SOUND HEALTH®
SOLUTIONS

Your Voice. Your Health. A Better You.

Weight Management

A COLLECTION OF ARTICLES

Practical Insights for a Healthier, Happier You

DECEMBER 2024 – SEPTEMBER 2025

Compiled by

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Page 1: Keynote December 2024

This article explores how vocal frequencies can reveal the root causes of weight management challenges, emphasizing BioAcoustic analysis. It presents findings from a study analyzing over 2,000 vocal prints, categorizing 20 primary weight management issues. The key discoveries include:

Thermogenesis: The body's ability to generate heat, influenced by diet and thyroid function.

Medications & Biochemistry: Some medications and biochemical imbalances impact weight loss.

Medical Conditions: PCOS, diabetes, menopause, and other disorders affect metabolism.

Aging & Genetics: Loss of muscle mass and genetic predispositions contribute to weight gain.

Hormones & Neurotransmitters: Imbalances in insulin, leptin, cortisol, and neurotransmitters can alter weight management.

Inflammation & Toxicity: Chronic inflammation and environmental toxins (like glyphosate) hinder fat metabolism. The article also includes a monthly stress frequency analysis, detailing how various body systems respond to seasonal influences.

Page 7: Keynote January 2025

Building on the December article, this piece delves deeper into the role of fat hormones in weight management. It explains how BioAcoustic layers of frequency relate to body functions, demonstrating that hormones resonate with specific biological systems:

Adiponectin: Influences insulin sensitivity and fat breakdown, with a connection to eye health.

Glucagon & Epinephrine: Aid in fat breakdown, affecting TMJ and thyroid function.

Thyroid Hormones & Testosterone: Regulate metabolism and muscle growth, impacting energy levels and fat storage.

Cortisol & Leptin: Manage stress and appetite control.

Irisin & Peptide YY: Convert fat stores and regulate hunger. The article concludes with an overview of January stress frequencies, discussing potential health challenges related to iron, thyroid function, and inflammatory proteins.

Page 14: Keynote February 2025

Continuing the series, this edition focuses on case studies demonstrating how vocal profiling reveals weight management obstructions. Three individuals underwent BioAcoustic evaluations, revealing:

Martin: Fatty liver issues affecting lipid metabolism.

Tonya: Digestive imbalances and leaky gut contributing to belly fat.

TJ: A combination of fatty liver and gut permeability leading to weight gain. The article also details February's stress frequencies, highlighting biochemical and muscular stressors affecting weight, digestion, and detoxification. Notable influences include the obesity gene, leptin imbalances, and environmental toxins such as asbestos.

Page 19: Keynote March 2025

This article introduces body mapping for weight management, correlating fat distribution with metabolic dysfunction. Two case studies illustrate the method:

Rachel: A diabetic patient with persistent fat storage due to gallbladder removal and inadequate lipid processing.

Peggy: A woman struggling with allergies, fatigue, and chronic weight gain linked to a fatty liver and leaky gut. The article emphasizes that fat storage is often a protective response to toxins, and detoxification is essential before attempting weight loss. It also discusses March's stress frequencies, identifying muscular, metabolic, and immune system vulnerabilities.

Page 25: Keynote April 2025

This article discusses the causes of weight gain, including biochemicals. Examples of biochemicals that assist weight management include:

Glucose-like peptide 1 (GLP-1): Suppresses appetite under the guise of dipeptidyl peptidase

Adiponectin: A protein hormone that helps process amino acids and stabilize blood sugar levels

Tauroursodeoxycholic acid (TUDCA): Processes bile salt

Others are listed in the storage map at the end of this article.

Page 29: Keynote May 2025

Thyroid and gallbladder issues are introduced and how a voice analysis on the Sound Health Portal can address them and help manage weight. On a sample report, some helpful substances for the gallbladder include:

Actigall: Aka Urosan, can eliminate gallstones

Betaine hydrochloride: An alkaloid medication that can reduce gallstone risk

Cholic acid: Originating from liver cholesterol, this is a major bile acid that helps fat digestion.

Curcumin: A key chemical in turmeric that also reduces the risk of gallstones

Taurocholic acid: Another bile ingredient that has a role in fat processing

Page 35: Keynote June 2025

This is a review of weight gain causes, principally fatty liver, which increases fat storage and inflammatory biochemicals. Insulin resistance is also a contributing factor, especially with obesity, and increases the risk of type 2 diabetes. A person can reduce the risk of both through exercise and avoiding alcohol and simple carbohydrates, like white sugar, in the diet.

A vocal print on the Sound Health Portal can address weight gain symptoms, and so can the Weight Management campaign available on the site with a list of chemicals, genes, pathogens, etc.

Page 40: Keynote July 2025

Continuing the previous article's discussion on fatty liver detox, Dr. Chad Levitt mentions acetylcysteine as a helpful substance, while Dr. Jack Wolfson supports milk thistle and berberine over statins. Others include:

- AMPK
- Taurine
- ATP
- Lysine
- Lipase
- Arginine
- Adiponectin
- Leptin

Page 45: Keynote August 2025

After bringing up Sarah Westall's process with using peptides for weight loss, this article distinguishes peptides from amino acids and proteins, listing important peptides such as adiponectin and SLU-PP-332.

In August, there was a class available for training on weight issues.

Page 49: Keynote September 2025

The final article discusses reasons for weight gain, principally the stress hormone cortisol in chronically excessive quantities. Robert O. Becker hints that energy comes first and then a physical body forms. In between is an analog body, a person's mathematical constitution.

The vagus nerve may help reduce cortisol levels and weight gain.

Overall Insights

The series builds a framework for using BioAcoustics to assess and manage weight issues. Each article adds a layer of understanding, moving from general causes of weight retention to detailed biochemical, hormonal, and muscular influences. By analyzing vocal frequencies, individuals can pinpoint their unique metabolic challenges and develop personalized strategies for weight loss and health improvement.

WEIGHT MANAGEMENT BIOBUNDLES

Sharry Edwards, MEd

Keynote December 2024
Color association: Blue
Note association: G#
Astrology association: Sagittarius

A survey of people who volunteered their vocal prints indicated that the most insidious stress for them this time of year was body image and the inability to manage weight loss successfully. Why does weight loss seem to be so individual, so elusive?

Bioacoustically speaking, people with similar issues have similar vocal frequencies. Based on that tenet, the Sound Health research team attempted to answer this complicated question. Individual evaluations using weight management BioBundle templates are available to the public WorkStation at SoundHealthPortal.com.

Join the Guest/Apprentice level and use Weight Management BioBundles to evaluate your weight management issues discussed in this article. To assess your weight issues, skip all the background and go to https://tinyurl.com/45rsav4f.

Over 2000 vocal prints of volunteers were evaluated. Twenty generalized categories were found. One very obvious but elusive culprit was revealed – see #20.

Many people reported that they failed so often to lose weight they just wanted to give up. Over our years of research, Sound Health created a database bundle to identify individual weight issues because most people did not even know where to start looking for answers. These evaluations are our holiday gift that everyone can use to help identify individual problems with Weight Management.

Below are categories that we found to be at issue.

1. THERMOGENESIS - Thermogenesis refers to the production of heat in the body, contributing to energy expenditure and weight loss. Increasing thermogenesis is one method for promoting weight loss, as it can raise the number of calories burned even at rest. Here are some key aspects of how thermogenesis can impact weight loss:

Ingesting heat-producing foods: Extracts of Garcinia cambogia, a tropical fruit, are often used in weight loss supplements. Green tea, capsicum, chili peppers, and caffeine are a few foods that increase thermogenesis. Caffeine also increases adrenaline.
NOTE: MOH does not recommend caffeine as it is an unhealthy, addictive drug.

The body is very redundant. Almost every frequency has many correlates of muscles and biochemistry. The jaw muscles of chewing (e.g., the pterygoid and the masseter together) create the frequency of dopamine, a biochemical associated with satiation.

Thermogenesis issues are often associated with the thyroid. A vocal print can also evaluate your balance of white and brown fat that manages excess adipose tissue.

2. MEDICATIONS – Many medications, including weight loss drugs, can be toxic and contribute to weight gain. Certain ones (like some antidepressants, steroids, and anti-psychotics) can lead to weight gain as a side effect. Prednisone is known for its ability to cause weight gain.

Ozempic is the latest craze in weight loss but has reported many negative side effects. ***MOH does not recommend Ozempic.***

3. NEUROTRANSMITTERS – Neurotransmitters, released from the brain, interact with other neurotransmitter receptors.

Neurotransmitters such as serotonin influence sleep; GABA, glutamate, acetylcholine, dopamine, and serotonin are involved. Serotonin signaling is involved in eating behavior regulation and long-term body weight.

Weight loss biochemicals and hormones are included in the Ultimate Diet template on the public WorkStation: SoundHealthPortal.com.

4. BIOCHEMISTRY – Leptin, AMPK, adiponectin, alpha lipoic acid, and berberine are just a few of the weight management biochemicals included in the BioDiet template that can assess BioAcoustic frequencies associated with weight management.

5. MEDICAL CONDITIONS - Polycystic ovary syndrome (PCOS), certain endocrine disorders, diabetes, menopause, fatty liver disease, and genetic conditions can increase the likelihood of obesity by interfering with body chemistry. These conditions can be evaluated by using the Disorders, Hormones and Receptors, Leaky Gut, or Fatty Liver templates.

6. AGING - As people age, they often lose muscle mass, slowing their metabolism and increasing the risk of weight gain. This template is in the weight management BioBundle on the Portal.

7. GENETICS - People are often advised to avoid phthalates because of concern it may increase the risk of weight gain. Increase daily fluid intake to 3.2 liters for men and 2.2 liters for women. Increase fiber to help make one feel full. Fiber also provides prebiotics, which are beneficial to the microbiome in the gut and weight management. The Fat Switch template includes some of these issues.

8. INSULIN RESISTANCE - One of the key pathways through which chronic inflammation contributes to weight gain is induced insulin resistance. Inflammation disrupts the normal signaling and function of insulin, a hormone responsible for regulating blood sugar levels. This disruption leads to higher glucose levels in the bloodstream and encourages fat accumulation in the liver. The presence of these conditions can contribute to weight gain and metabolic dysfunction.

9. THYROID - Thyroid function is associated with energy production – fatigue is the most reported complaint. The Krebs Cycle and Thyroid templates can help Map Methylation and cellular energy issues.

10. DIABETES - Taking insulin causes weight gain. Insulin is a hormone that regulates

how the body absorbs sugar, also known as glucose. For many diabetics, stomach weight gain can be frustrating. Diabetics also complain of adipose tissue gain on the lower side of the upper arm. The frequency of this muscle corresponds to an obesity gene. Insulin allows sugar to enter your cells, which decreases sugar levels in your blood. But if you take in more calories needed to keep a healthy weight, your cells will get more sugar than they need. This happens in people who do not have diabetes, too. How many calories you need depends on how active you are. Sugar that your cells cannot use becomes fat.

