

# SOUND HEALTH KEYNOTES FOR JANUARY 2021

## BioAcoustically Speaking, Almost Everything is Something Else

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January 3 - 9, 2021

**Color = Blue Violet, represented by the  
note of A – advancing into the  
astrological sign of Capricorn**

The report last week indicated that ankle muscles might itch or appear weak – that should be subsiding but above the ankle muscles – the tibialis and peroneus muscles - are coming into play. Cartilage needs support – bioavailable sulfur and Vitamin C may be helpful.

Nutrients in Stress: The most dominant nutrient this week is the mineral selenium. Trace amounts of selenium support the thyroid and are an important support for the immune and detox systems. Selenium is also thought to be important for the integrity of the vascular system. Animal studies show that livestock low in selenium are more likely to experience a vascular event known as aneurism. Selenium may reduce the effects of mercury toxicity. Selenium can be found in grains, nuts, mushrooms, fish and eggs. Brazil nuts are reported to be especially rich in selenium.

Pregnenolone is the hormone active until midweek or so. It is the master hormone that helps create DHEA, estrogen, progesterone,

testosterone and other reproductive and aging hormones. Testosterone helps fight off invading pathogens.

Several pathogens are beginning to surface along with many types of influenza- and rhino viruses are beginning to emerge. An increase in your vitamin C intake might be a good idea. Arachidonic acid and hydrogen peroxide have been identified with the creation of cancer food - 5 HETE – especially when free radicals are present. Remember to eat your berries and red fruits. Mangosteen has a concentrated drink – look for it online – about \$18.00 per quart.

Nitrogen and pH balance activators are in the wind. Remember veggies help maintain good pH for better immune balances.

For those of you with youngsters who have digestive upsets, now is the time for a flareup. Vasointestinal peptides – that Andrew Wakefield writes about in connection with vaccination damage – will be active for the next week or so. Grains, in particular, could cause discomfort.

Adenosine diphosphate (ADP), a nucleoside, is an essential component of DNA energy for the cells. It is part of the Krebs Cycle (the Energy Cycle) of the body's metabolism. It helps provide the animation for life functions. Without ADP, blood

clotting would not happen, energy for muscles, cellular respiration and communication would cease. Such is the case with issues like Parkinson's, ALS, and multiple sclerosis.

The genome for ALS (amyotrophic lateral sclerosis) is active for the next few days.

DNA components in stress = adenosine, a nucleoside, and a nucleic acid found in DNA. Pathogen in Stress – staphylococcus, along with a large number of coliphages (a type of bacteriophage)

**Muscle in Stress** – Semimembranosus, which is associated with the strength and function of the **hip/knee/thigh**.

Medication Frequency in Stress = Tylenol and other acetaminophen associated medications.

Additional information about any of these items can be gleaned from your wellness provider or trusted internet source.

***\*all issues are expressed in terms of Frequency Equivalents***

**January 10 - 16, 2021**

**Color = Blue Violet, represented by the note of A – advancing into the astrological sign of Capricorn**

The New Year brings out matters of the heart – circulation involving the heart, that is. Thrombin (involved with blood coagulation), Vitamin K (involved with blood clotting and blood clotting proteins), are all active during the first week of January 2021. The gene for heart structure is also active. The amino acids proline and carnitine are said to be good support for the heart muscle. Vitamin B3 (niacin) helps break up clots, plus supports new DNA. It might be helpful for those with high cholesterol or those imbibing lots of holiday fats and carbs to find some sublingual B3 for the duration of holiday meals.

Lysozyme, an enzyme, comes into stress on the 12th to act on any potential microbes that might be lurking.

Unfortunately, orexin (an appetite simulant) continues until the 16th to further aggravate those trying to lose those holiday pounds. Just be aware that you are not really hungry - your biochemistry is attempting to control any cravings. Marijuana might be an appropriate antidote but will likely cause even more craving in the long run.

Toxins in Stress: Carbon monoxide (motor exhaust) might have a quicker response at the end of the month so watch being around running exhausts for too long. Brevetoxins (shellfish and the like) will be causing stronger reactions until around the 24th. Gluten reactions will be strong until the first of February. Ulcers may flare by the end of the month.

**Muscles in Stress:** temporalis (forehead), lower leg and ankle, great toe, plantaris (foot), subscapularis and deltoid (both shoulder muscles). Cartilage, tendons, and ligaments are stressed the entire month of January. Sulfur and silicon supplements may help here.

Iron usage is stressed until the middle of the month. Check the internet for sources and food combinations.

The lens of the eye may be slow in responding but this will let up by the 20th.

**January 17 – 23, 2021**

**Color = entering into Violet as we move towards February. A# is the musical note associated with the frequencies active now; under the influence of Aquarius, astrologically.**

Jaw (chewing) muscles begin to seriously become a nuisance. The solder cap (the deltoid) also continues to be troublesome. The deltoid

frequency helps balance calcium – so watch for cravings or overdose.

The toes may give you more trouble – cramping, etc. Dill pickle juice right out of the jar may relieve cramps in a few minutes or taking magnesium before bedtime may help.

A bit of fat digestion will be noticed until midmonth. “BIL” enzymes may help or any bile salt concoction you can find at your health food store may eliminate the discomfort. Better yet, only eat fats at the beginning of the day or not at all.

**Vitamin D deficiency gene is active. Maybe a bit of sunshine would help.**

Vitamins in Stress: Proline and B1 (thiamine) frequencies are in stress now. You can go to: [SoundHealthPortsl.com](http://SoundHealthPortsl.com) and sign up for an Apprentice account to have a nutritional evaluation done on your own voice every day.

B1 (thiamine) helps support muscle strength, brain function and regeneration.

Thiamine also helps maintain venous pressure, vasodilation, eliminates edema, and cardiomyopathy. Alcohol destroys B1. Food sources are grains, legumes, some meats and fish. B1 supports the use of glucose, amino acids and fats.

## January 24 - 30, 2021

Sulfur enzymes are stressed now and for the next few weeks, leaving you open to pathogenic invasion. It may also change the taste of your cigarettes. There are times when low sulfur causes cigarette cravings. Sulfur can be found in lentils, oats, eggs, cruciferous vegetables, and fish.

Jaw and toe muscles continue to be active. Frequencies of Myosin VII help reestablish the hair follicles in the ear. This may cause some hearing that sounds muffled until mid-February.

## January 31 – February 6, 2021

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.

BioDiet and Ultimate Diet measure the hormones of hunger and fat storage. You can have your voice analyzed using our BioDiet software at [SoundHealthPortal.com](http://SoundHealthPortal.com) – CAMPAIGNS.

