Keynote Jan 2025
Color Association - Blue Violet
Astrology Association - Capricorn
Musical Note Association – A

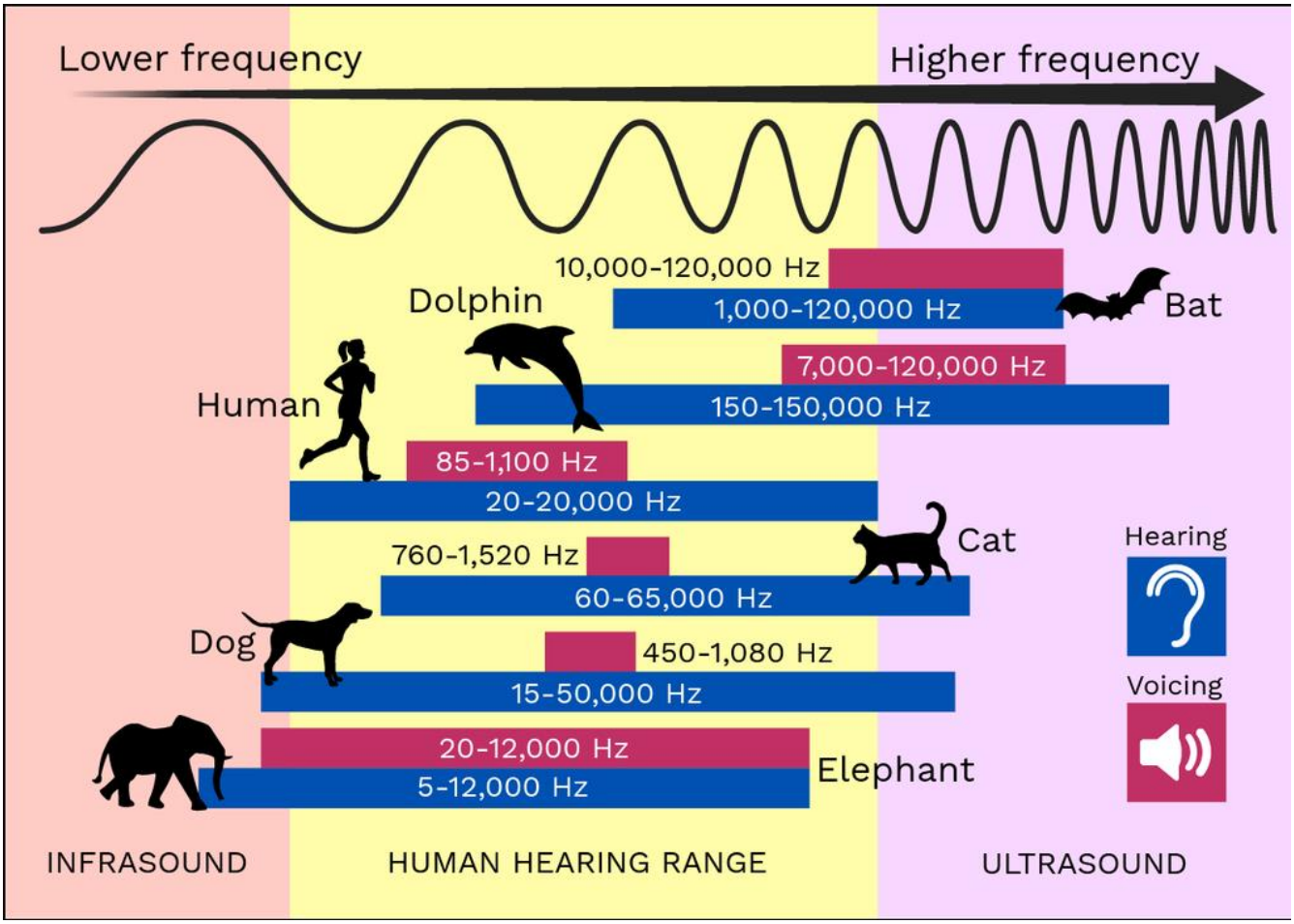
Supporting the reality/potential of Math as Medicine
layer of math, like music, may be our new medicine
BioAcoustically Speaking solving the diet crises
Fat Principles of BioAcoustic Biology

Our last column dealt with helping people use vocal frequencies to reveal why they may be having trouble identifying individual weight loss issues. This column builds on that theme.