11. NUTRITION - The body needs hydration, sunshine, minerals, vitamins, quality protein, and essential fatty acids in balance for the glands to produce the necessary hormones needed to function normally. When nutrient deficient, the glands add extra fat and fluid as a backup defense mechanism to produce vital hormones. Once the glands are nourished and repaired, the fat will go down.

Ghrelin and leptin are associated with appetite management. Both can be BioAcoustically evaluated using the BioDiet template.

12. INSOMNIA - "It's not so much that if you sleep, you will lose weight, but if you are sleep-deprived, meaning that you are not getting enough minutes of sleep or good quality sleep, your metabolism will not function properly," explains Michael Breus, PhD, author of Beauty Sleep and the clinical director of the sleep division for Arrowhead Health in Glendale, Arizona.

13. INFLAMMATION - Markers that promote inflammation, encompassing IL-6, tumor necrosis factor, C-reactive proteins, and adiponectin, are closely connected to gaining weight. Factors such as stress, insufficient sleep, and consuming processed foods also play a role in fostering chronic inflammation and weight gain.

14. STRESS - Research shows chronic stress disrupts immune function and can lead to inflammation. It can increase the risk of stress-related diseases due to mild chronic inflammation. Stress may also contribute to weight gain, as the hormone cortisol is known to do. Managing stress is crucial for overall health and inflammation reduction.

15. HORMONES - are important substances that serve as chemical messengers supporting optimal body maintenance. These include cortisol, insulin, leptin, ghrelin, estrogen, neuropeptide Y, GLP-1, Cholecystokinin, and Peptide YY (decreases appetite), included in Weight Management templates. Polycystic Ovary Disease and endometriosis are two of many hormonal weight-gaining disorders. The template to monitor these hormones is Hormones and Receptors.

16. PEPTIDES – Ozempic is a peptide that targets intrinsic metabolic processes. Eight peptides, including Human Growth Hormone, can be individually evaluated using the Weight Management BioBundle.

NOTE: ***Again, MOH does not recommend Ozempic because of the many side effects.***

17. SARCOPENIA - (Age-related skeletal muscle loss) Intramuscular fat, like visceral fat, releases harmful inflammatory molecules and significantly affects muscle quality. Unlike subcutaneous fat (stored under the skin) or visceral fat (around organs), intramuscular fat infiltrates muscle fibers, thus degrading their performance and functionality. It can

accumulate between muscle fibers or within muscle cells, causing weight loss and frailty.

A 2022 study in Physiology Reports shows that higher levels of intramuscular fat elevate inflammatory cytokines, contributing to metabolic disorders. The journal Radiology revealed that fat accumulation in skeletal muscles can increase the risk of death as much as Type 2 diabetes and smoking. The research, which tracked nearly 9,000 healthy adults over nine years, found that higher intramuscular fat significantly raises health risks. Exercise can dramatically slow the rate of muscle loss.

18. STEM CELLS - Obesity has become a global epidemic and a threat to human health worldwide. It can be seen as an excess accumulation of adipose associated with heart disease, hypertension, inflammation, and diabetes. Templates to BioAcoustically evaluate stem cell status are part of the Weight Management BioBundle offered to the public.

19. INFLAMMATORY CYTOKINES – Fitness and nutrition expert J.J. Virgin told *The Epoch Times* that intramuscular fat releases pro-inflammatory cytokines, creating whole-body inflammation. Additionally, carbohydrates and processed foods contribute to intramuscular fat.

20. TOXICITY - Above all other factors, an abundance of TOXINS and free radicals (found in pesticides, food additives, medications, body care and cleaning products, and animal growth hormones) are the #1 commonality for people reporting weight management difficulties.

ScientificAmerican.com reports that fat cells store stuff that the body cannot process. When you lose fat cells, those substances are released into the metabolic system, dumping lipids and environmental pollutants into the bloodstream.

Glyphosate is an insidious environmental pollutant. It has the same frequency as MSG, B12, and several B vitamin co-factors. Glyphosate could interfere with cellular energy, mood, detox of lymph and glyph systems, and lipids at a cellular level.

Not all fat is bad. Fat is necessary for energy storage, insulation, organ cushioning, hormonal regulation, nutrient absorption, and brain/nerve health. Having healthy body fat is essential for optimal body form and function. Managing your fat is vital for good health. The wrong type or excess fat is detrimental, and too little healthy fat is equally harmful. Knowing what is causing fat imbalances could help support weight loss and optimally balance your metabolism.

To manage your body fat, we encourage you to embrace the idea of SELF-HEALTH by visiting SoundHealthPortal.com. Use the BioBundles to monitor your own BioAcoustic optimal health factors at https://tinyurl.com/45rsav4f.

SOUND HEALTH KEYNOTES FOR DECEMBER 2024

Dec 1-7

The Liver starts to stress via the gallbladder and bile salts – particularly cholic acid, which is synthesized from cholesterol – Co-Enzyme A is involved – may be Statin related.

Myopathy genes continue to activate. HMB (Hydroxy ß-methyl butyric acid) may be useful. It is used to prevent muscle wasting and is available as a dietary supplement. Thigh muscles and upper jaw will need extra care and stretching. You may want to consider a massage or facial.

Glutamate and glycine receptors and stressed this week. Aspartame MSG toxicity may be more noticeable.

Stressed frequencies for the rest of December: It is a puzzle that a hormone from the pituitary comes into play now. Lipotropin helps control appetite and is related to growth hormones as well as being the frequency of an obesity gene at the same time. Sometimes I wonder which came first – the holiday activities or the frequencies that move us to celebrate. From the research that we do here at Sound Health with frequencies and math – I'm convinced that God is/was a mathematician.

The body's responses to frequencies are redundant. A muscle and a biochemical can respond to similar frequencies. A muscle in stress will often warn you of what is to come. For instance, a muscle behind the knee is the same frequency as the heart muscle.

Muscles in stress for December: Abductor magnus – hip joints and butt muscles just moving out of stress with the infraspinatus and big toes coming into activation the first of December.

Throughout the entire month of December, muscle stress in back and thighs are active.

Methionine is optimally active this month. It is an incredible amino acid that helps the body detox along with aspartic acid. Methionine helps the body build other amino acids such as cysteine (for digestion and as a precursor of Glutathione – a strong antioxidant), carnitine (for healthy heart and fatty acid metabolism), and taurine (for healthy eyes, calcium signaling, for healthy muscles, and strength).

Plus formation of nutrients needed to utilize fats and other essential components of metabolism such as lecithin (for healthy skin, cholesterol metabolism, and for brain function support), phosphatidyl choline (for metabolic transport and signaling), and phospholipids (a major component of all cells). Improper utilization of Methionine can lead to atherosclerosis and premature graying of hair – which is caused by a build-up of hydrogen peroxide in the hair follicles. Methionine requires B12 as a cofactor and is often low in vegetarians. Together with cysteine, methionine is involved with the metabolism of Lipotropin mentioned above.

Differing aspects of Vitamin D seem to have dominated the Keynotes for the last few months; and it still continues.

We are moving away from biochemical issues (such as methionine from earlier) to issues more related to the structure of the body. The Vocal Cords, voice box and throat are on the top of the list of stressed muscles during the weeks of December. Many are noticing a scratchy, sore throat that is not long in duration. It is being reported that a simple salt gargle is taking care of the irritation.

Knee stabilizing muscles, the small muscles or the chest and the shoulder girdle, collectively are secondary stressed muscles this month.

Cranky and stiff joints are upon us; primarily the fingers, knees and neck seem to be involved.

Vision should be clearing up along with any gout you may have been experiencing. Blood pressures should be coming into line again along with a lessening of Strontium 90s influence.

Remember that Radiation Exposure evaluations are available to the public from the voice evaluation link on our Portal site. Many charts are included that show correlations and nutritional antidotes.

This column strives to bring you the latest in innovative ideas from the emerging field of Human BioAcoustics in support of SELF-HEALTH; especially important this month, is the use of lipids.

References provided upon request.

FAT, HORMONES, & BIOACOUSTICS

Sharry Edwards, MEd

Keynote Jan 2025
Color Association = Blue Violet
Astrology Association = Capricorn
Musical Note Association – A

Our last column dealt with helping people use vocal frequencies to reveal why they may be having trouble identifying individual weight loss issues. This column builds on that theme.

Last month, we identified some of the biochemistry associated with weight management.

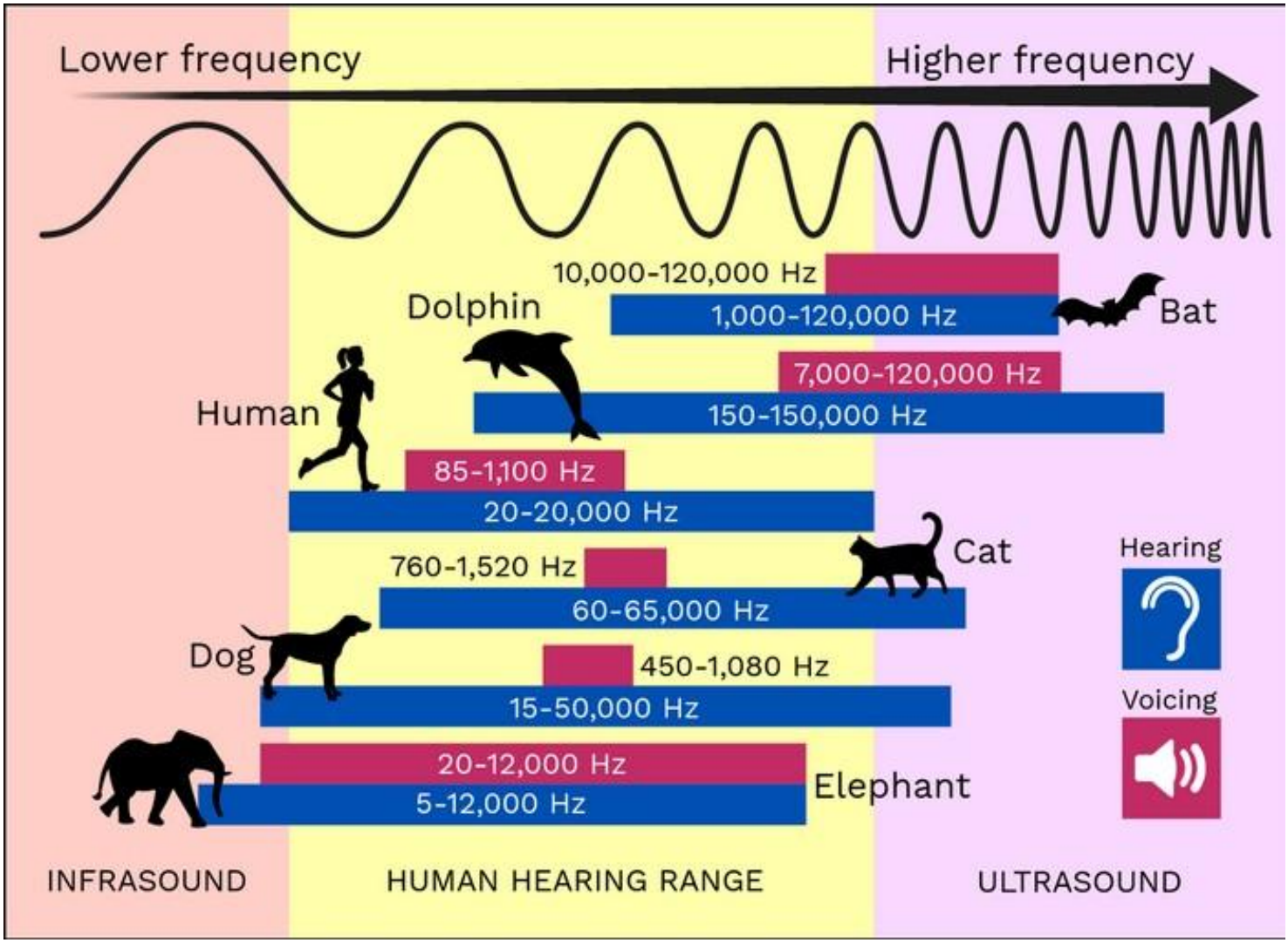
This month, we add fat hormones to that list. Next month, we will be adding muscles associated with weight loss. We use layers of frequencies to outline how layers of redundant frequencies create a physical map of why a person may gain weight. Basically, it's just the magic of frequency layers to reveal our intrinsic mathematical constitution.

