

September Keynote 2026
Musical Note association: F
Color association: yellow/green
Astrological association: Virgo

Precluding long-term Suffering

Understanding the human Mathematical Constitution as a prevention to future suffering

History shows that the greatest human cost of national crises often does not come from the initial event itself, but from what follows: delayed recognition, suppressed warnings, and institutional reluctance to act on early biological signals.

Across two defining events of our time — **9/11** and **COVID-19** — a repeating pattern emerges: early signs of harm were observed, but action was postponed until destruction became irreversible.

When early signals are ignored, suffering multiplies!

In the weeks following the 9/11 attacks, responders began exhibiting what became known as “*Fireman’s Cough*.” Lung injury was immediate, observable, and severe.

The Institute of BioAcoustic Biology and Sound Health, a small nonprofit research group, conducted pilot evaluations with Ground Zero responders and demonstrated **rapid relief of respiratory distress** using a noninvasive sound-based Vocal Analysis protocol. The findings were serious enough that the Center for Disease Control (CDC) was contacted directly.

Although Union officials invited the Sound Health team to work with those damaged by 9/11, arbitrary constraints prevented such a move. The offer to train a group to work with Union firefighters also fell on deaf ears.

The response was not denial of harm — it was “*procedural paralysis*”. Without FDA approval, no action could be taken.

Tens of thousands of people were exposed to toxic dust:

- Markedly increased rates of respiratory disease and cancer emerged
- Years of denial before official acknowledgment was made public
- Thousands are still dying from 9/11-related illness decades later

The suffering was not inevitable. The delay was. <https://tinyurl.com/2x5uzbmf>— tells the story.

COVID revealed the same failure mode — on a global scale

COVID-19 initially presented as a respiratory virus. But as months passed, it became clear that **the deepest damage was systemic**.

Millions now live with what is broadly termed *Long COVID* — a constellation of fatigue, muscle weakness, autonomic instability, cognitive and immune dysfunction, and exercise intolerance.

BioAcoustic Vocal Analysis during and after the pandemic repeatedly identified stress patterns involving:

- Iron metabolism and heme synthesis including ferrochelatase dysfunction
- Mitochondrial and Krebs energy cycles failure
- Immune and systems interruptions and interference
- Glutathione depletion and redox imbalance
- Nervous-system dysregulation including genetic and cortisol disturbances

These findings align with emerging biochemical research showing that post-COVID illness often reflects **impaired oxygen utilization and cellular energy collapse**, not lingering infection alone.

Again, the problem was not lack of signals. The problem was **delay in acknowledging them**.

Vaccine injury and Long COVID are not opposing truths!

Some individuals were harmed by COVID vaccines. Others were harmed by COVID itself. Many were harmed by **not being believed**.

These realities can coexist without contradiction.

What worsened suffering was not the existence of risk, but the **absence of honest, nuanced communication**:

- Adverse reactions were often minimized
- People reporting persistent symptoms were dismissed
- Surveillance lagged behind lived experiences
- Public discourse became polarized instead of compassionate

As with 9/11 responders, those closest to harm were often the last to be heard.

Withholding truth creates downstream trauma!

When institutions delay acknowledging biological harm, the consequences extend beyond physiology:

- Trust in medicine erodes
- People delay or avoid care
- Psychological trauma deepens

- Communities fracture
- Recovery becomes harder and more expensive.

The real question: what kind of leadership reduces suffering?

This article does not ask *who was wrong*. It asks something more important:

How many lives could be improved — or saved — if early biological warnings were taken seriously, even before institutional certainty was achieved?

History suggests the answer is: **many**.

9/11 responders and adjacent workers.
Relevant and Long-COVID patients.
Those injured and unheard.

The lesson is consistent:

- Early signals deserve attention
- Human suffering deserves priority over optics
- Truth, even when incomplete, may contribute to long-term prevention.

Closing

Preventing suffering is not a partisan act. It is a human one.

If we want fewer chronic illnesses, fewer broken families, and fewer lives quietly lost years after a crisis fades from headlines, we must learn to listen sooner — and speak more honestly — when the body first signals distress.

Early or unconventional hypotheses often sit outside mainstream research frameworks. That doesn't mean they're useless — it means they require **rigorous testing and transparent reporting** to either validate or refine them. Today's established medical breakthroughs often *start* as exploratory ideas, and what matters is not whether they were *accepted immediately*, but whether they were *given a fair, systematic evaluation*.

Trump promised “no rock left unturned” in hopes of a Covid cure. That was not the case.

Silence is not neutral. Delay is not harmless. And truth, shared early, remains the most powerful form of prevention.

Keynote Correlations for the month of September:

Specifically Sept – Aug 30-Sept 5

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~~and 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 Vertebrae and extends to the sixth Cervical 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. 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 in 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 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 ~~would~~wound healing;
- Shortening recovery time after surgery;

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

Sept 6-12

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.

Sept 13-19

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 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.

Sept 20-26

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 ~~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. Campho Phenique salve or liquid (can be found at your local Walmart) may also be helpful.

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 it. Many fast-food restaurants and Chinese restaurants utilize MSG. Snack foods are often 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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