

Journal of BioAcoustic Biology

**A peer-reviewed publication
dedicated to human BioAcoustic
vocal profiling and sound
presentation**

2025

Compiled by Jocelyn Davies

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Why we must continue to break the sound barriers of disease

A proof-of-concept exposé

Suspend what you think is your reality for a moment. Suspend the fact that you think you have a physical body. What if your earthly presence is just a manifestation of an unseeable biofield?

Although we do not completely understand the origins of a perspective unseen body, it seems that such a biofield can be influenced by frequencies of light, aroma, color, sound, magnetics, electrical impulses, consciousness, or acupuncture meridians.

Birds, fish, whales, and insects use these unseen systems as a common part of their existence such as companionship and feeding. This ability allows animals, such as birds, sea turtles, fish, and even some mammals, to sense the Earth's magnetic field and use it as a natural compass for orientation and long-distance navigation, especially during migration.

So let's imagine a world in which we can be individually identified, manipulated, and managed through the use of frequency-based biomarkers that can easily be identified through our individual vocal frequencies. What can we imagine?

Consider the brain as the central processing unit. Frequency-based signals are generated by the brain and have been determined to be a communication pathway traveling along our neural networks that self-monitors and keeps our bodies in stasis.

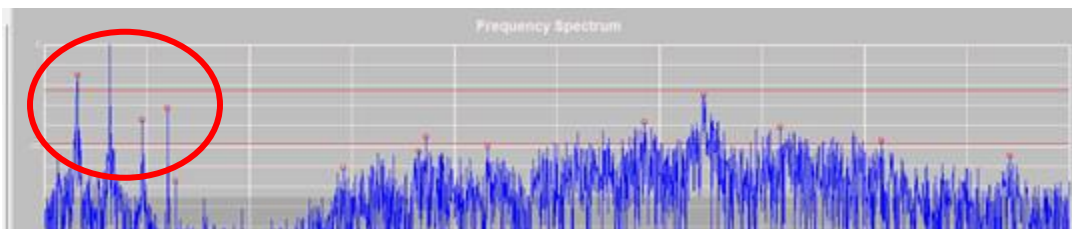
Since frequency can be represented in terms of mathematical equations, does this indicate that math could be the ultimate form of healing, and that math may be organic, or that we may just be sophisticated art forms that someone/something created?

Studies based on frequency-managed algorithms are well on the way to proving that at our core we may be very sophisticated math-based entities that can be “managed” through our individual frequency/energy-based Signatures.

Below is a broad listing that can be provided as a proof of concept for this idea:

Predictive Medicine – Comedian Robin Williams’ autopsy revealed the presence of Lewy proteins which are usually confirmed by a brain examination after death. Williams’ vocal print is just one example that verifies that Vocal frequencies can be used to determine the presence of unwanted brain proteins using only a 30-second vocal sample. This ability to predict menacing proteins in the brain before death, may, at a minimum, provide the opportunity to identify Lewy proteins (dementia-revealing frequencies) before actual symptoms occur. This would be an incredible advantage as increased numbers of people begin to suffer from various stages of dementia.

Prior to any autopsy reports Williams’ wife announced that he was suffering from Parkinson’s disease. A frequency-domain vocal graph, from over a year previous to his death revealed several spikes representing the Frequency Equivalent of Lewy Proteins: debilitating non-native brain deposits.



Robin Williams’ suicide provides information that will have consequences for millions of Americans facing debilitating dementia.

Parkinson's Disease and BioAcoustics

The pioneer of vocal profiling Sharry Edwards, and Dr. Apsley discuss underlying factors that may lead to Parkinson's Disease and Cancer.

Sharry Edwards: One of the things Dr Apsley said, which sort of blew me away, was "Sharry's work defines and demonstrates the unifying field theory that defied Einstein".

Marian Lewis, explains the issues she had from being exposed to radiation from her job at a nuclear energy plant:

Marian Lewis' story:

Marian's story began when she was eighteen. She was exposed to radioactive material while working at a Uranium processing plant in Southwestern Pennsylvania. This plant is now buried under twenty feet of earth with a barbed wire fence around it. At age twenty three she developed a low thyroid problem. At age thirty seven she had cancer in the saliva gland. She had radical surgery on the left side of her face that took her facial nerve. The left side of her face is paralyzed. When she turned fifty she had lung cancer. Then at seventy one she started a little tremor that they later diagnosed as Parkinsons.

Sharry has a Q & A session with Marian Lewis. Marian, whom worked at a nuclear energy plant when she was eighteen discusses how, now at seventy one , she was on a "goodbye" trip to see her family for the last time because she felt she was dying from Parkinsons. Instead, after hearing Sharry Edwards on the radio, she decided to make a seven hundred mile trip to Albany Ohio, from Florida, to see if Sharry Edwards could help.

After meeting Sharry, Marian said "not only did it help me with my Parkinsons symptoms, but many other issues that I have." On her first day of tone therapy, she started to feel tingling in numerous places of her body that had been numb for years. Then a few days later Marian stated "I went to the grocery store. Now the last time I had been to a grocery store, I couldn't even make it around the store. I had to use a wheelchair. But, here I was walking around the store swinging

my arms unassisted and smelling all sorts of things in the store. I saw a pile of cantaloupe and I decided to test it.....I picked one up, put it to my nose and I could smell it, and honestly , I sobbed over the darn cantaloupe”. She was amazed at the progress she had made as a result of Sharrys tones and insight. Subsequently, in order to help others near her in Florida, Marian decided she wanted to become a BioAcoustic Practitioner or “BARA”.

What causes of Parkinsons disease have you now been able to identify?:

Sharry details two major enzymes. COMT, which degrades Catecholamines such as Dopamine, and Aromatic l-amino acid decarboxylase (AKA Tryptophan).

It has been found that people dealing with Parkinsons have a tremendous load of toxins in their body. Toxins that come from herbicides sprayed on crops, and GMO’s.

Sharry Edwards: There are three or four biggies being seen BioAcoustically.

Radiation poisoning: “robs the body of its electrical force so the body is in a constant state of stress in its attempt to get rid of free radical damage. It also breaks down the nervous system(another cause of PD). The sheathing surrounding the nerves does not get nourished and replenished. The cell signaling system becomes impaired and eventually breaks down.

How Bio-Frequencies work:

Sharry Edwards: You have a brain that is a central processing unit. All the signals from the brain go out to the rest of the body through your neural network. We just found a way to tap the system. If Marian, for example, is not getting signal to her toe, we can give her brain a signal that feeds her toe or gives her brain a signal that feeds the dopamine pathway and that addresses whatever is going on. We are tapping into the energy system of the body.

How can you find a local BioAcoustic Practitioner?

Sharry Edwards: You will find a map and a list of practitioners by clicking on the “Clinical Service” and the “Find a Practitioner” links on our website.

How can Bio-Frequencies help with detoxing heavy metals?

Sharry Edwards: We know what frequencies make the heavy metals give up their receptor site. You can do it with herbs, but you can also do it using Adenosine Triphosphate. That's the first chemical made when conception takes place. It's the same frequency as white light and it really takes care of the body in a very positive way. It also helps produce energy. It will bind heavy toxic metals including these radiation metals. You have to be really careful and watch for any kidney issues.

What can people do to get relief from their symptoms?

Sharry Edwards: Get away from Aspartame, MSG, Gluten and avoid eating GMO (genetically modified) products. There's an article about GMOs and cell signaling, and how that's related to Parkinsons. The article is on our website under "research articles."

What do the tones sound like?

Marian Lewis: They are very low sounds. It sounds something like the fan or refrigerator running in the background.

Sharry Edwards: The tones emulate the frequencies of your brain. Your brain speaks math: 0-64 cycles a second. If we want to talk to your brain, then we are going to need to speak math because that is the language your brain speaks, math can be defined using frequency.

Marian Lewis: If you cup your hands over your ears, you can hear the sounds of your body.

Sharry Edwards: That sound is a form of feedback called an Oto-Acoustic emission that is a perfect sound for you all the time. It's a feedback loop of how your body is supposed to heal itself. We get into this in class. All this ancient stuff, and how to teach people to do it for themselves. That is what we really like to do. Teach everybody to do this for themselves.

How could Bio-Frequencies do anything for a person with a Gene that's Defective?

Sharry Edwards: We can help a person shut off or turn on a gene. The way Dr. Apsley became familiar with my work is that he was working with a little girl named April that had Downs Syndrome. She came here with her mother. April's symptoms: The face, the large forehead, the slanted eyes, clubbed looking fingers. All of it disappeared because we were able to *shut down the gene*.

Here is what happens to the body. I'm not making this up. This comes from Dr. Robert O. Becker. When the body gets traumatized, hurt, or cut, the cells send out a "rescue me" signal that calls Calcium to the site. When there is no Calcium, there is a cancer food in the body that is 1/100th different from the frequency of Calcium. If there is no Calcium in the system, it is our theory that the body calls this frequency to it which happens to be food for cancer.

Is there a connection between Tetanus inoculations and Parkinson's symptoms?

Sharry Edwards: Absolutely. Especially if you have problems with the little toe side of the foot. There is either pain there or that side of the foot is curling under. If this is the case, then it is usually the live virus that is causing it. And lockjaw, it looks like Parkinson's. People experience the feeling of muscle freeze a lot. They try to take a step and the muscles just won't behave. They won't go where they ought to go. It is really Tetanus and they're not willing to admit that there are vaccination relationships that are going on with Parkinson's symptoms. Marian had that in her chart and some of her toes were turning under. We had to give her the antidote for the Tetanus shot.

How to hear Marian Lewis and Sharry Edwards of Parkinson's radio:

Visit www.blogtalkradio.com/parkinsons-recovery and scroll back to find the show that aired August 31st 2011 featuring Sharry Edwards and Marian Lewis as my guest.

Reference:

This article was abridged from the book "Pioneers of Recovery-Stories of Nine Pioneers who Reversed the Symptoms of Parkinson's Disease" written by Robert Rodgers, Ph.D.- Parkinson's Recovery. Pages 94-122.

Reversal of Multiple Sclerosis (MS) eye damage

“Gelene has a history of Optic Neuritis in her right eye and has had color vision abnormalities in the past. Today her color vision is normal. I can’t even tell which eye had the optic neuritis without close examination within the eye to view the atrophy which is minimal now.” – Julie Lew, MD

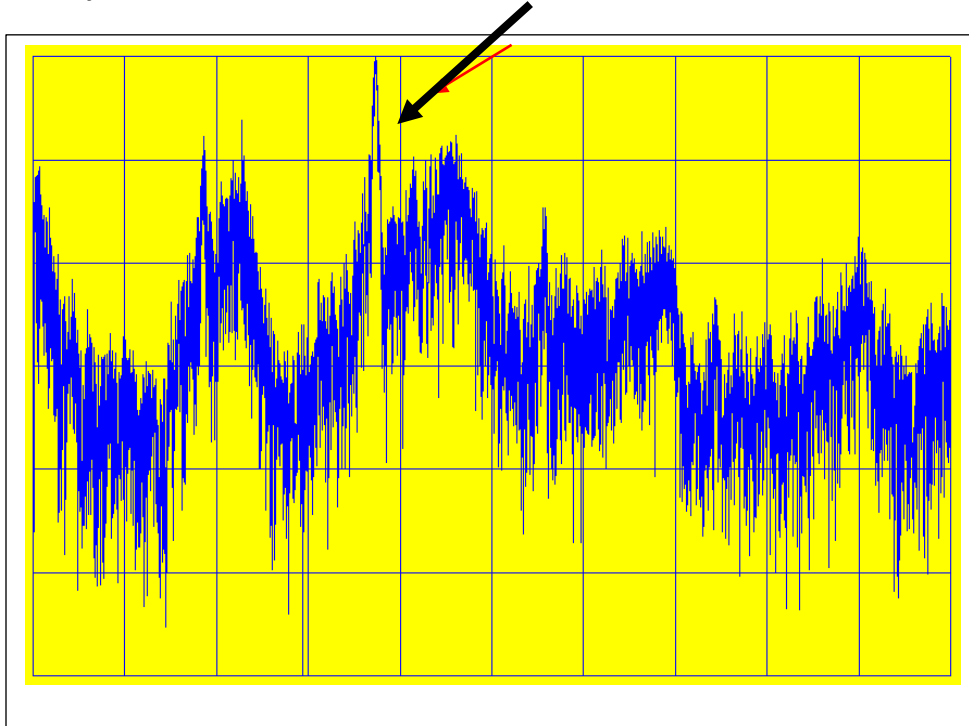
“The color vision test went from 2 out of 14 to 14 out of 14.” – Dr. Lew’s Physician Assistant

In the United States, it is estimated that over **1 million people** are living with **multiple sclerosis (MS)**. Given that **up to 80%** of people with MS experience some form of eye-related issue during the course of the disease, this means that approximately **800,000** individuals with MS in the U.S. may face vision problems at some point. This could likely be prevented.

Decloaking Resistant Pathogens

In 2000, *Nexus Magazine* published a preliminary study that showed that resistant pathogens could be decloaked using frequency oscillations. In December 2019, the same protocol was to examine the frequencies of Covid. Published information showed that this virus was likely synthetic. Their “synthetic” proclamation and frequency-based antidotes were shared in five additional articles. How many people died? How much profit was made in the name of a supposed pandemic?

Based on these findings, we created a template that could be used by the public to BioAcoustically evaluate their own vocal frequencies for these issues: Services/Campaigns at <https://www.soundhealthportal.com/>. The idea of putting health into the hands of the people, establishing SELF-HEALTH has always been paramount to the mission of the Sound Health Institute.

Toxicity Identification—

Toxin represented by high hollow peak.

This was a short study based on individual reactions to aspartame.

Environmental Poisoning of a child explained by her mother, Ronna

Mommy, Why Do I Feel So Dumb?

They said she had forgotten how to read! Over the summer, Andi, a top reader last session, had forgotten how to read. I couldn't believe it.

I met with her teacher, and it was decided that Andi should be put in a special reading class. Andi was embarrassed and reluctant to go to school. She cried every day. On the days she didn't cry she pretended to be sick. My heart ached for her. The special classes were not helping. I didn't know what to do.



One day while we were riding in the car, Andi wrote something on a small slip of paper and handed it to me. Her head was down. She was staring at her lap. It read, "Mommy, I feel so stupid. Why can't I read anymore?" My tears were so quick and so thick that I pulled over onto the side of the road. We cried together, embracing, sharing the frustration and dismay. Was I such a failure as a parent that I could not find help for my child? I vowed to find an answer for Andi and for myself.

I was aware of a pioneering technique that used low-frequency sound to help another little girl in our area reverse mental retardation. I scheduled an appointment. During that session, using low-frequency sound, Andi was able to read clearly and without hesitation. Her relief and my joy were indescribable.

The test pointed to the possibility that Andi had been poisoned with formaldehyde, a chemical preservative. Frequency-based antidotes were provided and Andi's self-esteem soared. I had a bright, cheerful, intelligent seven-year-old again.

We had the other two children tested. Both of them had been affected but not to such an extreme. As they all entered the program, behavior problems decreased and there were considerably less arguments in our home.

What would have been the consequences for my child? Her life would have been charged with unfair opinions and gossip that she did not deserve.

Macular Degeneration

Macular degeneration, commonly referred to as age-related macular degeneration or AMD, is a condition in which the macula, the part of the retina responsible for detailed and central vision, deteriorates causing vision loss. The conventional medical literature states that there is no cure for AMD. According to a study published in *Archives of Ophthalmology* in 2004, an estimated 1.75 million US residents endure this condition, and due to an increase in the elderly among the population, it is estimated that by the year 2020 that statistic will rise to 3 million.



Pauline Ward has been a participant with Sound Health for 14 years since being diagnosed with dry macular degeneration almost seven years ago while in her early sixties.

According to Pauline, her optometrist was the first to detect the granules in her eyes, though it took six/seven years before the condition actually affected her vision. Her blind spot grew until about three years ago when its scope spanned the proportion of a quarter, which is visually the range of seventeen characters on a page of print.

Pauline travelled from Australia, where there were no methods of treatment, to the US to try the revolutionary technique of BioAcoustics.

After about 10-11 seconds with the appropriate frequency, she could see haze through the spot, though not clearly. After several days of tones, she was able to see complete letters within the holes and eventually the span of her impairment decreased as did holes in her vision. She even regained the ability to see rich colors myopically.

Pauline responded “...it wasn’t the first sound you tried, or the second or the third; you know it might have been the tenth. So I’m sitting here thinking, ‘Oh nothing’s happening, nothing’s happening, nothing’s happening’; so I wasn’t expecting it, you know, because you think nothing’s happening and then suddenly the right sound (for) ten seconds and it’s amazing. You can begin to see the letters and colors.”

In the United States, **age-related macular degeneration (AMD)** is a leading cause of vision loss, particularly among older adults. According to estimates from the **American Academy of Ophthalmology** and the **Centers for Disease Control and Prevention (CDC)**:

BioAcoustically Speaking, it is the rectus eye muscle frequencies that are involved in all cases of macular degeneration seen at the Sound Health Institute.

Sports Injury



Tyler

Tyler sustained a serious knee injury during a high school football game; an opposition player cleated him from the side directly into his knee. X-rays confirmed that nothing was broken; an MRI the next day confirmed nothing was torn but Tyler was still in excruciating pain and could not bear weight on his leg. Stairs were particularly difficult for him to navigate. Visits to a sports doctor continued for the next two weeks with no relief even though exercise, stem and ice were used in the hopes of relieving the pain and getting Tyler back into the game.

The evaluation of Tyler's vocal frequencies took about 30 minutes and indicated that Tyler had two thigh muscles in stress. Ambient sound was presented to him for about a minute; his parents were elated and amazed when he reported that his pain was diminishing. "He was just standing there, listening. How could a sound decrease his pain?" questioned his mother.

Kelly

Kelly stoically hobbled to work where she reported her pain to be a 5-6 on a scale of 1-10. She was immediately sent to the Sound Health lab where she was provided a sound known to alleviate bone pain. Within minutes her pain was gone and there was no limp; all swelling dissipated. Within a few days Kelly was able to wear her boots and bend her toe with no pain. Her doctors reported that her broken toe and related foot injury healed in record time; one of them wants to know more.



Jen

A fall down the front steps resulted in a fractured wrist and a deep muscle contusion for Jen.

The Sound Health Research Institute was nearby and offered to look at the trauma through Vocal Analysis protocols. In Jen's own words, *"A sound was presented for my thumb, which relieved the thumb pain. My wrist was also hurting. The wrist sounds caused my wrist to quit hurting, but my thumb began to hurt again. A Tonebox was set for both tones and I continued to listen to them."*

Sound Health personnel urged me to go to Urgent Care just to make sure my wrist and/or finger were intact even though the pain was minimal. The nurse was surprised that I had no pain considering that my bone was fractured, she thought I ought to be in more pain. She asked if I had taken any pain meds before I came in. I explained that the only thing I had taken was some sound. That likely sounded a bit strange to her, but she was impressed, and she wanted to look into sound therapy a bit further.

The Kennedy Within 2019

A request came to the Institute that requested a BioAcoustic evaluation of the vocal frequencies of Robert Kennedy Jr. to possibly identify a cause for his stressed speech. BioAcoustic analysis sees the voice as a holographic representation of the brain. The recurrent laryngeal nerve is responsible for voice box function and has a direct connection to the brain. At that time, Kennedy's vocal print revealed that the frequencies associated with acetylcholinesterase, an enzyme that catalyzes the breakdown of Acetylcholine that functions as a neurotransmitter was stressed.

2019 interviews of Kennedy reported that, he "appeared to exhibit symptoms of spasmodic dysphonia, described as a "neurological disorder that causes involuntary spasms of the larynx."

The genetic inefficiency of Acetylcholinesterase can cause a multitude of issues associated with the use of Choline. Inositol, a companion to choline, was also BioAcoustically low for him at that time.

The frequencies associated with the cricoarytenoid posterior muscle appeared to be weak in the 2019 evaluation. This muscle opens the vocal cords and is also involved in breathing.

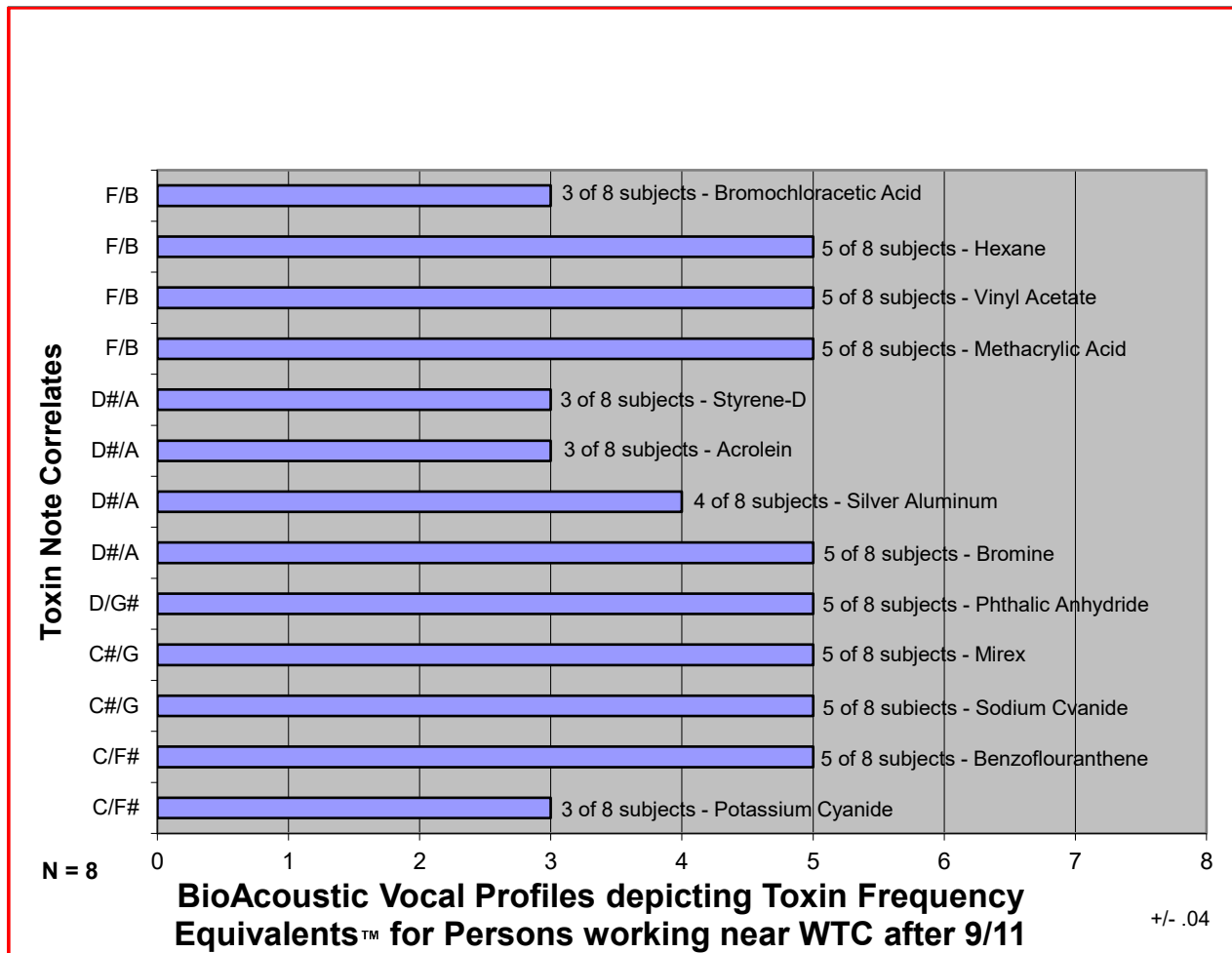
The biochemical information gleaned from his first BioAcoustic vocal map was impressive, but it was also intriguing what his voice revealed in his Personality Profile. His voice matrix was remarkably similar to that of Ron Paul, a Texas Congressman and presidential candidate in 2008. Ron Paul's was the most honest vocal print we had ever reviewed. Since his thwarted run for President, Libertarian Ron Paul has remained a determined patriot in support of the rights of the people.

Kennedy's voice in 2019 and now (2024) show similar qualities with accomplishment being primary, emotions secondary with intellect as a strong foundation. He is a multi-tasker and balanced thinker, capable of considering all information needed to come to a knowledgeable conclusion. He shows prejudice for balanced information, but he does not believe that is happening in our country today (His current words are supported by his vocal print).

Kennedy's main concern is intelligent, nonpartisan management of physical priorities. He adroitly uses facts to support his claims. His self-emotions are resilient, and I believe he is willing and emotionally capable of taking on the task of bringing America back to a state of freedom and equal Justice. His perspective concerning justice is not guided by personal needs but by equal justice for everyone. He will be supportive of the history of America as a bastion of freedom equally and wholly distributed to all those who deserve protection under the founding principles of democracy.

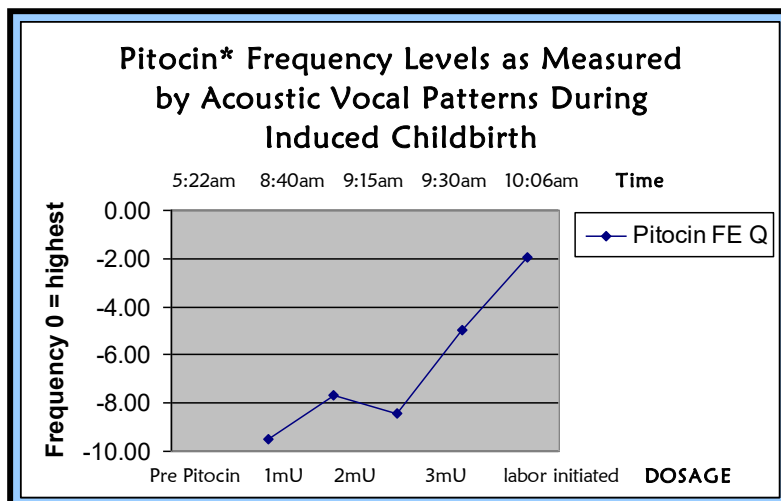
9/11

The staff of Sound Health was invited to evaluate several scientists working in the gaping hole left by the terrorist bombings of 9/11. Based on those preliminary findings they were invited to the Firemen's Union Headquarters in New York to evaluate 17 additional firefighters who were experiencing the "Fireman's Cough." Most had been exposed to Mirex. It was demonstrated on-site in the Union Hall that frequency presentation could stop the fireman's cough. We were invited by the Union President to test all 1700 exposed firefighters. The next day we were disinvited by his legal advisors. How much suffering could have been prevented?



Labor and Delivery

A BioInformatic paper was delivered at a Ohio University Conference showing that the biochemical,



Pitocin (which artificially initiates labor) could be monitored using voice frequencies. An expectant mother went into the hospital for a planned birth but ended up having a C-section. We started monitoring her voice at 5:30 am and by 10:30, her voice indicated that her body was fighting the drug. She stayed in labor until 3 the next morning when both she and the baby went into

stress – an emergency C-section was performed.

Think of how many trips to the hospital – only to be told it was false labor – could be prevented! Set up properly, a phone call to the hospital could be evaluated instantly.

Longer Pitocin article link: <https://tinyurl.com/3xtk7jmy>

A doctor's dilemma concerning Russ Rudy, MD

At a recent international medical conference (A4M) a BioAcoustic case study concerning Russ Rudy, MD, was presented. Rudy had been diagnosed with Multiple Sclerosis (MS), resulting in serious leg muscle atrophy and neuropathy. He was informed that his situation was dire, incurable and nothing more medically could be done for him; he was sent home to die with a Baclofen pump internally installed to help control the pain.

Instead of accepting the death sentence, Dr. Rudy visited the Institute of BioAcoustic Biology & Sound Health in Albany, Ohio where voice analysis has been explored since 1984 as a diagnostic tool for past, present and future health issues.

A computerized evaluation of Rudy's vocal frequencies identified math-based biomarkers which indicated spinal damage architectures within his vocal sounds, and further indicated that no MS markers were present.

Over the next few months, lab reports confirmed that nerve recruitment was taking place from Rudy's waist to his toes. This is totally impossible by standard medical practice. The Baclofen pump was removed (usually done at autopsy), his legs now supported him, and he no longer needed a scooter to move about.