Musical octaves are the doubling or halving layers of mechanical vibration. For instance, the musical note of "A" is recognized as 440 hertz (cycles per second of mechanical vibration). A tuning fork vibrating at 440 cycles per second will create the musical note of "A." Half of that rate, 220 cycles per second of vibration, will create the note of "A" but at one octave lower.

Likewise, 110 cycles per second will produce a musical note of "A" at yet a lower layer. We live in a world of musical layers of octaves. Our body is built on these mechanical layers and responds to different octaves of frequencies, as color, sound, brain waves, nerve impulses, etc.

Our body operates within several layers of frequencies. Each system within the body produces a range of them and responds optimally to its precise octave and then favorably to the associated frequency of stress. For instance, frequencies for the eye are 60-90 cycles per second. Therefore, frequencies used for eye repair should be found within that range with lesser supporting frequencies at multiples of the original frequency. Using this supposition, let's evaluate a few fat-burning hormones having frequencies akin to other body systems that may cause interference.

Layers of frequencies can be interpreted as layers of sound. Listed here are some fat hormones associated with weight issues. We hope you will be able to recognize system associations that can help identify your health issues. All these biochemicals have frequency equivalents. They are also in the weight management database for comparisons using your vocal frequencies.



1. Adiponectin - BioAcoustically Speaking, if this is low, you will likely experience eye focus and bladder issues.

· Increases the breakdown of fatty acids.

· Enhances insulin sensitivity.

· Higher levels are associated with lower body fat.

· BioAcoustically Speaking, adiponectin is one of the majorly distorted frequencies caused by Spike proteins.

2. Glucagon - BioAcoustically Speaking, when this is lacking, you may experience TMJ issues.

· Stimulates the liver to break down glycogen into glucose.

· Promotes fat breakdown (lipolysis) when glucose levels are low.

3. Epinephrine (Adrenaline) - BioAcoustically Speaking, if it is not balanced, you may experience thyroid issues.

· Activates fat breakdown by stimulating lipolysis.

· Increases energy output during stress or exercise.

4. Norepinephrine - BioAcoustically Speaking, when it is low, kidney energy may be unbalanced combined with B6 being low.

· It works alongside epinephrine to trigger fat breakdown.

· Released during exercise and fasting.

5. Thyroid Hormones, T3 and T4 - BioAcoustically Speaking, when these are low, fatigue may be high, and use of iron low, with pain in the neck region.

· Regulate metabolism and energy use.

· Help mobilize stored fats for energy.

6. Testosterone - BioAcoustically Speaking, when this is low, you may experience muscle weakness, finger pain, and a lack of visual focus.

· Supports muscle growth, which increases resting metabolic rate.

· Promotes fat loss, particularly abdominal fat.

7. Growth Hormone (GH) -
BioAcoustically Speaking, when it is lacking, stomach muscle tone is weak, accompanied by muscle soreness.

· Stimulates the breakdown of fat.

· Increases during sleep, fasting, and intense exercise.

8. Insulin-Like Growth Factor-1 (IGF-1)

- BioAcoustically Speaking, when lacking, blood sugar may be unbalanced, and oxygen is insufficient.

· Works in conjunction with growth hormones.

· Plays a role in reducing fat mass and increasing muscle mass.

9. Cortisol (in Controlled Amounts) -
BioAcoustically Speaking, when lacking, it is usually associated with upper back pain.

· Mobilizes stored fats during fasting or intense exercise.

· Chronic high levels, however, can lead to fat storage, particularly around the abdomen.

10. Leptin - BioAcoustically Speaking, when lacking, lung surface proteins may be stressed.

· Regulates appetite and energy.

· High leptin sensitivity encourages fat burning, though leptin resistance can lead to fat accumulation.

11. Irisin - BioAcoustically Speaking, when lacking, you may experience a low tolerance to temperature changes.

· Produced during exercise.

· Converts white fat into brown fat, which burns calories to produce heat.

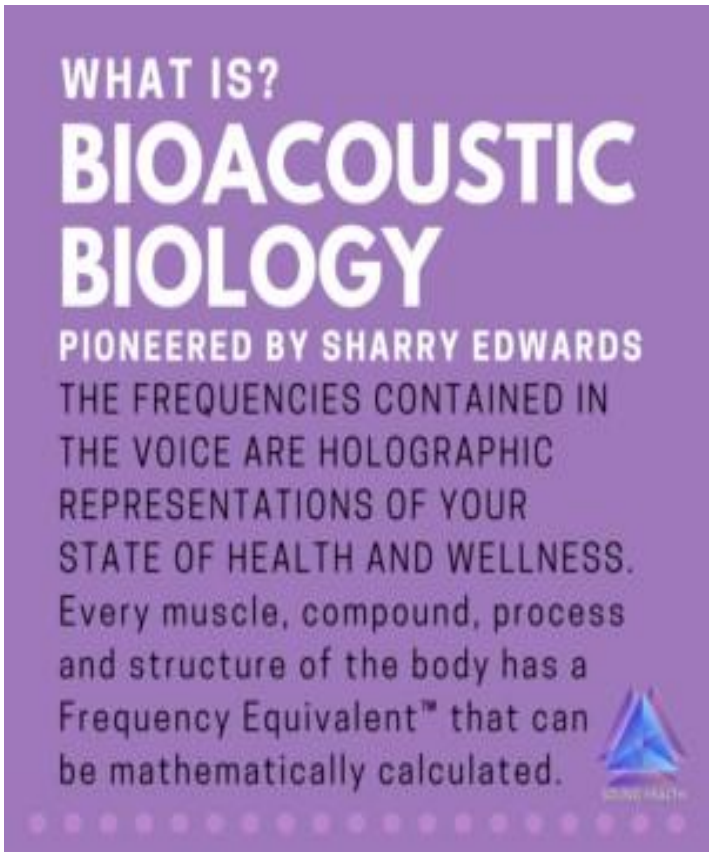
12. **Peptide YY (PYY)** - BioAcoustically Speaking, when lacking, you may experience joint pain and less flexibility.

· Reduces appetite and promotes fat utilization.

[Peptide YY3-36 (PYY3-36) is a protein hormone primarily secreted by the cells lining the small intestine in response to food intake. It plays a crucial role in regulating appetite and satiety by signaling the brain to reduce food intake and increase feelings of fullness. PYY3-36 acts on specific receptors in the hypothalamus, leading to decreased hunger and increased energy expenditure.]

The amino acid Carnitine is essential for fat burning. BioAcoustically Speaking, if low, you may experience more food sensitivities.

Optimizing these items through balanced nutrition, regular physical activity, adequate sleep, and stress management can improve fat-burning efficiency.



SOUND HEALTH KEYNOTES FOR JANUARY 2025

Frequencies active for the month of January:

The month of January is often seen as a time of renewal and planning for the future. Particularly January 2025 seems to be involved with iron and thyroid frequencies which in turn help to energize us.

Vitamin D Receptors, B5, manganese (insulin related) and Leptin (weight issues) are particularly vulnerable this month.

Additional information for all of January:

Manganese is an essential trace element that is naturally present in many foods and available as a dietary supplement. It is a co-factor for many enzymes, including superoxide dismutase, arginine, and pyruvate carboxylase. Through the action of these enzymes, manganese is involved in amino acid, cholesterol, glucose, and carbohydrate metabolism; reactive oxygen species scavenging; bone formation; reproduction; and immune response.
Manganese also plays a role in blood clotting and homeostasis in conjunction with vitamin K. It is absorbed in the small intestine through an active transport system and, possibly, through diffusion when intakes are high. After absorption, some manganese remains free, but most is bound to transferrin, albumin, and plasma alpha-2-macroglobulin. It is taken up by the liver and other tissues, but the mechanism of this process is not well understood.

Pantothenic acid (also known as vitamin B5) is an essential nutrient that is naturally present in some foods, added to others, and available as a dietary supplement. The main function of this water-soluble B vitamin is in the synthesis of coenzyme A (CoA) an acyl carrier protein. CoA is essential for fatty acid synthesis and degradation, transfer of acetyl and acyl groups, and a multitude of other anabolic and catabolic processes. Acyl carrier protein's main role is in fatty acid synthesis. Particularly people who have taken Statins to lower cholesterol (Atorvastatin, Crestor…) may have B5 in stress. B5 is part of the energy cycle of the cells that is particularly vulnerable this week. Amy Yasko has done incredible studies dealing with the Kreb's Cycle of the body. Check out her web site under Amy Yasko for classes and books designed for the public.

Dec 29 - Jan 4

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.

Jan 5-12

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 from your food.

Muscles in stress this 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.
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.

Jan 12-18

A glaucoma (eye) gene comes 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. Sulfur and silica are involved.

Wheat's influence becomes dominant this week. Shellfish may cause a flare-up.

Histamine (allergy associated) will start its climb toward allergy levels starting this week.

Leptin becomes stressed around now (weight and appetite associated). 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.

Muscle in stress this week: temporalis – associated with headaches around the 21-27.