Last month we identified some of the biochemistry associated with weight management. This month we add fat hormones to that list. Next month we will be adding muscles associated with weight loss. We will be using layers of frequency to outline how layers of redundant frequencies can be used to create a physical map of why a person may gain weight. Basically it's just the magic of frequency layers to reveal our intrinsic mathematical constitution.

Musical octaves are built on the idea of doubling or halving layers of mechanical vibration. For instance the musical note of "A" is recognized as 440 hertz (cycles per second of mechanical vibration). A tuning fork vibrating at 440 cycles per second will create the musical note of "A." Half of that rate, 220 cycles per second of vibration, will create the note of "A" but at one octave lower. Likewise 110 cycles per second will create a musical note of "A" at yet a lower layer. We live in a world of musical layers of octaves. Our body is built on these mechanical layers and respond to different octaves of frequencies as color, sound, brain waves, nerve impulses etc…

Our body operates within several layers of frequencies. Each body system can be measured as a range of them. Each system responds optimally to its own precise octave and then favorably to the associated frequency in stress. For instance, frequencies for the eye are reported to be 60-90 cycles per second, therefore frequencies used for eye repair should be found within that range with lessor supporting frequencies at multiples of the original frequency. Using this supposition, let's evaluate a few fat burning hormones which have frequencies akin to other body systems that may cause interference.



Layers of frequencies can be interpreted as layers of sound. Listed here are some fat hormones associated with weight issues. We hope you will be able to recognize system associations that can help identify your own issues. All of these biochemicals have frequency equivalents and are included in the weight management database available for comparisons using your own vocal frequencies. Link: https://tinyurl.com/45rsav4f

1. Adiponectin - BioAcoustically Speaking if this is low you will likely experience eye focus and bladder issues.

- Increases the breakdown of fatty acids.
- Enhances insulin sensitivity.
- Higher levels are associated with lower body fat.
- BioAcoustically Speaking, adiponectin is one of the majorly distorted frequencies caused by Spike proteins

2. Glucagon - BioAcoustically Speaking when this is low you may experience TMJ issues.

- Stimulates the liver to break down glycogen into glucose.

- Promotes fat breakdown (lipolysis) when glucose levels are low.

3. Epinephrine (Adrenaline) - BioAcoustically Speaking if this is unbalanced you may experience thyroid issues.

- Activates fat breakdown by stimulating lipolysis.
- Increases energy expenditure during stress or exercise.

4. Norepinephrine - BioAcoustically Speaking when this is low, kidney energy may be unbalanced combined with B6 being low.

- Works alongside epinephrine to trigger fat breakdown.
- Released during exercise and fasting.

5. Thyroid Hormones (T3 and T4) - BioAcoustically Speaking when these are low, fatigue may be high, use of iron low with pain in neck region**.**

- Regulate metabolism and energy use.
- Help mobilize stored fats for energy.

6. Testosterone - BioAcoustically Speaking when this is low, you may experience feelings of muscle weakness, finger pain and a lack of visual focus.

- Supports muscle growth, which increases resting metabolic rate.
- Promotes fat loss, particularly abdominal fat.

7. Growth Hormone (GH) - BioAcoustically Speaking when this is lacking stomach muscle tone is lacking accompanied with muscle soreness.

- Stimulates fat breakdown.
- Increases during sleep, fasting, and intense exercise.

8. Insulin-Like Growth Factor-1 (IGF-1) - BioAcoustically Speaking when this is lacking, blood sugar may be unbalanced along with feeling of oxygen not being optimal.

- Works in conjunction with growth hormone.
- Plays a role in reducing fat mass and increasing muscle mass.

