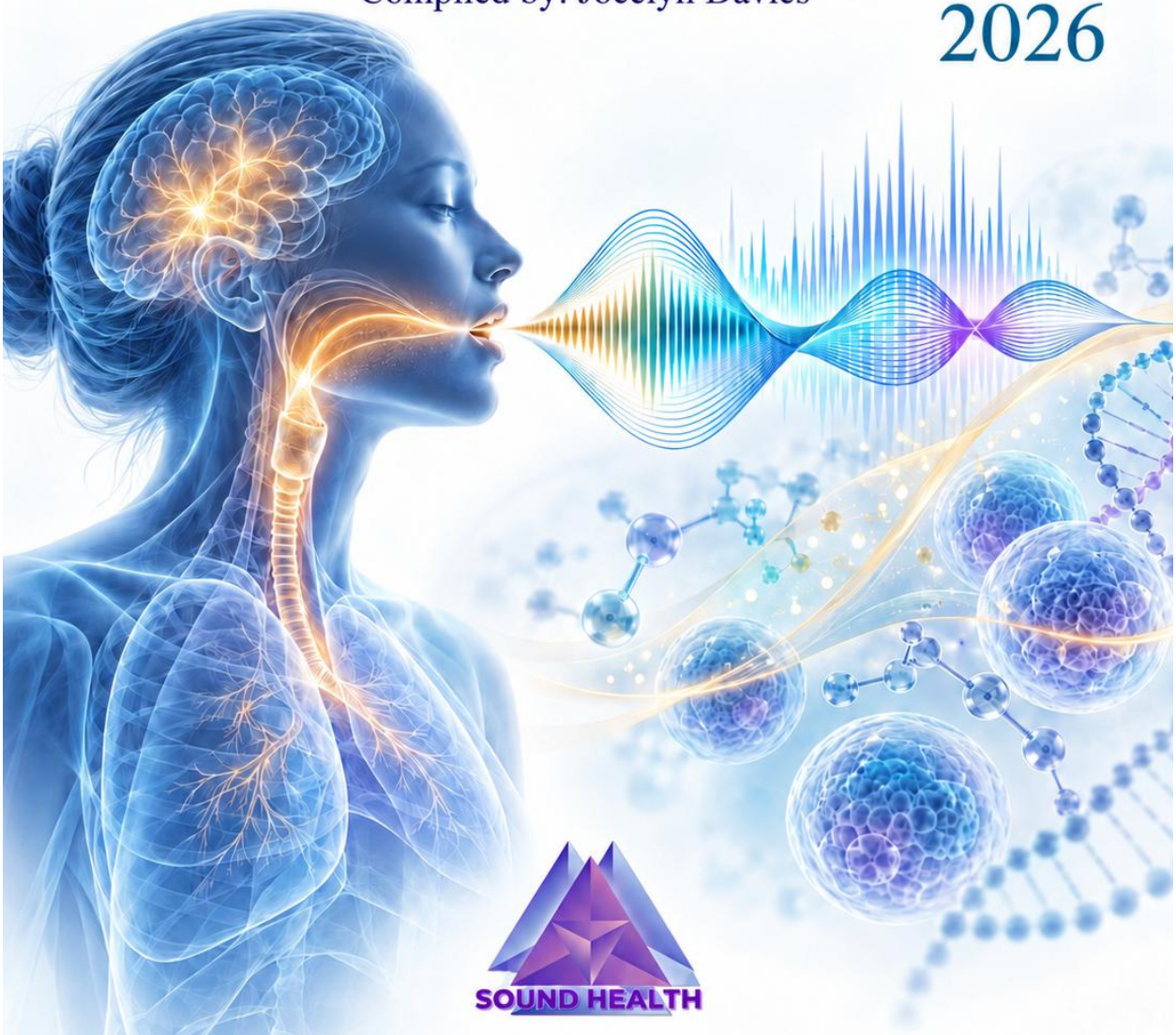
Journal of BioAcoustic Biology

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2026



SOUND HEALTH

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BioAcoustics for skin burns and pain!

by Karen Bainbridge, BARA

Here is a phenomenal case study using methods and technology developed by Sharry Edwards at Sound Health Alternatives in Albany, Ohio. I began training in the mid-1990s and have contributed to the research since the early 2000s. I will describe the frequency-based correlations and my client's reaction during tone trials and his feedback over the following ten days.

In 2006 my client of four years came to me presenting with second degree burns up his right arm. He had previously been burned and was treated in the hospital with skin soaking to remove dead skin and skin grafts. He was determined to find another option for healing.