The frequencies associated with digestive enzymes continue to be stressed. Here is one of my favorites: Gastrophase by Tango – 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 the herpes virus from growing.

Campho Phenique, an antiseptic gel, is reported to relieve the pain from a Herpes outbreak. It is a common item in the first aid section of many drug stores.

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 particular issues with this muscle.
Other muscles 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 (Tylenol, paracetamol) and acyclovir (an antiviral medication used to treat Herpes)

Jan 26 - Feb 1

You may have the urge to switch to red wine this week as 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: Naproxen – a 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; 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. It 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. Activated Medication: Warfarin, a blood thinner – your doctor likely monitors this carefully.

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:
Link - https://tinyurl.com/23erh8ds
Questions/Comments

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Sound range chart: https://labster-image-manager.s3.amazonaws.co m/v2/DBS/6c2e7549-0e76-4e35-a9e4-8e12656 f8893/DBS_PosterHearingVoicingRange.en.x102 4.png

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Weight Loss Issues Identified

Sharry Edwards, MEd

Musical note for Feb Keynote – A#
Astrological association – Aquarius
Color Association – Violet

This is the third in a series on using vocal frequencies to identify individual weight management requirements. My Dec 2024 Masters of Health magazine article outlined the benefits of fat tissue from a historical perspective and named 20 plus reasons why a type of fat can block weight loss.

The Jan 2025 issue explained how hormones are involved in weight. This article will reveal the musical notes associated with each biochemical.

Subsequent articles will explain how muscles, hormones, peptides, stem cells, and emotions can all be involved in unwanted adipose (fat) tissue associated with being overweight.

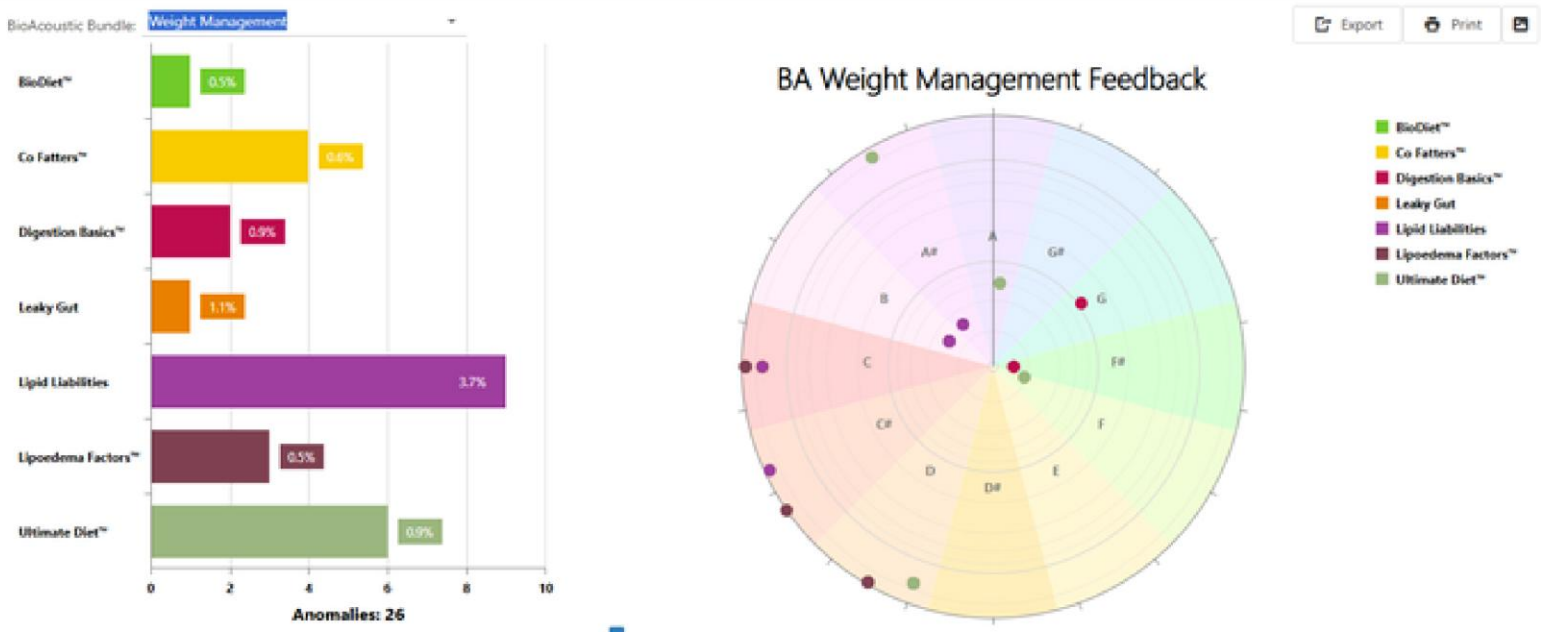
All of these associated frequencies have numeric equivalents that are included in the weight management database. They are available for comparisons using your own vocal frequencies. https://tinyurl.com/45rsav4f

Hundreds of people visited our Sound Health Public WorkStation and volunteered voice samples to be evaluated. We share three examples to show the capability of frequencies to identify potential weight management issues.

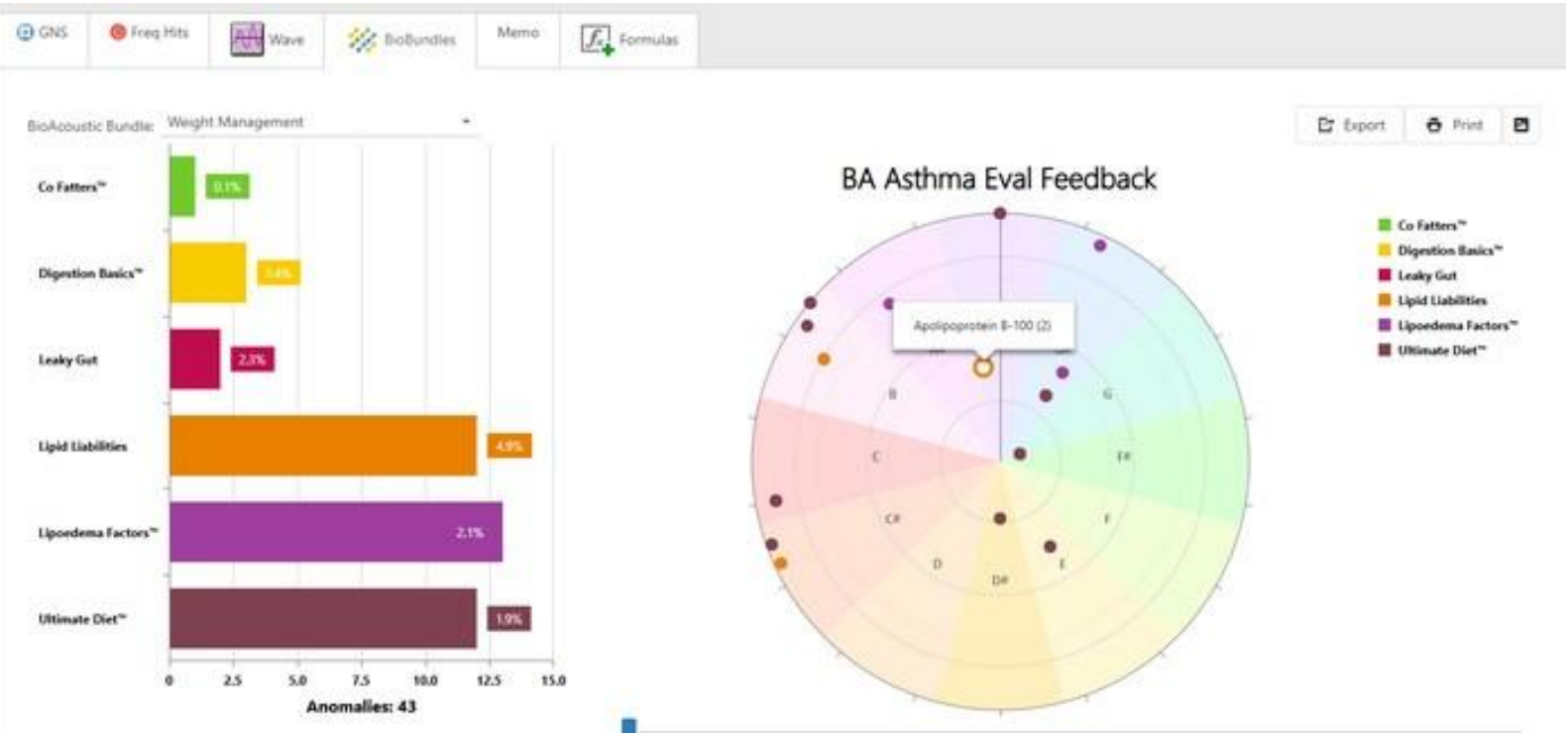
Asking for a Weight Management summary provides BioAcoustic generalizations from a myriad of diet related databases. Any percentage score over 2.0% reveals information of significant concern.

1. **Martin** - Lipid Liabilities score is 3.7 likely indicating a Fatty Liver that is either not producing or distributing the enzymes needed for digestion. A low fat diet is generally NOT the solution. A gentle liver cleanse may be indicated since the liver produces and manages these biochemicals. Information about milk thistle or turmeric may be available online, from your wellness provider, or a local health food store. A deeper evaluation may need to include cholesterol and co-fatter scans.

2. **Tonya** complained of a lot of pain and upset in her digestion system from top to bottom. Her doctor blamed a lack of appropriate enzymes and severely restricted her diet. She stated that she could not budge her belly fat. A deep evaluation of her leaky gut symptoms showed the presence of an unnatural bacteria in her gut, severely disturbed gut lining and a fatty liver that was not providing appropriate fat dissolving bile salts. Center positioned dots indicate a lack of each item; an outer rim position indicates an overabundance of an issue. From the beginning, Lipase helped relieve the major carbohydrate digestion stress.



Tonya is starting to use Dr. Steven Gundry's gut lining restoration products with success. A click on each dot identifies the substance represented.