Rudy was able to return to his medical practice as an emergency room physician. To this day, he believes that his erroneous MS diagnosis would have condemned him to a shortened, inferior quality of life. He is incredibly happy that using the frequencies of his voice as a guide, the computer was able to reveal the definitive mathematical cause for his lack of wellness.

Jocelyn: A Fascinating Vaccine Story

Twenty-six years ago a young three-year-old named Jocelyn, who had been diagnosed with hyperlexia, was brought to our Sound Health Clinic in Ohio. We were told that Jocelyn would only repeat sentences of others to convey what she wanted to express but would not create her own sentences.

Jocelyn's parents claimed that she could also read well beyond her age.



I was skeptical, so I put a Wall Street Journal in front of her. She read several sentences correctly. The computerized evaluation indicated that she had a negative reaction to the frequencies associated with a mandated vaccine known as DPT.

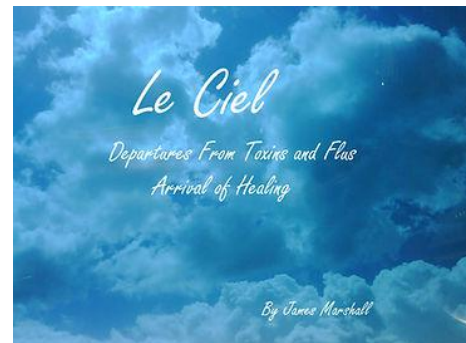
When she was ambiently presented with an antidoting frequency formulation, she turned to her father - she was sitting on his lap holding her doll – and said to him, “This is a dolly.” We were all flabbergasted.

We created a tonebox layered with frequencies for her based on her voice architecture. She quickly began to initiate appropriate vocal interactions.

Using the information of her case and many others, we were able to create a database template – called PreVac - of frequencies associated with vaccine damage.

Le Ciel, Departure from Toxins and Flus and Arrival of Healing

After taking the advice of a conventional medical provider, actor James Marshall thought his life was over. That's when he heard of Sharry Edwards, the Pioneer of Human BioAcoustic Vocal Profiling, who agreed to help. After receiving his health report and following Sharry's advice, his life started to get back on track. It was James' wish to then help Sharry (which led to the creation of the song Le Ciel, which seems to influence and reverse symptoms that have a pathogenic nature).



“I had always wanted to be a part of the Hollywood scene and I was finally reaching the peak of my career. I had a role on the television show *Twin Peaks*, and was cast in numerous roles in films such as *Cadence*, starring Martin Sheen and Charlie Sheen; *Gladiator*, starring Cuba Gooding Jr.; and *A Few Good Men*, starring Tom Cruise, Jack Nicholson, and Demi Moore. I thought this was the beginning of a wonderful career when all of a sudden, it had to be put on hold.

I thought my life would end after taking the advice of a conventional medical provider, and it almost did. The medicine that was prescribed to me destroyed my large intestine to the point where it had to be removed. After nearly two years of being bed-ridden in a hospital room, I weighed less than 100 pounds and my lack of energy and bad health had ended my acting career.

One fateful night, I was up late searching for an answer. I began to listen to the Coast to Coast radio show. George Nooray was interviewing a woman (Sharry Edwards) about a healing technique that she had been developing using sound frequencies. After research was done on this theory, it was proven that sound could heal people; you only had to find the right frequency and match it to the person.

I took a chance and called her research center. After hearing my story, she agreed to help. She used her own computer software to analyze my voice and it created a report on my health status. This report indicated which vitamins and nutrients I needed to help my body heal itself. Then I was told which foods would provide this for me and which I should avoid. Along with this I was given sound frequencies that would supposedly help to heal me as well.

I started using this information and my life began to fall back in place. My mind began to clear, I started to gain weight, and my energy returned.

I started playing the frequencies on my guitar. It was not the same as playing music; it had a greater impact on me. I spent hours with the sounds and I began to feel like my old self.

I became so fascinated at my own progress using sound that my wife and I began to study sound healing. We wanted to spread the word and be apart of something significant, something timely, something useful to the public. We wanted to bring these ancient techniques into the modern era.

My wife and I contacted the woman at her research facility again and told her what we wanted to do and together we chose to focus on the work done with swine flu. She decoded the genetic make-up of the strains of swine flu, as she had done for so many other pathogens. Using this and extrapolations from her previous research she came up with the frequency biomarkers for the swine flu and was able to mathematically determine the frequency based antidotes.

When I was given the set of frequencies, I began to work on putting them to music. I discovered that this would not sound like a traditional song. I had to remind myself it would be a musical piece meant to kill a pathogen in the body. It (the musical piece called Le Ciel) has shown signs of doing just that. My wife, I and others have found relief from cold and sore throat symptoms. In addition, the frequencies have been used to reverse swine flu symptoms that were resistant to Tamiflu.

Can these results be trusted? Many years of research substantiate the ability of music and sound to support optimal human form and function. What more can you ask? Do the techniques conform to the standards of conventional medical practice? No, but you can't argue with the results. How does it work? I don't think any of us can answer that yet. We only know that it does and that the public has a right to know about it.

In my case, standard medical practice had nothing to offer. I believe that frequency-based biomarkers that can be translated into music, hold the potential to change the face of medicine. This is too new, too innovative, too out there for people to wrap their heads around, but I'm living proof that it is real. It can help thousands of people who have been left with no conventional options."

REHABILITATION

In 1993, Bob Bethel, an attorney, survived a serious motorcycle accident that left his lower right leg severely damaged. Several major surgeries and hours of reconstructive surgery were required to create the illusion that his leg muscles were intact. Bethel's physicians had little hope for a complete recovery and told him to consider himself lucky to be alive.

Bethel moved back home to Ohio to recuperate. He had little hope that he would ever be able to practice law again and still less hope that his passion for tennis would be a part of his future. At a local grocery store, he bumped into a fellow tennis player. During this brief encounter, Bethel learned that a local company, Sound Health Alternatives, was conducting experimental research to evaluate the idea that low-frequency sound could be used to help regain muscle strength and control.

"I'm a lawyer and an engineer, so I was skeptical," Bethel said, but he had little to lose and nothing else had helped, so he decided to give it a try.

Today, Bethel is no longer a skeptic. "The swelling is gone. There is almost no pain. I had severe limping and could not run at all. Now I can run," states Bethel in a very matter of fact manner. "As we continue to work, I can move more, and I'm now matching Bill (the person he met in the grocery store) on the court step for step...something I never thought I would be able to do."

See Bob's story in the documentary, Miracles of Non-Medicine – <https://vimeo.com/126935179>

"Although we can work independently, we prefer to provide pre-management diagnostics to health and medical practitioners," Edwards said.

Work in this field, dubbed "BioAcoustics" by Edwards, is most closely akin to biofeedback and is just now being perceived as a complement to preventive health practices. Three courses in BioAcoustics are offered online for a certificate program. Edwards has presented dozens of papers to conferences across the country concerning her research and findings. She and Dr. Terrence Bugno presented a paper to the International Conference of Energy Medicine.

"BioAcoustics has a place in health care. We can assess clients, confer with their health care practitioners, and suggest programs of intervention. We provide insight into what may be happening with a person. We offer the opportunity to look at the body as a whole. Many times we can see directions that haven't ever been considered," Edwards said.

For people like Bethel, it is a miracle. He has his life back. Something he thought would never happen, once a skeptic, he now admits that BioAcoustics may be the medicine of the future.

"*Sonic Apothecary*," a video about BioAcoustics produced by Healing Vision Films, Inc., is available at area libraries for anyone interested in learning more about Sound Health technology.

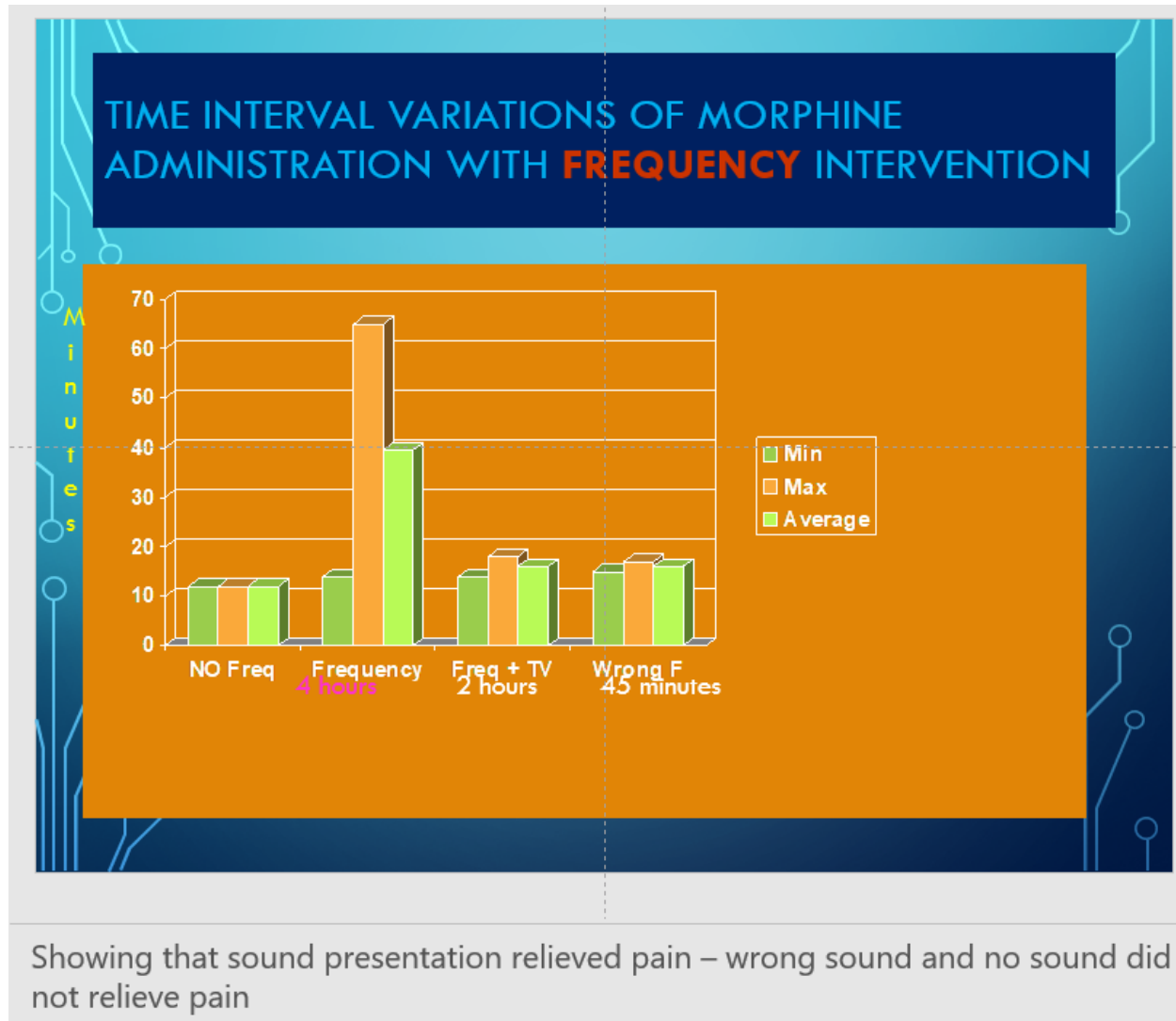
This article was reprinted from the article that appeared in the Community section of the Athens Messenger on Monday, Sept. 13, 1999.

Jesse – trauma – rehab -



Jesse – motorcycle trauma – “It is hard to describe what it’s like trying to move a muscle when your mind can’t control it, yet when you hear the sound, the muscle responds.

“At first they wanted to amputate my lower leg. Then they said I would never walk again. Now the nerve has completely regrown. I have full feeling. The pain alleviation alone was amazing. The pain was indescribable. I was on morphine for almost two and one half weeks with little effect. When the sound was put on there was an instantaneous relief of the pain.



In the U.S., the annual cost of motor vehicle trauma rehabilitation is significant. In 2019 alone, motor vehicle crashes cost society \$340 billion, covering medical expenses, lost productivity, legal costs, and emergency services. The total societal harm, factoring in quality-of-life impacts, was estimated at nearly \$1.4 trillion ([NHTSA](#)). Additionally, the total cost of motor vehicle injuries in 2022 was approximately \$481.2 billion, reflecting expenses related to medical consultations, rehabilitation, and more ([Injury Facts](#)). These figures highlight the massive economic burden associated with trauma care from vehicular accidents each year.

Elimination of Gout Pain

The Institute of BioAcoustic Biology & Sound Health, led by acknowledged BioAcoustic Pioneer, Sharry Edwards MEd, through her extensive research, has developed a unique technology that harnesses

the power of sound therapy to diagnose and treat various health conditions, including Gout.

Gout Background:

Gout, a form of inflammatory arthritis characterized by sudden and severe pain, swelling, and redness in the joints, has long been a source of discomfort and debilitation for those affected. Approximately 9.2 million people in the US experience gout pain flare-ups. This represents around 3.9% of the adult population.

Traditionally managed through dietary modifications, medication, and lifestyle changes, recent advancements in health technology are exploring new ways to detect and manage gout that does not include debilitating gastrointestinal side effects. Online sources report that one such advancement is the emerging field of vocal biomarkers, a promising area that leverages voice analysis to diagnose and monitor health conditions. This innovative approach could provide new insights into gout and offer alternative pathways to healing.

Understanding Gout:

Causes and Symptoms

Gout is caused by an excess of uric acid in the blood, leading to the formation of sharp, needle-like crystals in the joints. This often results in intense pain, typically affecting the big toe but also other joints such as the lower back, ankles, knees, wrists, and fingers. The condition is often associated with a diet high in purines (found in red meat, shellfish, and alcohol), genetics, obesity, and certain medical conditions. Recent studies have associated uric acid with diabetic joint pain.

The symptoms of gout can be unpredictable, with flare-ups occurring suddenly, often at night. The pain can be excruciating, accompanied by swelling, warmth, and redness in the affected joints. Over time, recurring gout attacks can lead to chronic joint damage and other health complications.

Vocal Biomarkers:

A New Frontier in Health Diagnostics

Vocal biomarkers have presented an innovative approach to health diagnostics, where the analysis of voice patterns can reveal underlying health conditions. Pioneered by researchers like Sharry Edwards, this field is based on the premise that the human voice reflects the body's internal state. By analyzing the frequencies and patterns within a person's voice, it is possible to detect imbalances and identify potential health issues.

In the context of gout, vocal biomarkers could provide a non-invasive method to monitor the condition. For example, changes in vocal frequencies might indicate an impending flare-up or provide insights into the body's inflammatory state. This could allow for early intervention, helping to prevent or mitigate the severity of gout attacks.

The Institute of BioAcoustic Biology & Sound Health has reported that their record for the relief of gout pain using specific low-frequency sound presentation is 16 seconds.

The Connection Between Vocal Biomarkers and Gout

The relationship between vocal biomarkers and gout lies in the body's biochemical processes.

Gout is linked to metabolic disturbances, particularly the abnormal production of uric acid. These metabolic processes are reflected in the body's frequency patterns, which can be detected in the voice.

By analyzing these patterns, vocal biomarker technology could identify signs of metabolic imbalance before they manifest as a gout attack. For instance, specific frequency disruptions in the voice might correlate with elevated uric acid levels or inflammation. This information could be used to adjust treatment plans, dietary recommendations, or lifestyle changes to prevent flare-ups.

Moreover, vocal biomarkers could also be used to monitor the effectiveness of gout treatments.

By tracking changes in voice patterns over time, healthcare providers might gain insights into how well a patient is responding to medication or other interventions. This could lead to more personalized and effective treatment strategies, reducing the frequency and severity of gout attacks.

Healing Through Sound:

The Potential of Sound Therapy

Beyond diagnostics, the concept of healing through sound, also known as sound therapy, offers another intriguing possibility for managing gout. Sound therapy involves the use of specific frequencies to promote healing and balance within the body. This approach is rooted in the idea that everything in the universe, including the human body, vibrates at specific frequencies.

When these frequencies are out of balance, it can lead to illness and discomfort. In the case of gout, sound therapy could be used to restore balance to the body's metabolic processes, potentially reducing inflammation and pain. While research in this area is still in its early stages, some practitioners of alternative medicine believe that targeted sound frequencies can help dissolve uric acid crystals that alleviate the pain associated with gout.

For example, low-frequency sound waves could be used to stimulate circulation and reduce inflammation in affected joints. Additionally, sound therapy might help reduce stress and improve overall well-being, both of which are important factors in managing gout. Although more research is needed to validate these claims, the potential of sound therapy as a complementary treatment for gout is an exciting area of integrating Vocal Biomarkers and Sound Therapy in gout management.

The integration of vocal biomarkers and sound therapy could represent a holistic approach to gout management. By combining the diagnostic capabilities of vocal biomarkers with the healing potential of sound therapy, healthcare providers might be able to offer more comprehensive and personalized care for those suffering from gout.

For instance, a patient's voice could be regularly analyzed to monitor for signs of imbalance allowing for early intervention before a gout attack occurs. Simultaneously, sound therapy could be used as a preventive measure or to alleviate symptoms during an attack, offering a non-invasive and natural approach to pain management.

While these concepts are still emerging, they highlight the growing interest in non-traditional methods of healthcare that focus on the body's natural frequencies. As research in vocal biomarkers and sound

therapy continues to evolve, there is potential for these technologies to play a significant role in the future of gout management and overall health.

Exploring the Intersection of Sound and Health

Dr. Murphy was participating in BioAcoustic Vocal Profiling Training for medical professionals in which the class was evaluating the potential of pain relief using low-frequency sound. Being both skeptical and curious, he inquired if there was a sound that would eliminate gout pain. His big toe often swelled, turned red and was very painful if he ingested certain foods or drink. Imbibing Whisky caused the most pain for him.

The class decided to set up an experiment as a group intervention. Sure enough, the sound frequency combination that had been identified the year before, not only relieved the pain almost instantly but began to obviously decrease the redness and swelling.

The event was recorded, and we are making the 2002 class recording available to the public to show that Dr. Murphy was incredibly pleased that the sounds successfully relieved his discomfort. A Perspective on G-OUT Link: <https://tinyurl.com/62mdvjr6>

Conclusion:

The Future of Gout Management

Gout remains a challenging condition to manage, with flare-ups causing significant pain and discomfort. However, the advent of vocal biomarkers and the exploration of sound therapy offer new avenues for diagnosis and treatment. By leveraging the power of sound and voice, these innovative approaches could revolutionize the way we

understand and manage gout, providing patients with more personalized, effective, and holistic care.

As the science behind vocal biomarkers and sound therapy advances, we may one day see these techniques integrated into mainstream healthcare, offering a new standard of care for gout and other metabolic disorders. Until then, the intersection of vocal biomarkers, sound therapy, and traditional gout treatments represents a promising area of exploration for those seeking alternative and complementary approaches to healing.

September 2024 BioAcoustic SUMMARY:

BioAcoustic Frequencies active for the month of Sept 2024 – these frequencies are cyclical each year depending on what frequencies are bombarding the earth. Kepler and Pythagoras both tried to explain the phenomenon of Orbital Resonances. Kepler reported that the frequencies of the movements of the planets are heard by our soul and establish our health equilibrium and personality traits.

Do your joints ache? It is likely that some nasty Prostaglandin frequencies that cause inflammation and pain are active during September if the body is too acidic. Try laying off those acid-producing foods (flour, grains, sugar, beans, alcohol, shrimp) until the end of next month. You may think your Gout is acting up, but it is just the inflammation-causing foods. *Wheat Belly* by William Davis explains the relationship between joint/muscle pain and the inflammatory response from foods.

Muscles in stress – the rectus abdominis frequencies are still active- along with the iliacus and muscles of the lower back.

DDT has been outlawed for many years but those of you over 50 years of age might feel some muddled thinking and dizziness. DDT is a pesticide that was commonly sprayed in the presence of humans, especially school children. It lays down on the stomach muscle – rectus abdominus - since they are the same frequency and may be the toxin that is causing that round of fat around your midsection. Fats lay down more readily on muscles that have the same frequencies. There are plenty of good detox protocols out there – check the internet.

For this month, put a watch on anything that flares your ulcer – those frequencies will be coming in by mid-month.

Several pain medication frequencies will be active in the next month. Depending on your brain dominance, you may need more or less medication to remain pain free and stable. This is not medical advice, just letting you know to be vigilant about your reactions to pain meds.

Soy proteins (tofu, soymilk, veggie burgers, salad dressings, margarine-like spreads, dark sauces such as Tamari and Teriyaki) come into play on the first Tuesday of the month. Soy allergy symptoms might include asthma-like breathing issues, tingling in your mouth, itchy skin, nausea, drop in blood pressure, loss of sensation of lips, diarrhea, fuzzy thinking. Many foods you would not suspect contain soy; best to read the label.

Myosin, a family of proteins that helps the body rebuild (from hair follicles in the ear, kidney, and nose to actual muscle integrity involvement), along with ATP, come into play during this month. Myosin works closely with Actin which helps create microfilaments used to rebuild the body. Tinnitus is associated with myosin and actin stress.

Cytochalasin B is a mold referred to as a mycotoxin that strongly inhibits Actin and glucose transport and supports platelet aggregation. Cytochalasin is involved in food spoilage and fungal virulence.

Papain is an enzyme from papaya. It helps break down tough meat fibers. As a powder it is sold as a meat tenderizer. As a paste it can be used for bee stings since bee venom is made of protein. Papain is an ingredient in some toothpastes, mints, and tooth whiteners. WOW: It has been known to interfere with urine drug tests for cannabinoids.

Bromelain is an enzyme from fresh pineapple. It may slow blood clotting and is used as a tenderizer. As a protein-digesting enzyme, it may be a potent anti-inflammatory, and prevent pulmonary edema (water in the lungs). The list of uses for Bromelain is broad: from relaxing muscles, stimulating muscle contractions, slowing clotting, improving the absorption of antibiotics, preventing cancer, shortening labor, and helping the body get rid of excess fat.

Clotting Factors are obviously stressed for the month of Sept. Check your vulnerability at SoundHealthPortal.com – Coagulating Factors.

Muscles of the lower back and hips come into stress in mid-September, the Quadratus Lumborum (lower spine diagonal to hip crest) and Psoas (which help stabilize the hips).

Toxin - Mercury that is in your mouth and in the vaccinations that are given to your child are active until the third Wednesday of Sept. It is injected into our children, but it must be handled as a severe toxin by your dentist when it is removed from your teeth. Go figure!

Vitamin in Stress - Vitamin K4 from green leafy vegetables is active and is involved with blood-clotting proteins.

Bacteria in stress during Sept - Staphylococcus aureus, a bacterium, is commonly found in the human respiratory tract especially after a hospital stay. It is responsible for skin infections, food poisoning, pneumonia, meningitis, osteomyelitis, endocarditis, toxic shock syndrome and serious skin issues such as impetigo, boils, cellulitis, MRSA, wound and respiratory infections. Each year 500,000 people contract a staphylococcal infection in American hospitals. Chlamydia Pneumonia is a bacterium that infects humans and is a major cause of pneumonia and sinusitis. Staphylococcus is known to disable antibodies.

Specifically Sept – Week 1 -

Biochemical and muscle-supporting energy comes into full stress this week. That backache is likely from weak stomach muscles. The Krebs (Energy Cycle) of the cells is coming into stress from several angles. Your local health food store will likely have supplements that support the Krebs cycle – starting with Potassium and magnesium. Blood clotting to fatigue will plague the population this week. Bioflavonoids and pyruvate may be helpful.

Muscles influenced this week: For this week mostly back and shoulder muscles are in stress. Remember that the stomach muscles need to be considered important back support.

Interspinales: We take the spine for granted, but it is made up of a significant number of muscles and nerves which enable it to support us physically and in so many other ways. There are layers of muscles in your back that attach to, and around, the spine. The interspinales muscles are in the deep muscle group. So, if your back is providing you pain signals, it may mean that some weakness exists. Exercises for this

muscle can be found online or visit your local gym for assistance.

[Source: Anatomy Zone "Interspinales"](#)

Semispinalis Thoracis: Another back muscle - this one originates from the Sixth Thoracic Vertebrae and extends to the Cervical 6th Vertebrae, which is about half of the back and the first part of the neck. This large muscle allows us to extend the cervical part of the spine (i.e., your neck) and the thoracic section of your back. It also allows us to flex those same parts of the body side-to-side as well as to rotate them. [Source: Get Body Smart - "Semispinalis Thoraces Muscle"](#)

Supraspinatus: This muscle assists your deltoid (one of the shoulder muscles) to begin the action of abducting the arm. It also assists with keeping the shoulder stabilized. [Source: Get Body Smart "Supraspinatus Muscles"](#)

Infraspinatus: Another shoulder muscle, this one being 1 of 4 muscles in your rotator cuff. Specifically, this one externally rotates your humerus bone and keeps your shoulder joint stable. [Source: Get Body Smart "Infraspinatus Muscle"](#)

Rectus Abdominus: This is a large muscle of the abdomen that countervails the action of your diaphragm, but it does so much more, as indicated by InnerBodyImage, a website, in the following quote:

The rectus abdominis muscles, commonly referred to as the "abs," are a pair of long, flat muscles that extend vertically along the entire length of the abdomen adjacent to the umbilicus. Each muscle consists of a string of four fleshy muscular bodies connected by narrow bands of tendon, which give it a lumpy appearance when well defined and tensed. This lumpy appearance results in the rectus abdominis muscles being referred to as the "six-pack."

The name rectus abdominis comes from the Latin words for “straight” and “abdominal,” indicating that its fibers run in a straight vertical line through the abdominal region of the body.

The rectus abdominis muscle performs the important task of flexing the torso and spine in the abdominal region. It does this by pulling the ribcage closer to the pelvis. The rectus abdominis can also tense to contract the abdomen without moving the torso, as in sucking in one’s gut. This results in increased pressure within the abdominopelvic cavity and is useful to push substances out of the body during exhalation, defecation, and urination. [Source: Inner Body “Rectus Abdominis Muscle”](#)

Gluteus Maximus: Your largest sitting muscle, of course.

Biochemicals/Nutrients in stress this month:

Potassium Phosphate Cell Salt: We have not seen cell salts in a while. Not often talked about in general, or even alternative media, they are really amazing. Little tiny pills work from the cellular level to support your body, in its efforts to self-maintain and self-heal, in so many ways. This particular cell salt works in the nerves and muscles of the body, helping the body to address such things as nervousness, so-called “nervous heart trouble,” melancholy, and sleep discomfort, as well as learning disorders. [Source: Schuessker Cell Salts “No. 5. \(6\) Potassium phosphate - Kali Phos”](#)

Arginine: This is an amino acid that has been found to have a powerful impact on several body systems and is used in certain medications (Ibuprofen) and the following medical treatments:

- Congestive heart failure;
- Chest pain;

- High blood pressure;
- Coronary artery disease;
- Intermittent claudication (leg pain due to blocked arteries);
- Chemotherapy;
- Fighting weight loss in AIDS patients;
- Reducing infections;
- improving wound healing;
- Shortening recovery time after surgery;
- In the elderly, decreased mental capacity (i.e., senile dementia);
- Erectile Dysfunction; and
- Male Infertility

Week 2

This week continues to support inflammation in joints and muscles. The literature reports that this is from too much acid and suggests one teaspoon of naturally fermented vinegar in water can help balance pH –

Energy cycle faults continue to cause fatigue. Many of the people who have had Covid, or the shots report extreme fatigue - NAD (nicotinamide adenine dinucleotide) – has been helpful. It is an important co-enzyme for the body's energy cycle and has been reported to support many biological processes within the body – link - <https://www.bulletproof.com/supplements/dietary-supplements/nadh/>

Oxytocin, the human bonding biochemical becomes active this week.

Blood clotting issues continue this month along with iron stress. The Obesity gene comes into play on the 18th – Check your voice by doing a BioDiet check at SoundHeathPortal.com.

Serotonin – a neurotransmitter associated with mood comes into stress this week along with support for nerve sheathing. Nerves may attempt to reconnect which causes intermittent quick pain bursts. That is good news if they don't continue for long. Ulcer symptoms continue to hang on until the last week in Sept.

Week 3

Pay close attention to your heart this week, cardiomyopathy frequencies are in stress this week along with troponin – an indicator of heart damage. Blood pressure indicators start to rise this week. Back stress continues into early Oct. Use your free nutrient software provided in our guest level course to monitor your mineralization as bone health stress begins now. -SoundHealthOptions.com – CLASS tab

Adrenal stress is solid this week – you may want to give people more “space” to work out their issues. This is especially important with Spike Protein on the rise; some of which influence your God Gene which supports empathy and family bonding.