Everything has a frequency and the more balanced our body frequencies are (not too high or too low), the more they are functioning optimally when the vocal print shows coherence. I identified the frequencies that were most out of balance in his two vocal prints. He was talking about his burn issue on one voice print and itching in other parts of his body on the other voice print. Every frequency has one or more frequency equivalent. It may relate to a vitamin, mineral, hormone, biochemical, toxin, muscle or genes plus more.

I looked for duplicate issues in both voice prints. I also ran the harmonics of all of the most imbalanced base frequencies to identify those with the most harmonic matches. I created tone trials by combining a base frequency in one channel and the harmonic match in the other channel. I monitored his pulse and oxygen saturation while he muscle tested and gave me feedback. His response during and after our session showed some amazing results.

Here are the tone trial frequencies and their equivalents given based on his voice prints.

Aspirin: Made him yawn. His pain was going away.

Glutathione: Helps repair burned skin. It is often referred to as the "master antioxidant," playing a crucial role in neutralizing free radicals and reducing oxidative stress. It promotes cellular repair and regeneration, helping to improve skin texture and reduces inflammation. Client reported his pain was going away!

Metallothionein (MT): plays a role in healing burns on the skin. It is up-regulated in the skin following injury, particularly in regions of high mitotic activity, such as wound re-epithelialization, which are crucial processes in wound healing. Client reported a tingling sensation in his arm!

Epidermal Growth Factor (EGF): Plays a significant role in healing skin burns. EGF is a protein that stimulates cell growth, proliferation, and differentiation. When applied to burn wounds, EGF can promote the regeneration of the epidermis (the outer layer of the skin) and accelerate the healing process.

Plasmin: A vital enzyme that helps maintain the balance between clot formation and clot breakdown, ensuring proper blood circulation and tissue repair.

Phosphatidylcholine: A major component of cell membranes and is known for its role in skin health and repair.

Collagenase: Often used in medical settings to treat chronic wounds, severe burns, and skin ulcers.

Valine: It plays a key role in tissue repair and muscle growth, which includes skin repair. It promotes protein synthesis, supports the immune system and helps in the healing process of damaged skin.

Proline: An amino acid that plays a significant role in collagen production, which is essential for skin repair and regeneration. It helps in rebuilding the skin's structure and promotes healing after a burn injury.

My client's wife took photos every day for ten (10) days to record his progress. We will see where the blood comes to the surface for healing and repair with the end result of skin with healed skin with no scarring!

My client and his wife were amazed at how quickly his burn injury healed compared to the last injury. He experienced far less pain by avoiding treatments to remove dead skin. His

pain was managed without taking prescription pain medications as well. It is outcomes like this that have kept me engaged with Sharry Edwards' research for nearly three (3) decades!

Day 1



Day 2: Refuses to go to the hospital.



Day 3: Blistering continues. Sound intervention starts.



Day 4: Begins wrapping skin. Adds Amish Chickweed salve.



Days 5 and 6, 7: Continues using sounds.





Day 8: All dead skin off and on the way to recovery. Blood comes to the surface.



Day 9: No scarring. In a few days back to normal.



Day 10: Back to normal. Thank you Karen!



Bob Bethel's Shin

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."

"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.

Chip’s Toe

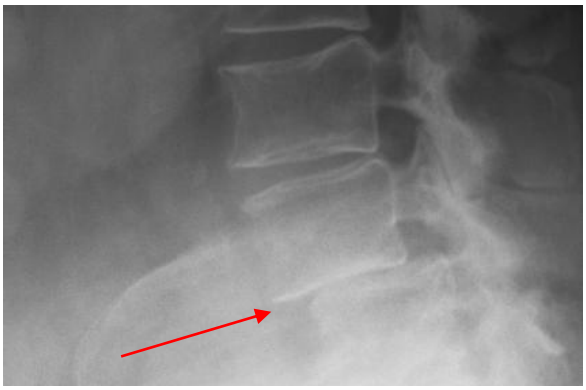
Chip had heard about Sound Health through a mutual friend. At the time his big toe was red, swollen and very painful – an 8 on a 1-10 scale. He was not prepared to watch the redness and pain subside within a few minutes but that is what happened.

