.04 billion in 2025, growing at a compound annual growth rate (CAGR) of 19.9% from 2024. [The Business Research Company](#)

### Market Overview

- Voice Analytics Market: Expected to grow from \$1.3 billion in 2024 to \$1.54 billion in 2025, with a CAGR of 18.5%.

[The Business Research Company](#)

- Voice and Speech Recognition Software Market: Anticipated to reach \$31.82 billion by 2025, driven by the rising adoption of voice-activated systems in various sectors.

[Grand View Research](#)

# WHAT IS? BIOACOUSTIC BIOLOGY

PIONEERED BY SHARRY EDWARDS

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to have your vocal print analyzed.

Download the software, practice with it, and use the tutorials.

For live online class, please contact Sharry at [SharryOnAir@gmail.com](mailto:SharryOnAir@gmail.com)  
To comment or ask a question – [SharryEdwards@gmail.com](mailto:SharryEdwards@gmail.com)

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