Flu frequencies come into play at the end of the week.

Week 4

Milk protein is the most prominent frequency activated this week. Milk allergies can cause sinus, throat, bronchial and lung issues.

Streptococcus pneumonia pathogens will come into play by the end of the week. Vitamin B2 is activated on Wednesday [Riboflavin is a B vitamin. It can be found in certain foods such as milk, meat, eggs, nuts, enriched flour, and green vegetables.]

The gene that is most in stress is familial Alzheimer's but at the same time the herb, Curcumin, is active. Curcumin is often touted as a spice that can dissolve deadly brain plaques that can cause Alzheimer's [Curcumin comes from Turmeric, an herb].

Edema might be in the air as the mineral, Sodium comes into play on Monday. You might find yourself craving salt-loaded fries or chips.

The Multifidi muscle, along with the Iliocostalis lumborum continues to stress the back in general, and specifically the lower back.

For those, whose ph. (acid/alkaline) balance might make you susceptible to Scabies - severe itching (pruritus), especially at night, is the earliest and most common symptom. Utter Balm is a sheep lanolin-based salve that may help. So may Campho Phenique salve or liquid (local Walmart).

A toxin – food additive high on the active list this month: MSG (Monosodium Glutamate) is contained in steak sauces, salad dressings, meat tenderizers, as a flavor enhancer in many packaged foods such as Hamburger Helper, Lipton's Onion Soup Mix and Progresso's and Campbell's soups. Sauces, gravy mixes, Bacon bits.... also contain high amounts of MSG. Many fast-food restaurants and Chinese restaurants utilize it. Snack foods (Pringles, Doritos, Planters nuts, Cheese-Its...) are frequently enhanced with MSG.

Reactions can be slight to severe from burning feelings in chest, arms and face, chest pains, headache, fatigue, heart palpitations, numbness, sweating and nausea. The incidence of reactions to MSG has become so prevalent that it has a name: Chinese Restaurant Syndrome.

Some people claim that taking B vitamins, particularly B6, before you eat will help eliminate some of the symptoms. Long term reactions to

MSG can include stiff joints and connective tissue disorders, such as Carpal Tunnel.

The pathogen in stress for the next few days is *Borrelia* – a strain of Lyme disease.

Muscles include the tailbone area and above along with the muscles of the lower leg. Secondary muscles just coming into stress are the eye muscles and thumb.

Insulin becomes vulnerable on Monday along with Zithromax (Z-pak) which is nearly the same frequency as one type of insulin. Vasopressin, a biochemical that helps regulate blood pressure and blood sugar plays a part in blood glucose frequency balance over the next few days.

If you are interested in learning more about our work or exploring potential collaboration opportunities, please do not hesitate to reach out.

Frequencies to eliminate the stress of gout pain almost immediately are available to the public. No one should be made to suffer gout pain any longer. There are over 6 million people worldwide who report gout pain. Many specialty toneboxes including G-Out can be found here: bioacousticsolutions.net/store

Stroke Recovery

On November 9, Hector Flores suffered a stroke. Immediately we could see that there was damage on the right side of his body. His leg dragged, his arm was limp, he could not form a fist, the right side of his mouth was drawn downward, and he could barely speak.

Within two weeks Hector began intense physical and speech therapies. Sara Taylor, MA, CCC-SLP, speech therapist at Ohio University Hearing, Speech and Language Clinic collaborated with him for fifteen months. He made good progress with her, but only regained about 60% of pre-stroke speaking abilities. Emotionally, Hector was depressed that although he was better physically, he still could not carry on a conversation. He was only able to speak in five- and six-word sentences.

By June 2011, Hector was nineteen months from the stroke. His cardiologist, Gary Cordingly, MD, had told us that at twenty-four months the average stroke victim

has maxed out his physical recovery.

It is thirteen months since then. Hector has his own sound box specific to his needs and an amplifier so that he can listen to the tones several hours a day while watching TV, visiting, or reading. His tones have changed, and his progress continues. His speech is 80-85% recovered. He is able to converse with people and talk on the telephone. Although the stroke damaged brain cells, the sound therapy continues to stimulate his cells to find alternative paths to allow his speech to improve.

We firmly believe that other RSC clients could benefit from sound therapy.

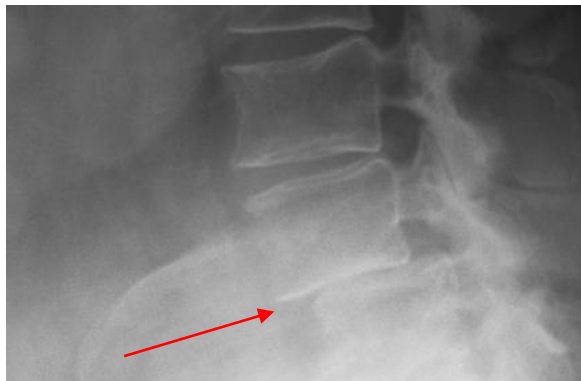
...by Connie Flores, Wife of Hector

Confirmation with a look inside using Voice analysis

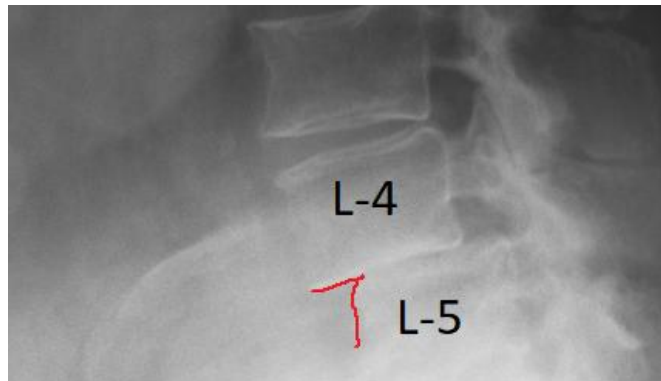
2015 was the year that the author of this article fell off a two-story balcony fracturing her back in three places (T-12, L-1, and L-3) and smashing a few facial bones. A month in rehab wearing a body brace made walking possible. But now years later, the returning back pain is intense. Could anything be done? The frequencies associated with L-4 kept showing up in my computerized vocal print, but I wanted confirmation because L-1 was not a part of the original injury.

X-rays show misalignment of L-4 and L-5. Surgery was suggested.

View 1



View 2



[Anterolisthesis is an abnormal alignment of bones in the spine and usually affects the lower back. It occurs when an upper vertebra slips in front of the one below. Pain is often the first symptom of anterolisthesis. Misaligned vertebrae can pinch the nerves, and this can have painful and debilitating consequences. Other parts of the body, such as the arms or the legs, can also be affected by anterolisthesis.]

BioAcoustic Report showing L-4 as a priority. Multiple reports thru Feb-Mar show stress at L-4

GNS

Freq Hits

Wave

BioBundles

Memo

Export to

Freq Hit Report

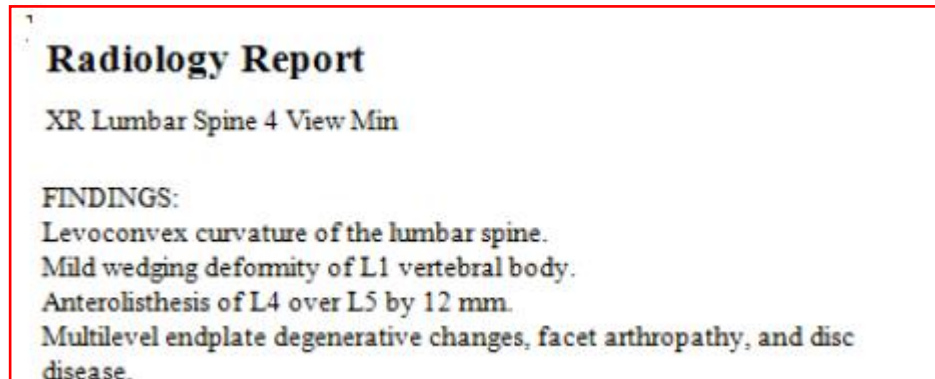
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Search

☐	CATEGORY	NAME	TAG	RELEVANCE	TEMPLATE	USE
☐	Muscle - spine	Lumbar Vertebrae L-4	L	29	Maintenance & Repair™	Nervous system control: prostate gland, muscles of the lower back, sciatic nerve
☐	Muscle - spine	Lumbar Vertebrae L-4	L	29	Maintenance & Repair™	Hip flexion, lateral rotation and adduction of thigh
☐	Muscle - spine	Lumbar Vertebrae L-4	L	29	Maintenance & Repair™	spine
☐	Muscle - spine	Lumbar Vertebrae L-4	H	29	Maintenance & Repair™	Nervous system control: prostate gland, muscles of the lower back, sciatic nerve
☐	Muscle - spine	Lumbar Vertebrae L-4	H	29	Maintenance & Repair™	Hip flexion, lateral rotation and adduction of thigh
☐	Muscle - spine	Lumbar Vertebrae L-4	H	29	Maintenance & Repair™	spine
☐	Muscle - spine	Lumbar Vertebrae L-1	H	23	Maintenance & Repair™	Nervous system control: large intestines, inguinal rings
☐	Muscle - spine	Lumbar Vertebrae L-1	H	23	Maintenance & Repair™	With other spinal nerves, lateral flexion of vertebral column; hip flexion
☐	Muscle - spine	Lumbar Vertebrae L-1	H	23	Maintenance & Repair™	spine
☐	Muscle - spine	Lumbar Vertebrae L-5	H	17	Maintenance & Repair™	Nervous system control: lower legs, ankles, feet
☐	Muscle - spine	Lumbar Vertebrae L-5	H	17	Maintenance & Repair™	Thigh abduction medial rotation, dorsiflexion and inversion of foot, extends big toe
☐	Muscle - spine	Lumbar Vertebrae L-5	H	17	Maintenance & Repair™	External rotation and hip flexion and abduction, supports extended knee
☐	Muscle - spine	Lumbar Vertebrae L-5	H	17	Maintenance & Repair™	spine

The contributing events were identified through the frequencies of the voice without expensive, intrusive machinery and showed that vocal analysis can be done remotely.



Using the frequencies assigned to L-4 and L-5 together in specialized formulations creates the frequency associated with Ankylosing spondylitis – which my grandfather and aunt lived with for many years. This brings to mind that the body is consistently Mathematical, even genetically. Could we be math-based sentient robots that can be supervised and managed using the math of the voice?

How important is the truth?

Complete Benghazi hoax perpetrated by Hillary and Obama from the airport hangar bringing back the bodies, can be found page 33, Biggest Liar – <https://tinyurl.com/tswtmnhy>. It was originally published by

Sound Health as an untruth shortly after the event. CBS news in 2013 came under fire for exposing the false Benghazi message being perpetrated by the government.

The Magic of Math as Medicine

Trusting in math can answer questions that have remained a mystery for conventional medicine. Using math, it can be shown that the frequencies that manage the body are redundant across body systems. The Cornea of the eye and blood sugar are the same frequency thereby potentially explaining why diabetics have issues with loss of vision.

There are thousands of these mathematically relationships that explain everything from obesity to depression.

Proof of concept

Studies show that the human voice can substantiate the fact that people who share similar vocal architectures, share similar health and personality issues. These Signature Sounds were known to our ancestors. The data brings together ancient knowledge with modern ideas of harmonics and frequency relationships to show that math can be used as forms of predictive, diagnostic, and curative foundations for wellness.

Through entrainment of the frequency grids of the brain, the body can be programmed to support its own optimal form and function. The essential element is accurately identifying the appropriate/significant frequencies associated with each individual.

String theory proposes that infinitesimally small strings create our bodily structure, but it does not answer the question of how this transformation occurs. The brain communicates using the language of frequency and has the ability to reveal individual DNA/RNA templates that have the potential to promote and extend life. Sharry Edwards' work provides many of these answers as to how these theories can be put to use to bring the Truth to the surface about who we are, how we got here and where we are going in terms of our intentions and health.

Is frequency our new medicine or an ancient mystery revealed? There have only been a few modern keepers of the Holy Grail mysteries. Sharry Edwards has been identified as one of the extraordinary beings walking the earth to bring forth the secrets kept from mankind. Her work has helped identify the hidden Codes of life that add meaning and new dimensions to our existence. She will likely be best known for her ability to bridge the gap between the ancient, the esoteric and the scientific realms of human evolution.

Her ability to hear a space is astonishing. To walk with her into a room, watch her tilt her head and then sing a vocal pure tone (supposedly impossible for a human) that causes the room to echo back is a spine-tingling experience. She can also sing the sounds of nearly any vessel, a person, a thought, compound or animal. Even though she has now crossed the bridges of 7+ decades, she is still discovering unique qualities about her voice and ears.

She laughs as she explains that she was uninvited to a sound healing conference by an organizer stating that she has no musical talent, nor did she play any instrument. Edwards' unusual vocal abilities are likely one of the most unique musical voices on the planet. She cites her ability to "hear" the signature sound of almost anything as the reason that she has the ability to tap into the hidden nature of the universe via numbers.

Edwards believes that her work is well on the way to providing the proof that, at our core, we are very sophisticated, but mathematically managed, frequency-based entities.

She asks that we imagine a future in which we can be individually identified and maintained through our math matrix to permanently establish and maintain ourselves as healthy and emotionally balanced. Her work at the Institute of BioAcoustic Biology has shown that we can each have dominion over those frequencies by individual mind management or a simple, completely programmable remote control.

In the near future biofrequencies, as an indicator of health, will become as common as taking your temperature or blood pressure when you visit your

healthcare provider. MIT, several universities, and the Mayo Clinic are working with these principles; with AT&T declaring that “bioacoustics is the medicine of the future.”

The ancient idea of Signature Sounds combined with modern techniques of Vocal Profiling utilize the premise that the body can identify and prescribe for itself using the algorithms of vocalized frequencies to accurately quantify, organize, and extrapolate biometric information.

The science of BioAcoustics brings together ancient knowledge with modern ideas of harmonics and frequency relationship theories to show that math can be used as a form of predictive, diagnostic, and curative foundation for wellness. Through entrainment of the frequency grids of the brain, the body can be programmed to support its own optimal form and function.

Edwards explains that her research supports the idea that Health for THE PEOPLE, by THE PEOPLE, is making room for self-responsibility in health care.

Dissatisfaction in the present systems leads to a demand for change but we also realize there are obstacles to it. Edwards has created an open-to-the-public WorkStation that provides information and software as Tools & Solutions for Vocal Profiling that promotes SELF-HEALTH at SoundHealthPortal.com.

No one argues that our present health care system is in crisis or that people are seeking alternatives. Buckminster Fuller said “In order to change something, don’t struggle to change the existing model. Create a new model and make the old one obsolete.” Edwards, with her small, yet highly innovative educational research facility, is striving to do just that.

Edwards has created a BioAcoustics-based alternative Health Care System, she intends to share it with THE PEOPLE and leave those who insist they know what’s best for us, in the dust.

Vocal Profiling has the ability to let us know the intentions of our leaders; the motivations of our partners; the foundation of our sense of Self-Health and wellbeing. Would those abilities be of value in the struggle to attain dominion over our intrinsic right to personal freedoms?

From birth to death, we use sounds to express our needs and emotions, but there are additional layers of information hidden within the words. In modern times we possess only limited conscious awareness of this information for ourselves or as a means to interpret the intentions of others.

Vocal Profiling software has been developed that can use the components of the voice to create a matrix of information about anyone, from fundamental DNA to the hidden intentions of those who claim to speak for us.

Sharry Edwards has been accused of being too scientific by some, too esoteric by others. In actuality she is a bridge between both fields of inquiry. She is an acknowledged pioneer in the emerging field of Human BioAcoustic Vocal Profiling. She has for many years provided the leading-edge research to show the voice as a holographic representation of the body that can be used to change the face of medicine.

Edwards' intention is to demonstrate how the present system of health and governmental tyranny is both a tragedy and an opportunity.

Our brain is the central processing unit of our body that initiates and circulates frequencies throughout our vast neural networks, providing directives and power to keep our bodies in exacting homeostasis (healthy balance). This indicates that even unspoken, thought can become our guiding force in keeping us healthy, emotionally balanced, or potentially controlled through electronic means.

We are on the precipice of learning to use the individual sounds exhibited by the body as intrinsic, individual healing directives. Edwards has opened the door to that possibility.

For centuries curious minds have attempted to compare sounds, light, emotions, disease states... with the health and maladies of the human condition.

Finding your own voice takes on new meaning if you begin to consider the possibility that the sounds of your voice may be a holographic representation of all that you are.

Everything that happens to the body reaches the brain as biofrequencies that are then sorted, routed and assigned an interpretation but it seems, in modern times, that we carry very little conscious awareness of this information. Did we as a human race forget, or were we forced to abandon, a great deal of our intrinsic abilities to glean information about another person simply by hearing their voice?

Down through the generations, the idea that humans are fostered and driven by ancient numeric codes has intrigued many scientists and visionaries. The popularity of publications such as the *Da Vinci Code* and *The Symbol* by Dan Brown has sparked interest in the possibility that a great deal of knowledge has been kept hidden from all but the elite of humankind. Is the idea that we have dominion over our lives through our thoughts and intentions an intrinsic fact of human spirit? Can we in truth chant the words and create our Reality?

As man evolved,
language became levels
of intricate harmony
nestled within structures
of great elegance that
carried meaning and
allowed understanding.

The obvious success of the tide-turning movie, *The Secret*, showed that people are ready to accept the fact that we can think or say something and have it manifest. Have we matured enough to receive the bounty of consciousness-produced reality with wisdom? Do people really know what they want, deep down, devoid of old parental “tapes,” advertising, peer pressure, the “oughts” and “shoulds” that we are subjected to every day?

If we want to manifest our neighbor’s car or wife for ourselves is this a lack of respect or our basic right of conscious intention? If we accept the reality that we all fit perfectly into the perfectly conceived, perfectly interlocking puzzle of life, then how can we allow any two people to want the exact same item? Someone would do without and therein resides a basic problem. If we both pray for the same thing, who gets the prize? So how can someone “program” their lives with

the voice of prayer and mantra without bumping into the needs and rights of others?

Many spiritual leaders, throughout the ages, have claimed that we have the power to be who we want to be, to have what we want. It could be that the world is designed perfectly and if we really knew the ideal life to manifest, then everything would be in harmony. But how can we ever know what will perfectly balance our lives? How can we know what we really want underneath the layers of greed and need?

We can find our true voice. Nothing is hidden from your own voice. You may be able to lie to your friends or deceive yourself with your words but the voice does not lie. Vocal Profiling computer software has been built that can evaluate the frequencies, architectures and harmonics of your voice. Vast frequency-based data banks can now be used to create a report of what you really think, who you are emotionally and the status of your health. The frequencies missing from your voice are just as important as those that are present. An entire matrix of information, from your DNA to your partner preferences can be evaluated.

Using this modality, your voice can be used to reveal who you really are under the layer of public personality you have created. This is an opportunity of the human race to break free of all of the deceit and deception that we live with on a daily basis.

What would our world be like? Our legal system would be unneeded if your true voice could be so easily read: Unsound relationships would crumble, businesses would fall because for the most part, our world is built on what we can keep hidden from those who think they know us.

Vocal Profiling has the ability to let us know the intentions of our leaders, the motivations of our partners, the pathway to our sense of self. Would that be of value or an avenue toward destruction?

What would the world be like if everyone only spoke the TRUTH? Can you imagine a society where we are all known by our frequency signatures that people could read via a voice that truly represented who we are? Could finding our true voice allow us to create a world full of grace and dignity?

We loudly proclaim that truth should be valued as a virtue. Should it have taken a computer program for us to discover our internal truth and clarity?

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BioAcoustics doesn't have all of the answers but has enough to know that we have a very good beginning to provide proof of concept of healing through frequencies. For the astute healer or investor, taking on the task to bring this to the world should be a no brainer.

We need practitioners and trainers.

Pioneering BioAcoustics: The Sharry Edwards Story

Introduction: The Power of Sound—A New Frontier in Healing

From the beginning of time, sound has shaped our lives. It has inspired revolutions, lulled us to sleep, connected us to one another, and echoed across history through music, speech, and silence. But what if sound could do more than move us emotionally? What if it could heal us—cell by cell, system by system, and frequency by frequency?

This is the revolutionary insight behind the life's work of Sharry Edwards, a pioneer in the field of BioAcoustic Biology. For decades, Sharry has pursued a bold, unconventional truth: that the human voice contains critical information about the health and functionality of the body—and that sound, when properly calibrated, can restore physical and emotional balance.

"Sound is not just heard—it is felt, absorbed, and interpreted by every cell in the body." —
Sharry Edwards

Her work represents a fusion of ancient wisdom and emerging science, combining principles of resonance, frequency medicine, and systems biology with cutting-edge technology. Where traditional medicine often looks to suppress symptoms, Sharry's approach invites us to decode them—to listen for the messages our bodies are already sending.

Sharry's journey began with a gift—a heightened sensitivity to sound that allowed her to perceive what others could not. As a child, she could hear dissonance in a person's voice and intuit their state of wellness long before symptoms appeared. Over time, this innate ability transformed into a structured method that could be taught, tested, and scaled.

"In a world increasingly overwhelmed by chronic illness and pharmaceutical overload, Sharry's work offers something different: simplicity, accessibility, and empowerment."

Sharry's work represents a fusion of ancient wisdom and emerging science, combining principles of resonance, frequency medicine, and systems biology with cutting-edge technology. Where traditional medicine often looks to suppress symptoms, Sharry's approach invites us to decode them—to listen for the messages our bodies are already sending.

Her belief—that the human voice holds critical health data and can be used for both diagnosis and healing—is not just revolutionary; it's restorative. It reconnects us with our own body's intelligence and gives us tools to care for ourselves in real time, with precision and grace.

In this book, we explore the woman behind the science, the evolution of her method, and the real-world applications that are transforming lives. We also look to the future, where sound-based diagnostics and therapies may become as common as blood pressure cuffs and thermometers. In a world increasingly overwhelmed by chronic illness and pharmaceutical overload, Sharry's work offers something different: simplicity, accessibility, and empowerment.

"We each carry a unique frequency signature—our health lies in maintaining its harmony." — Sharry Edwards

This is not just a biography. It's a call to reimagine what healing looks like. To question what we've accepted as normal. And to reclaim the profound intelligence of the human body—by listening to the one instrument we all carry: our voice.

Welcome to the frontier of sound. Welcome to the revolution.

Chapter 1: A Voice Beyond the Norm

Born in the Appalachian foothills, Sharry Edwards grew up hearing what others could not. Voices, yes—but also frequencies. Her perception extended into a realm most people never sense: the subtle variances in pitch, tone, and vibration that carry biological meaning. Where others simply listened to sound, Sharry experienced it as a language—one that spoke of health, emotion, and internal imbalances.

"I never just heard voices—I heard information, imbalance, potential." — Sharry Edwards

As a child, she often startled others by pointing out oddities in their voices or predicting illnesses before symptoms became visible. Her family, though bewildered at times, began to notice that her insights were more than coincidence. She would say, "Grandma's voice sounds tired today," and a few days later, Grandma would be in bed with the flu. While these observations were dismissed by many as childish or imaginative, they were seeds of something much deeper.

Growing up in a region rich in oral tradition and folk remedies, Sharry's abilities were sometimes seen as a mystical gift—though not always with warmth. Neighbors whispered. Teachers raised eyebrows. Some were fascinated; others were unnerved. But Sharry remained undeterred. Even at a young age, she understood that what she heard wasn't magic—it was math. It was structure. It was signal.

By her teenage years, Sharry had developed a deep love for music, but also frustration that no one seemed to grasp what she was hearing. She kept notebooks full of observations about voice

fluctuations and people's health, often drawing rudimentary sound waves by hand. She became obsessed with the question: *What if this isn't imagination? What if there's something measurable happening here?*

She began performing small experiments. With an old cassette recorder and a tuning fork, she documented the voices of friends and family members over time. She noticed that when someone was stressed, the upper frequencies in their voice would become jagged or disappear entirely. When someone was joyful, their vocal pattern was more rounded, harmonious, and full-bodied. She couldn't explain it yet—but she could feel it, chart it, and predict it.

"Even in silence, the body speaks. And often, it speaks through sound we've been taught to ignore." — Sharry Edwards

One early breakthrough came when her cousin, normally energetic, began sounding flat and dull. Sharry noted the change and asked if she felt sick. The cousin shrugged it off. Days later, she was hospitalized with appendicitis. These moments—small, profound, and often private—shaped Sharry's belief that the voice was not merely expressive; it was diagnostic.

In high school, she began to give informal talks about what she was discovering. Her peers didn't always understand her ideas, but they were intrigued. Her teachers were puzzled, unsure whether to praise her curiosity or steer her toward more traditional paths. Sharry knew she was standing at the edge of something big, even if no one else could see it yet.

This chapter of her life wasn't filled with lab coats or grants or clinical trials. It was filled with questions, cassette tapes, and intuition sharpened by relentless observation. Long before she coined terms like "Vocal Profiling" or founded an institute, Sharry Edwards was already laying the foundation for a new field—one voice at a time.

Chapter 2: The Making of a Maverick

Despite resistance, Sharry pursued her questions. Lacking institutional support, she began early experiments with frequency analysis on friends and family. Her unorthodox ideas alienated traditionalists but opened the door to discoveries few had imagined.

"Sometimes, you have to build your own laboratory with nothing but questions and courage." — Sharry Edwards

Sharry enrolled in music, biology, and communications programs, hoping formal education would provide answers. But the more she studied, the more she realized her insights didn't quite fit the curriculum. Professors spoke of pitch and harmony in music theory, but not how

stress affected tone. Biology classes taught about cells and organs, but not how vocal frequencies might reflect biochemical processes. So she became her own researcher—reading textbooks by day and running frequency experiments by night.

In the absence of lab equipment, she improvised. She borrowed an oscilloscope from a local repair shop and learned to use tuning forks and cassette tapes to analyze vocal fluctuations. Her kitchen table became her lab bench. Her siblings and neighbors became subjects. Patterns emerged. She discovered that people who experienced chronic fatigue often had a dip in mid-range vocal frequencies, while those with inflammation had excessive sharp spikes in the lower spectrum.

She started organizing her observations. Notebooks filled with scribbled frequency charts, symptoms, and correlations. Over time, her collection of vocal samples became a crude but valuable archive. Each tape held a story, each frequency graph a possible roadmap to wellness.

Sharry also began attending alternative health seminars, not as a student of the systems they taught, but to test her own ideas in a broader community. She would bring recordings and charts, looking for parallels in what naturopaths and chiropractors were diagnosing manually. To her surprise, her findings often matched.

Yet, gaining credibility was an uphill battle. Mainstream scientists dismissed her ideas as pseudoscience. Doctors scoffed. Grants were denied. But in her community, the people she helped spoke loudly. A woman whose chronic migraines had baffled doctors reported relief after weeks of tone therapy. A child with severe anxiety improved dramatically when exposed to calming frequencies tuned to his vocal gaps.

"I didn't need validation—I needed verification. And I was getting it, person by person." — Sharry Edwards

Sharry's early years as a maverick were marked by determination, resilience, and a deep belief that what she was discovering mattered. She wasn't merely exploring sound—she was building a bridge between the invisible and the measurable, between voice and vitality.

Her approach was grounded in one key principle: the voice doesn't lie. It is an involuntary, real-time report of the body's state. And if it could be measured, it could be decoded. And if it could be decoded—it might be healed.

Chapter 3: Finding Her Frequency

It was during a pivotal health event in her community that Sharry truly began to understand the healing potential of sound. A local man suffering from a severe neurological disorder—tremors, speech slurring, and disorientation—came to her out of desperation. After analyzing his vocal frequencies, Sharry identified patterns that suggested biochemical imbalances. She created a custom set of sound frequencies and played them back to him in short sessions. To the astonishment of everyone involved, his symptoms began to ease.

"Healing isn't magic—it's mathematics. It's physics. It's frequency." — Sharry Edwards

This moment marked a major turning point. What had once been curiosity and personal experimentation now had measurable impact. The man's improvement wasn't subtle—it was life-changing. His muscle control returned. His speech became clearer. And Sharry, for the first time, felt the full weight of what she had been building all along: a practical method for healing based on sound.