Confirmation with a look inside using Voice analysis

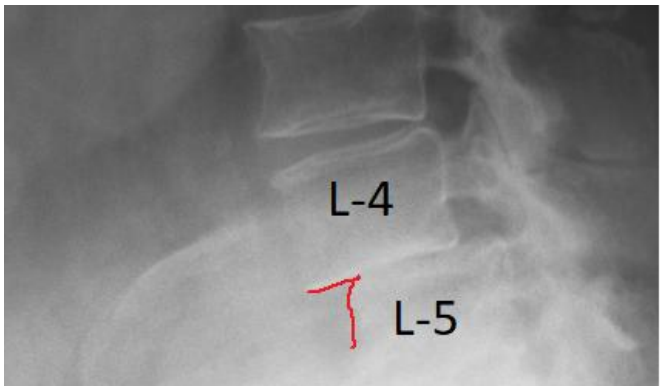
2015 was the year that the author of this article fell off a two-story balcony fracturing her back in three places (T-12, L-1, and L-3) and smashing a few facial bones. A month in rehab wearing a body brace made walking possible. But now years later, the returning back pain is intense. Could anything 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

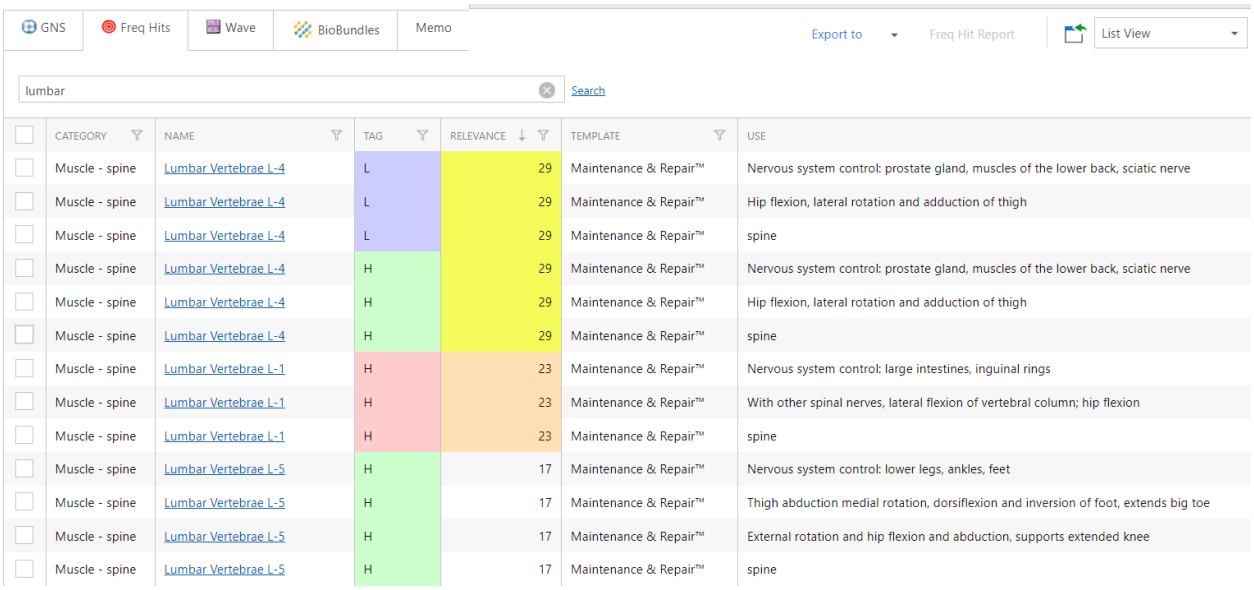


View 2



[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 through Feb-Mar show stress at L-4



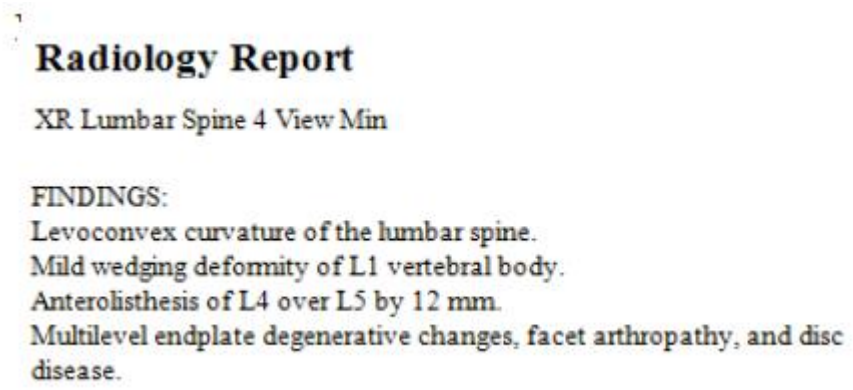
GNS | Freq Hits | Wave | BioBundles | Memo

Export to | Freq Hit Report | List View

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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.