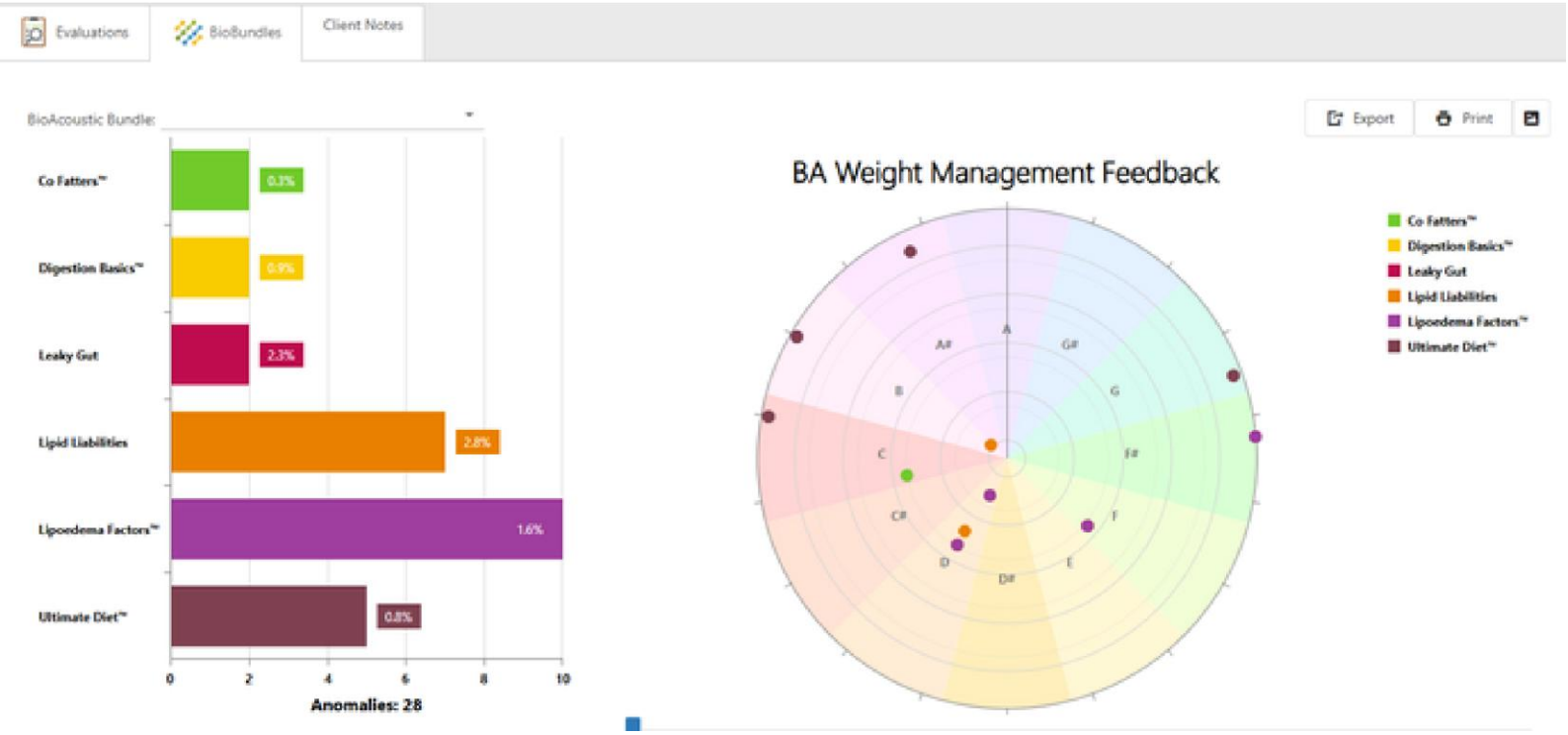


3. **TJ** complained of a cranky digestion system and belly fat. He reported heart disease and a family history of vascular stress. His evaluation pointed to two issues: fatty liver and a leaky gut.

A leaky gut indicates a loss of the mucous lining of the gut causing bowel contents to leak into the abdominal cavity. This is generally a result of environmental toxicity by pesticides.

Dr. Gundry has the best products I've found for a leaky gut.

Gundry also advises abstinence from lectin containing foods – beans, tree nuts, tomatoes, peppers…



Frequencies bombard the earth in a cyclical pattern each year. Below are frequencies associated with Feb 2025.

SOUND HEALTH KEYNOTES FOR FEBRUARY 2025

Jan 26 - Feb 1

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** software measure the hormones of 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.

Feb 2-8

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

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.

Feb 9-15

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

***Adiponectin**: a protein hormone that is produced by fat cells. Its physiological effects include the reduction of inflammation and atherogenesis (the formation of fatty deposits in the arteries) and enhancement of the response of cells to insulin.

***Editor's NOTE:** Sugar and refined carbs build fat in the body. The type of fat/oil one consumes, determines the type of fat created and where it is distributed. An EFA dietary imbalance with too much omega-6, competes with and hinders omega-3 uptake. Omega-3 EFA is needed by every cell membranes to communicate with each other. When deficient, cells and bodily systems malfunction. Canola oil is the most disruptive! Hence, fatty liver and hard-to-get-rid-of layers of blubbery fat, in the wrong places, are consequences.*

Feb 16-22

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 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.

Feb 23-Mar 1

SoundHealthPortal.com

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.

Vitamin 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.

References
https://www.innerbody.com/dr-gundry-super food-to-eat
Amy Yasko
Masters of Health Magazine: Dec 2024 and Jan 2025 issues

Questions/Comments:
SharryEdwards@gmail.com
Vocal Profiling Self Evaluation WorkStation =

Body Connections

The Body Matrix
BioAcoustic Strategies for Better Health

Sharry Edwards, MEd

Keynote Mar 2025
Astrological Association: Pisces
Musical Note: B
Color Association: Blue & Violet

This article is the fourth in a BioAcoustic Series, incorporating the idea that potential weight management issues can be revealed, using frequency-based vocal analysis.

BioAcoustically Speaking, almost everything is something else: meaning that one frequency may have many correlations. Iridology, hair, pulse, and blood analysis are all seen as ways the body can provide information about itself. Body systems are redundant and inter-connected and have many ways to reveal intrinsic secrets. This article proposes that weight management issues can be analyzed visually using a map of where fat tissue tends to gather in the body.

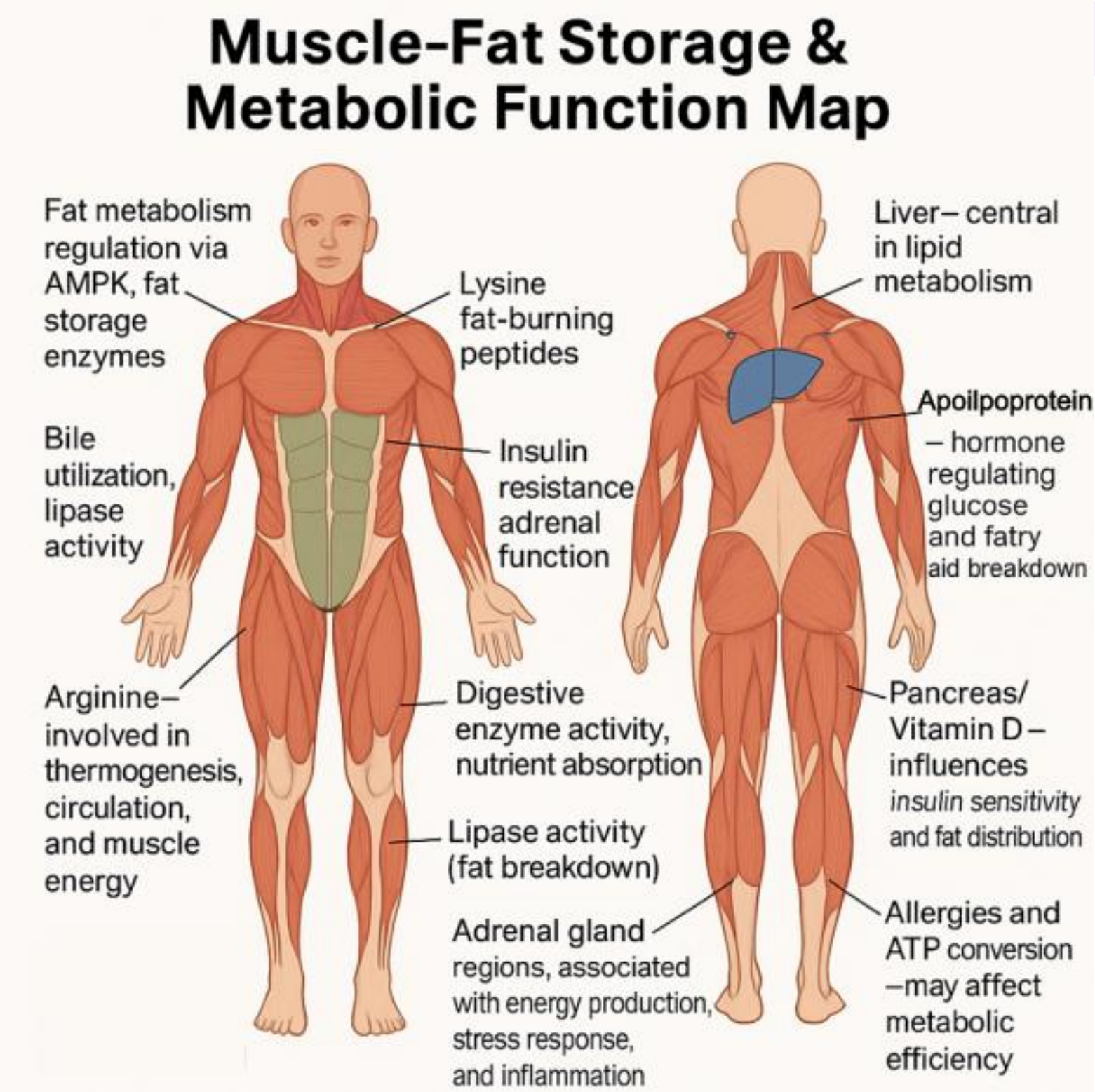
The map in this article depicts muscle frequencies as they relate to weight management. By examining the location of fat molecules in the body, can the explanation for excess fat tissue be identified? Being overweight is a massive problem in the US in nearly 60 percent of the population; and without a reasonable explanation of what is going on. For Example – actual case study:

Rachel, a 66-year-old female with uncontrolled diabetes, high bad cholesterol, and high blood pressure, had been subjected to continued scolding, lectures, and new medications each time she visited her conventional medical provider. When her vocal print was evaluated, using our online weight management template, her vocal analysis revealed the root cause to be inadequate lipid management.

Further questioning revealed that her gallbladder had been removed over 30 years ago, without any instruction as to what would happen without bile salts to help break down fats. She continued to have gallbladder pain symptoms but modified her diet to avoid gastric issues.

The underlying cause was an inability to process lipids – fats, a concept not readily addressed by conventional medicine but vocal analysis quickly ascertained that the issues were a lack of adiponectin and leptin. Adiponectin is the same frequency as the bicep muscle underneath the upper arm. This “bat wing” image is often associated with a physical manifestation of diabetes.

[Adiponectin - Adiponectin is a protein hormone and adipokine, involved in regulating glucose



levels and fatty acid breakdown. In humans, it is encoded by the ADIPOQ gene and produced primarily in adipose tissue but also in muscle and even in the brain.]

Rachel revealed she was very concerned about the hanging fat bags below her upper arms. The map of fat storage biochemical and muscle correlations accurately depicted the biochemicals associated with her weight issues.