Sharry meticulously documented the case. She recorded pre- and post-treatment voice samples, tracked his physical symptoms, and wrote detailed notes on the tone combinations used. These weren't just casual observations—they were blueprints. And she knew she needed to formalize the work.

She founded the BioAcoustic Research Institute in Albany, Ohio. The institute started small: just a room filled with analog equipment, computers with early spectral analysis software, and rows of cassette tapes labeled with frequencies and symptoms. But it quickly became a hub of innovation. Local residents came for help; alternative practitioners came to learn.

At the institute, Sharry began developing software that could digitize voice recordings and generate spectrograms—visual representations of vocal data. These voiceprints made it easier to see what she had always heard. Over time, she and her small team built a database of frequency signatures related to specific physical conditions: inflammation, hormonal imbalances, immune dysfunction, nutrient deficiencies.

"The voice became a roadmap. And every bump, every dip in the waveform, was a clue the body was whispering." — Sharry Edwards

She also developed tone generators—digital tools that produced the exact frequencies she found missing or distorted in a person's voiceprint. By delivering those tones back to the client through sound therapy sessions, she could stimulate the body's natural healing processes. It wasn't passive treatment—it was interactive resonance.

Sharry began offering training programs for those who wanted to learn her methods. Nurses, chiropractors, engineers, musicians, and holistic health practitioners came to her to learn how to decode the voice and craft frequency solutions. She called it Vocal Profiling—a term that would come to define an entirely new modality of health assessment.

In those early years, the atmosphere at the institute was electric. There were no walls between researcher and healer, between teacher and student. It was a collaborative lab where science met intuition. Breakthroughs were frequent—so were moments of doubt—but Sharry kept the team grounded in purpose: to empower people to take control of their own health through self-awareness and frequency support.

"When you learn to hear the body, you no longer fear it. You partner with it." — Sharry Edwards

Word of her work began to spread beyond the local community. Articles appeared in alternative health magazines. Practitioners shared testimonials. Sharry was invited to speak at integrative health conferences and even on public radio. While many in the traditional medical establishment remained skeptical, the results spoke louder than words.

By the end of the decade, what had begun as a curious girl's experiments in the foothills of Appalachia had become a pioneering force in alternative medicine. Sharry had found her frequency—not just the literal resonance that defined her work, but the deeper purpose that would shape the rest of her life.

Chapter 4: What Is BioAcoustics?

At its core, BioAcoustics is the science of how sound affects living organisms. But in Sharry Edwards' hands, it became something far more profound—a groundbreaking approach to decoding the voice as a mirror of the body's internal state. She saw what few others could: the voice wasn't just a tool for communication. It was a diagnostic instrument. A map. A frequency fingerprint of the body in real-time.

"The voice is a holographic representation of the body—it reflects everything." — Sharry Edwards

Every cell in the body vibrates at a specific frequency. Organs, tissues, bones, even our emotions have unique vibrational signatures. When the body is in balance, these frequencies harmonize. When disease or dysfunction occurs, those frequencies become distorted—either too high, too low, or missing altogether. Sharry realized that these changes weren't abstract—they could be heard and even measured.

She began applying Fast Fourier Transform (FFT) technology to voice recordings, breaking them down into spectral components—essentially creating a visual graph of the frequencies present in a person's voice. Peaks and valleys in this voiceprint revealed surprising insights: a magnesium deficiency here, a liver overload there, emotional trauma nested in the resonance of the throat.

Each voiceprint was like a musical score of the body's symphony—or disharmony. Sharry believed that by reading this score, practitioners could predict imbalances before symptoms ever became visible, allowing for preemptive, personalized wellness strategies.

"Health isn't guesswork. The voice gives us the answers—if we're willing to listen." — Sharry Edwards

But diagnosis was only one part of the equation. Sharry's genius lay in the feedback loop: once a problem frequency was identified, a corresponding corrective tone could be calculated and delivered back to the body using a tone generator. These weren't random notes—they were mathematically calibrated to rebalance the body's vibrational structure.

She created sound therapy sessions based on this concept. Clients would sit in a quiet space, listening through headphones or specialized speakers to the precise frequencies their bodies lacked. Some sessions lasted 15 minutes; others took longer. The effects were often subtle at first—a sense of calm, improved focus—but over time, measurable changes occurred: pain subsided, energy increased, emotional regulation improved.

Bioacoustics bridged disciplines. It combined principles from physics, neurology, biochemistry, music theory, and systems biology. And unlike many forms of healthcare, it was non-invasive, drug-free, and completely individualized.

"Your voice is your medicine cabinet. BioAcoustics just gives you the key to open it." — Sharry Edwards

Sharry also discovered emotional states could be detected in the voice. Anxiety, depression, grief, and joy all left distinct imprints. This had enormous implications—not just for health, but for education, relationships, and even criminal justice. Could lie detection be replaced by vibrational honesty? Could schoolchildren be given emotional support based on subtle changes in their voice? The possibilities stretched far beyond medicine.

What began as an intuitive gift became a repeatable process. A system. A science. Sharry called it Human BioAcoustic Biology—a field rooted in ancient understandings of sound and refined through the lens of modern technology.

Bioacoustics asks us to reconsider everything we think we know about health. It invites us to listen not just to symptoms, but to the signals beneath them. It empowers us to tune in—to ourselves, our needs, and our potential for healing through resonance.

Chapter 5: Frequencies as Medicine

The idea is radical, yet disarmingly simple: every organ, every cell, every biological system operates at a specific resonant frequency. When these frequencies are disrupted—by stress, toxins, trauma, or deficiency—imbalance arises. Sharry Edwards believed that if we could identify those imbalances by analyzing the voice, we could restore harmony by delivering corrective frequencies. Not with chemicals. Not with surgery. But with sound.

"Frequencies are the medicine of the future—accessible, precise, and profoundly personal." — Sharry Edwards

Using data gathered from thousands of vocal recordings, Sharry mapped frequency correlations to specific biological functions. She discovered that certain ranges aligned with nutrients like magnesium, others with hormones like estrogen, and still others with neurotransmitters like serotonin. She wasn't just hearing pitch—she was decoding the vibrational blueprints of the body.

With this knowledge, she developed custom tone generators and frequency delivery systems. These weren't random soundtracks or ambient noise—they were precision-calculated, frequency-specific interventions. A client would lie down, wear headphones, and listen to what sounded like simple tones. But these tones were carefully chosen to resonate with what their body needed most.

Sharry called this method Sound Health—the use of targeted sound frequencies to restore the body's natural vibrational order.

For example, a man suffering from chronic joint pain underwent a voiceprint analysis that revealed deficiencies in the frequencies linked to calcium regulation and inflammation markers. Over several weeks of listening to calibrated frequencies, his pain diminished significantly. In another case, a woman battling anxiety and panic attacks showed vocal gaps aligned with GABA, a calming neurotransmitter. After frequency support, her episodes decreased in frequency and intensity.

"The body doesn't just react to frequency—it recognizes it. It's a language it's always spoken." — Sharry Edwards

Sharry's sound sessions were often described as deeply relaxing—even hypnotic. Some clients reported feeling tingling in areas of the body that corresponded to their problem spots. Others fell asleep during sessions, only to wake up feeling lighter, clearer, or surprisingly energized.

Her tone boxes—portable devices that emitted personalized frequency sets—allowed people to continue therapy at home. Some tones were delivered through headphones; others through sound beds, mats, or even laser-light transducers. The approach was innovative, non-invasive, and customizable.

More surprising still were the emotional shifts. Clients reported feeling “unstuck,” as if trapped emotional energy had been vibrated loose. In Sharry's view, emotions were frequencies, too—capable of lodging in tissue, disrupting flow, and coloring our health. By identifying emotional signatures in the voice, she created protocols not only for physical healing but for emotional release.

"Pain is not just physical—it has a frequency. When you find it, you can shift it." — Sharry Edwards

As the field matured, practitioners began using frequency protocols for weight loss, learning disorders, immune support, and even addiction recovery. The results varied—but patterns emerged. Certain tones helped regulate appetite. Others boosted focus in children with ADHD. The voice had become both a diagnostic map and a healing compass.

Frequencies were no longer abstract vibrations—they were actionable data. They offered a way to speak directly to the body in its own language. And in doing so, they reminded people of something powerful:

Healing doesn't always come from the outside. Sometimes, it comes from listening inward—and playing the right note.

Chapter 6: Skepticism and Scientific Pushback

Sharry's work was groundbreaking—but not always welcomed. From the beginning, she faced a wall of Skepticism from the scientific and medical communities. Her theories clashed with the established norms of healthcare, which were rooted in pharmaceuticals, pathology, and a strictly biochemical model of the body. To many, the idea that the voice could reveal—and even help heal—medical conditions seemed more metaphysical than medical.

"True innovation often begins where tradition ends." — Sharry Edwards

Despite collecting thousands of case studies and producing consistent results, she struggled to gain mainstream credibility. She applied for research grants and was turned down repeatedly. Peer-reviewed journals refused her submissions, citing a lack of randomized clinical trials. The scientific establishment wanted large data sets and double-blind studies. Sharry, meanwhile, was working with real people in real time, tracking patterns, not theories.

But she wasn't deterred. She began presenting her findings at integrative health conferences, attracting a small but devoted group of practitioners who were open to new ideas. Chiropractors, naturopaths, homeopaths, and energy workers embraced her work first. They saw what she saw: that BioAcoustics was filling in gaps left by conventional medicine.

Still, the pushback wasn't just professional—it was personal. Critics called her a pseudoscientist. Some accused her of offering false hope. Others dismissed her entirely. But those who experienced the results firsthand had a different view. They weren't just hearing about healing—they were feeling it.

"If the data is real, the bias must bend." — Sharry Edwards

Sharry began collaborating with sympathetic researchers to conduct pilot studies—small, focused experiments that explored the link between voice frequency changes and physical symptoms. In one such study, she demonstrated that her software could detect nutritional deficiencies before blood tests confirmed them. In another, participants reported significant improvements in chronic pain after sound therapy sessions.

These early studies didn't meet the strict criteria of large-scale clinical trials, but they were compelling. And more importantly, they were replicable. As more practitioners trained in Sharry's methods and applied them with their own clients, the results followed.

The skepticism slowly began to shift. While many academic institutions still kept their distance, some began to watch more closely. Medical professionals curious about integrative practices started to attend her workshops. The tide wasn't turning fast—but it was turning.

Sharry responded not with defensiveness, but with persistence. She welcomed dialogue. She opened her institute to observation. She published her data in independent journals and maintained a vast archive of case studies available to anyone who asked.

She often said that BioAcoustics wasn't meant to replace medicine—but to evolve it.

"Sound doesn't threaten medicine. It completes it." — Sharry Edwards

What started as a lonely journey into sound had become a quiet revolution—one that was beginning to echo beyond the walls of her lab, challenging the boundaries of what health could be and how we choose to hear it.

Chapter 7: Real Lives, Real Results

From veterans with PTSD to children with autism, bioacoustic tools have made real-world impacts. Sharry's methods were not just theoretical—they were applied in living rooms, clinics, classrooms, and communities. The results were measurable, meaningful, and in many cases, life-changing.

"Each success story is a note in the symphony of this revolution." — Sharry Edwards

There was the case of a child with nonverbal autism who, after months of vocal profiling and tone therapy, spoke their first full sentence. Another involved a veteran suffering from debilitating flashbacks and anxiety who found calm for the first time in years through carefully tuned sessions designed to balance his nervous system.

A young woman with persistent migraines had exhausted conventional treatments. Her voiceprint revealed frequencies associated with inflammation and histamine response. After targeted sound sessions, her symptoms eased. Within weeks, she was able to return to work full-time without medication.

One elderly man diagnosed with early-stage Parkinson's showed reduced tremors and improved speech after using a frequency regimen tailored to his vocal imbalances. His neurologist, initially skeptical, noted the plateau in disease progression and asked for more information.

These weren't isolated miracles. They were part of an emerging pattern: people whose bodies had stopped responding to traditional medicine were finding relief—and even recovery—through sound.

"The voice doesn't guess. It reveals. And the tones? They don't suppress—they harmonize." — Sharry Edwards

Sharry and her team documented thousands of such stories. They built a growing library of case studies that supported what the data had already begun to prove: vocal profiling could detect issues before symptoms appeared, and frequency-based interventions could shift outcomes.

Communities started adopting the tools. Parents ran voiceprints on their children at home. Teachers used tonal balancing to improve focus and behavior in classrooms. Therapists integrated frequency sessions into trauma recovery programs. Farmers even began experimenting with the method on livestock, reporting calmer, healthier animals.

Online, an entire ecosystem bloomed—forums where users shared experiences, asked questions, and helped fine-tune protocols for everything from chronic fatigue to emotional burnout. What once lived in the margins of alternative medicine was now growing roots in everyday life.

"People are waking up to the fact that healing doesn't have to hurt. It can hum." — Sharry Edwards

The results were clear: BioAcoustics wasn't just theory—it was transformation. One tone, one person, one success story at a time.

Chapter 8: Teaching the Next Generation

Sharry Edwards knew that a revolution was only as strong as the people who carried it forward. From the beginning, her mission wasn't just to heal—it was to teach others how to listen, how to analyze, and how to apply the principles of BioAcoustics in the real world.

"When you teach someone to hear their body, you give them back their power." — Sharry Edwards

She developed a layered educational system that ranged from introductory workshops to advanced certifications. These weren't dry, academic courses—they were hands-on, intuitive, and deeply interactive. Students learned to record voiceprints, analyze frequency patterns, and create custom tone protocols. Sharry taught them not only what to look for, but how to trust their own perception—the same way she had once trusted hers.

Her students came from all walks of life: nurses, massage therapists, engineers, musicians, teachers, and everyday people looking for tools to help themselves and their communities. Some had backgrounds in medicine; others had no formal science training at all. What unified them was a shared sense that health could be more accessible—and more personal—than modern systems allowed.

Over the years, Sharry trained hundreds of practitioners across the U.S. and abroad. Many went on to open their own practices, create research projects, or integrate BioAcoustic methods into schools, veterans programs, and wellness clinics.

"BioAcoustics isn't just a system. It's a language. And we're teaching the world to speak it." — Sharry Edwards

Sharry also made a conscious decision to avoid the exclusivity seen in many medical and alternative training programs. She wanted her knowledge to remain open-source. To this end,

she launched an online library of research papers, instructional videos, frequency databases, and free software tools—making her life’s work accessible to anyone with curiosity and a computer.

At her Sound Health Institute, students could take part in live voiceprint assessments, participate in client sessions, and co-develop new techniques. It became a learning lab, a mentorship space, and a community incubator all in one. Many students described their experience not just as educational, but transformational.

She also initiated programs to bring BioAcoustics into K–12 education. Her belief was simple but profound: if children could be taught to understand their own emotional and physical signals early in life, they’d grow up more balanced, self-aware, and resilient. Pilot projects showed great promise. Students used simple apps to check their own vocal patterns. Teachers used frequency tones to calm hyperactivity or support focus before exams.

Even in the face of technological skepticism, Sharry remained a fierce advocate for democratizing access to sound-based health. She wasn’t trying to create a guru-driven empire—she was trying to build a global chorus of informed voices.

"This is not about creating followers. It’s about awakening leaders—people who can hear the truth in a whisper and turn it into wellness." — Sharry Edwards

Today, her teaching legacy lives on in thousands of practitioners around the world. Some run full-time BioAcoustic clinics. Others use it alongside acupuncture, functional medicine, or psychotherapy. Some simply apply the knowledge at home, using voiceprints to monitor their own families’ health.

And with every student trained, every frequency taught, every tone delivered—the ripple of Sharry’s work grows wider.

Chapter 9: The Legacy and the Future

As technology advances and interest in integrative wellness continues to surge, Sharry Edwards’ work is more relevant than ever. What began as a one-woman exploration into the secret language of sound has evolved into a growing global movement. Yet Sharry’s legacy isn’t defined only by her innovations—it’s defined by her vision for the future.

"The future of medicine is frequency. And the future is now." — Sharry Edwards

With the rise of artificial intelligence, biofeedback systems, and wearable health tech, Sharry envisioned a world where everyone could have access to personalized, frequency-based

diagnostics right from their phone or smart device. Imagine waking up, speaking into an app, and receiving a comprehensive report about your body's current nutritional, hormonal, and emotional status—just from your voice.

That's not a fantasy. It's already happening. The software that began as rough, analog recordings and hand-drawn waveforms is now being refined into AI-powered tools capable of generating real-time vocal analysis. These tools don't just identify problems—they suggest personalized sound protocols that users can stream immediately, empowering people to take charge of their wellness on a daily basis.

Sharry also collaborated with engineers and designers to create wearable frequency devices—earbuds, necklaces, and even smart fabrics that could deliver therapeutic tones continuously throughout the day. Some adapted in real-time, responding to shifts in the wearer's voice to optimize support for stress, sleep, focus, or pain relief.

At home, sound-based systems were being integrated into living environments. Sound beds and mats with embedded vibrational emitters allowed users to experience full-body resonance therapy. Environments could be tuned for healing—rooms embedded with frequencies that calmed the nervous system or enhanced focus and memory.

"Your surroundings can be your sanctuary. If you tune them right, they will heal you." — Sharry Edwards

Her legacy also lives on in education. Sharry pushed for BioAcoustic principles to be taught in schools—not just as science, but as life literacy. Pilot programs used voice analysis to help students identify when they were emotionally overwhelmed or physically out of sync. Teachers used tones to help children with ADHD focus or calm anxiety before tests. These programs showed remarkable results—not just in behavior but in academic performance and emotional intelligence.

At the Sound Health Institute, the next generation of researchers, practitioners, and developers continue to build on Sharry's work. They're exploring applications for sports optimization, dementia support, addiction recovery, prenatal care, and even interspecies communication. Some are studying how tones can influence gene expression—opening doors to epigenetic applications of sound therapy.

"Her voice gave us a map. Now, we're charting galaxies of potential." — A former student

Sharry's greatest hope was always accessibility. That BioAcoustics wouldn't just be for specialists or those who could afford high-end treatments—but for everyone. She dreamed of community

centers with frequency pods, school nurses using vocal scans, parents empowered to understand and support their children's wellness at home.

Her legacy is still unfolding, one discovery, one tone, one voice at a time.

Epilogue: The Revolution Will Be Audible

Sharry Edwards has made us listen differently—to ourselves, to each other, and to the science of sound. Her work has shifted how we define healing and invited us into a new conversation: one where the body speaks in resonance, and wellness is a matter of tuning in.

"Our voice is the most underutilized health monitor we possess." — Sharry Edwards

She reminded the world that our voice is more than a communication tool. It is a biometric signature, a signal flare from our cells, a language of wellness that transcends lab reports. Every pitch, every wobble, every whisper carries biological truth.

This revolution isn't loud. It hums. It vibrates beneath the surface of conventional thought, quietly gathering strength. Sharry's legacy is not only the tools she created but the mindset she unlocked: health is not outside of us. It's within us—waiting to be heard.

"When you understand the language of the body, you no longer guess—you know." — Sharry Edwards

As more people experience the profound shifts that come from frequency-based wellness, the BioAcoustic movement continues to grow. What began as one woman's ability to hear deeper has become a global awakening. No longer is the voice ignored—it is analyzed, honored, and used as a path to healing.

Researchers are now expanding the field into epigenetics, brainwave modulation, and emotional wellness. Clinics are integrating BioAcoustics alongside blood tests and MRI scans. AI is being trained to detect early signs of disease in voice recordings, and mobile apps are making frequency analysis more accessible than ever before.

But beyond the science, beyond the technology, remains the heartbeat of this movement: empowerment. When people learn to listen to their own voice—not metaphorically, but literally—they reconnect with an ancient intelligence. They remember that they are not broken. They are simply out of tune.

"This is more than a story. It's a soundwave rippling through history. And now, you are part of it."

The revolution will not be televised.

It will be audible—in every restored voice, every harmonic balance, every healed life.

Your voice is your medicine.

Your resonance is your revolution.

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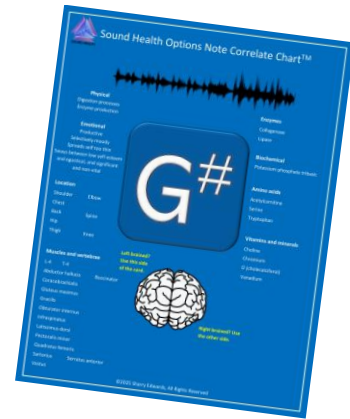
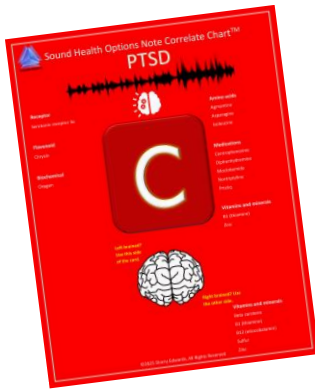
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For further reading and resources, visit: <https://www.soundhealthoptions.com> and <https://www.bioacousticsolutions.net>

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Weight Management Articles

Weight Management Biobundles

Keynote December 2024

Color association: Blue

Note association: G#



Astrology association: Sagittarius

A survey of people who volunteered their vocal prints indicated that the most insidious stress for them this time of year was body image and the inability to manage weight loss successfully. Why does weight loss seem to be so individual, so elusive?

Bioacoustically speaking, people with similar issues have similar vocal frequencies. Based on that tenet, the Sound Health research team attempted to answer this complicated question. Individual evaluations using weight management BioBundle templates are available to the public WorkStation at SoundHealthPortal.com.

Join the Guest/Apprentice level and use Weight Management BioBundles to evaluate your weight management issues discussed in this article. To assess your weight issues, skip all the background and go to <https://tinyurl.com/45rsav4f>.

Over 2000 vocal prints of volunteers were evaluated. Twenty generalized categories were found. One very obvious but elusive culprit was revealed – see #20.

Many people reported that they failed so often to lose weight they just wanted to give up. Over our years of research, Sound Health created a database bundle to identify individual weight issues because most people did not even know where to start looking for answers. These evaluations are our holiday gift that everyone can use to help identify individual problems with Weight Management.

Below are categories that we found to be at issue.

1. THERMOGENESIS - Thermogenesis refers to the production of heat in the body, contributing to energy expenditure and weight loss. Increasing thermogenesis is one method for promoting weight loss, as it can raise the number of calories burned even at rest. Here are some key aspects of how thermogenesis can impact weight loss:

Ingesting heat-producing foods: Extracts of *Garcinia cambogia*, a tropical fruit, are often used in weight loss supplements. Green tea, capsicum, chili peppers, and caffeine are a few foods that increase thermogenesis. Caffeine also increases adrenaline.

NOTE: MOH does not recommend caffeine as it is an unhealthy, addictive drug.

The body is very redundant. Almost every frequency has many correlates of muscles and biochemistry. The jaw muscles of chewing (e.g., the pterygoid and the masseter together) create the frequency of dopamine, a biochemical associated with satiation.

Thermogenesis issues are often associated with the thyroid. A vocal print can also evaluate your balance of white and brown fat that manages excess adipose tissue.

2. MEDICATIONS – Many medications, including weight loss drugs, can be toxic and contribute to weight gain. Certain ones (like some antidepressants, steroids, and anti-psychotics) can lead to weight gain as a side effect. Prednisone is known for its ability to cause weight gain.

Ozempic is the latest craze in weight loss but has reported many negative side effects.

MOH does not recommend Ozempic.

3. NEUROTRANSMITTERS – Neurotransmitters, released from the brain, interact with other [neurotransmitter receptors](#).

Neurotransmitters such as serotonin influence sleep; GABA, glutamate, acetylcholine, dopamine, and serotonin are involved. Serotonin signaling is involved in eating behavior regulation and long-term body weight.

Weight loss biochemicals and hormones are included in the Ultimate Diet template on the public WorkStation: SoundHealthPortal.com.

4. BIOCHEMISTRY – Leptin, AMPK, adiponectin, alpha lipoic acid, and berberine are just a few of the weight management biochemicals included in the BioDiet template that can assess BioAcoustic frequencies associated with weight management.

5. MEDICAL CONDITIONS - Polycystic ovary syndrome (PCOS), certain endocrine disorders, diabetes, menopause, fatty liver disease, and genetic conditions can increase the likelihood of obesity by interfering with body chemistry. These conditions can be evaluated by using the Disorders, Hormones and Receptors, Leaky Gut, or Fatty Liver templates.

6. AGING - As people age, they often lose muscle mass, slowing their metabolism and increasing the risk of weight gain. This template is in the weight management BioBundle on the Portal.

7. GENETICS - People are often advised to avoid [phthalates](#) because of concern it may increase the risk of weight gain. Increase daily fluid intake to 3.2 liters for men and 2.2 liters for women. Increase fiber to help make one feel full. Fiber also provides prebiotics, which are beneficial to the [microbiome in the gut](#) and weight management. The Fat Switch template includes some of these issues.

8. INSULIN RESISTANCE - One of the key pathways through which chronic inflammation contributes to weight gain is induced insulin resistance. Inflammation disrupts the normal signaling and function of insulin, a hormone responsible for regulating blood sugar levels. This disruption leads to higher glucose levels in the bloodstream and encourages fat accumulation in the liver. The presence of these conditions can contribute to weight gain and metabolic dysfunction.

9. THYROID - Thyroid function is associated with energy production – fatigue is the most reported complaint. The Krebs Cycle and Thyroid templates can help Map Methylation and cellular energy issues.

10. DIABETES - Taking insulin causes weight gain. Insulin is a hormone that regulates how the body absorbs sugar, also known as glucose. For many diabetics, stomach weight gain can be frustrating. Diabetics also complain of adipose tissue gain on the lower side of the upper arm. The frequency of this muscle corresponds to an obesity gene. Insulin allows sugar to enter your cells, which decreases sugar levels in your blood. But if you take in more calories needed to keep a healthy weight, your cells will get more sugar than they need. This happens in people who do not have diabetes, too. How many calories you need depends on how active you are. Sugar that your cells cannot use becomes fat.

11. NUTRITION - The body needs hydration, sunshine, minerals, vitamins, quality protein, and essential fatty acids in balance for the glands to produce the necessary hormones needed to function normally. When nutrient deficient, the glands add extra fat and fluid as a backup defense mechanism to produce vital hormones. Once the glands are nourished and repaired, the fat will go down.

Ghrelin and leptin are associated with appetite management. Both can be BioAcoustically evaluated using the BioDiet template.

12. INSOMNIA - “It’s not so much that if you sleep, you will lose weight, but if you are sleep-deprived, meaning that you are not getting enough minutes of sleep or good quality sleep, your [metabolism](#) will not function properly,” explains Michael Breus, PhD, author of

[Beauty Sleep](#) and the clinical director of the sleep division for Arrowhead Health in Glendale, Arizona.

13. INFLAMMATION - Markers that promote inflammation, encompassing IL-6, tumor necrosis factor, C-reactive proteins, and adiponectin, are closely connected to gaining weight. Factors such as stress, insufficient sleep, and consuming processed foods also play a role in fostering chronic inflammation and weight gain.

14. STRESS - [Research](#) shows chronic stress disrupts immune function and can lead to inflammation. It can increase the risk of stress-related diseases due to mild chronic inflammation. Stress may also contribute to weight gain, as the hormone cortisol is known to do. Managing stress is crucial for overall health and inflammation reduction.

15. HORMONES - are important substances that serve as chemical messengers supporting optimal body maintenance. These include cortisol, insulin, leptin, ghrelin, estrogen, neuropeptide Y, GLP-1,

Cholecystokinin, and Peptide YY (decreases appetite), included in Weight Management templates. Polycystic Ovary Disease and endometriosis are two of many hormonal weight-gaining disorders. The template to monitor these hormones is Hormones and Receptors.

16. PEPTIDES – Ozempic is a peptide that targets intrinsic metabolic processes. Eight peptides, including Human Growth Hormone, can be individually evaluated using the Weight Management BioBundle.

NOTE: MOH does not recommend Ozempic because of the many side effects.

17. SARCOPENIA - (Age-related skeletal muscle loss) Intramuscular fat, like visceral fat, releases harmful inflammatory molecules and significantly affects muscle quality. Unlike subcutaneous fat (stored under the skin) or visceral fat (around organs), intramuscular fat infiltrates muscle fibers, thus degrading their performance and functionality. It can accumulate between muscle fibers or within muscle cells, causing weight loss and frailty.

