

# BIOACOUSTIC HEALTH KEYNOTES

## for January 2026

**Keynote Jan 2026**  
**Color Association - Blue Violet**  
**Astrology Association - Capricorn**  
**Musical Note Association – A**

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### **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 lymph 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](http://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 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](http://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.

If you would like a copy of our new pamphlet: <https://tinyurl.com/4573xuju>

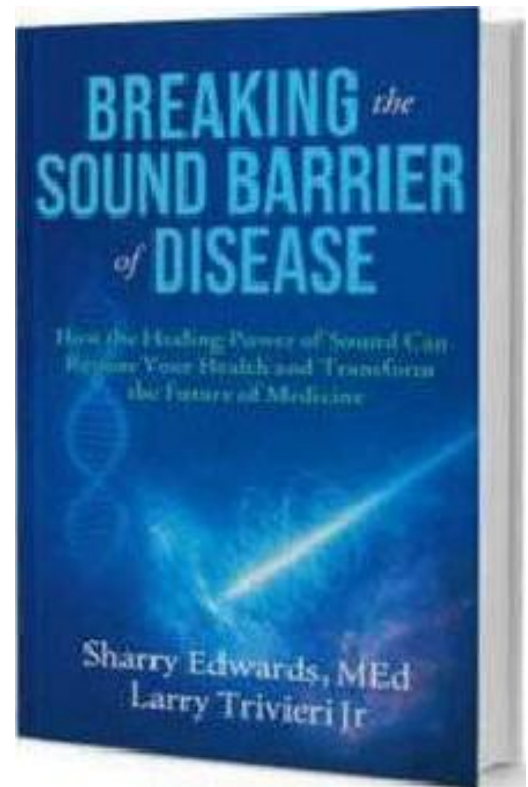
Questions/Comments:



**Discusses the Mathematical  
Constitution of mankind**

**Introduces a Rosetta Stone for  
Health & Healing**

**Includes Software and class links**



Is frequency our new medicine or an ancient mystery revealed? Sharry Edwards, MEd. will likely be best known for her ability to bridge the gap between the ancient, the esoteric and the scientific realms of human evolution.

She is the pioneer of BioAcoustic Vocal Profiling that everyone is attempting to emulate including the Cleveland Clinic, the Mayo Clinic and MIT. While others were writing books, Sharry was writing software applications based on her unique hearing and vocal abilities. She proposed and has confirmed that we have a Mathematical Constitution, both physically and emotionally, that can be revealed based on distinct vocal patterns. She has quantified the Mathical Rosetta Stone of health and healing that adds meaning and new dimensions to our existence.

Sharry was named Scientist of the Year during this century, and has been the subject of twelve documentaries, countless articles and book chapters. Breaking the Sound Barriers of Disease is her first public writing since the beginning of her journey over 40 years ago.

The importance of having the correct information to make decisions that guide us through life is paramount to an exemplary existence. Problems arise when we don't always have comprehensive information. The debilitating consequences of making decisions based on lies and misrepresentation have devastated many of us at one time or another. Only the people who genuinely care about you will tell you the truth. All other verbal communication is suspect.

Learn more about yourself, your family, and those who purport to have your best interests at heart. Remember - The truth will set you free but first it may make you miserable. "You can lie with your voice but the frequencies of your voice will tell on you!"

In an attempt to provide Options and Solutions to the ever-increasing restrictions placed on Health Care and Health Freedom, easy-to-use software programs are being offered to the reader so that individualized computer reports can be created in just a few minutes; allowing citizens to predict, provide and manage their own health care.

Tucker Carlson says that the truth "hums" inside of us like a tuning fork. The only reason we don't act on it is because we have been talked out of it by professional liars. Tucker states, "We doubt our own gut instincts!" He suggests that we all need to "hone our Spidey senses." Let this software confirm what you already know but need confirmation of.

**Available on Amazon around Christmas**