Radiology Report

XR Lumbar Spine 4 View Min

FINDINGS:
Levoconvex curvature of the lumbar spine.
Mild wedging deformity of L1 vertebral body.
Anterolisthesis of L4 over L5 by 12 mm.
Multilevel endplate degenerative changes, facet arthropathy, and disc disease.

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?

Dorinne's Temporomandibular Joint: The Joys of Eating

Throughout her life, Dorinne had experienced varying degrees of jaw problems. In high school she had been bothered with pain and difficulty using her jaw, but the pain had since subsided. This pain was accompanied by difficulty opening her mouth, at times limiting the amount and types of food that she was able to eat.

Following surgery in which she was under general anesthesia Dorinne found that the pain and inability to open her mouth wide returned. During the entire surgery her mouth was propped open and when she awoke she found that she could only open her mouth to an angle of 60 degrees. In addition she found it painful to chew certain crunchy foods. She also had to cut her food into small pieces and twist the fork in strange directions to get bites into her mouth.

During a visit to Sound Health, Dorinne mentioned her problem and was given a BioAcoustic Evaluation. Frequencies were matched and Dorinne listened. One sound eased the pain that she felt in her jaw. The other had visible results, helping her to open her jaw to a 95-degree angle. After listening to the sound Dorinne even opened her mouth wide enough to eat a raw carrot and a piece of raw broccoli!

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.

Hector Flores' 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

Jen's Wrist

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.