[A 2022 study](#) in Physiology Reports shows that higher levels of intramuscular fat elevate inflammatory cytokines, contributing to metabolic disorders. The journal Radiology revealed that fat accumulation in skeletal muscles can increase the risk of death as much as Type 2 diabetes and smoking. The research, which tracked nearly 9,000 healthy adults over nine years, found that higher intramuscular fat significantly raises health risks. Exercise can dramatically slow the rate of muscle loss.

18. STEM CELLS - Obesity has become a global epidemic and a threat to human health worldwide. It can be seen as an excess accumulation of adipose associated with heart disease,

hypertension, inflammation, and diabetes. Templates to BioAcoustically evaluate stem cell status are part of the Weight Management BioBundle offered to the public.

19. INFLAMMATORY CYTOKINES – Fitness and nutrition expert J.J. Virgin told *The Epoch Times* that intramuscular fat releases pro-inflammatory cytokines, creating whole-body inflammation. Additionally, carbohydrates and processed foods contribute to intramuscular fat.

20. TOXICITY - Above all other factors, an abundance of TOXINS and free radicals (found in pesticides, food additives, medications, body care and cleaning products, and animal growth hormones) are the #1 commonality for people reporting weight management difficulties.

[ScientificAmerican.com](https://www.scientificamerican.com) reports that fat cells store stuff that the body cannot process. When you lose fat cells, those substances are released into the metabolic system, dumping lipids and environmental pollutants into the bloodstream.

Glyphosate is an insidious environmental pollutant. It has the same frequency as MSG, B12, and several B vitamin co-factors. Glyphosate could interfere with cellular energy, mood, detox of lymph and glyph systems, and lipids at a cellular level.

Not all fat is bad. Fat is necessary for energy storage, insulation, organ cushioning, hormonal regulation, nutrient absorption, and brain/nerve health. Having healthy body fat is essential for optimal body form and function. Managing your fat is vital for good health. The wrong type or excess fat is detrimental, and too little healthy fat is equally harmful. Knowing what is causing fat imbalances could help support weight loss and optimally balance your metabolism.

To manage your body fat, we encourage you to embrace the idea of SELF-HEALTH by visiting [SoundHealthPortal.com](https://www.soundhealthportal.com). Use the BioBundles to monitor your own BioAcoustic optimal health factors at <https://tinyurl.com/45rsav4f>.

Sound Health Keynotes for December 2024

Dec 1-7

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 of December.

Throughout the entire month of December, muscle stress in back and thighs are 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), and 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 brain function support), 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 it still continues.

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.

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.

References provided upon request.

Fat, Hormones, and BioAcoustics

Keynote Jan 2025

Color Association = Blue Violet

Astrology Association = Capricorn

Musical Note Association – A



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 use layers of frequencies to outline how layers of redundant frequencies 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.

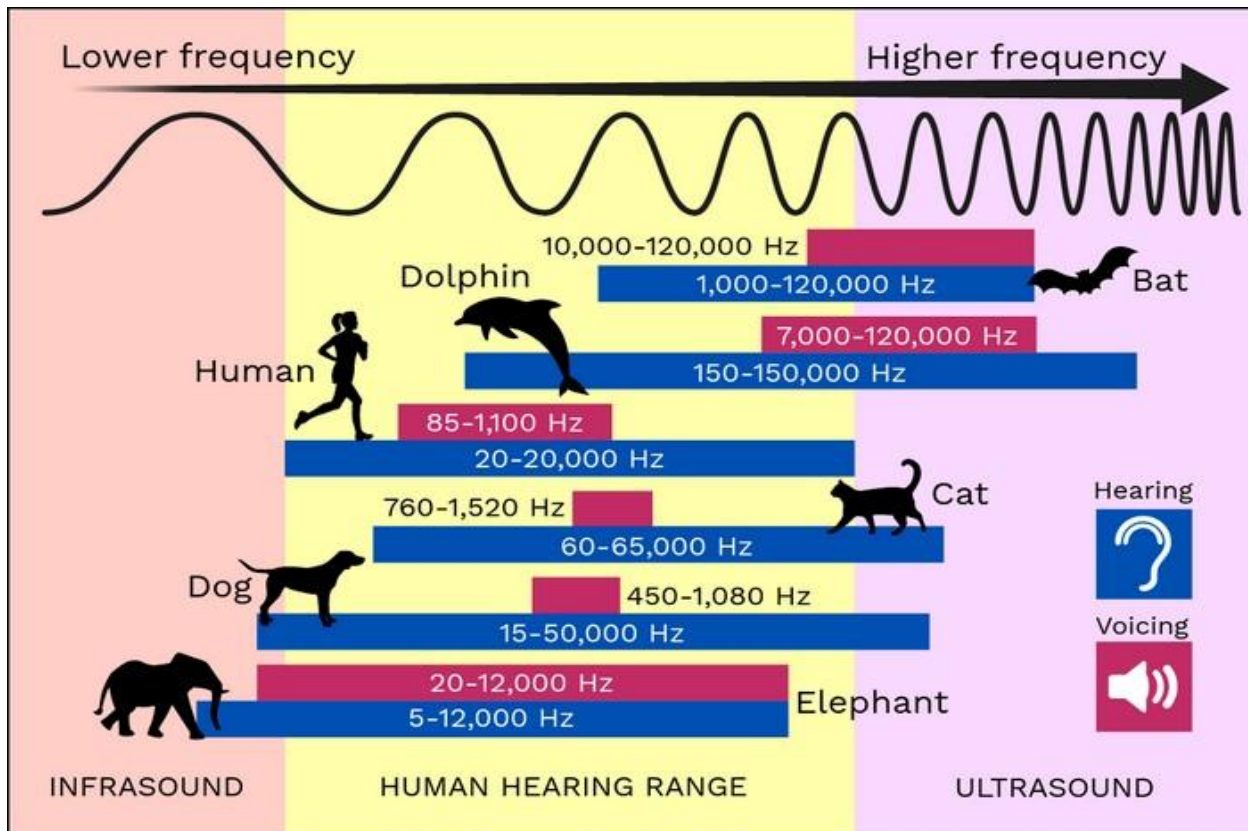
Musical octaves are the doubling or halving layers of mechanical vibration. For instance, the musical note of "A" is recognized as 440 hertz (cycles per second of mechanical vibration). A tuning fork vibrating at 440 cycles per second will create the musical note of "A." Half of that rate, 220 cycles per second of vibration, will create the note of "A" but at one octave lower.

Likewise, 110 cycles per second will produce 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 responds to different octaves of frequencies, as color, sound, brain waves, nerve impulses, etc.

Our body operates within several layers of frequencies. Each system within the body produces a range of them and responds optimally to its precise octave and then favorably to the associated frequency of stress. For instance, frequencies for the eye are 60-90 cycles per second.

Therefore, frequencies used for eye repair should be found within that range with lesser supporting frequencies at multiples of the original frequency. Using this supposition, let's evaluate a few fat-burning hormones having 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 health issues. All these biochemicals have frequency equivalents. They are also in the weight management database for comparisons [using your vocal frequencies](#).



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 - When this is lacking, 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) - If it is not balanced, you may experience thyroid issues.

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

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

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

5. Thyroid Hormones, T3 and T4 - When these are low, fatigue may be high, and use of iron low, with pain in the neck region.

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

6. Testosterone - When this is low, you may experience 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) - When it is lacking, stomach muscle tone is weak, accompanied by muscle soreness.

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

8. Insulin-Like Growth Factor-1 (IGF-1) - When lacking, blood sugar may be unbalanced, and oxygen is insufficient.

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

9. Cortisol (in Controlled Amounts) - BioAcoustically Speaking, when 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 - When lacking, lung surface proteins may be stressed.

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

11. Irisin - When lacking, you may experience a low tolerance to temperature changes.

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

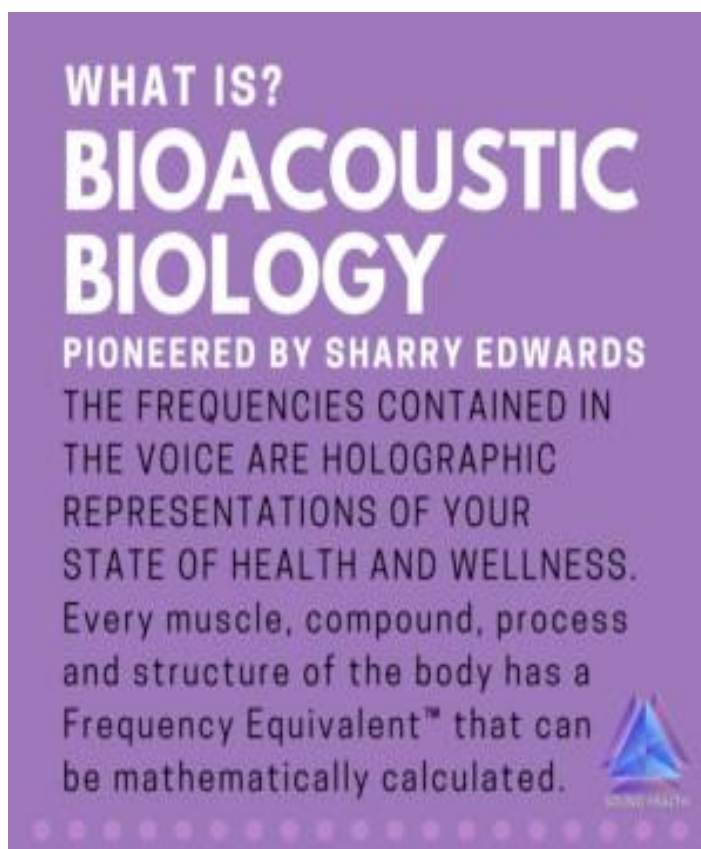
12. Peptide YY (PYY) – When lacking, you may experience joint pain and less flexibility.

- Reduces appetite and promotes fat utilization.

[Peptide YY3-36 (PYY3-36) is a protein hormone 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. PYY3-36 acts on specific receptors in the hypothalamus, leading to decreased hunger and increased energy expenditure.]

The amino acid Carnitine is essential for fat burning. BioAcoustically Speaking, if 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.



Sound Health Keynotes for January 2025

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, manganese 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 homeostasis 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. It 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's 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 relation with iron associated biochemistry. The temporalis and subscapularis will continue through January to be in stress. Remember that very sensitive people will perceive these muscles in stress 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 reliever 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 may 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. It 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 solely based on the principles of BioAcoustic Biology.

If you would like a copy of our new pamphlet:

Link <https://tinyurl.com/23erh8ds>

References:

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/>

Weight Loss Issues Identified

Musical note for Feb Keynote – A#

Astrological association – Aquarius

Color Association – Violet



This is the third in a series on using vocal frequencies to identify individual weight management requirements. My Dec 2024 Masters of Health Magazine article outlined the benefits of fat tissue from a historical perspective and named 20 plus reasons why a type of fat can block weight loss.

The Jan 2025 issue explained how hormones are involved in weight. This article will reveal the musical notes associated with each biochemical.

Subsequent articles will explain how muscles, hormones, peptides, stem cells, and emotions can all be involved in unwanted adipose (fat) tissue associated with being overweight.

All of these associated frequencies have numeric equivalents that are included in the weight management database. They are available for comparisons using your own vocal frequencies.

<https://tinyurl.com/45rsav4f>

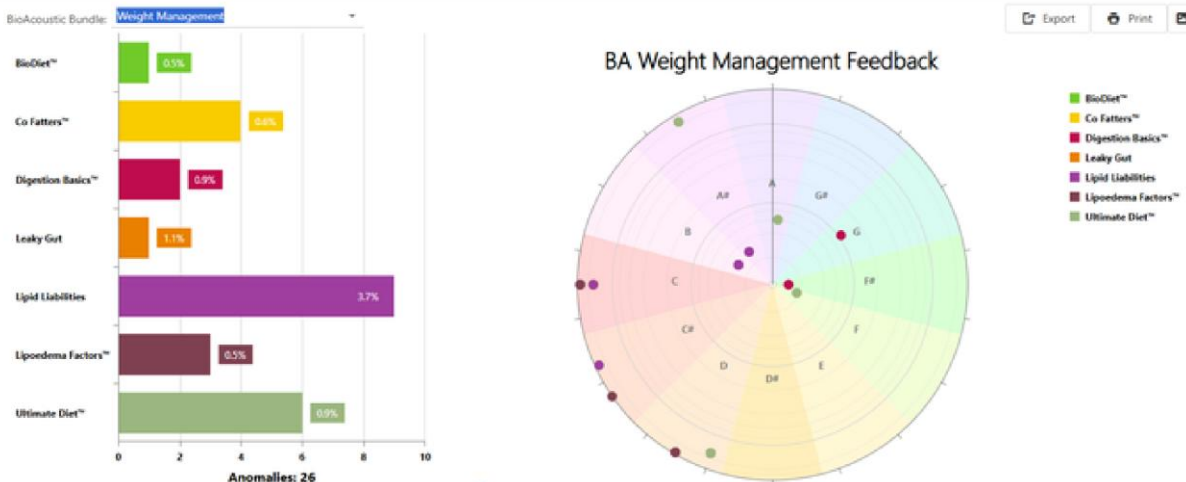
Hundreds of people visited our Sound Health Public WorkStation and volunteered voice samples to be evaluated. We share three examples to show the capability of frequencies to identify potential weight management issues.

Asking for a Weight Management summary provides BioAcoustic generalizations from a myriad of diet related databases. Any percentage score over 2.0% reveals information of significant concern.

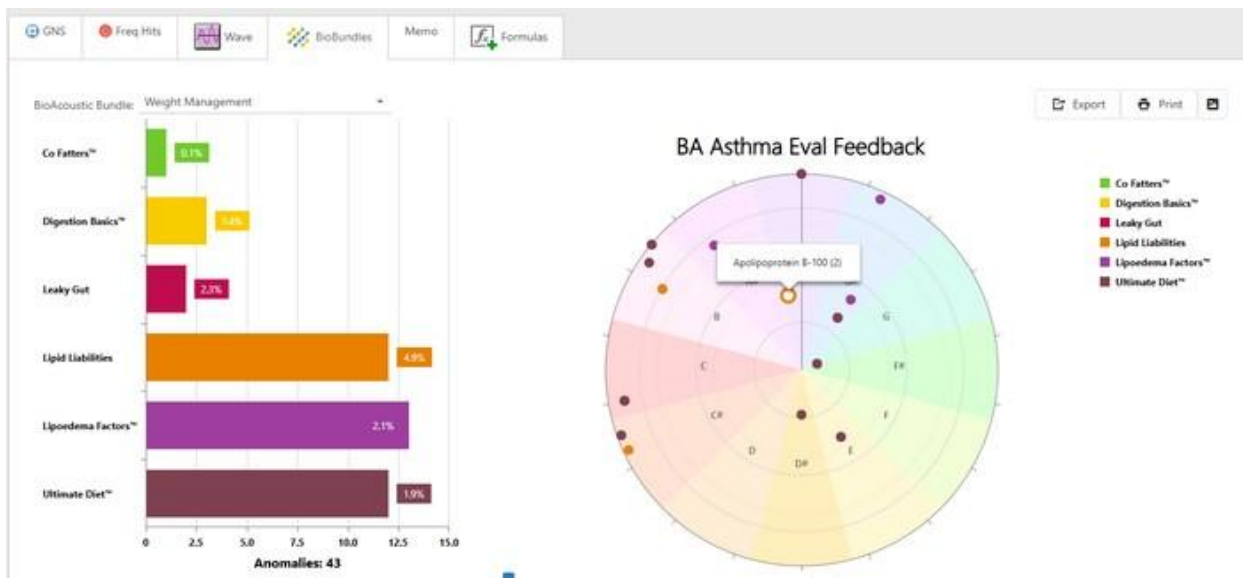
1. **Martin** - Lipid Liabilities score is 3.7 likely indicating a Fatty Liver that is either not producing or distributing the enzymes needed for digestion. A low fat diet is generally NOT the solution. A gentle liver cleanse may be indicated since the liver produces and manages these biochemicals. Information about milk thistle or turmeric may be available online, from your wellness provider, or a local health food store. A deeper evaluation may need to include cholesterol and co-fatter scans.

2. **Tonya** complained of a lot of pain and upset in her digestion system from top to bottom. Her doctor blamed a lack of appropriate enzymes and severely restricted her diet. She stated that she could not budge her belly fat. A deep evaluation of her leaky gut symptoms showed

the presence of an unnatural bacteria in her gut, severely disturbed gut lining and a fatty liver that was not providing appropriate fat dissolving bile salts. Center positioned dots indicate a lack of each item; an outer rim position indicates an overabundance of an issue. From the beginning, Lipase helped relieve the major carbohydrate digestion stress.



Tonya is starting to use Dr. Steven Gundry's gut lining restoration products with success. A click on each dot identifies the substance represented.

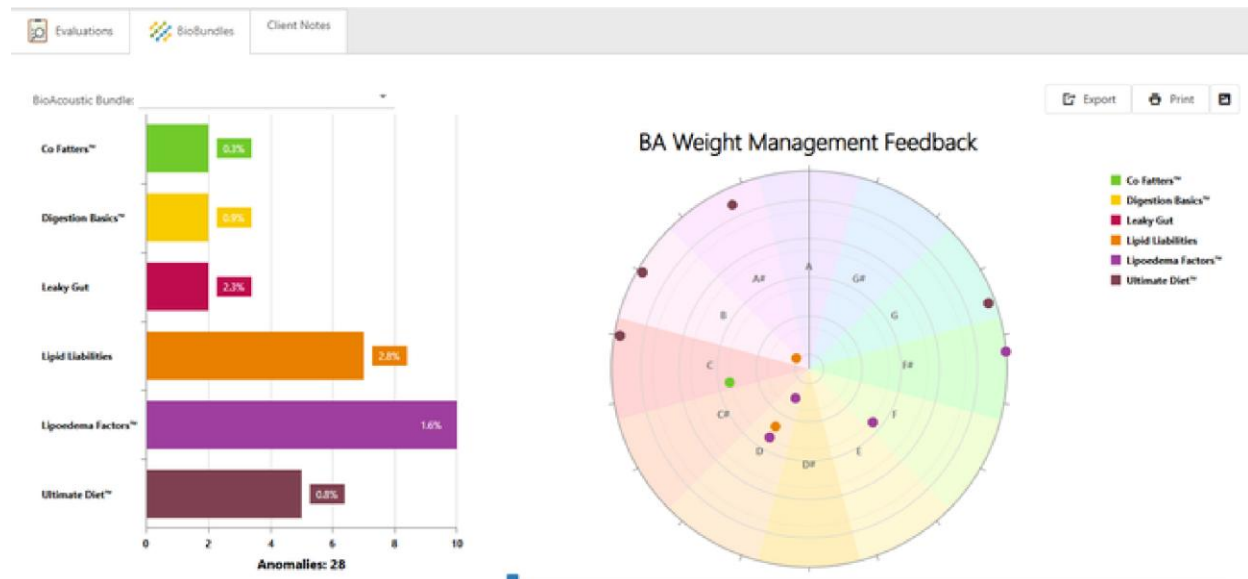


3. **TJ** complained of a cranky digestion system and belly fat. He reported heart disease and a family history of vascular stress. His evaluation pointed to two issues: fatty liver and a leaky gut.

A leaky gut indicates a loss of the mucous lining of the gut causing bowel contents to leak into the abdominal cavity. This is generally a result of environmental toxicity by pesticides.

Dr. Gundry has the best products I've found for a leaky gut.

Gundry also advises abstinence from lectin containing foods – beans, tree nuts, tomatoes, peppers...



Frequencies bombard the earth in a cyclical pattern each year. Below are frequencies associated with Feb 2025.

Sound Health Keynotes for February 2025

Jan 26 - Feb 1

Folic acid becomes stressed this week. Folic acid supports regeneration of the body and is a B family vitamin. Eye muscles become weak this week. Leptin, an appetite inhibitor is active now. It helps get rid of fat deposits and storage biosignals. **BioAcoustic BioDiet** and **Ultimate Diet** software measure the hormones of hunger and fat storage. You can have your voice analyzed at www.SoundHealthPortal.com – BioBundles – weight management.

Weight issues seem to be prevalent for the month of Feb along with digestive and detox concerns.

Feb 2-8

The obesity gene came into influence during the last week of January and still stands. The most active frequencies biochemically seem to be the need to create an equilibrium for acid/alkaline; taking care of leaky gut issues; and clearing the blood of trash.

The acid issue can disturb the regulation of ammonia, the regeneration of hair follicles for the ears, kidney, insulin regulation, digestive enzymes (betaine), and B12. Calcium balance is dependent on Calmodulin which will influence sensitive people by the end of January.

Asbestos toxicity will be more prevalent by the end of the week. Muscles in stress may include: elbow and forearm. Golfers may need a bit of extra warm up.

Feb 9-15

5G and Corona conflicts seem to be threatening iron levels – it is unfortunate that a significant leukemia genome comes into power this week – online sites may have some excellent advice concerning iron levels. Feelings of fatigue would provide a clue that iron levels may be stressed.

A BioAcoustic Fatigue voice analysis is now available at the public workstation: www.SoundHealthPortal.com - CAMPAIGNS. It may provide some supporting information that you may want to share with your wellness provider.

Muscles in stress this week: Elbow, great toe, lumbricals of the foot, eyelids, and jaw muscles are in stress.

In addition, nitric oxide and magnesium are in stress. Both are associated with Muscle cramps. ASIDE: if you are hungry but don't know what you want to eat, low magnesium may be the issue. Let me know if this solves any of your cravings.

The many aspects of adiponectin* – incredibly for those with stubborn thigh and butt fat – is a bane for Jan/Feb weight watchers. The lack of adiponectin* does not allow the body to move fat deposits out of the cells. Great when we need to store fat for the winter but a nuisance today in our world of plenty. Adiponectin works with NAD and AMKP to regulate the biochemicals of energy balance and weight control.

***Adiponectin:** a protein hormone that is produced by fat cells. Its physiological effects include the reduction of inflammation and atherogenesis (the formation of fatty deposits in the arteries) and enhancement of the response of cells to insulin.

***Editor's NOTE:** Sugar and refined carbs build fat in the body. The type of fat/oil one consumes, determines the type of fat created and where it is distributed. An EFA dietary imbalance with too much omega-6, competes with and hinders omega-3 uptake. Omega-3 EFA is needed by every cell membranes to communicate with each other. When deficient, cells and bodily systems malfunction. Canola oil is the most disruptive! Hence, fatty liver and hard-to-get-rid-of layers of blubbery fat, in the wrong places, are consequences.*

Feb 16-22

The desire to wear your beautiful copper jewelry now may emerge as copper frequencies come into play toward the end of February. Copper is a great support for the immune system and inflammatory threats. It can be found in shellfish, seeds, nuts, organ meats and wheat bran cereals and CHOCOLATE.

Copper is especially important with 5G and covid because it aids in iron absorption.

Muscles in stress: elbows still, toes, forearm, and the palate.

Pathogens active in Feb: several strains of Borrelia (Lyme's)

Vitamins in stress: B3 - niacin which supports circulation, DNA, mental acuity and helps fight fatigue.

Tetrahydrobiopterin comes in play this week. It has multiple roles in human biochemistry. Its major role is to convert amino acids that control mood and energy. See Amy Yasko's work for more information about this important biochemical. Feel Good Nutrigenomics by Amy Yasko link: DrAmyYasko.com.

Feb 23-Mar 1

The last week in Feb brings help with adiponectin balance but also stress from a fatty liver that can cause obesity, hormone and immune dysfunction, and insulin resistance.

A fatty liver can also aggravate blood pressure and heart rhythm (magnesium related).

There are many wonderful liver cleansing protocols from reputable doctors online. My opinion, herbs work best.

Vitamins in stress: Biotin - associated with hair loss is now active. Biotin helps metabolize carbs and fats. Biotin is water soluble and is found in eggs, legumes, sweet potatoes, mushrooms, bananas, broccoli and pork products. Signs of biotin deficiency – weak and thinning hair, loss of body hair; scaly red rashes around body openings.

Muscles in stress: Heart rhythm and the Supinator (back of the forearm). The Supinator originates from the elbow.

We hope to see all of you on our online public workstation to begin your SELF-HEALTH journey for the new year.

Nutrition evaluations are available every day. Weight Management evaluations are available under BioBundles.

References

<https://www.innerbody.com/dr-gundry-super>

[food-to-eat](#)

Amy Yasko

Masters of Health Magazine: [Dec 2024](#) and [Jan 2025 issues](#)

Body Connections

The Body Matrix BioAcoustic Strategies for Better Health

Keynote Mar 2025

Astrological Association: Pisces

Musical Note: B

Color Association: Red Violet



This article is the fourth in a BioAcoustic Series, incorporating the idea that potential weight management issues can be revealed, using frequency-based vocal analysis.

BioAcoustically Speaking, almost everything is something else: meaning that one frequency may have many correlations. Iridology, hair, pulse, and blood analysis are all seen as ways the body can provide information about itself. Body systems are redundant and inter-connected and have many ways to reveal intrinsic secrets. This article proposes that weight management issues can be analyzed visually using a map of where fat tissue tends to gather in the body.

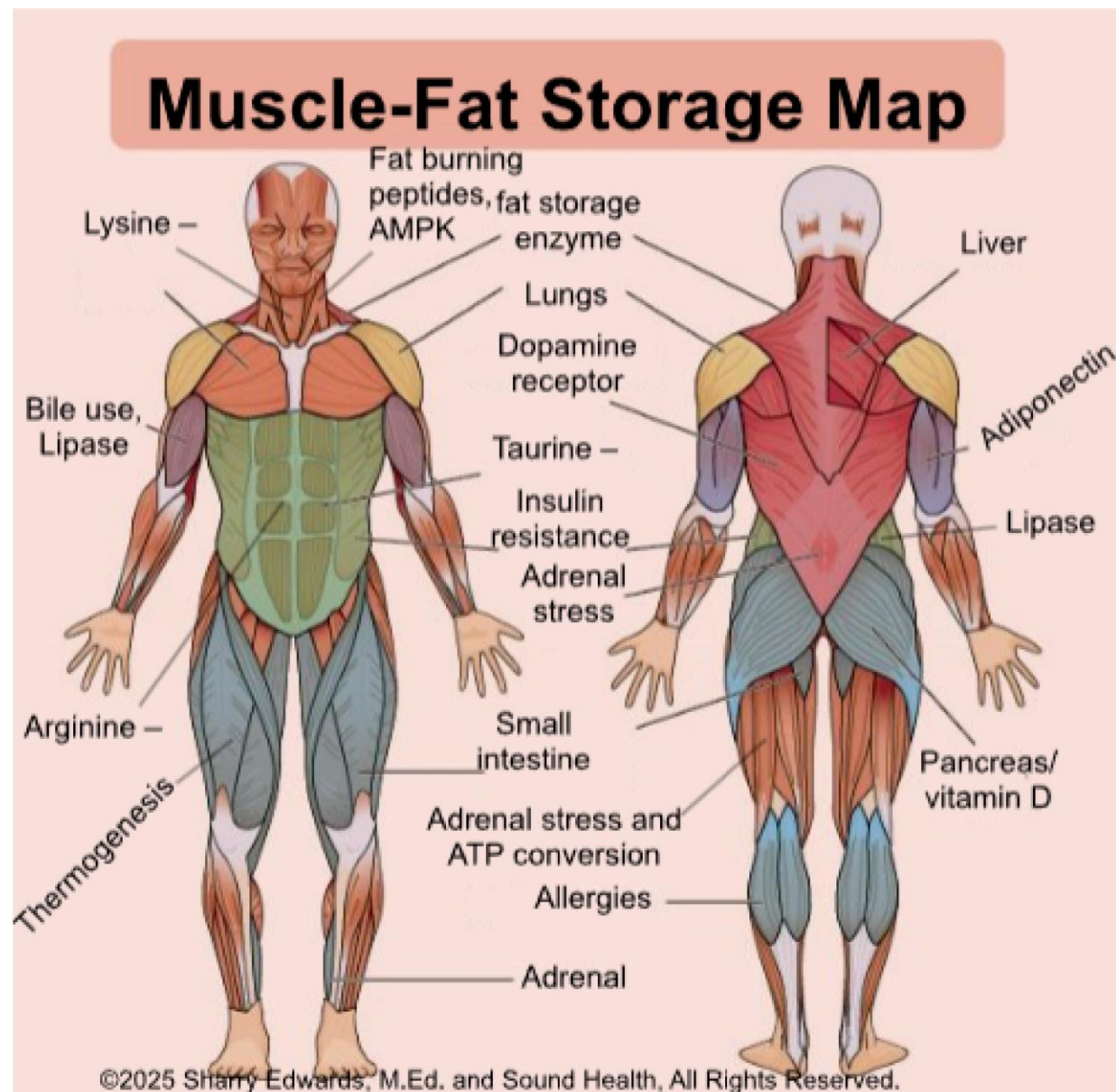
The map in this article depicts muscle frequencies as they relate to weight management. By examining the location of fat molecules in the body, can the explanation for excess fat tissue be identified? Being overweight is a massive problem in the US in nearly 60 percent of the population; and without a reasonable explanation of what is going on. For Example – actual case study:

Rachel, a 66-year-old female with uncontrolled diabetes, high bad cholesterol, and high blood pressure, had been subjected to continued scolding, lectures, and new medications each time she visited her conventional medical provider. When her vocal print was evaluated, using our online weight management template, her vocal analysis revealed the root cause to be inadequate lipid management.