9. Cortisol (in Controlled Amounts) - BioAcoustically Speaking when this is lacking, it is usually associated with upper back pain.

- Mobilizes stored fats during fasting or intense exercise.
- Chronic high levels, however, can lead to fat storage, particularly around the abdomen.

10. Leptin - BioAcoustically Speaking, if this is low lung surface proteins may be stressed.

- Regulates appetite and energy balance.
- High leptin sensitivity encourages fat burning, though leptin resistance can lead to fat accumulation.

11. Irisin - BioAcoustically Speaking, if this is low, you may experience a low tolerance to temperature changes.

- Produced during exercise.
- Converts white fat into brown fat, which burns calories to produce heat.

12. Peptide YY (PYY) - BioAcoustically Speaking, if this is low, you may experience joint pain and less flexibility.

- Reduces appetite and promotes fat utilization.

[Peptide YY3-36 (*PYY*3-36) is a protein hormone that is primarily secreted by the cells lining the small intestine in response to food intake. It plays a crucial role in regulating appetite and satiety by signaling the brain to reduce food intake and increase feelings of fullness. *PYY*3-36 acts on specific receptors in the hypothalamus, leading to decreased hunger and increased energy expenditure.]

The literature reports that the amino acid, Carnitine, is essential for fat burning. BioAcoustically Speaking, if Carnitine is low you may experience more food sensitivities.

Optimizing these items through balanced nutrition, regular physical activity, adequate sleep, and stress management can improve fat-burning efficiency.

Frequencies active for the month of January:

The month of January is often seen as a time of renewal and planning for the future. Particularly January 2025 seems to be involved with iron and thyroid 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:

Manganese is an essential trace element that is naturally present in many foods and available as a dietary supplement. It is a co-factor for many enzymes, including superoxide dismutase, arginine, and pyruvate carboxylase. Through the action of these enzymes, it 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. It 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) an 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. 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 Cycle of the body. Check out her web site under Amy Yasko for classes and books designed for the public.

Dec 29 -Jan 4

Potassium is the most important frequency correlation that will be active for the next week. It is an important electrolyte and mineral that helps maintain the fluid and acid/alkaline balances for the body. It 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.

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 now, 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 an issue. Yogurt is touted online as a way to control blood pressure issues.

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 is associated with fibromyalgia and tremors and 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 monitoring triggers.

Jan 5-12

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 January primarily because of their relations with iron associated biochemistry. The temporalis and subscapularis will continue through January to be in stress. Remember that very sensitive people will perceive these muscle 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 12-18

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, and D to support immune needs. The pupil (eye) is in stress until the end of the month. Cartilage metabolism (causing stiff 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 in appetite and increases in metabolic rate are active now. Leptin can be

monitored online through Ultimate Diet software found at SoundHealthPortal.com – SERVICES

Muscle in stress this week: temporalis – associated with headaches around the 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 return 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: great toe, diaphragm, deltoid, lens of the eye. 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), and ultimately reducing development of atherosclerotic plaque build-up.]

Carnosine is also considered as a neuroprotector, appearing to reduce the telomere shortening rate. It 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 26-Feb 1

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 stress continues to be stressed as does Proline (collagen/glycine related), B1 and B2.

Medication in stress: Naproxen – a pain relief 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, it is likely the table salt that 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.

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. It 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 for metabolic hormones.

Bacteria-causing tooth decay comes into play the first week 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. If you would like a copy of our new pamphlet: https://tinyurl.com/23erh8ds

Reference:
Yasko, A. (Author, 2014). Feel Good Nutrigenomics: Your Roadmap to Health. Neurological Research Institute.

[https://ods.od.nih.gov/factsheets/manganese-HealthProfessional/]

Sound range chart: https://labster-image-manager.s3.amazonaws.com/v2/DBS/6c2e7549-0e76-4e35-a9e4-8e12656f8893/DBS_PosterHearingVoicingRange.en.x1024.png

https://lucid.me/blog/5-brainwaves-delta-theta-alpha-beta-gamma/