Additionally, several bile salts – they break down fat for digestion - were involved. Adiponectin and Leptin were added to her supplement regime. The frequencies of both compounds were provided to her via an analog tonebox which entrains brain frequencies for use by the body. She has reported more energy, better sleep, and feeling stronger and more flexible since starting this innovative protocol.

When incoming foodstuff comes into the body, your metabolism has two choices: use the energy or store it. The lack of adiponectin causes the body to store incoming calories, resulting in fat deposits.

Case study #2 – Peggy needed help to find the root cause of her allergies and chronic rhinitis – a stuffed-up, drippy nose. She had never found a health provider who could provide a solution that would eliminate her symptoms. Her vocal print revealed a leaky gut, inflammation, and a fatty liver causing hormonal and metabolic symptoms. The offending allergens were caused by her leaky gut but her gut issues were causing additional issues.

[A leaky gut indicates that the lining of the gut wall allows bowel contents to leak into the abdominal cavity causing an inflammatory response.]

Peggy was also experiencing unrelenting fatigue and blood sugar challenges, plus her thyroid showed stress. Her vocal analysis revealed a fatty liver from cholesterol issues, which turned out, BioAcoustically, to be genetic. This, in turn, was causing liver-related hormonal issues. She had been on Statins for a while, but they made her so ill that she stopped taking them. She reported that her weight continued to climb, especially in her midsection.

Peggy reported so many seemingly unrelated issues that her healthcare provider did not take her seriously.

Vocal analysis revealed issues with her body's energy cycle (Krebs). She was not using the incoming resources that allowed her body to convert foods into fuel. Kreb Cycle support can be obtained from a local nutrient outlet or online.

The frequencies of the oblique muscle near the waist are the same as biochemical frequencies that deal with thyroid and adrenal issues. Calcium usage can be stressful when a spare tire begins to accumulate around your middle.

The midsection of the body was accumulating fat as a part of the protection system of the body. When a toxin enters the system, the body wants to eliminate the culprit or if that is not possible at the time, the body will encase the toxin in a cocoon of fat and put it away to deal with later. A belly full of fat is indicative of a body full of toxins. Check online about how to detox before starting a diet to avoid any toxicity issues.

Other maps in this series include frequencies associated with fat-stabilizing Hormones, Peptides, bile salts, biochemicals, toxins, and behaviors. BioAcoustically Speaking it is not just one frequency involved in using sounds as body support but the combinations of frequencies that can cause change.

Breaking the code of obesity – down to the root cause - seems to still be a mystery for conventional medicine.

Learning these combinations is what we teach and share with the public – when adiponectin and leptin are combined, they influence the gracilis muscle so that as you walk, one foot is pointing to the side rather than straight forward.

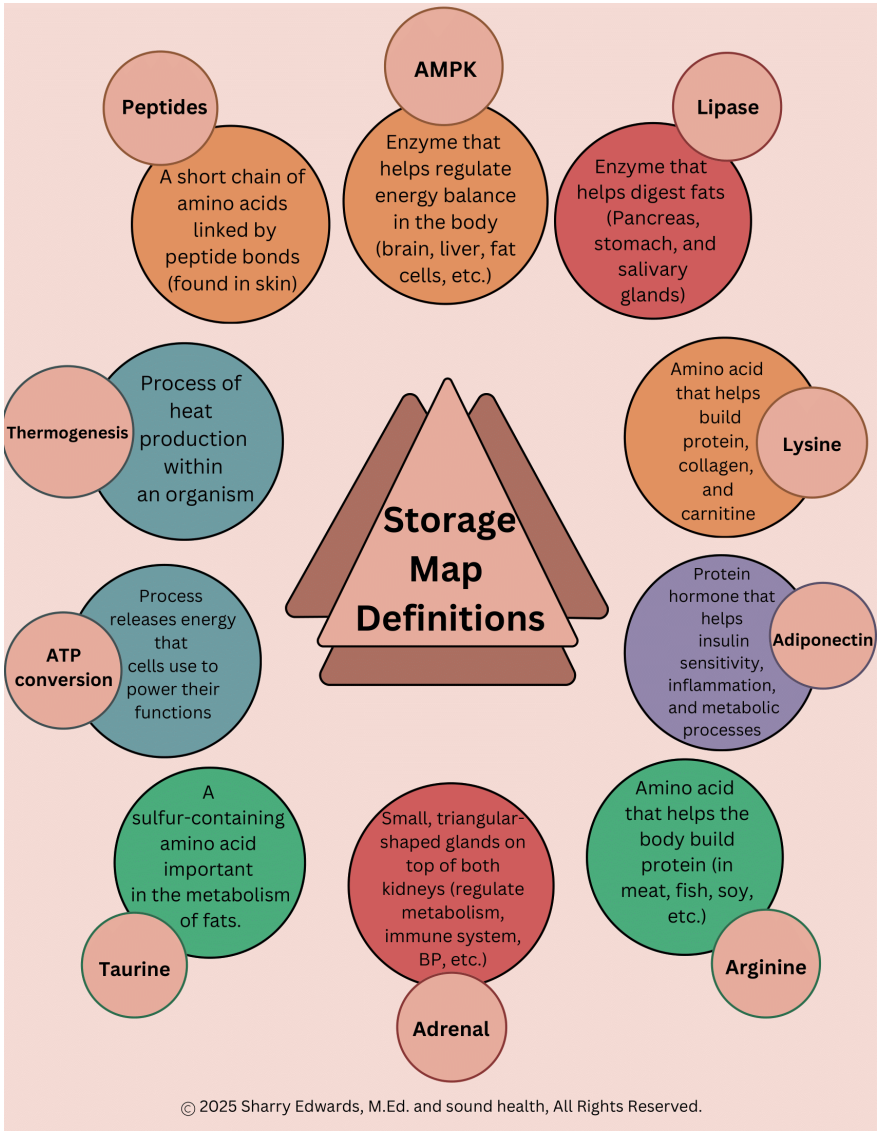
Other concepts of muscle and fat tissue placement that have been borne out using vocal

analysis include: AMPK, lymph issues, pancreas, gallbladder, ghrelin, insulin resistance, and glymph system.

We invite everyone to check out a personalized Weight Management assessment at SoundHealthPortal.com – Weight Management. Keep in mind that the Amino Acids Taurine, Lysine, and Arginine are needed to produce bile salts necessary to break down carbohydrates and fats. These primarily relate to the throat and thigh muscles.

Anyone interested in learning this protocol to share with your client and community, please check out our [class information here.]

References are available upon request.



Frequencies associated with the month of March

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 2-8

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

Mar 9-15

Muscles in stress: heart, forearm, major hip muscles, and trapezius (upper back).

Nutrients/Biochemicals in stress: phosphorus, magnesium, and myoglobin (oxygen to heart).

Systems in stress: thyroid, blood pressure, blood clotting, and joint flexibility.

Medications: Prozac - watch for side effects.

Mar 16-22

Muscles in stress: pterygoid, trapezius, minor hip muscles, wrist, and joints.

Nutrients/biochemistry in stress: thymine, hypericin, hemoglobin, taurine, glucose, ATP (energy currency of the body, choline, iodine, and collagen.

Systems in stress: Liver, thyroid, immune, iron delivery, immune – influenza, joint and movement flexibility, and collagen.

Medications: Dilantin, Oxytocin.

Pathogens: Epstein Barr Virus (fatigue).

Mar 23-29

Muscles in stress: wrist and eye muscles Nutrients/biochemistry in stress: brain plaque, serum amyloid, B12 bromelain, glucose, and hydrogen.

Systems: mitochondria- originating genetic material.

Meds in stress - wrist and fingers are stressed for anyone taking GLP – 1 meds.

Mar 30-Apr 5

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, and 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. Catalog short link: https://shorturl.at/B1FPP.

Interesting BioAcoustic fun fact:

When chewing, the two jaw muscles used together create the frequency of dopamine!

The Fat Storage Fiasco

or What is Making Me Fat?

Sharry Edwards, MEd

Keynote April 2025
Astrology association: Aries
Color association: Red
Musical Note "C"

This is the fifth installment in a series of articles concerning BioAcoustics-associated weight management. This article concentrates on the causes and biochemicals of fat storage. Subsequent information to be shared here will include peptides, enzymes, toxins, amino acids, organs, and medications associated with weight management. Individual Vocal Analyses including all of these topics are available to the public from our online WorkStation - SoundHealthPortal.com – Choose weight management as your topic so that you can receive an individualized evaluation of your weight issues.

For many people concentrating on how much food they eat juxtaposed with how much exercise they do or don't do is the essence of most weight loss programs. A lot of time and money is being spent on how to look good. The Ozempic* and Wegovy* craze is a good example. Both are based on Glucose-like Peptide (GLP), a natural substance manufactured by the gut to support intrinsic digestion. They are also based on the actions of Glucose-like Polypeptide-1 (GLP-1) which is designed to increase natural GLP-1 activity. GLP-1 is a natural substance produced in human intestines that decreases appetite. It is regulated by dipeptidyl peptidase (Editor's Note: * These medications have harmful side effects.).

The outdated idea of eat less, exercise more is leaving those with unmanaged weight issues without hope or help. In installment one of this topic – Masters of Health Magazine - Dec 2024 - we surveyed and listed the most prevalent weight loss commonalities that have been shared with us.

Without a doubt, toxicity was the number one culprit followed by a fatty liver causing insulin resistance. Online articles tell us that acetylcysteine is a major player to prevent/reverse fatty liver symptoms combined with herbs like milk thistle and the amino acid, taurine. Many available liver support supplements contain these ingredients. Some articles tout apple cider vinegar as a liver cleanse and protectant. The liver is fundamental to weight loss because of its association with breaking down fats.

Exploring this topic led us to the realization that fat tissue lays down on part of the body that is the most compatible frequency associated with the toxin or biochemical. A lot of pesticide toxins accumulate in adipose tissue found on the frontal stomach muscles. For instance, fat deposits are often found on the lower side of the upper arms, and are said to be a diabetic body marker. That particular muscle (bicep femoris) is the same frequency as adiponectin, which is a biochemical known as a

protein hormone. Adiponectin is involved in regulating glucose levels and fatty acid breakdown.

See Masters of Health Magazine - March 2025 issue for the fat storage map.

The map was published in hopes of helping people identify the biochemicals associated with their individual weight loss issues. Most people are not familiar with weight storage biochemicals – see graphic below.

Organs such as the liver, gallbladder, pancreas, and intestines are involved, even the saliva in chewing is involved in digestion. Many people who have had their gallbladder removed are never told that the gallbladder and liver are involved with the creation of bile salts which help emulsify incoming fats.

Bile salts need taurine, glycine, and arginine to become active – bile salts are in stress the first week of this month.

Taurocholate, a bile salt, along with Taurine emulsify dietary fat.