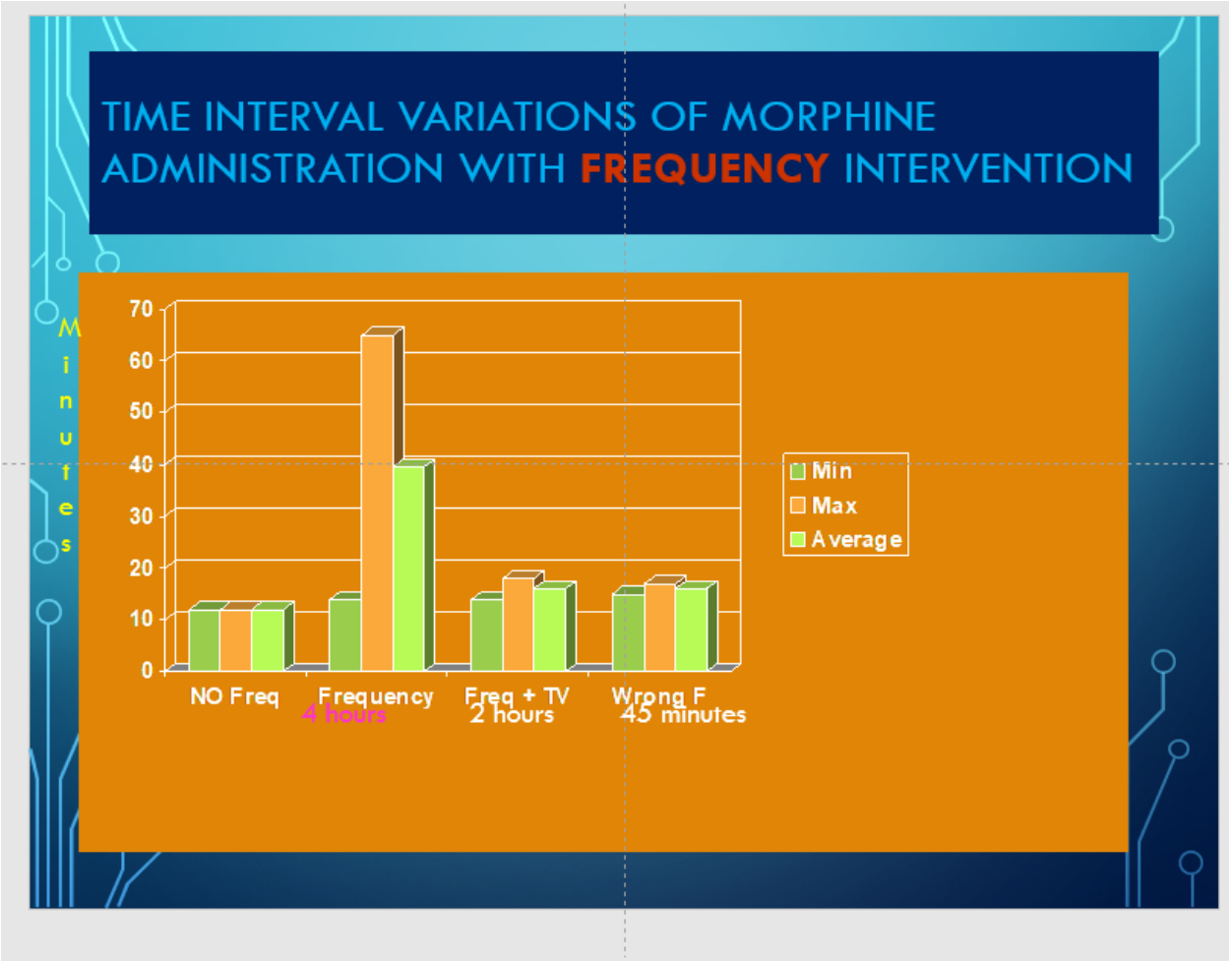
Jerrod's Chronic Back Pain

Jerrod had heard about Sound Health and the experimental work

they do but he was not prepared for what happened. His back pain went from a 6-7 (on a scale of 1-10) to 0 in just a few minutes.

Jesse's 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."



Showing that sound presentation relieved pain – wrong sound and no sound did not relieve 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.

JoAnn's Aches and Pains

"I almost got a speeding ticket coming into the office to let everyone hear the good

news! The Sounds really do work!"

In 1991 at the age of 53, I thought the aches and pains that I was experiencing in my knees were just a part of the aging process, plus wear and tear and payment for my youthful excesses (heavy lifting, etc). By age 57, going up and down stairs had become a problem: standing from a squatting position without help was impossible. I began to take stock in the "You're getting older, you'll just have to learn to live with it the best you can" myth.

In August of 1995 I was doing my daily chores at Signature Sound Works. I was limping as I walked up the hall. Sharry noticed my slow progress and asked me what was the matter. I told Sharry how the pain in my knees had begun to be a real hindrance to my getting around. Sharry said, "Come on, let me do your Sounds!"

My first thought was, "This is my chance to see if BioAcoustics works!" Even though I had worked for Sharry for four years, and knew of BioAcoustics' successes for clients the world over, I had doubts about the process. I was looking forward to being able to make up my own mind about it.

Sharry used her unusual hearing abilities to conduct my vocal analysis, and backed this up with a computerized assessment. When we compared the two, they were almost identical. I listened to my sounds, intermittently, for the next several days. As I listened, my pain gradually diminished. I was at home doing housework one day after I had been using the sounds. I realized I had been down on my knees for the first time in months and had felt very little pain!

It has been almost a year since I first listened to my Signature Sounds. I have very little pain in either knee. I achieved this relief without having to resort to risky medications or costly and dangerous surgery.

Kelly's Foot

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.

Russ Rudy's Dilemma

At an 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.

Teddy's Broken Clavicle

Teddy's mother, Jen, had him evaluated at the Sound Health Institute in Ohio. Within a few minutes of listening to sounds, Teddy's pain was completely relieved. "I was thrilled that he didn't have to take any pain medication," says his Mom.

Tyler's Leg

Tyler sustained a serious knee injury during a high school football game; an opposing player cleated him from the side directly into his knee. X-rays confirmed that nothing was broken; an MRI the next day showed 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 cells and ice were used in 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 he had two thigh muscles in stress. Ambient sound was presented 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.

William's Sports Injury

William was an avid sports fan who continually overplayed his body and then was irritated when his joints protested. He enjoyed soccer, handball, racquetball, pool, softball, basketball, skiing, and tennis: activities particularly hard on his knees and shoulders. As a result he experienced knee problems and a damaged rotator cuff.

William was diagnosed with synovitis and prescribed an anti-inflammatory. His medical advisors had suggested that he curtail some of his sports activities: this was not advice that William accepted graciously. When his medication became too expensive and the monthly blood tests a nuisance, he turned to BioAcoustics for help.

William started to use a Square One tone generator that incorporated a programmed set of frequencies on a timer. Within a few days, he was not experiencing any pain. Within six days, his shoulder was "like new," with no pain and no restrictions. His knee took a few days more, but he could then play without pain and restriction. The only intervention to assess and assist William's self-healing was BioAcoustics. He was no longer required to slow down or restrict his movements.

2026 Keynotes

Jan 2026

Color Association - Blue Violet
Astrology Association - Capricorn
Musical Note Association – A

Issues that may surface this month:

Anemia, Stiff Man's syndrome, fluctuating Insulin and glucose levels, glutathione, which helps heal internal organ injury, glycine, iron metabolism — Hepcidin, mast cell imbalances, and calcium bone issues.