Further questioning revealed that her gallbladder had been removed over 30 years ago, without any instruction as to what would happen without bile salts to help break down fats. She continued to have gallbladder pain symptoms but modified her diet to avoid gastric issues.

The underlying cause was an inability to process lipids – fats, a concept not readily addressed by conventional medicine but vocal analysis quickly ascertained that the issues were a lack of adiponectin and leptin. Adiponectin is the same frequency as the bicep muscle underneath the upper arm. This “bat wing” image is often associated with a physical manifestation of diabetes.

[Adiponectin - Adiponectin is a protein hormone and adipokine, involved in regulating glucose levels and fatty acid breakdown. In humans, it is encoded by the ADIPOQ gene and produced primarily in adipose tissue but also in muscle and even in the brain.]



Rachel revealed she was very concerned about the hanging fat bags below her upper arms. The map of fat storage biochemical and muscle correlations accurately depicted the biochemicals associated with her weight issues.

Additionally, several bile salts – they break down fat for digestion - were involved. Adiponectin and Leptin were added to her supplement regime. The frequencies of both compounds were provided to her via an analog tonebox which entrains brain frequencies for use by the body. She has reported more energy, better sleep, and feeling stronger and more flexible since starting this innovative protocol.

When incoming foodstuff comes into the body, your metabolism has two choices. Use the energy or store it. The lack of adiponectin causes the body to store incoming calories; resulting in fat deposits.

Case study #2 – Peggy needed help to find the root cause of her allergies and chronic rhinitis – a stuffed-up, drippy nose. She had never found a health provider who could provide a solution that would eliminate her symptoms. Her vocal print revealed a leaky gut, inflammation, and a fatty liver causing hormonal and metabolic symptoms. The offending allergens were caused by her leaky gut but her gut issues were causing additional issues.

[A leaky gut indicates that the lining of the gut wall allows bowel contents to leak into the abdominal cavity causing an inflammatory response.]

Peggy was also experiencing unrelenting fatigue and blood sugar challenges, plus her thyroid showed stress. Her vocal analysis revealed a fatty liver from cholesterol issues, which turned out, BioAcoustically, to be genetic. This, in turn, was causing liver-related hormonal issues. She had been on Statins for a while, but they made her so ill that she stopped taking them. She reported that her weight continued to climb, especially in her midsection.

Peggy reported so many seemingly unrelated issues that her healthcare provider did not take her seriously.

Vocal analysis revealed issues with her body's energy cycle (Krebs). She was not using the incoming resources that allowed her body to convert foods into fuel. Krebs Cycle support can be obtained from a local nutrient outlet or online.

The frequencies of the oblique muscle near the waist are the same as biochemical frequencies that deal with thyroid and adrenal issues. Calcium usage can be stressful when a spare tire begins to accumulate around your middle.

The midsection of the body was accumulating fat as a part of the protection system of the body. When a toxin enters the system, the body wants to eliminate the culprit or if that is not possible at the time, the body will encase the toxin in a cocoon of fat and put it away to deal with later. A belly full of fat is indicative of a body full of toxins. Check online about how to detox before starting a diet to avoid any toxicity issues.

Other maps in this series include frequencies associated with fat-stabilizing Hormones, Peptides, bile salts, biochemicals, toxins, and behaviors. BioAcoustically Speaking it is not just one frequency involved in using sounds as body support but the combinations of frequencies that can cause change.

Breaking the code of obesity – down to the root cause - seems to still be a mystery for conventional medicine.

Learning these combinations is what we teach and share with the public – when adiponectin and leptin are combined, they influence the gracilis muscle so that as you walk, one foot is pointing to the side rather than straight forward.

Other concepts of muscle and fat tissue placement that have been borne out using vocal analysis include: AMPK, lymph issues, pancreas, gallbladder, ghrelin, insulin resistance, and lymph system.

We invite everyone to check out a personalized Weight Management assessment at SoundHealthPortal.com – Weight Management. Keep in mind that the Amino Acids Taurine, Lysine, and Arginine are needed to produce bile salts necessary to break down carbohydrates and fats. These primarily relate to the throat and thigh muscles.

Anyone interested in learning this protocol to share with your client and community, please check out our [class information here](#).

References are available upon request.

Frequencies Associated with the Month of March

Feb 23-Mar 1

Through the first two weeks of March – the heart Muscle frequencies are stressed; frequencies for the last two weeks of March involve thyroid function and the knees.

For all of March, the forearm and wrist muscles may be vulnerable. Bad time to take up golfing.

Mar 2-8

Specific Nutrients/Biochemicals in stress during this time: B3, myosin, biotin, adiponectin (weight related), catalase (blood detox related). B3 helps thin the blood. Myosin helps stop Tinnitus damage.

Systems in stress this week: liver and blood pressure.

Muscles in stress: little finger, pterygoid, lessor toes, supinator (forearm), palate, elbow, and eyelids.

Mar 9-15

Muscles in stress: heart, forearm, major hip muscles, and trapezius (upper back).

Nutrients/Biochemicals in stress: phosphorus, magnesium, and myoglobin (oxygen to heart).

Systems in stress: thyroid, blood pressure, blood clotting, and joint flexibility.

Medications: Prozac - watch for side effects.

Mar 16-22

Muscles in stress: pterygoid, trapezius, minor hip muscles, wrist, and joints.

Nutrients/biochemistry in stress: thymine, hypericin, hemoglobin, taurine, glucose, ATP (energy currency of the body, choline, iodine, and collagen.

Systems in stress: Liver, thyroid, immune, iron delivery, immune – influenza, joint and movement flexibility, and collagen.

Medications: Dilantin, Oxytocin.

Pathogens: Epstein Barr Virus (fatigue).

Mar 23-29

Muscles in stress: wrist and eye muscles Nutrients/biochemistry in stress: brain plaque, serum amyloid, B12 bromelain, glucose, and hydrogen.

Systems: mitochondria- originating genetic material.

Meds in stress - wrist and fingers are stressed for anyone taking GLP-1.

Mar 30-Apr 5

Week one influences that may impact your physical and emotional well-being: You may notice a lag in muscle response as the Dystonia gene becomes active now.

Glycine may help with muscle signaling and is involved in producing bile salts, along with arginine and lysine. Glycine may be important for anyone with any kind of muscle stress: Parkinson's, ALS, and multiple sclerosis.

The platelet-activating factor and vasopressin, both known to be associated with the circulatory system, may be active for the next few weeks.

DNA and stem cells will continue to be stressed until the end of April.

Nutrients and biochemicals in stress for the beginning of April: hydroxyproline, DNA, nerve growth factor zinc, leucine, isoleucine, magnesium, GABA receptor (brain activity), keratin, asparagine, and ornithine.

Muscles in stress are mostly the rectus eye muscle associated with Macular Degeneration.

Do a BioAcoustic vocal analysis on your own. Catalog short link: <https://shorturl.at/B1FPP>.

Interesting BioAcoustic fun fact:

When chewing, the two jaw muscles used together create the frequency of dopamine!

The Fat Storage Fiasco

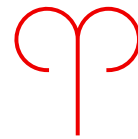
Or What Is Making Me Fat?

Keynote April 2025

Astrology association: Aries

Color association: Red

Musical Note "C"



This is the fifth installment in a series of articles concerning BioAcoustics-associated weight management. This article concentrates on the causes and biochemicals of fat storage. Subsequent information to be shared here will include peptides, enzymes, toxins, amino acids, organs, and medications associated with weight management. Individual Vocal Analyses including all of these topics are available to the public from our online WorkStation - SoundHealthPortal.com – Choose weight management as your topic so that you can receive an individualized evaluation of your weight issues.

For many people concentrating on how much food they eat juxtaposed with how much exercise they do or don't do is the essence of most weight loss programs. A lot of time and money is being spent on how to look good. The Ozempic* and Wegovy* craze is a good example. Both are based on Glucose-like Peptide (GLP), a natural substance manufactured by the gut to support intrinsic digestion. They are also based on the actions of Glucose-like Polypeptide-1 (GLP-1) which is designed to increase natural GLP-1 activity. GLP-1 is a natural substance produced in human intestines that decreases appetite. It is regulated by dipeptidyl peptidase (Editor's Note: * These medications have harmful side effects.).

The outdated idea of eat less, exercise more is leaving those with unmanaged weight issues without hope or help. In installment one of this topic – [Masters of Health Magazine - Dec 2024](#) - we surveyed and listed the most prevalent weight loss commonalities that have been shared with us.

Without a doubt, toxicity was the number one culprit followed by a fatty liver causing insulin resistance. Online articles tell us that acetylcysteine is a major player to prevent/reverse fatty liver symptoms combined with herbs like milk thistle and the amino acid, taurine. Many available liver support supplements contain these ingredients. Some articles tout apple cider vinegar as a liver cleanse and protectant. The liver is fundamental to weight loss because of its association with breaking down fats.

Exploring this topic led us to the realization that fat tissue lays down on part of the body that is the most compatible frequency associated with the toxin or biochemical. A lot of pesticide toxins accumulate in adipose tissue found on the frontal stomach muscles. For instance, fat deposits are often found on the lower side of the upper arms, and are said to be a diabetic body marker. That particular muscle (bicep femoris) is the same frequency as adiponectin, which is a biochemical known as a [protein hormone](#). Adiponectin is involved in regulating [glucose](#) levels and [fatty acid](#) breakdown. See [Masters of Health Magazine - March 2025](#) issue for the fat storage map.

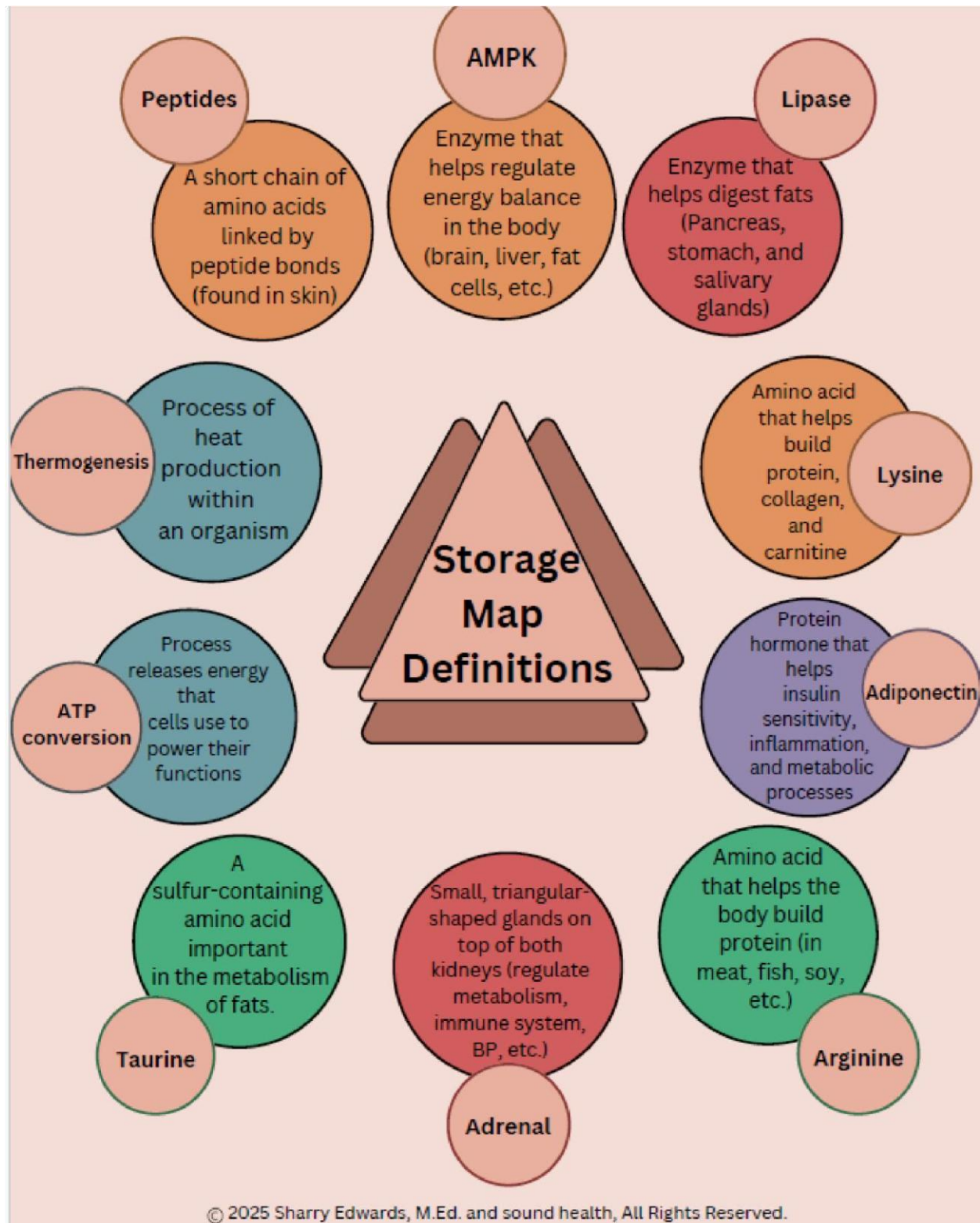
The map was published in hopes of helping people identify the biochemicals associated with their individual weight loss issues. Most people are not familiar with weight storage biochemicals – see graphic below.

Organs such as the liver, gallbladder, pancreas, and intestines are involved, even the saliva in chewing is involved in digestion. Many people who have had their gallbladder removed are never told that the gallbladder and liver are involved with the creation of bile salts which help emulsify incoming fats.

 FAT BREAKDOWN & ENERGY UTILIZATION ENZYMES Fat-burning enzymes play a key role in breaking down stored fat into usable energy.			 SOUND HEALTH www.BioAcousticSolutions.net 1 (740) 698-9119
CATEGORY		ENZYME/PROTEIN	FUNCTION
Lipase Family (Breaks Down Fat)	→	Hormone-Sensitive Lipase (HSL)	Mobilizes stored fat by breaking down triglycerides into free fatty acids.
		Adipose Triglyceride Lipase (ATGL)	The first enzyme to act on triglycerides, converting them into diglycerides and releasing fatty acids.
		Lipoprotein Lipase (LPL)	Helps break down fats from the bloodstream so they can be used for energy.
Carnitine-Related Enzymes (Transport Fat for Energy)	→	Carnitine Palmitoyltransferase I (CPT1)	Moves fatty acids into mitochondria for energy production
		Carnitine Palmitoyltransferase II (CPT2)	Completes the transfer process for fat oxidation inside the mitochondria.
Beta-Oxidation Enzymes (Burn Fat for Energy)	→	Acyl-CoA Dehydrogenase	The first step in breaking down fatty acids inside mitochondria
		Enoyl-CoA Hydratase	Helps further break down fatty acids into smaller units for energy.
AMP-Activated Protein Kinase (AMPK)	→	Regulates Fat Burning	Not an enzyme itself, but AMPK activates fat-burning pathways by increasing energy expenditure and breaking down stored fat.
Boosting fat-burning enzymes naturally involves: diet, exercise, and lifestyle habits.	(How) →	Increase Protein Intake	-Protein stimulates hormone-sensitive lipase (HSL) and lipoprotein lipase (LPL), which help break down stored fat. -Good sources: Eggs, lean meats, fish, nuts, and dairy.

Bile salts need taurine, glycine, and arginine to become active – bile salts are in stress the first week of this month.

Taurocholate, a bile salt, along with Taurine emulsify dietary fat.



Tauroursodeoxycholic acid (TUDCA) is a naturally occurring water-soluble bile acid. Bacteria in your large intestine break down bile salts and turn them into ursodeoxycholic acid (UDCA). It then combines with taurine molecules to create TUDCA.

TUDCA has been used as a supplement for thousands of years in traditional Chinese medicine. It was first sourced from bear bile, which is made up of 50% TUDCA. Today, this health-promoting supplement is made synthetically.

The body does two things with incoming foodstuff: It is used for energy or it is stored. Issues begin when energy is not created for immediate use but is stored and not readily available for energy. Hence one of the first weight management issues to arise is fatigue.

Fatigue is often associated with thyroid issues, a lack of fat burning and a slow metabolism. Cholesterol issues may be involved.

Other fat-burning biochemicals include those in the storage map definitions on the previous page.

Frequencies Associated with the Month of April 2025

The month of April frequencies reveal a harsh month for diabetics and energy systems. Thyroid and blood sugar-associated frequencies are prevalent.

And special attention should be paid to the health of the eyes with stress on eye rectus muscle frequencies associated with macular degeneration.

Anti-diuretic hormone, glucose 6 phosphate, vasopressin, GLP-1, AMPK, mots-c and zinc = all blood sugar related.

Muscles in stress – Gastrocnemius, eye-associated rectus muscles, thumb, sternocleidomastoid.

Amino Acids in stress - leucine, isoleucine, asparagine, and ornithine.

Biochemicals in stress - Vitamin E, Catalase, Cortitropin, estrogen, beta-carotene.

Toxins: mirex – electrical wiring insulation associated.

Systems in stress: blood sugar, thyroid, Krebs Cycle, DNA, Stem Cells, Mitochondria.

Mold frequencies are high the last few weeks of April.

References

<https://www.drberg.com/blog/the-benefits-of-tudca>

<https://statcarewalkin.com/info/should-you-take-bile-salts-after-gallbladder-removal.html>

Online Evaluations

Keynote May 2025
Astrology Association: Taurus
Note Correlation: C#
Color: Red Orange

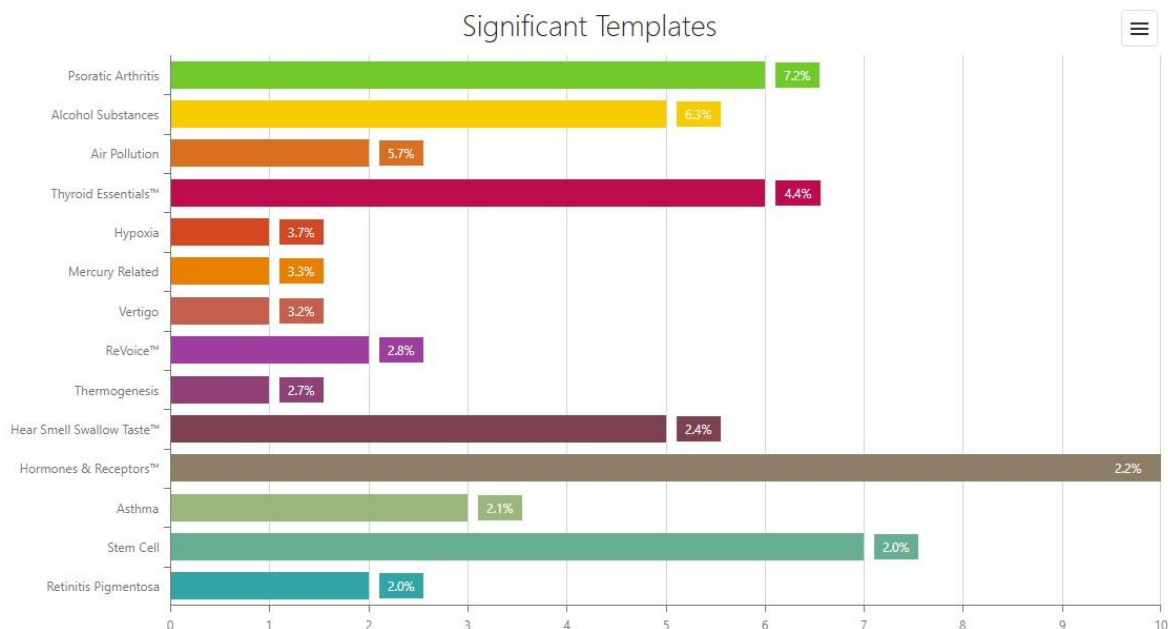


This is the 6th in a series about weight management information that the public may not be aware of. During this series, the most asked question from our readers has been how the public can get a BioAcoustic online weight management evaluation.

Quick solution: go to SoundHealthPortal.com. Follow the prompts on the landing page that will lead you through the process. In a day or so, you will receive a preliminary report via email.

Input your voice and receive a personal, computerized, quantifying report of your own vocal BioMarker anomalies.

This report, in particular, identifies thyroid and thermogenesis as potential issues. Having cold hands and feet or trouble staying warm are usually noticeable symptoms. There are online articles and tests about low thyroid. You may need the help of your health care provider for this one.



Our initial article identified more than 20 weight management issues. See Dec 2024 issue of Masters of Health Magazine or our web site – BioAcousticSolutions.net – More TAB – Keynotes.

During our studies we found that the most often reported problem was a lack of information about past gallbladder stress. Few people were told what to expect or what could likely occur.

Using the Portal a subsequent report with a gallbladder template may look like this:

Name: Christina Client				Rank
Research Results				Rank
Actigall	Medication	H	Used to dissolve gallstones; aka Ursosan	1
Chenodeoxycholic acid	Biochemical	H	Produced by the liver from cholesterol; 1 of the 3 major biliary bile acids	1
Cholesterol 7 Alpha-Hydroxylase	Epigenetic	H	Suppresses enzymes in bile acid synthesis	1
Sucrose	Biochemical	L	Excessive consumption may increase the risk of gallstones	1
Ursodeoxycholic acid	Biochemical	H	Bile acid produced by the liver and stored in the gall bladder	1
Ursodeoxycholic acid	Biochemical	H	May dissolve (cholesterol) gallstones; also known as Ursodiol	1
Ursodeoxycholic acid	Biochemical	H	Reduces the rate at which the intestine absorbs cholesterol	1
T-12 Thoracic vertebrae	Muscle - spine	H	Innervates gallbladder	2
Cynarin	Polyphenol	H	Chemical constituent of artichoke; may increase the flow of bile	3
Taurocholic acid	Biochemical	H	AKA: Cholaic Acid; a bile acid	3
Taurocholic acid	Biochemical	H	Constituent of bile; involved in the emulsification of fats	3
Acetyl Carnitine	Biochemical	H	Improves liver function	4
Cholic acid	Biochemical	H	1 of the 3 major biliary bile acids; produced by liver from cholesterol	4
Curcumin	Food Additive	H	May help prevent gallstones	4
Betaine Hydrochloride	Medication	L	Alkaloid that may reduce the risk of gallstones	5

In bioacoustic analysis, one of the challenges is that each detected frequency can correspond to multiple causes. This means that a single anomalous frequency might be linked to various factors or conditions, making it difficult to pinpoint the exact source without further analysis. This complexity requires careful interpretation to avoid misleading conclusions and to accurately identify the underlying issues.

The above Gallbladder evaluation indicates if an item is **High** or **Low** and shows its priority: 1 through 5 that may need attention. The computer does the analysis for each individual. Each Item has a blue line beneath it, that is designed, when clicked to take you to a resource. These reports can be shared with your wellness provider for potential remediation.

These protocols use information showing that the frequencies of the voice are a holographic representation of the body. BioAcoustic Biology has gathered information which indicates that

the voice can potentially be used as a diagnostic tool but could provide sound-based solutions for health.

The online Portal is open to the public at: www.SoundHealthPortal.com. It includes tutorials, evaluations, documentaries, campaigns, articles, and references plus the opportunity to scan your own voice for errant frequencies (sour notes). Record your voice and receive a personal report of what your voice reveals about you.

Your body is designed to heal itself. Fat burning is individual. Let your vocal analysis help you identify what your body needs to return to normal form and function.

Each cell can renew itself or morph into something else if provided the correct frequency and energy.

Sound Health Keynotes

Frequencies Associated with the Month of May

This section 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.

Metabolic Magic

Joint inflammation will be felt over the next few days. Glucosamine and docosahexaenoic acid (DHA) – both available at your local health food store - may be helpful.

Time for some liver pampering as liver enzymes come into stress. There are some great herbal liver cleanses described online; love your liver for great enzyme, hormone, and cholesterol health.

Chlamydia pneumonia (attacks the heart sac) and Epstein Barr (chronic fatigue virus associated with the liver) continue to plague our energy systems. It has been reported that Nutribiotic grapefruit extract doesn't allow pathogens to attach to your cells when they attempt to set-up housekeeping; it can help with pathogenic threats year 'round.

Disease genes activated now include colon cancer and Diabetes Insipidus.

Nutrients in stress: Magnesium (diabetes associated), B5 co-factors (help support energy metabolism and muscle biochemistry). B5 is also associated with tremors and the use of dopamine. L-dopa will be in stress by the end of the week.

Muscles in stress: Gluteus Medius and Minimus (hip-butt muscles) and the trapezius (upper back muscles), finger flexors, Hamstrings and Levator (shoulder). By the end of the week the big toe and a jaw muscle, the Masseter will begin to rise.

Sometimes you can determine how in tune you are with the Universe when you begin to experience these muscle responses before they come into full influence.

Foreknowledge of what frequency influences are on the way makes it appear that you are magical because you always know what stressors are about to occur.

Watch out for Vitamin D deficiencies and thyroid stress combined for the coming weeks.

April 27 - May 3

The management of calcium comes into stress on Tuesday. Cortisol disturbs calcium utilization. Those with cortisol issues may find it especially troublesome with possible calcium related issues, muscle cramps, sleep disturbances, nerves on edge. Calcium is instrumental in protecting the body against cancer.

Tooth plaque continues to be an issue as nanobacteria are still active. The literature reports that tooth plaque may be an indicator of heart sac disruption. If you are having trouble walking up stairs or you are experiencing exertion stress that you didn't notice before; this may be an issue. Nanobacteria is a disturbance of calcium metabolism.

Mother Nature indicates that spring is the time for renewal and growth. The same is true for humans as reproduction hormones peak this week in an attempt to prepare the body for new life.

Brain derived neurotropic factor stirs over the weekend making this a time for renewal of cells and nerves of the body and brain. Time for some brain games to take advantage of creating new pathways.

May 4-10

Fatty Acids, particularly linoleic acid, are essential to utilizing the amino acid, Carnitine. Carnitine, in turn, is essential for the body to manage weight issues.

BioAcoustically speaking people who cannot utilize Carnitine or those with high Carnitine, find it hard to manage weight.

In addition to the frequency-based issue with Linoleic acid, the gene responsible for adrenal based obesity is active for the next week or so. You may find it difficult to lose weight, especially with the troublesome water weight. You may feel sluggish and swollen.

Muscles in stress are all digit related; fingers and toes may be taking the brunt of this temporary water weight gain. Muscles related to eye focus are also in stress; you may find it more difficult to focus and keep focus without some blurring.

Calcitonin, a calcium regulating, biochemical comes into play mid-week. Remember that calcitonin is a major player in the control of cancer food, 5-HETE. Thyrocalcitonin, aka, calcitonin, is a calcium regulator of the parathyroid gland that comes into play at mid-week through the weekend.

May 11-17

Frequencies for Gardasil vaccines become active this week and remain so through the end of the month. Gardasil is a series of injections provided, mainly to youngsters, as prevention to cancer; and cervical warts contracted through sexual interactions.

California has passed a law allowing girls as young as 12 to submit to a three-part series of separate injections without parental permission even though serious adverse effects (including deaths) have been reported in large numbers; consequences that would fall on the shoulders of uninformed parents.

