

Activating the Analog Body in Support of Weight Loss

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Musical Note association: F

Color association: celery green

Astrological association: Virgo

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

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

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

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

Becker further postulates that the gateway between the energy body and the physical body is an unlimited, yet measurable body, called the

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

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

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

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



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

BioAcoustically Speaking Key to Vagus nerve activation exercise:

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

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

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

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

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

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

The sounds that cause you to vibrate are the most helpful. Vibrating tones in your sinus cavity or throat have been known to reduce the pain of

a headache and decrease sinus, ear or throat infections.

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

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

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

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

This is your own intrinsic frequency that animates you and keeps you alive. It is exactly right for you, every minute of every day. Listening

will feed you the tones/sounds/frequencies that you need for every moment of your life.

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

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

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

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

BioAcoustic Tidbit

Using chewing muscles together, the Masseter and Pterygoid, stimulate the frequency of Dopamine – a feel good biochemical.

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

SOUND HEALTH KEYNOTES

SEPTEMBER 2025

This column strives to bring you information concerning the frequencies bombarding our planet each day in the hope of explaining how frequencies outside our solar system can impact health.

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

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

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

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

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

There are plenty of good detox protocols out there – check the internet.

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

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

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

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

Cytochalasin B is a mold referred to as a mycotoxin that strongly inhibits Actin and glucose transport and supports platelet

aggregation. Cytochalasin is involved in food spoilage and is fungal virulence.

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

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

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

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

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

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

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

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

Specifically September – Week 1

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

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

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

Semispinalis Thoracis: Another back muscle - this one originates from the Sixth Thoracic Vertebra and extends to the Cervical 6th Vertebra, which is about half of the back and the first part of the neck. This large muscle allows us to extend the cervical part of the spine (i.e., your neck) and the thoracic section of the back. It also allows us to

flex those same parts of the body side-to-side as well as to rotate them. [Source: Get Body Smart "Semispinalis Thoraces Muscle"](#)

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

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

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

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

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

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

Gluteus Maximus: Your largest sitting muscle, of course.

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

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

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

Week 2

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

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

Oxytocin, the human bonding biochemical becomes active this week.

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

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

Week 3

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

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

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

Week 4

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

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

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

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

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

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

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

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

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

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

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