Tauroursodeoxycholic acid (TUDCA) is a naturally occurring water-soluble bile acid. Bacteria in your large intestine break down bile salts and turn them into ursodeoxycholic acid (UDCA). It then combines with taurine molecules to create TUDCA.

TUDCA has been used as a supplement for thousands of years in traditional Chinese medicine. It was first sourced from bear bile, which is made up of 50% TUDCA. Today, this health-promoting supplement is made synthetically.

→ FAT BREAKDOWN & ENERGY UTILILIZATION ENZYMES

Fat-burning enzymes play a key role in breaking down stored fat into usable energy.

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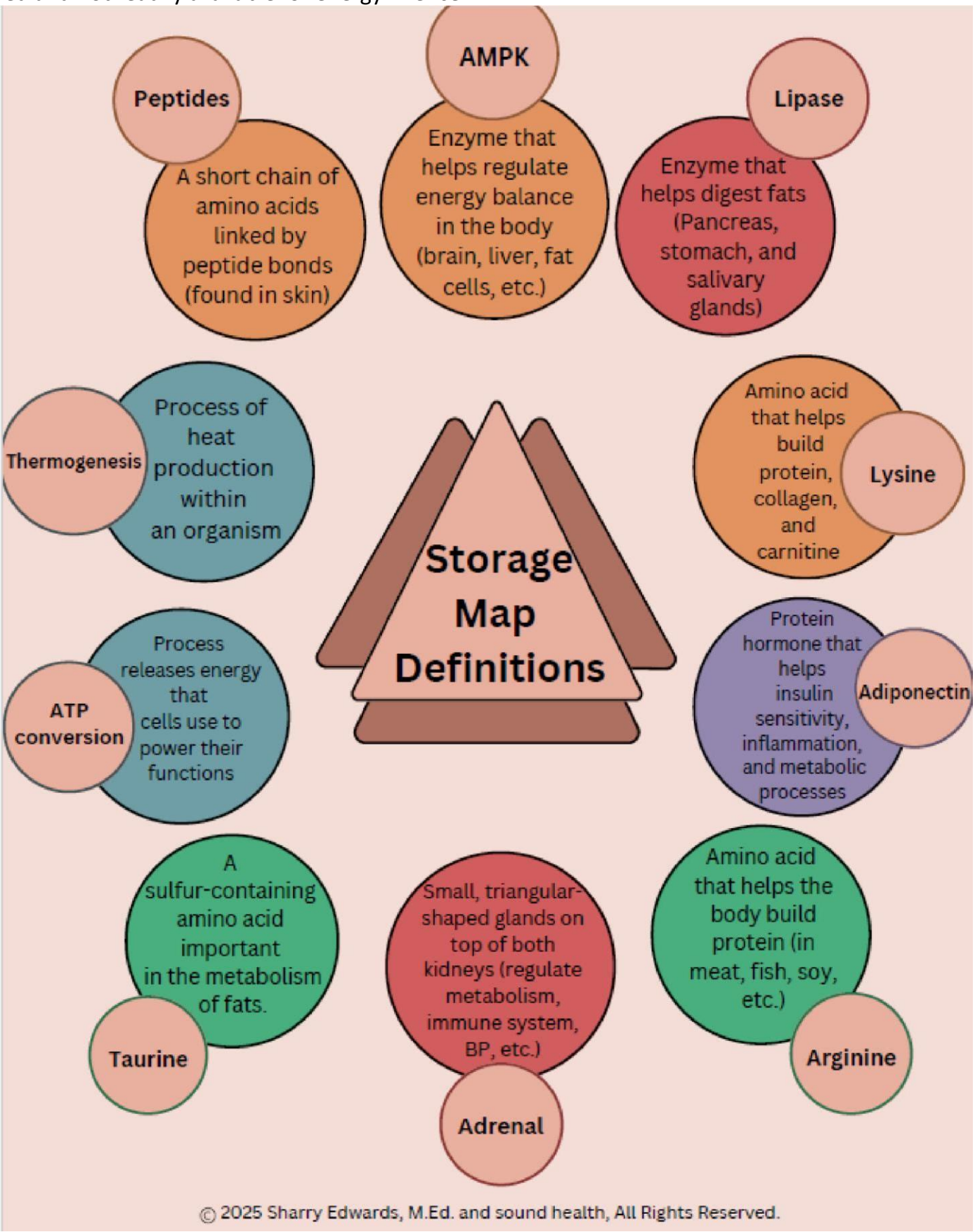
1 (740) 698-9119

CATEGORY	ENZYME/PROTEIN	FUNCTION
Lipase Family (Breaks Down Fat) →	Hormone-Sensitive Lipase (HSL)	Mobilizes stored fat by breaking down triglycerides into free fatty acids.
	Adipose Triglyceride Lipase (ATGL)	The first enzyme to act on triglycerides, converting them into diglycerides and releasing fatty acids.
	Lipoprotein Lipase (LPL)	Helps break down fats from the bloodstream so they can be used for energy.
Carnitine-Related Enzymes (Transport Fat for Energy) →	Carnitine Palmitoyltransferase I (CPT1)	Moves fatty acids into mitochondria for energy production
	Carnitine Palmitoyltransferase II (CPT2)	Completes the transfer process for fat oxidation inside the mitochondria.
Beta-Oxidation Enzymes (Burn Fat for Energy) →	Acyl-CoA Dehydrogenase	The first step in breaking down fatty acids inside mitochondria
	Enoyl-CoA Hydratase	Helps further break down fatty acids into smaller units for energy.
AMP-Activated Protein Kinase (AMPK) →	Regulates Fat Burning	Not an enzyme itself, but AMPK activates fat-burning pathways by increasing energy expenditure and breaking down stored fat.
Boosting fat-burning enzymes naturally involves: diet, exercise, and lifestyle habits. **(How)** →	Increase Protein Intake	-Protein stimulates hormone-sensitive lipase (HSL) and lipoprotein lipase (LPL), which help break down stored fat. -Good sources: Eggs, lean meats, fish, nuts, and dairy.

The body does two things with incoming foodstuff: It is used for energy or it is stored. Issues begin when energy is not created for immediate use but is stored and not readily available for energy. Hence



one of the first weight management issues to arise is fatigue.

Fatigue is often associated with thyroid issues, a lack of fat burning, and slow metabolism. Cholesterol issues may be involved.

Frequencies associated with the month of April 2025

The month of April frequencies reveal a harsh month for diabetics and energy systems. Thyroid and blood sugar-associated frequencies are prevalent.

And special attention should be paid to the health of the eyes with stress on eye rectus muscle frequencies associated with macular degeneration.

Anti-diuretic hormone, glucose 6 phosphate, vasopressin, GLP-1, AMPK, mots-c and zinc = all blood sugar related.

Muscles in stress – Gastrocnemius, eye-associated rectus muscles, thumb, sternocleidomastoid.

Amino Acids in stress - leucine, isoleucine, asparagine, and ornithine.

Biochemicals in stress - Vitamin E, Catalase, Cortitropin, estrogen, beta-carotene.

Toxins: mirex – electrical wiring insulation associated.

Systems in stress: blood sugar, thyroid, Krebs Cycle, DNA, Stem Cells, Mitochondria.

Mold frequencies are high the last few weeks of April.

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Online Evaluations

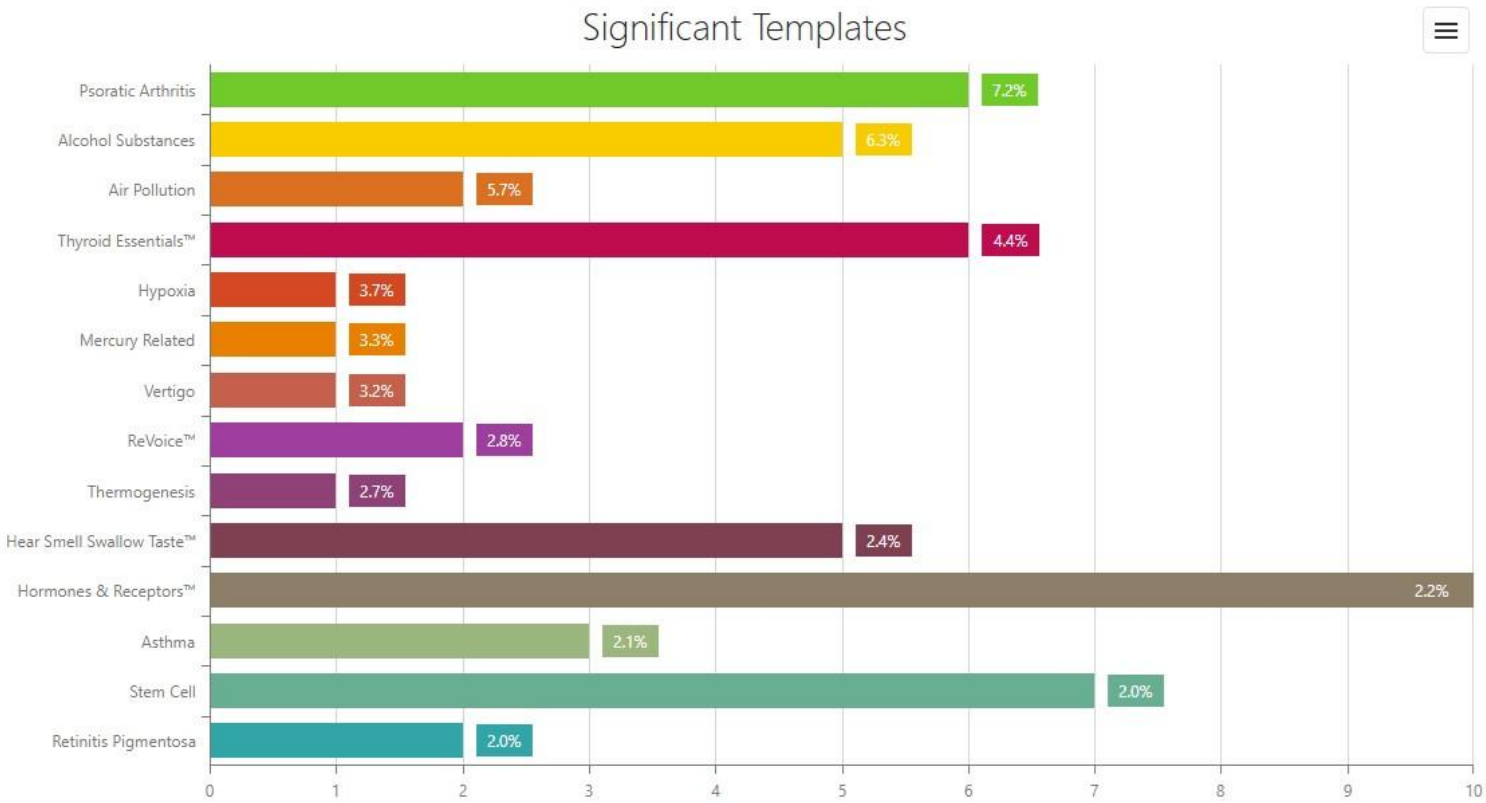
Weight Management Series

Sharry Edwards, Med

Keynote May 2025
Astrology Association: Taurus
Color: Red Orange
Note Association: C#

This is the 6th in a series about weight management information that the public may not be aware of. During this series, the most asked question from our readers has been how the public can get a BioAcoustic online weight management evaluation.