Four strains of HPV (Human papilloma virus), contained in the CDC recommended Gardasil vaccination database, are being pushed on the American population; HPV 1, 11(x2), 16 and 18. Are these vaccines safe or do they pose a greater threat that has not yet been exposed?

This possibility was BioAcoustically explored, and the information is compiled in the Frequency Equivalent™ chart below.

BioAcoustically Speaking Frequency Equivalent™ Chart for			
		Gardasil HPV vaccines	
		Same Frequency as	Reproduction Relationship
HPV 1		parathyroid hormone	helps regulate calcium necessary for ovulation and fertility
HPV 11		lithium, valium	mood regulators
HPV 11		progesterone	hormone required to maintain pregnancy
		ATP and Measles virus	associated with male sterility
		Herpes	sexually transmitted disease associated with infertility
HPV 16		Vitamin A	an essential fertility nutrient
		NADPH	levels associated with male infertility
		calcitonin	helps regulate calcium necessary for ovulation and fertility
HPV 18		Estrogen and testosterone	Reproductive hormones
Copyright, SoundHealth and Sharry Edwards, 2011 - all rights reserved			
SoundHealthOptions.com			

A Quote from Dr. Diane Harper, lead researcher concerning Gardasil says that 70% of all HPV infections resolve themselves within a year, and within two years that percentage climbs to 90%. Dr. Harper also states that Gardasil would do little to prevent cancer and she does not recommend Gardasil or Cervarix (a similar vaccine) to anyone younger than 15.

An additional statement by Harper in 2013 is that parents should be warned of the harmful effects of the Gardasil vaccinations. She quotes so far that “15,037 girls have reported adverse side effects from Gardasil alone to the Vaccine Adverse Event Reporting System (V.A.E.R.S.), and this number only reflects parents who underwent the hurdles required for reporting adverse reactions. At the time of writing, 44 girls are officially known to have died from these vaccines. The reported side effects include Guillain Barré Syndrome (paralysis lasting for years, or permanently — sometimes eventually causing suffocation), lupus, seizures, blood clots, and brain inflammation. Parents are usually not made aware of these risks.”

May 18-31

Strongly manifesting for the next few days: Frequencies associated with Chronic Lymphocytic Leukemia (CLL) – cancer of the white cells which are responsible for fighting infection by producing antibodies to protect the body. CLL creates a compromised immune system in which the body is weakened to the point that it cannot fight stress, pathogen invasion and disease.

Muscles in stress: Interossei of the fingers which provide flexibility to the hands and fingers are moving out of range allowing arthritis like symptoms to let up a bit.

Activated Nutrients: Zeaxanthin – as an important bioflavonoid, it helps rid the body of free radicals. The vitamin most influenced is Lutein – A form of Vitamin A for eyes. If this is an issue for you, you may find that your eyes are a bit slower to focus – lots of allergies may be contributing to this factor for people.

Stearic acid is a biochemical found in cosmetics. The body uses Stearic acid to insulate nerves; it is also associated with cholesterol management.

The toxin active now is Hexachlorobenzene – It was used on marijuana as a pesticide until they found out that the residue causes mummified hands – then whole-body atrophy.

Morphine - A medication - we don't often report on medications, but this may be an important one – because it is often left over from surgeries so you may feel a bit groggy or out of it for a bit as it activates and moves out of the body. Medication frequencies of Valium/Diazepam are being activated at the end of the week. Both are used as medications to treat anxiety, alcohol withdrawal, muscle spasms, and panic attacks. Watch for side effects. Morphine, a powerful pain killer is also stimulated until mid-week.

Several forms of papilloma virus (HPV) – which causes common warts on hands, feet and mucous membranes of the oral, anal and genital cavities are in stress over the next few weeks. HPV (Gardasil/Cervarix) immunizations were developed allegedly to prevent HPV outbreaks.

BioAcoustically Speaking, the chart above shows that the frequencies of Gardasil and Cervarix correlate with issues of fertility and conception. These would potentially cause issues with reproduction.

Resources: <http://video.foxnews.com/v/116490600200>

[1/controversial-vaccine-bill](#)

<http://www.activistpost.com/2011/09/3-girls-dead-others-hospitalized-after.html>

http://www.cbsnews.com/stories/2009/08/19/cbsnews_investigates/main5253431.shtml

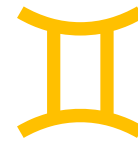
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A Major Key to Stubborn Weight Loss

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://www.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://www.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://www.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.

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.

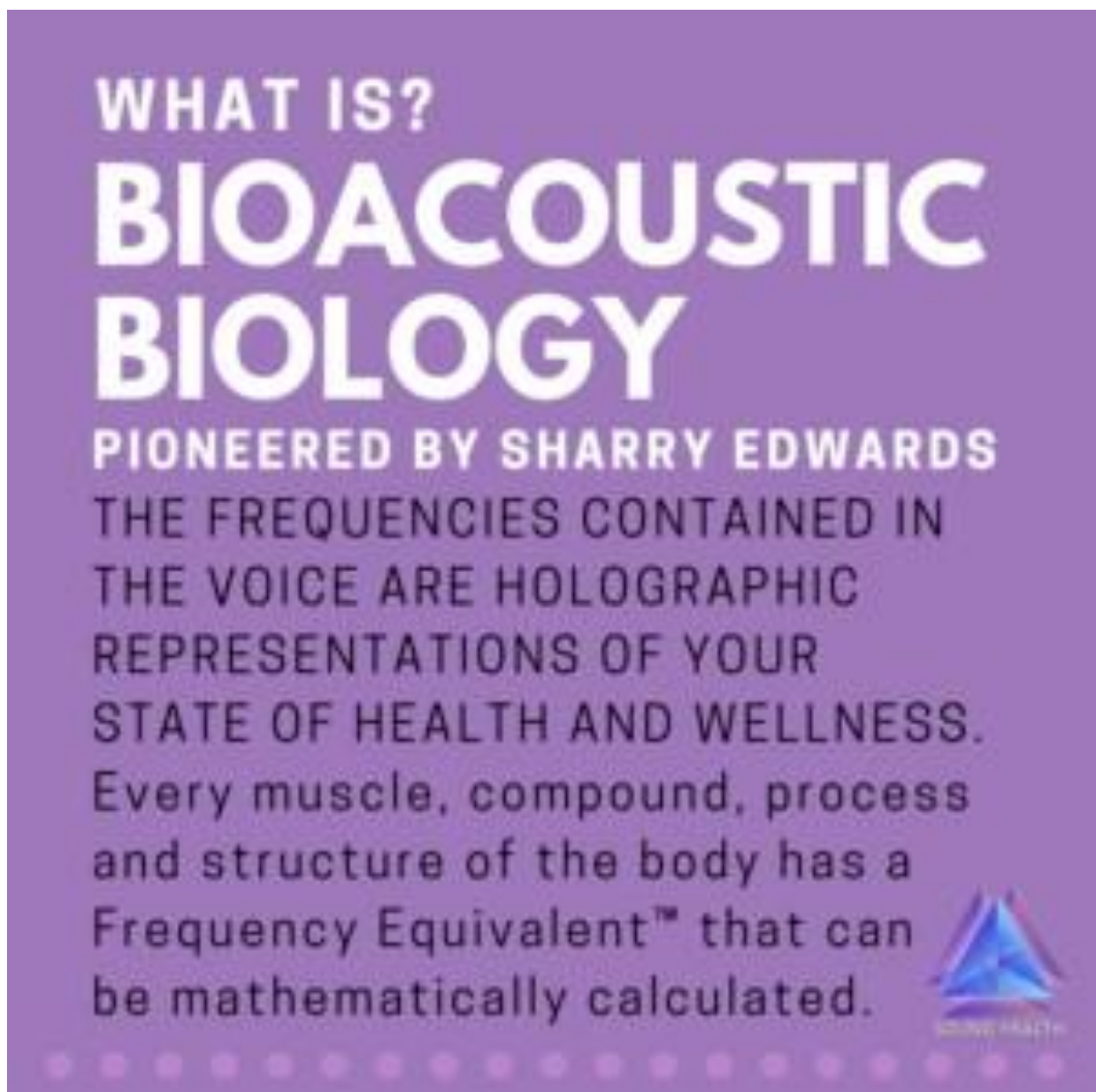
Dopamine, a feel-good biochemical, is stressed into the beginning of July.

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.



WHAT IS?
BIOACOUSTIC
BIOLOGY
PIONEERED BY SHARRY EDWARDS
THE FREQUENCIES CONTAINED IN
THE VOICE ARE HOLOGRAPHIC
REPRESENTATIONS OF YOUR
STATE OF HEALTH AND WELLNESS.
Every muscle, compound, process
and structure of the body has a
Frequency Equivalent™ that can
be mathematically calculated.



The poster features a solid purple background. At the bottom, there is a horizontal row of twelve small, light-purple circles. In the bottom right corner, there is a logo consisting of a stylized blue and white triangle with the text 'BIOACOUSTIC BIOLOGY' underneath it.

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

Weight Management Clues

Color Association: Gold

Astrological Sign: Cancer

Musical Note Association: D#



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 are experiencing 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. Chad 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.

Editor's Note: MOH does not recommend the use of statins. Also, avoid consumption of canola oil and other damaged omega-6 oils as they cause an omega-3 deficiency. Omega-3 enables cell membranes to communicate with each other. Silymarin/Milk Thistle is very beneficial for liver repair. Vitamin E is vital for gall bladder health and many other functions.

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:

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 – This 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 Masters of Health Magazine, 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 and 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 the 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 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.

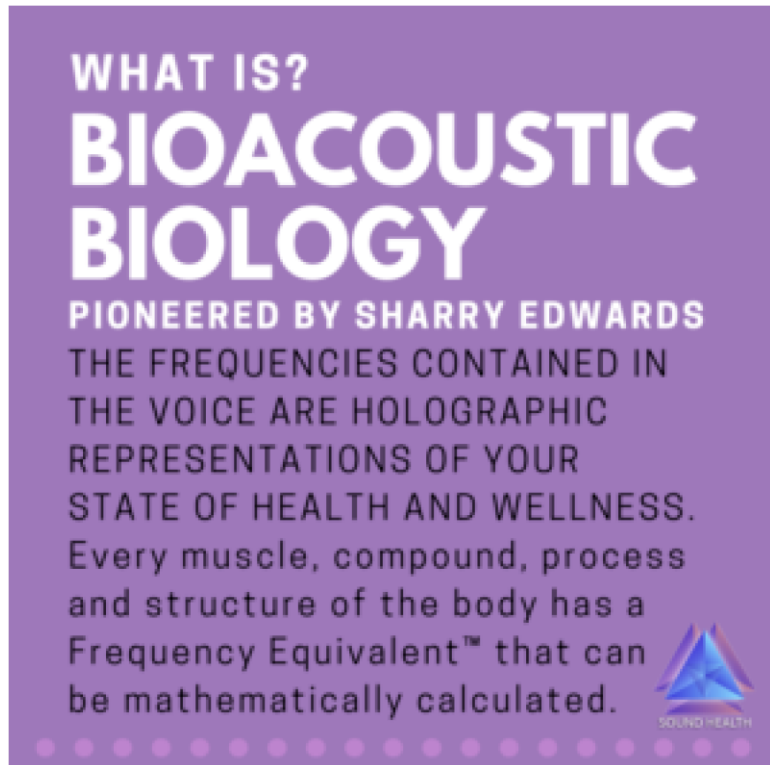
5. Inflammation and Immune Response: Bile acids modulate inflammatory pathways and immune responses, with implications for conditions like non-alcoholic fatty liver disease and inflammatory bowel disease.

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.



Sound Health Keynotes July 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.

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 29 – July 5

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.html

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 piled on by government sponsored for those who smoke. Already in some States in the US the tax on each pack of cigarettes is around \$5.00 per pack.

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 their participation.

July 6 – July 12

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.

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

This week's frequencies are associated with carnitine, an amino acid – see above. People who cannot gain weight have been found to be high in carnitine. It can be found primarily in meat. 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 section is NOT meant as medical anything. We are looking for data. If people get well, that's their problem.

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Supporting Links:

Music link:

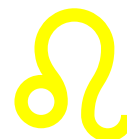
<https://www.coronavirusdefence.org/frequencies-for-defense-immune-stress>

Antidote article link: includes Spike Article with Rife Frequencies

<https://bit.ly/Antidote308>

Weight Loss for the People by the People

Astrological sign: Leo
Musical Association: Note of E
Color Association: Yellow



This is the ninth article in a series revealing the clues to personal Weight Management which will soon be a flip book available on our web site BioAcousticSolutions.net.

Years ago I stumbled upon something I did not understand: I was able to hear single notes and sometimes a series of sounds when I was near living things: animals, plants and people. What sounded like humming came from some objects, like rocks, but I could not hear anything from plastic.

Through years of research, I learned that in ancient times, these tones were called Signature Sounds. In modern times, at least for living entities, these sounds are called Otoacoustic Emissions (Wendell Browne, Johns Hopkins). Over the last forty years I used this information to develop a system called BioAcoustic Biology.

Robert O. Becker's work revealed that BioAcoustic protocols were tapping into the "analog body," an electromagnetic system associated with a reliable math matrix of frequencies. Becker speculated that this is the system used by acupuncture, homeopathy and other alternative healing modalities. BioAcoustic Biology taps into these frequencies through vocal analysis. The body is mathematically redundant throughout many layers of frequency-based systems.

This article continues this trend using mathical information concerning weight controlling systems, biochemicals, nutrients, peptides, genetics and stem cell frequencies.

Sarah Westall, an entrepreneur, business executive, and investigative podcast host, recently undertook a peptide supported weight loss program and as you can see below, the results were astonishing.

Below is Sarah before her journey (left) and after 30 days in (right).

Sarah's journey mainly consisted of using the peptides Retatrutide or Tesofensine combined with 5-Amino-1MQ, and SLU-PP-332.

She states these peptides blend cutting edge science with practical protocols designed to maximize fat loss while preserving lean muscle. More of Sarah's story can be found:

<https://sarahwestall.substack.com/p/the-ulti-mate-peptide-guide-for-weight>.



Peptides are short chains of amino acids linked by peptide bonds. They typically consist of 2 to 50 amino acids, distinguishing them from proteins, which are longer chains composed of more than 50 amino acids. Peptides have been recently touted as strong weight loss contributors.

Stem cell frequencies in our massive weight management database include obesity genes, fatty liver and thermogenesis, pathways, energy, glucose and cholesterol metabolism. Adiponectin, AMPK and Apolipoproteins are three of the most prevalent lipid (fat) faults that can cause fat accumulation, yet these are rarely checked by allopathic providers. These biochemicals plus thousands of other stem cells and genetic related frequencies can be BioAcoustically analyzed through a vocal print.

People can test their own vocal frequencies for these Peptides, stem cells, transporters and genes at SoundHealthPortal.com – Weight Management campaign. This is a public online WorkStation that can produce personalized reports that contain BioAcoustic information about a person's wellness profile.

BioAcoustics is not musical, nor medical, it is mathical! BioAcoustics can reveal predictive, current and long term reports using the frequencies of the voice. Living systems are first a conglomerate of frequencies and that

WHAT IS?
BIOACOUSTIC
BIOLOGY

PIONEERED BY SHARRY EDWARDS

THE FREQUENCIES CONTAINED IN THE VOICE ARE HOLOGRAPHIC REPRESENTATIONS OF YOUR STATE OF HEALTH AND WELLNESS. Every muscle, compound, process and structure of the body has a Frequency Equivalent™ that can be mathematically calculated.



combination of frequencies creates our physical manifestation. We are essentially a Math Matrix and when the math is not balanced, our bodies begin to create dis-ease. BioAcoustic Biology has been able to identify and map the body's mathical distress.

Our mission is to provide the public with personalized vocal profiles of the body's mathematical misalignments.

Many wise masters from ancient to modern: Pythagoras, Einstein, and Tesla tell us - "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

And so it is with Sound Health and BioAcoustic Biology. We were set up to create a pathway for people to embrace the idea of SELF-HEALTH.

We set up a class for the public for August 6th, 2-4 pm eastern US daylight time. We valued this course at \$500 because it allowed you to help others with weight issues and charge \$30-\$50 per report you generate for people. The class required that you join our SoundHealthPortal.com to work on and store your client files.

Announcements

A Mathical Map comparison of fat accumulation and muscles is available in the [June 2025 issue of Masters of Health Magazine](#).

I have a new book coming out in the fall – *Breaking the Sound Barriers of Disease*.

We will be publishing several Mathical Maps soon showing the frequencies of muscles, toxins, nutrients and body systems.

We plan to create a calendar of frequencies for an entire year to help prepare people for frequency based issues that may be lurking in our personal environments.

We have decoded the frequencies of predicted pathogens, including the renewed bubonic plague and black death threats, and we will be holding informational seminars for the public.

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, are you hungry or do you just need to chew?

Sound Health Keynotes July 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.

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.

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 29 – Aug 5 – iron comes into play this week, further stressing 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 6-Aug 12 - 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 13-Aug 19 - 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 20-Aug 26 - 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 as well – 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 as a toxin may cause increased brain fog this week.

Aug 27 - Sept 2 - Some beginning throat and tongue irritation may be noticeable. More Covid symptoms may appear as hemorrhagic virus spike proteins become more active (clotting). Abdominal muscles 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 the pain of arthritis), 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 and questions: [Sharry Edwards](#)

Or Website: <https://shorturl.at/jMCsy>

Activating the Analog Body in Support of Weight Loss

Musical Note association: F
 Color association: celery green
 Astrological association: Virgo



This is the tenth and last article in our series about Weight Management and concerns the emotional aspects and stress of being overweight and being less than optimally healthy.

Stress has a major influence on fat accumulation; primarily through the adrenal hormone, Cortisol - commonly known as the “stress hormone.” Cortisol plays a significant role in weight management especially if it remains elevated long term. High Cortisol also contributes to an increase in appetite, fatigue, muscle weakness, sleep disruption and insulin resistance.

If your fat is accumulating around your midsection it might indicate unbalanced adrenal function. Cortisol contributes to visceral fat storage which is fat that surrounds internal organs such as the liver, intestines and stomach.

Robert O. Becker in his book *Cross Currents*, plus many ancient and modern philosophers, including Nicola Tesla, have speculated that energy, as vibration, appears first and from that perspective the physical manifests. This becomes our corporeal body.

Becker further postulates that the gateway between the energy body and the physical body is an unlimited, yet measurable body, called the “analog body,” often referred to as the soul or spiritual body. I would like to call it a person’s Mathical Constitution. Becker and other like-minded thinkers state that this body is the infinite layer that is used to facilitate acupuncture, laying-on-of-hands healing, creativity, thought, imagination, emotions, prayer, etc.

Maybe we could conclude that: Brain is to thought as spirit is to body.

Candace Pert, *Molecules of Emotion* author, joins this genre of thinkers as she speculates that the brain manifests biochemicals, hormones, neurotransmitters and peptides that create our emotions. Sages before us have ventured to speculate that humans are capable of much more than we realize if we can integrate the physical and non-physical aspects of our being. Many thought leaders believe that the nexus of these layers of being is the Vagus nerve.

For many years the theories of BioAcoustic Biology have taught a meditative sound technique that leads to seriously altered consciousness. Dr. Alan Mandell offers a YouTube video that demonstrates that a similar exercise activates the Vagus nerve and reduces stress.

Following this line of thinking could the activation of the Vagus nerve be used to reduce Cortisol, activate fat and use of imagination to see ourselves as our perfect self-image? Is Vagus nerve activation the key to integrating our realities?

BioAcoustically Speaking Key to Vagus nerve activation exercise:

From the first wail at birth to the funeral lament, sound and rhythm are a part of our everyday lives. In between these two “moments,” we use a variety of notes, pitch and intonation to express ourselves. Some of these vocalizations are learned; others are quite natural and spontaneous.

All manners of systems have been devised to organize the various sounds we produce. Language and musical composition are probably the two most well-known. Techniques such as toning, praying, chanting, and primal screaming are just a few of the methods that have been used in our attempts to gain dominion over our physical and emotional selves. What if it were as simple as activating our Vagus nerve to integrate all parts of our being?

But it is the natural tones that seem to be the most useful. Granted they are the ones that we often don't use; at least publicly. Actually the natural grunts, groans and sighs are the sounds used when we find ourselves in our most vulnerable states: when we are ill, afraid, grieving, angry or making love. These sounds are associated with the most fundamental aspects of our lives.

We didn't have to learn to moan or weep. It is not required that someone teach us to groan or laugh. With few exceptions, the ability to produce such verbalizations comes as standard equipment.

Almost anyone can tone. Make a sound; any sound. Make a sound originating from your throat, your nose, from deep in your gut. Close your mouth and make a sound.

Do you feel it move through your nose? Experiment: Sing vocal sounds from the lowest to the highest note you can make. Do you like one sound better than the other? Does one tone make you vibrate more than the other?

The sounds that cause you to vibrate are the most helpful. Vibrating tones in your sinus cavity or throat have been known to reduce the pain of a headache and decrease sinus, ear or throat infections.

Puff out your cheeks and blow a sound through your, barely touching, front teeth. See if you can find a note that will make your teeth or inner ear vibrate.

Congratulations, you just learned to tone your own Signature Sound!

Do any of the sounds make your ears ring? A high-pitched ring that you could not possibly match vocally is present in your ear if you know how to listen for it. This is your own soul note. If you haven't heard such a ring maybe you haven't trained your ear to focus.

Try this: Listen, for a few seconds, to someone talking who is very near you. Now listen to someone who is several feet away, maybe in another room. Now listen close again. Now far. Keep changing your focus. Can you feel your ears change focus? If you use this same technique, you will soon begin to hear a high-pitched ring in your ears.

This is your own intrinsic frequency that animates you and keeps you alive. It is exactly right for you, every minute of every day. Listening will feed you the tones/sounds/frequencies that you need for every moment of your life.

Another way to listen for your own sound is to lie down and place a pillow against each ear. Listen to the pillow as you practice changing your hearing focus. If you have difficulty hearing your sounds this way, try making a very low note and then slowly slide up and down the scale as you listen for your ears to ring. Sometimes cupping your hands over your ears will help you hear the sound more easily.

Once your ears start to ring, quit making any sound as you listen to the tones in your ears. Actively listening to these patterns takes you to a theta brain wave level. According to Robert Becker, MD., Theta is the healing frequency range for the body.

Even professional speech therapists are now admitting that the sound of your voice has a lot to do with your energy and health. Just open your mouth and make a sound; a noise. It doesn't have to make sense, even to you. It doesn't need to be comforting to anyone but you.

Although some people may want you to believe that toning must be done in a special form or fashion, don't believe it. No one is better at moaning (or toning) for you than you are.

BioAcoustic Tidbit

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So next time you feel the need to eat, are you hungry or just need to chew?

Sound Health Keynotes September 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.

BioAcoustic Frequencies active for the month of Sept 2025 – these frequencies are cyclical each year depending on what frequencies are bombarding the earth. Johannes Kepler and Pythagoras both tried to explain the phenomenon of Orbital Resonances. Kepler reported that the frequencies of the movements of the planets are heard by our soul and establish our health equilibrium and personality traits.

Do your joints ache? It is likely that some nasty Prostaglandin frequencies that cause inflammation and pain are active during September if the body is too acidic. Try laying off those acid-producing foods (flour, grains, sugar, beans, alcohol, shrimp) until the end of next month. You may think your Gout is acting up, but it is just the inflammation-causing foods. Wheat Belly by William Davis explains the relationship between joint/muscle pain and the inflammatory response from foods.

Muscles in stress – the rectus abdominis frequencies are still active- along with the iliacus and muscles of the lower back.

DDT has been outlawed for many years but those of you over 50 years of age might feel some muddled thinking and dizziness. DDT is a pesticide that was commonly sprayed in the presence of humans, especially school children.

It lays down on the stomach muscle – rectus abdominus - since they are the same frequency and may be the toxin that is causing that layer of fat around your midsection. Fats lay down more readily on muscles that have the same frequency. There are plenty of good detox protocols out there – check the internet.

For this month, put a watch on anything that flares your ulcer – those frequencies will be coming in by mid-month.

Several pain medication frequencies will be active in the next month. Depending on your brain dominance, you may need more or less medication to remain pain free and stable. This is not medical advice, just letting you know to be vigilant about your reactions to pain meds.

Soy proteins (tofu, soymilk, veggie burgers, salad dressings, margarine like spreads, dark sauces such as Tamari and Teriyaki) come into play on the first Tuesday of the month. Soy allergy symptoms might include asthma like breathing issues, tingling in your mouth, itchy skin, nausea, drop in blood pressure, loss of sensation of lips, diarrhea, fuzzy thinking. Many foods you would not suspect contain soy; best to read the label.

Myosin, a family of proteins that helps the body rebuild, (from hair follicles in the ear, kidney, and nose to actual muscle integrity involvement) along with ATP, comes into play during this month. Myosin works closely with Actin which helps create microfilaments used to rebuild the body. Tinnitus is associated with myosin and actin stress.

Cytochalasin B is a mold referred to as a mycotoxin that strongly inhibits Actin and glucose transport and supports platelet aggregation. Cytochalasin is involved in food spoilage and is fungal virulence.

Papain is an enzyme from papaya. It helps break down tough meat fibers. As a powder it is sold as a meat tenderizer. As a paste it can be used for bee stings since bee venom is made of protein. Papain is an ingredient in some toothpastes, mints, and tooth whiteners. WOW: Papain has been known to interfere with urine drug tests for cannabinoids.

Bromelain is an enzyme from fresh pineapple. It may slow blood clotting and is used as a tenderizer. As a protein digesting enzyme, it may be a potent anti-inflammatory, and may prevent pulmonary edema (water in the lungs). The list of uses for Bromelain is broad: from relaxing muscles, stimulating muscle contractions, slowing clotting, improving the absorption of antibiotics, preventing cancer, shortening birth labor, and helping the body get rid of excess fat.

Clotting Factors are obviously stressed for the month of Sept. Check your vulnerability at SoundHealthPortal.com – Coagulating Factors.

Muscles of the lower back and hips come into stress in mid-September, the Quadratus Lumborum (lower spine diagonal to hip crest) and Psoas (which help stabilize the hips) are involved.

Toxin - Mercury that may be in your mouth and in the vaccinations that are given to your child are active until the third Wednesday of Sept. It is injected into our children, but it must be handled as a severe toxin by your dentist when it is removed from your teeth. Go figure!

Vitamin in Stress - Vitamin K4 from green leafy vegetables is active and is involved with blood clotting proteins.

Bacteria in stress during Sept Staphylococcus aureus, a bacterium, is commonly found in the human respiratory tract especially after a hospital stay. It is responsible for skin infections, food

poisoning, pneumonia, meningitis, osteomyelitis, endocarditis, toxic shock syndrome and serious skin issues such as impetigo, boils, cellulitis, MRSA, wound and respiratory infections. Each year 500,000 people contract a staphylococcal infection in American hospitals. Chlamydia Pneumonia is a bacterium that infects humans and is a major cause of pneumonia and sinusitis. Staphylococcus is known to disable antibodies.

Specifically September – Week 1

Biochemical and muscle supporting energy comes into full stress this week. That back ache is likely from weak stomach muscles. The Krebs (Energy Cycle) of the cells is coming into stress from several angles. Your local health food store will likely have supplements that support the Krebs cycle – starting with Potassium and magnesium. Blood clotting to fatigue will plague the population this week. Bioflavonoids and pyruvate may be helpful.

Muscles influenced this week: For this week mostly back and shoulder muscles are in stress. Remember that the stomach muscles need to be considered important back support.