By the end of the month concerns including pancreas stress will emerge along with bile salt stress, GABA, nerve growth factors, hemoglobin, and the digestion of fats.

December 28 - January 3

The frequencies associated with the stomach lining are in stress this week along with proteins that keep the eye lens clear.

Muscles in stress this week: knee, hip muscles, gastrocnemius (calf), ankle, and subscapularis (upper shoulder). Troponin stress indicates heart muscle damage.

An important anti-diabetic protein, adenosine monophosphate kinase (AMPK) continues to be an issue. It may be harder to regulate insulin during this time. AMPK activators can likely be purchased at your local health food store; AMPK is also involved with lipid metabolism. Cortisol comes into play when AMPK is stressed.

The chickenpox virus is active for the next few weeks — you may want to watch for shingles flare-ups.

Campho Phenique — oil or salve — has been reported to help alleviate pain and blisters. This antiseptic gel is reported to relieve the pain from these outbreaks. It is a common item in the first aid section of many drug stores.

Minerals are particularly vulnerable this month; especially important is copper — which supports iron metabolism and connective tissue integrity.

Aquaporin - small solutes that pass in and out of cells are in stress this week. They play a crucial role in maintaining water balance and facilitating rapid water transport across various tissues. They help clear excess fluids via the detox system. Seem to be especially helpful in the glymph system and for getting rid of eye floaters.

Calcitonin is a hormone produced by the thyroid gland that helps regulate calcium levels in the body. This is especially important for the immune system.

The Tetanus gene - Tetanus is characterized by muscle stiffness and spasms, often starting in the jaw and neck and spreading to other parts of the body. It is typically contracted through contaminated wounds or punctures. It may activate this week if your body is prone to its effects.

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.

January 4-10

EYE stress continues via crystalline causing stress associated with cataracts and glaucoma.

Fluid movement stress may be more obvious this week, joint fluid and blood flow may be influenced.

Adrenal stress and sleep disturbances will last through the end of the month likely causing glucose, edema and sleep disturbances.

Chicken pox frequencies will continue to plague until next week.

The Krebs Cycle (energy cycle) of the body comes into play now for several weeks. You may need to watch out for energy fluctuations.

Vaccine stressed frequencies are strong for the next two months. Hemagglutinin begins to stress this week and is responsible for the initial attachment of the virus to the host cell and subsequent fusion of the viral envelope with the host cell membrane, allowing the virus to enter and replicate within the cell.

Leptin's frequencies that are active now may help curb your appetite. Might be a good time to start that diet you have been threatening.

Color blindness – especially red sensitivity comes into play this week.

Acetylcholine, great for mental acuity is active now.

Histamine comes into play the end of this week. - Histamine is an organic compound derived from the amino acid histidine. It acts as a neurotransmitter and is involved in various physiological processes, including regulating immune responses, gastric acid secretion, and neurotransmission. Histamine is released by mast cells during allergic reactions and causes symptoms like itching, sneezing, and inflammation. It also plays a role in regulating sleep-wake cycles and maintaining blood pressure. Milk protein responses are highly likely this week.

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.

Muscles in stress this week: continuing from last 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. Iron stress this week will be especially noticeable for those suffering from MS, Parkinson's, ALS because of iron metabolism faults.

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.

January 11-17

A glaucoma (eye) gene comes more strongly 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. Copper, Sulfur and silica are involved. Wheat's influence becomes even more dominant this week. Shellfish may cause a flare-up.

Histamine (allergy associated) started to climb last week and will continue to climb and increase allergy levels. 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.

The frequencies associated with digestive enzymes continue to be stressed. Here is one of my favorites: Gastro Comfort by NOW – 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 herpes and Shingles outbreaks.

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 issues with this muscle.

Additional muscles in stress this week: **temporalis – associated with headaches beginning next week.**

Other muscles continue 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 and acyclovir (an antiviral medication used to treat Herpes)

January 18-24

Aconitase Soluble activates this week. ASA is a protein that plays a crucial role in regulating the activity of aconitase, an enzyme involved in the citric acid cycle. ASA binds to aconitase and enhances its catalytic activity, leading to increased production of energy in the form of ATP. This activation of aconitase by ASA is essential for maintaining proper cellular metabolism and energy production. Aconitase is also associated with prostate issues.

Iron and calcium regulation continues to be an issue for the next few weeks. The Iron metabolism gene, Ferritin, is a mitochondrial an iron storage protein found in the mitochondria, the powerhouse of the cell.