Interspinales: We take the spine for granted, but it is made up of a significant number of muscles and nerves which enable it to support us physically and in so many other ways. There are layers of muscles in your back that attach to, and around, the spine. The interspinales muscles are in the deep muscle group. So, if your back is providing you pain signals, it may mean that some stomach muscle weakness exists. Exercises for this muscle can be found online or visit your local gym for assistance. [Source: Anatomy](#)

Zone “Interspinales”

Semispinalis Thoracis: Another back muscle - this one originates from the Sixth Thoracic Vertebra and extends to the Cervical 6th Vertebra, which is about half of the back and the first part of the neck. This large muscle allows us to extend the cervical part of the spine (i.e., your neck) and the thoracic section of the back. It also allows us to flex those same parts of the body side-to-side as well as to rotate them. [Source: Get Body Smart “Semispinalis Thoraces Muscle”](#)

Supraspinatus: This muscle assists your deltoid (one of the shoulder muscles) to begin the action of abducting the arm. It also assists with keeping the shoulder stabilized. [Source: Get Body Smart “Supraspinatus Muscles”](#)

Infraspinatus: Another shoulder muscle, this one being 1 of 4 muscles in your rotator cuff. Specifically, this one externally rotates your humerus bone and keeps your shoulder joint stable. [Source: Wikipedia "Infraspinatus Muscle"](#)

Rectus Abdominus: This is a large muscle of the abdomen that countervails the action of your diaphragm, but it does so much more, as indicated by InnerBodyImage, a website, in the following quote:

The rectus abdominis muscles, commonly referred to as the “abs,” are a pair of long, flat muscles that extend vertically along the entire length of the abdomen adjacent to the umbilicus. Each muscle consists of a string of four fleshy muscular bodies connected by narrow bands of tendons, which give it a lumpy appearance when well defined and tensed. This lumpy appearance results in the rectus abdominis muscles being referred to as the “six-pack.”

The name rectus abdominis comes from the Latin words for “straight” and “abdominal,” indicating that its fibers run in a straight vertical line through the abdominal region of the body.

The rectus abdominis muscle performs the important task of flexing the torso and spine in the abdominal region. It does this by pulling the ribcage closer to the pelvis. The rectus abdominis can also tense to contract the abdomen without moving the torso, as in sucking in one’s gut. Contraction of the abdomen results in increased pressure within the abdominopelvic cavity and is useful to push substances out of the body during exhalation, defecation, and urination.

[Source: Inner Body “Rectus Abdominis Muscle”](#)

Gluteus Maximus: Your largest sitting muscle, of course.

Biochemicals/Nutrients in stress this month: Potassium Phosphate Cell Salt: We have not seen cell salts in a while. Not often talked about in general, or even alternative media, they are really amazing. Little tiny pills work from the cellular level to support your body, in its efforts to self-maintain and self-heal, in so many ways. This particular cell salt works in the nerves and muscles of the body, helping the body to address such things as nervousness, so-called “nervous heart trouble,” melancholy, and sleep discomfort, as well as learning disorders. [Source: Schuessler Cell Salts“ No. 5. \(6\) Potassium phosphate - Kali Phos”](#)

Arginine: This is an amino acid that has been found to have a powerful impact on several body systems and is used in certain medications (Ibuprofen) and in the following medical treatments:

- Congestive heart failure;
- Chest pain;
- High blood pressure;
- Coronary artery disease;
- Intermittent claudication (leg pain due to blocked arteries);
- Chemotherapy;
- Fighting weight loss in AIDS patients;
- Reducing infections;
- Improving wound healing;

- Shortening recovery time after surgery;
- In the elderly, decreased mental capacity (i.e., senile dementia);
- Erectile Dysfunction; and Male Infertility

Week 2

This week continues to support inflammation in joints and muscles. The literature reports that this is from too much acid and suggests one teaspoon of naturally fermented vinegar in water can help balance pH –

Energy cycle faults continue to cause fatigue. Many of the people who have had Covid, or the shots report extreme fatigue - NAD (nicotinamide adenine dinucleotide) – has been helpful. It is an important co-enzyme for the body's energy cycle and has been reported to support many biological processes within the body – link <https://www.bulletproof.com/supplements/dietary-supplements/nadh/>

Oxytocin, the human bonding biochemical becomes active this week.

Blood clotting issues continue this month along with iron stress. The Obesity gene comes into play on the 18th – Check your voice by doing a BioDiet check at [SoundHeathPortal.com](https://www.soundheathportal.com).

Serotonin – a neurotransmitter associated with mood comes into stress this week along with support for nerve sheathing. Nerves may attempt to reconnect which causes intermittent quick pain bursts. That is good news if they don't continue for long. Ulcer symptoms continue to hang on until the last week in Sept.

Week 3

Pay close attention to your heart this week, cardiomyopathy frequencies are in stress this week along with troponin – an indicator of heart damage. Blood pressure indicators start to rise this week. Back stress continues into early Oct. Use your free nutrient software provided in our guest level course to monitor your mineralization as bone health stress begins now. - [SoundHealthOptions.com](https://www.soundhealthoptions.com) – TRAINING tab

Adrenal stress is solid this week – you may want to give people more “space” to work out their issues. This is especially important with Spike Proteins on the rise; some of which influence your God Gene which supports empathy and family bonding.

Flu frequencies come into play at the end of the week.

Week 4

Milk protein is the most prominent frequency activated this week. Milk allergies can cause sinus, throat, bronchial and lung issues.

Streptococcus pneumonia pathogens will come into play by the end of the week. Vitamin B2, Riboflavin, is activated on Wednesday. [Riboflavin can be found in certain foods such as milk, meat, eggs, nuts, enriched flour, and green vegetables.]

The gene that is most in stress is familial Alzheimer's but at the same time the polyphenol, Curcumin, is active. Curcumin is often touted as a spice that can dissolve deadly brain plaques that can cause Alzheimer's. [Curcumin comes from Turmeric, an herb].

Edema might be in the air as the mineral, Sodium comes into play on Monday. You might find yourself craving salt loaded fries or chips.

The Multifidi muscle, along with the Iliocostalis lumborum continues to stress the back in general, and specifically the lower back.

For those, whose pH (acid/alkaline) balance might make you susceptible to Scabies - severe itching (pruritus), especially at night, is the earliest and most common symptom. Utter Balm is a sheep lanolin-based salve that may help. So may Campho Phenique salve or liquid (local Walmart).

A toxin – food additive high on the active list this month: MSG (Monosodium Glutamate) is contained in steak sauces, salad dressings, meat tenderizers, as a flavor enhancer in many packaged foods such as Hamburger Helper, Lipton's Onion Soup Mix and Progresso's and Campbell's soups. Sauces, gravy mixes, Bacon bits.... also contain high amounts of MSG. Many fast-food restaurants and Chinese restaurants utilize it. Snack foods (Pringles, Doritos, Planters nuts, Cheese-Its...) are frequently enhanced with it.

Reactions can be slight to severe from burning feelings in chest, arms and face, chest pains, headache, fatigue, heart palpitations, numbness, sweating and nausea. The incidence of reactions to MSG has become so prevalent that it has a name: Chinese Restaurant Syndrome.

Some people claim that taking B vitamins, particularly B6, before you eat will help eliminate some of the symptoms. Long term reactions to MSG can include stiff joints and connective tissue disorders, such as Carpal Tunnel. The pathogen in stress for the next few days is Borrelia – a strain of Lyme's disease. Muscles include the tailbone area and above along with the muscles of the lower leg.

Secondary muscles just coming into stress are the eye muscles and thumb. Insulin becomes vulnerable on Monday along with Zithromax (Z-pak) which is nearly the same frequency as one type of insulin. Vasopressin, a biochemical that helps regulate blood pressure and blood sugar plays a part in blood glucose frequency balance over the next few days.

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Health & Healing Vibrations

Color association: Green Blue

Musical note association: G

Astrology Association: Scorpio



For her musical composition, *Sequentia*, Susan Alexjander created music based on the mathematical composition of human DNA. The music is haunting yet familiar to almost anyone who listens to it.

In this article, I would like to share how the math created by the movements of the planets created the vibrations that became music, that became matter that became us; emotionally and physically.

But let's start at the beginning with the concepts of Pythagoras and Johannes Kepler — two ancient visionaries who proposed that the movements of the planets in our solar system created vibrations that could be measured as music that we could not hear, but vibrations that our soul recognized. Both considered that the vibrations of the planets created our physical reality.

Hence, everything we experience and conceive is made up of vibrations that are measurable frequencies. In modern times, this was a concept embraced by brilliant luminaries such as Einstein and Tesla.

Both believed that to understand anything, we must first consider that everything is energy measured as frequency. How can we use this information to explain that we and our physical universe actually exist?

The Center for BioAcoustic Biology & Sound Health has been pondering this question for the last forty years.

The Institute has amassed enough data to confirm that living beings possess a Mathematical Constitution and that our research and data can substantiate that there is a Mathematical Rosetta Stone of being; of health and healing.

My ears and vocal cords are mutated so that I can hear and duplicate the otoacoustic emissions — aka Signature Sounds in ancient times - that are emitted by most living beings.

I've used that talent through the years to create protocols and computer applications to measure frequency signatures, via vocal analysis that have proven frequency and vibration of our cells can be detected, quantified, and used to verify and manage our emotional and physical selves.

James Gimzewski, a Distinguished Professor in the Department of Chemistry and Biochemistry at UCLA, confirms that living cells make distinct sounds, which might someday help doctors "hear" diseases. He reasoned that although a noise generated by a cell would not be audible, it might be detected by an especially sensitive instrument.

Through Wikipedia, Gimzewski states that cell sounds are theoretically within the range of human hearing. "So all we're doing is turning up the volume," he adds. Gimzewski reports that cell sounds might eventually be applied to diagnosing diseases such as cancer, which is believed to originate with changes in the genetic makeup of cells.

Researchers like Gimzewski are just beginning to embrace the idea that human cells can create frequencies. I think our ancestors knew and used this knowledge long ago but the information has been lost. I want to bring back this awareness so that it can be shared globally. With that aim in mind, all readers are welcome to download the software, classes, texts and videos that we have amassed. Our professional website is BioAcousticSolutions.net.

Pythagoras and Kepler both proposed that as the planets orbit in our solar system they set up sub-audible vibrations that cannot be heard with our ear but are attuned to our soul which hears it and attempts to quantify the sounds as music – Pythagoras created musical scales, Kepler cited Music of the spheres – using phrases like Cosmic choir and celestial mechanics, defined as cosmic harmony that people could use to recognize global kinship.

As these frequency layers and relationships were created they in turn created matter and hence life. In other words, the planets created frequencies and oscillations that could be defined and understood. Hence we created music in our own planetary image. Tesla and Einstein agreed that our universe could only be understood as energy measured as frequency and vibration.

Robert O. Becker, MD used this foundation to state that we have an analog body of frequency that is used for creativity, healing acupuncture, homeopathy, laying-on-hands healing... He postulates an analog body that connects us to our intrinsic self and all that is matter. Becker writes that we humans perceive and heal ourselves through an analog body.

This energy can be found in our brain and nervous system with the crossroads being the Vagus nerve that is activated during meditation, heightened awareness, prayer and states of bliss. This ethereal "system," when activated, joins with our physical body to create our reality.

In 2006, a bestselling movie, *The Secret*, hinted that our thoughts and emotions can create our actuality. Reviews speculated that something in the movie sparked a secret memory of how we create our own reality.

Sounds, that we vocalize, move through our recurrent laryngeal nerve and those frequencies can be considered a holographic representation of our physical and emotional bodies. This nerve monitors the body's homeostasis and can be measured as an indicator of our overall health and wellbeing. Our brain, central nervous system and body are measurable vibrations.

My undergraduate degree is in interpersonal communication – I noticed during a class on persuasion that the voice had distinct characteristics when someone was lying.

My thought was how important the Truth is to our quality of life and freedom from stress. In 1982 I decided to create a computer application, the nanoVoice, to try to test this hypothesis. I believe to this day that the Truth will unite us and set us free; but the lack of Truth will continue to make us miserable and confused.

We have proven that the nanoVoice software can reveal personality through layers of sound patterns we recognize as speech.

Each note spoken by a voice has meaning, influence and a physical attribute.

Tucker Carlson, a US TV personality who was reportedly fired from Fox News for telling the truth, says we should “hone our Spidey senses.”

“The truth ‘hums’ inside of us like a tuning fork. The only reason we don’t act on it is because we have been talked out of it by professional liars.” Tucker states, “We doubt our own gut instincts!” He suggests that we all need to “hone our Spidey senses.” He cautions us to remember that misinformation should immediately be labeled as a deliberate lie.

Truth should be available to everyone. Lies hurt and bewilder us. Every one of us can likely remember a time when a lie cut deeply; sometimes irreversibly. The computer application that I created and tested extensively will not likely reveal something you don’t already know or at least, suspect. It will simply provide conformation!

A vocal print I recorded of Desmond Tutu using the nanoVoice software shows his general perspective. A computer printout reveals that he is “Future oriented with lots of feeling of compassion and concern for how we treat each other.” Nothing you didn’t know but it confirms, with a computer analysis, what people perceived already. What a wonderful ability – to know the Truth and have it confirmed.

“The TRUTH will set you free.”

-John 8:32

Compare with Zohran Mamdani’s vocal print – he is currently running for mayor of New York City. His words don’t necessarily match what people report they feel when they hear him speak. His words often create cognitive dissonance for the listener. His Vocal print shows a lack of foundation which isn’t likely identified openly by the listener but the computer program recognized and reported it.

Which person would you be more likely to Trust as a leader?

Our research has been able to develop a math matrix of a human voice – which led us to the idea of a mathematical Rosetta Stone of health and healing. This information indicates that we have a Mathematical Constitution that can be detected and managed through frequency formulations.

From a database of thousands of vocal prints, we have been able to extract math patterns of disease: cancer, vision disturbances, muscle regeneration, energy patterns, diabetes, PTSD, metabolism conflicts ... Just as there are chemistry pathways of disease and imbalances; we have been able to create Mathways of health and personality issues. This is what we share in our classes – many of them free.

Over the years we have been able to establish that certain frequencies correlate to physical and emotional issues – they relate to music notes, colors and personality traits – many even match astrology associations. Below is the chart that can be used as a comparison sheet.

A Note Correlate Chart shows not only notes but associated octaves show strong relationships to overall perspective.

WHAT IS?
BIOACOUSTIC
BIOLOGY

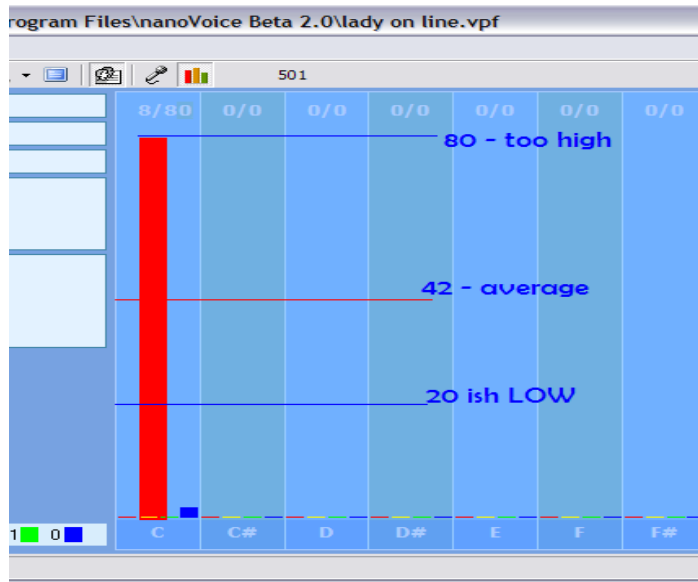
PIONEERED BY SHARRY EDWARDS

THE FREQUENCIES CONTAINED IN
 THE VOICE ARE HOLOGRAPHIC
 REPRESENTATIONS OF YOUR
 STATE OF HEALTH AND WELLNESS.
 Every muscle, compound, process
 and structure of the body has a
 Frequency Equivalent™ that can
 be mathematically calculated.


 SHARRY EDWARDS

www.SoundHealthOptions.com 740-698-9119 NOTE CORRELATE CHART		
EMOTIONAL		PHYSICAL
Self power, ego, self direct, leader, excitement physically motivated	C	Large, thick muscles, heart gross circulation, female reproduction
Champion of justice, fair play, hard on self, stubborn, hard on others as a cover	C#	Tendon, ligaments, tissue linings, circulation of digestion, bowel
Self approval, expects reciprocation caretaker, likes to organize, examine and fix self and others	D	Liver, gallbladder, pancreas digestion, appetite, production of enzymes and hormones
Information brokers, not apt to share "real" self easily, uses narrative examples to teach	D#	Cellular oxygenation, transport of minerals and oxygen to eyes and muscles
Self approval issues, uses words first to convey message and meaning, appreciation	E	Wet moist tissues, lungs, eye, nose, bronchial structures diaphragm,
Planner, ability to see flaws in the plan of others, balance between perception and action	F	Kidney, environmental allergies prostate, male reproduction, lower back, cranial balance
One who carries out the plans, does intuitive about the needs of others share and loves wholeheartedly	F#	Blood filtering and screening manages mineral balance flow of fluids, nutrients
Game player, likes to mix and manage the physical aspects of life motivated by future events	G	Neurotransmitters, balance of minerals and enzymes bone matrix, water balance
Wants to make a difference, likes to help and satisfy others hands on, time conscience	G#	Resource maintenance and storage, with C# retrieves nutrients from the bowel
Spiritual, takes care of the needs of others, interprets/acts from within self	A	Eye flexibility, electrical issues non-physical issues, resource management, aging
Highly intuitive, reads between the lines, can put aside self for others likes mental games, hurts easily	A#	Immune system, adrenal issues with E-allergy related, body detoxification, oxygen regulation
Link between self and universe needs harmony and balance in personal life and occupation	B	Subtle circulation, body/mind connection, small body mechanics nerves, body magnetics
Meditative, answers to God's LAW	B/C	Body system integration and communication
Original Copyright by Sharry Edwards 1997		All Rights Reserved

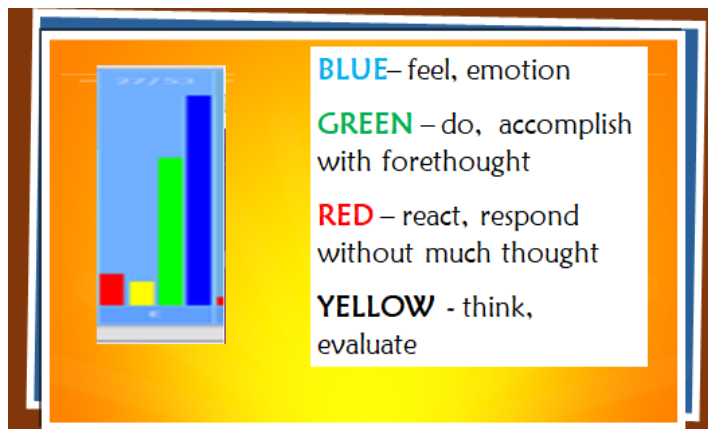
How much of a note appears is important but the balance of the notes is paramount to understanding the person on multiple levels.



The COLOR associated with each note is an important part of the evaluation.

Current Projects

One of our most current, comprehensive and useful projects is Weight Management. It is estimated that over 80% of the US population is concerned and unhappy with their weight. Worldwide the number is more likely around 60% for persons over 18.



Quote from World Health Organization web site

“As of 2022, the World Health Organization (WHO) reported that approximately 43% of adults aged 18 years and older were overweight, and 16% were living with obesity. This means that nearly 60% of the global adult

population had weight issues in that year. In 2024, an estimated 35 million children under the age of 5 were overweight. Additionally, over 390 million children and adolescents aged 5–19 years were overweight in 2022, including 160 million who were living with obesity.

These figures highlight the growing global health challenge posed by overweight and obesity, affecting individuals across all age groups.”

It seems that many causes of weight issues are not being fully shared with the public. Our ten-part series for Masters of Health Magazine attempted to relay BioAcoustically revealed, but not readily available information. For example many people who had been diagnosed with Diabetes actually had no significant issues with physical insulin but the issue is involved with the hormone, Adiponectin, that regulates insulin.

We have arranged for the public to receive preliminary, individualized evaluations of weight management issues from our online WorkStation SoundHealthPortal.com.

As part of our work we have developed Mathical Maps to reveal the redundancy of the body's systems. The March 2025 issue of *Masters of Health Magazine* shows the relationship between muscles and weight management biochemicals. Such a map can be used to identify specific weight management issues without using a al print.

For instance the hormone Adiponectin mentioned above is the same frequency as an arm muscle that often shows adipose tissue accumulation. Excessive fat tends to gather on and around muscles that have similar frequency values.

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Sound Health Keynotes October 2025

Every moment frequencies are hurling toward the earth that influence our emotions and physiology.

These monthly Keynotes are meant to forewarn you of things to come.

Generally for the month of October: the lower back, hip muscles, eye proteins and blood pressure issues are all active throughout the month.

Week One

Proteins that keep the eye lens clean are active this week. Troponin, an enzyme used to monitor heart trauma, is active now.

Hip muscles and lower abdominal muscles, which help support the back, are active and may cause back strain and pain.

Eye issues concerning Opsin and the Cornea are both in stress this week. Lipid (fat) overload and likely fatty liver issues may become obvious as digestive or hormonal upsets may cause discomfort.

Finger and joint connections may become cranky. Turmeric may help some of the inflammatory responses you are having. Blood sugar may be harder to control this week.

Week Two

The hip muscles continue to cause discomfort. Vitamin B1 may help.

Blood flow may be an issue this week. The stress chemical, cortisol, may cause emotional swings. Iron stress by mid-week may cause more fatigue than usual.

Lipase (helps digest carbs) will be in stress for the next 10 days or so. Blood sugar continues to be an issue. This week calls for quality sleep so your body can detox more efficiently.

Week Three

Muscle stress from lack of progesterone may cause more muscle and joint exhaustion. Eye stress continues. Sometimes eye stress can be ameliorated by using colored glasses. Amazon

has colored sets of lens or if you have a local store that handles such items, try on different colors. The appropriate color will allow you to walk a straighter line down an aisle.

Low Glycine - supports muscles among other duties, may cause your legs to feel sluggish. You can test your muscles and nutrients using SoundHealthPortal.com. It provides muscle and nutrient software even at the Guest level subscriptions.

Week Four

Lower back stress comes strongly into play this week. There are several low back stretches on the internet that you can try before getting out of bed. Selenium (Brazil nuts – supports vascular issues) come into play this week along with Bile salts that help digest fats.

Eye strain continues. Candida and chlamydia frequencies are coming into play at the end of the week.

Wikipedia: Chlamydia pneumonia is a bacterial pathogen that causes respiratory tract infections in humans. It is transmitted through respiratory droplets and can lead to symptoms such as cough, fever, and chest pain. It is a common cause of community-acquired pneumonia and can also be associated with bronchitis and sinusitis. Early diagnosis and treatment with antibiotics is important to prevent complications and further spread of the infection.

Week Five

Back stress continues along the spine. Choline and hemoglobin frequencies may cause mental confusion and fatigue.

For those with dairy issues, this may be a trying week, including for those who suffer mucous causing sensitivities. Watch out for sinus and swallowing issues.

Insulin metabolism and cardiac muscles are stressed this week and into the beginning of next month.

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, are you hungry or just need to chew?

Vocal analysis to BioAcoustically evaluate your hormones, including CORTISOL, can be performed at our public WorkStation: SoundHealthPortal.com



Ken - Burn Recovery



Day 1 - Ken was seriously burned when the wind shifted direction while he lit a brush fire with gas. The arm was burned from wrist to bottom of t-shirt sleeve. The skin immediately blistered.



Day 2 – The blisters continue to enlarge.

20 years earlier Ken had skin grafted over a burn on his leg and he pleaded with me not to take him to the hospital where they had soaked him and then scrubbed off his dead skin to prevent infection.



Day 3 – Blistering continues

Sounds started



Day 4 - "Ken has added chickweed salve from the Amish as the dryness is causing itching and pain."

A dead skin layer of the arm is sloughing off. We did not need to wrap it until today."

Day 6



Day 7





Day 8 - "All dead skin is off here and I am on the road to recovery. It is not painful here but itching and scaling are a welcome change."



Day 9 - "GONE!! I wish this photo had turned out better. In a few days longer even the pink had disappeared.

Absolutely no scarring!

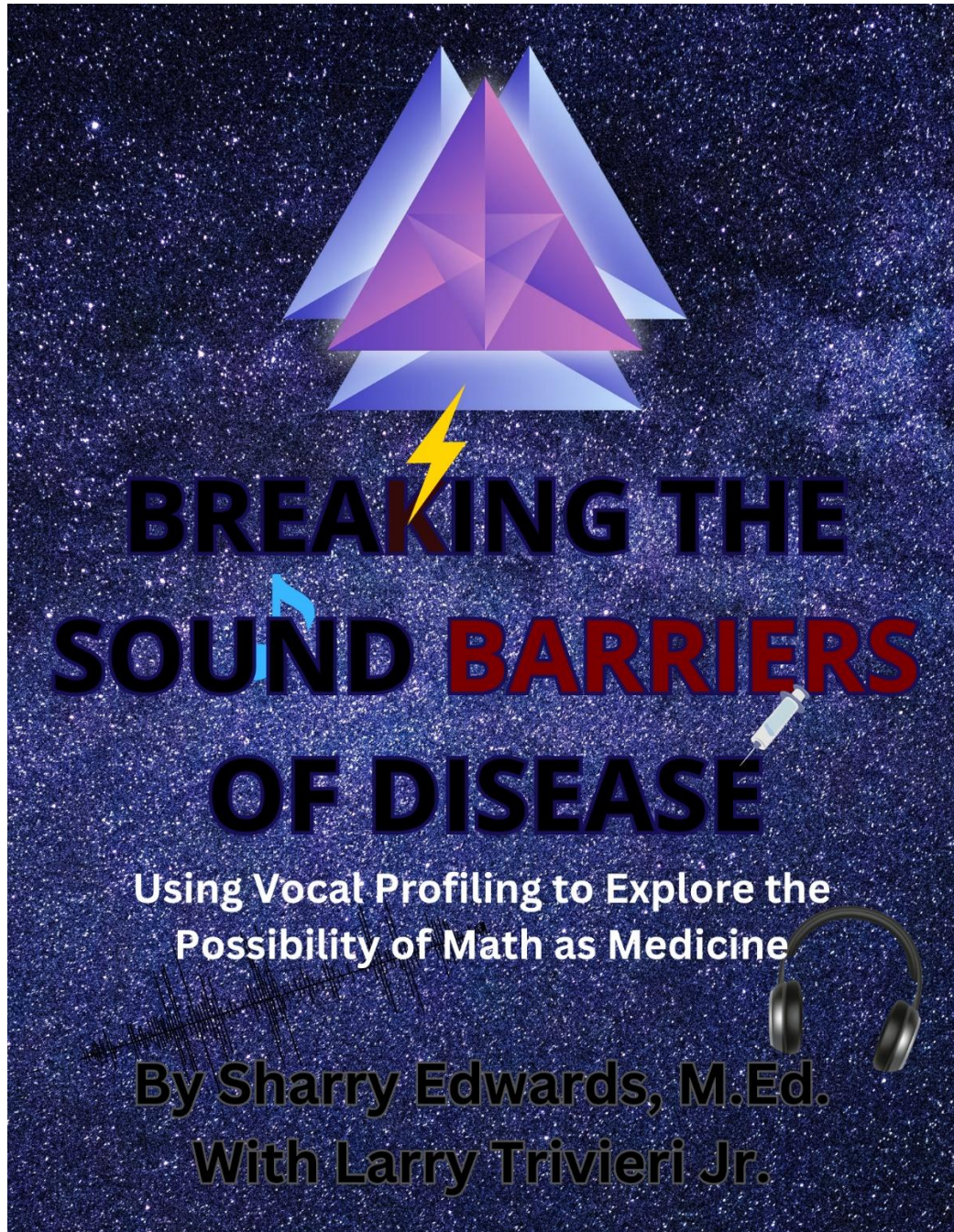
With my 20-year-old burn I had been hospitalized 7 to 10 days and doctoring for nearly 6 to 8 weeks

following plus Dr. appointments."



Day 10 – “Thank you,
Karen”

Coming Soon:



Quotes

Leena Zafary

I want to begin by expressing my deepest gratitude for you, your work, and your presence in my life. BioAcoustics Biology is not something I “chose” to practice—it chose me. From the first time I experienced it, I felt an undeniable recognition: this is how I feel and understand the world. It has been the magnet that pulled me forward with passion, obsession, and devotion.

Over the years, I’ve been honored to study with you, help facilitate trainings, and get to know you on a personal level. I truly recognize you as a master, and I can feel your frequency deeply. Time with you is more precious to me than anything else.

I know you are offering further training, and I would so love and need to take part. I want to be fully proficient in carrying this work forward—not only to practice but to eventually teach and help keep this alive for future generations.

BioAcoustics will be at the heart of the message I share. You and your work are an intricate part of my life story, and I feel a responsibility to embody and protect this knowledge so it remains carried by the light, even if others misuse it.