Connective tissue metabolism is in high stress; especially sulfur and copper metabolism.

Wheat sensitivities begin to stir this week while enzyme activity lessens. Lyme issues come into play this week.

Carbon monoxide, a deadly poison is active this week. Chicken pox and shingles issues continue to plague.

Leptin is a hormone produced by fat cells that plays a crucial role in regulating appetite and energy balance. It acts on the hypothalamus in the brain to suppress appetite and increase energy expenditure.

Muscles in stress this week include the tongue and swallowing muscles, the tiabilis - the front of the lower leg, and the deltoid.

Amyloid plaque frequencies show up strong this week. - Abnormal accumulation of this protein has been linked to neurodegenerative disorders such as Parkinson's disease.

Acetylcholine - These receptors are found in the central and peripheral nervous systems and play a crucial role in various physiological processes, including neurotransmission, muscle contraction, and cognitive function.

January 25-31

You may have the urge to switch to red wine this week as good 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: any 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 and Equal have a base of phenylalanine. An incredibly high number of processed foods contain phenylalanine under many synonyms. It has become such a problem that Federal regulations do not require warning labels.

Naturally occurring phenylalanine can be found in protein-rich foods such as milk, eggs and meat.

There are still a few stiff muscles and achy joints mucking about. Gout frequencies will be with us for a few more days while SAMe (the active form of methionine) will be in stress a bit longer.

Methionine is very important as part of the sulfur pathways and co-factors that serve to help the body metabolize incoming resources. It is often associated with digestion and bowel distress. A few studies show that restricting methionine increases longevity and restores fertility. Vegans who typically eat a plant-based diet are usually low in methionine. Methionine can be found in eggs, nuts and seeds, cheese, fish, beef, pork, wheat germ, oats, corn, beans, lentils and brown rice.

Cyclic adenosine monophosphate (cAMP) is just moving into active mode. It is derived from adenosine triphosphate (ATP), the first emerging biochemical after conception. cAMP is used for intracellular signaling for metabolic hormones.

Bacteria causing tooth decay comes into play the first week of Feb. An extra good brushing or a bacterium destroying mouthwash, Tea Tree based may be appropriate. I personally

love Tea Tree based mouthwash because it also helps destroy nanobacteria that cause tooth plaque.

*This column is not meant or implied as anything medical but is solely based on the principles of BioAcoustic Biology.

February 2026

January 28 - February 3

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** softwares measure the hormones associated with 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.

February 4-10

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 balance; 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, and digestive enzymes (Betaine) and B12. Calcium balance is dependent on Calmodulin which will influence sensitive people by the end of Jan.

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.

February 11-17

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 AMPK to regulate the biochemicals of energy balance and weight control.

February 18-24

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 stress 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.

February 25-28

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.

March 2026

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 1-7

Specific Nutrients/Biochemicals in stress during this time: B3 (niacin), myosin, B7 (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 (jaw), lessor toes, supinator (forearm), palate, elbow, eyelids.

Mar 8-14

Muscles in stress: heart, forearm, major hip muscles, trapezius (upper back)
Nutrients/Biochemicals in stress: phosphorus, magnesium, myoglobin (oxygen to heart)
Systems in stress: thyroid, blood pressure, blood clotting, joint flexibility
Medications: mood supporters, watch for side effects

Mar 15-21

Muscles in stress: pterygoid, trapezius, minor hip muscles, wrist, joints
Nutrients/biochemistry in stress: thymine, Hypericin, hemoglobin, Taurine, glucose, ATP (energy currency of the body), choline, iodine, collagen
Systems in stress: Liver, thyroid, immune, iron delivery, immune – influenza, joint and movement flexibility, collagen.
Pathogens: Epstein Barr Virus (fatigue)

Mar 22-28

Muscles in stress: wrist, eye muscles
Nutrients/biochemistry in stress: brain plaque, serum amyloid, B12 (methylcobalamin), bromelain, glucose, hydrogen
Systems: mitochondria - originating genetic material
Muscles in stress - wrists and fingers are stressed for anyone taking GLP-1 meds

Mar 29-Apr 4

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, 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: SoundHealthPortal.com
Catalog link: https://bit.ly/3Q0ucrR

Another BioAcoustic link about the royals:
https://www.bioacousticsolutions.net/_files/ugd/70d3ff_cf4b30149dfb49908b0abfd237090d91.pdf

INTERESTING BIOACOUSTIC FUN FACT: The God Gene which supports empathy is the same frequency as a Covid Spike Protein which may influence your feelings for your fellow citizens.

May 2026

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

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 tuned 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 are 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

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
	Progesterone	Hormone required to maintain pregnancy
	APT 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

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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, II(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 above.

A Quote from Dr. Diane Harper, lead researcher concerning Gardasil says that 70% of all HPV infections resolve themselves with 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" 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 Guillian 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 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 cause common warts on hands, feet and mucous membranes of the oral, anal and genital cavities are in stress over the next few weeks. (Gardasil/Cervarix) immunizations were developed allegedly to prevent HPV outbreaks.

BioAcoustically Speaking, the chart on p 38, 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 l/controversial-vaccine-bill
http://www.activistpost.com/2011/09/3-girls -dead-others-hospitalized-after.html

http://www.cbsnews.com/stories/2009/08/1 9/cbsnews_investigates/main5253431.shtml

http://www.naturalnews.com/032330_vaccin es_iPod.html
http://www.afullcup.com/forums/cvs-101/26 0374-flu-shot-100-coupon-book.html

http://naturalsocietv.com/advisorv-panel-urg es-cdc-to-push-gardasil-on-young-boys/

June 2026

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 influences will be active for the month of June.

Musical Note Association: D
Color Association: Orange
Astrological Association: Gemini

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 issues with diet drinks and Chinese (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.

Berberus, 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 moderator 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 may 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, hips, 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 2026 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 2026, potentially valued in the hundreds of millions globally, particularly as AI-driven voice diagnostics become more integrated into digital health platforms and early disease detection efforts.

How much will vocal profiling be worth as a health support in 2026?
The global market for vocal analysis services, encompassing voice analytics, speech recognition, and related technologies, is 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 2026, with a CAGR of 18.5%. The Business Research Company

Voice and Speech Recognition Software Market: Anticipated to reach $31.82 billion by 2026, driven by the rising adoption of voice-activated systems in various sectors. Grandview Research

August 2026

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.

Astrological association: Leo
Color association: Yellow
Musical note association: E

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

Jul 26 – Aug 1

Iron comes into play this week, further exacerbating fatigue symptoms.

Cellular inflammation initiates this week. There are lots of articles about anti-inflammatories 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 August 2.

Aug 2-Aug 8

This is "***be kind to your liver***" week. It is working overtime to produce the enzymes and hormones that you need. Lyme's pathogen frequencies begin to come active this week.

Aug 9-Aug 15

Herpes Simplex, Hepatitis pathogens are active this week. Stress on B vitamins continues. Inflammation frequencies deepen.

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

Aug 16-Aug 22

Allergic reactions bloom this week. Control of mast cell reactions will be tricky. Tooth plaque 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 this week are associated with the neck vertebra, C-2, Thoracic – spleen, pancreas, gallbladder (T-7), prostate, and legs (S-2) – lower spine.

MSG and artificial sugars, as toxins, may cause increased brain fog until the end of the month.

Aug 23-Aug 29

Some beginning throat and tongue irritation may be noticeable. More flu-like symptoms may appear as hemorrhagic virus spike proteins become more active causing clotting influences. 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 arthritis pain), is activated this week.

It will depend on your brain dominance how you react to these frequencies. Play it safe and pay attention to your body's responses. Author questions/comments: SharryEdwards@gmail.com

We are very thankful you read our information. Our goal is to provide information regarding Self-Health. We want to support those who want to take responsibility for their own wellness choices. Our latest campaign concerns weight management. Are you one of the people who just can't seem to lose weight?

Please share our ten part series about weight management published in *Masters of Health Magazine* – Dec 2024 – Oct 2025.

Ask about our public weight management classes.

To get the best results from the training, join our online WorkStation at SoundHealthPortal.com using a Guest or Apprentice Subscription. This is the site that houses all of our templates and much of our work.

Clients visit here first to share vocal prints. It can be accessed worldwide via the internet. Preliminary subscriptions are free for two weeks then $20 a month is assessed to access and store your data. We are thinking of including additional advanced classes to help you work with clients.

October 2026

Musical Note association: F#
Color association: green
Astrological Association: Libra

Entire month Cortisol stressed including aldosterone, adrenaline, short tempers prevail. Fatigue via iron unbalance may be obvious. 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.

First few days - Oct 1-10

Proteins that keep the eye lens clean is 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 - Oct 11-17

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 is stressed by mid-week and 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 - Oct. 18-24

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

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

Low Glycine, which 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 - Oct. 18-24

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) comes 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 pneumoniae 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 are important to prevent complications and further spread of the infection.

Week Five - Oct. 25-31

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.