Quick solution: go to SoundHealthPortal.com. Follow the prompts on the landing page that will lead you through the process. In a day or so, you will receive a preliminary report via email.



Input your voice and receive a personal, computerized, quantifying report of your own vocal BioMarker anomalies.

This report, in particular, identifies thyroid and thermogenesis as potential issues. Having cold hands and feet or trouble staying warm are usually noticeable symptoms. There are online articles and tests about low thyroid. You may need the help of your health care provider for this one.

Our initial article identified more than 20 weight management issues. See Dec 2024 issue of Masters of Health Magazine or our web site – BioAcousticSolutions.net – More TAB – Keynotes.

During our studies we found that the most often reported problem was a lack of information about past gallbladder stress. Few people were told what to expect or what could likely occur. Using the Portal a subsequent report with a gallbladder template may look like this:

Name: **Christina Client**

Rank

Research Results

				Rank
Actigall	Medication	H	Used to dissolve gallstones; aka Ursosan	1
Chenodeoxycholic acid	Biochemical	H	Produced by the liver from cholesterol; 1 of the 3 major biliary bile acids	1
Cholesterol 7 Alpha-Hydroxylase	Epigenetic	H	Suppresses enzymes in bile acid synthesis	1
Sucrose	Biochemical	L	Excessive consumption may increase the risk of gallstones	1
Ursodeoxycholic acid	Biochemical	H	Bile acid produced by the liver and stored in the gall bladder	1
Ursodeoxycholic acid	Biochemical	H	May dissolve (cholesterol) gallstones; also known as Ursodiol	1
Ursodeoxycholic acid	Biochemical	H	Reduces the rate at which the intestine absorbs cholesterol	1
T-12 Thoracic vertebrae	Muscle - spine	H	Innervates gallbladder	2
Cynarin	Polyphenol	H	Chemical constituent of artichoke; may increase the flow of bile	3
Taurocholic acid	Biochemical	H	AKA: Cholaic Acid; a bile acid	3
Taurocholic acid	Biochemical	H	Constituent of bile; involved in the emulsification of fats	3
Acetyl Carnitine	Biochemical	H	Improves liver function	4
Cholic acid	Biochemical	H	1 of the 3 major biliary bile acids; produced by liver from cholesterol	4
Curcumin	Food Additive	H	May help prevent gallstones	4
Betaine Hydrochloride	Medication	L	Alkaloid that may reduce the risk of gallstones	5

In bioacoustic analysis, one of the challenges is that each detected frequency can correspond to multiple causes. This means that a single anomalous frequency might be linked to various factors or conditions, making it difficult to pinpoint the exact source without further analysis. This complexity requires careful interpretation to avoid misleading conclusions and to accurately identify the underlying issues.

The above Gallbladder evaluation indicates if an item is **H**igh or **L**ow and shows its priority: 1 through 5 that may need attention. The computer does the analysis for each individual. Each Item has a blue line beneath it, that is designed, when clicked to take you to a resource. These reports can be shared with your wellness provider for potential remediation.

These protocols use information showing that the frequencies of the voice are a holographic representation of the body. BioAcoustic Biology has gathered information which indicates that the voice can potentially be used as a diagnostic tool but could provide sound-based solutions for health.

The online Portal is open to the public at: www.SoundHealthPortal.com. It includes tutorials, evaluations, documentaries, campaigns, articles, and references plus the opportunity to scan your own voice for errant frequencies (sour notes). Record your voice and receive a personal report of what your voice reveals about you.

Your body is designed to heal itself. Fat burning is individual. Let your vocal analysis help you identify what your body needs to return to normal form and function.

EACH CELL CAN RENEW ITSELF OR MORPH INTO SOMETHING ELSE IF PROVIDED THE CORRECT FREQUENCY AND ENERGY

SOUND HEALTH KEYNOTES

Frequencies associated with the month of May

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.

METABOLIC MAGIC

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 tune 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 is 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

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, 11(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 below.

		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
HPV 11		progesterone	hormone required to maintain pregnancy
		ATP 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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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 that "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 Guillain 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 out 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 causes common warts on hands, feet and mucous membranes of the oral, anal and genital cavities are in stress over the next few weeks. HPV (Gardasil/Cervarix) immunizations were developed allegedly to prevent HPV outbreaks.

BioAcoustically Speaking, the chart 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/1164906002001/controversial-vaccine-bill

http://www.activistpost.com/2011/09/3-girls -dead-others-hospitalized-after.html

http://www.cbsnews.com/stories/2009/08/19/cbsnews_investigates/main5253431.shtml

http://www.naturalnews.com/032330_vaccines_iPod.html

http://www.afullcup.com/forums/cvs-101/260374-flu-shot-100-coupon-book.html

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

BioAcoustic Keynotes are brought to you by the Institute of BioAcoustic Biology & Sound Health

BioAcoustically Speaking

SoundHealthOptions.com

Accelerating human healing through Vocal Mapping: our future depends on its acceptance.

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A Major Key to Stubborn Weight Loss

Sharry Edwards, MEd

Keynote June 2025
Musical Note association: D
Color Association: Orange
Astrological Association: Gemini

This is the 7th article in a series specifically designed for Masters of Health Magazine for persons who have weight loss issues; and there are millions of us.

This installment is likely one of the most important because it touches on a majority of issues simultaneously that we listed in the initial article on this topic dated Dec 2024.

Particularly non-alcoholic fatty liver disease (NAFLD) is closely linked to weight management because it is both a cause and consequence of metabolic imbalances tied to excess body weight.

A fatty liver is associated with digestive enzymes, the breakdown of fatty acids, the creation of bile salts, metabolic hormone and biochemistry metabolism, toxicity, insulin resistance, and inflammation.

The information below may lead you to the conclusion that repairing your fatty liver may be your first step to weight loss.

Fatty liver occurs when excess fat builds up in liver cells, impairing liver function. There are two types:

NAFLD – not caused by alcohol; strongly tied to obesity and metabolic syndrome. This type is associated with sugars and carbs being turned into alcohol by the body. Common microorganisms implicated in turning carbs into sugar include Saccharomyces cerevisiae, Candida albicans, and Klebsiella pneumoniae.

AFLD – alcohol-related fatty liver.

How Fatty Liver and Weight Are Connected:

1. Excess Weight Increases Liver Fat

· Visceral fat (around organs) releases inflammatory chemicals and free fatty acids that end up in the liver.

· The liver begins to store more fat, leading to NAFLD.

2. Insulin Resistance & Metabolic Syndrome

· Is common in overweight individuals.

· Can cause liver cells to take in more fat and produce more glucose.

· Leads to a vicious cycle: more fat → more insulin resistance → fatter.

3. Fatty Liver Makes Weight Loss Harder

· A fatty liver can disrupt hormone signaling (like adiponectin, AMPK, leptin, fatty co factors, and insulin), which makes it harder to regulate appetite and energy production and use.

4. **Weight Loss Improves Fatty Liver**

· Losing just **5–10% of body weight** can **significantly reduce liver fat,** improve liver enzyme levels, and reduce inflammation. People have had success using Turmeric for it.

· A low carb diet works for many people.

· Going vegetarian may work for others. Editor's NOTE: Not suitable for everyone, and obtaining vital nutrients is necessary.

· Refraining from refined or artificial sugars (e.g., diet sodas) greatly helps reduce weight. Refined sugar spikes insulin and artificial sugar confuses the body's insulin responses even more.

· Some people use intermittent fasting to correct fat metabolism.

An individualized weight management vocal analysis is available as a public service at SoundHealthPortal.com – weight management campaign.

The personal analysis can point you in the appropriate direction to identify your individual weight loss issues and frequencies.

Everyone is biochemically unique! The most extraordinary aspect of BioAcoustic Vocal Profiling is the fact that we can individualize every encounter with every client.

Weight Management can happen for a myriad of reasons; from hormones to stress to biochemical peptides and proteins. As with any issue, the first step is to identify the root causes of the problem; from there a wellness provider can help support your needs or a individualized tone box can provide a correcting set of frequencies.

Suggested Weight Management Strategies for finding what you need to eliminate a Fatty Liver

· **Dietary changes:**

- Eliminate refined and artificial sugars, refined carbs, and damaged oils. Editor's NOTE, GM or damaged oils (e.g. canola and other omega-6) are a major cause of fatty liver (NAFLD)
- Mediterranean or low-carb diets are especially effective.

· **Exercise:**

- Aerobic + resistance training improves liver fat and insulin sensitivity.

· **Avoid alcohol**

· **Spinal stress of the liver** The liver's autonomic innervation involves a range of thoracic spinal segments, the primary sympathetic input arises from T7 to T12, and parasympathetic innervation is provided by the Vagus nerve.

· **Evaluate your vocal print using the pioneering protocols found at SoundHealthPortal.com**

It is our theory of disease and stress that we are a combination of frequency relationships with the brain being our central processing unit of control for those frequencies. If we can identify the stressed math matrix for an individual and provide those frequencies ambiently, the body has the ability to heal itself.

We want everyone to have this ability and support. That is why we created the BioAcoustic WorkStation for people to create their own vocal print reports. Our issue today is that we don't have

enough people trained to do advanced levels of this work. That is why we are providing software and tutorials for the public to learn BioAcoustic protocols that will support our future survival. Additional class information, downloads and materials can be found at BioAcousticSolutions.net – tab – Portal Class Into.

Using a person's own vocal print allows us to customize requirements for optimal form and function. We hope to use the techniques to enhance the lives of your patients, your family, and your fellow planetary inhabitants.

Next month's article will encompass a mathematical calcium breakthrough that we discovered will help prevent health issues presently plaguing the planet.

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 FREQUENCIES WILL BE ACTIVE FOR THE MONTH OF JUNE.

SOUND HEALTH KEYNOTES JUNE 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.

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 issue with diet drinks and Chinese foods (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.

Grain mold frequencies are active now. There are many articles on detoxing that can be found on the internet. Berberine, 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 methylator 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 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, lips, 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 2025 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 2025, 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 2025?

The global market for vocal analysis services, encompassing voice analytics, speech recognition, and related technologies, is projected to reach approximately $3.04 billion in 2025, growing at a compound annual growth rate (CAGR) of 19.9% from 2024. The Business Research Company

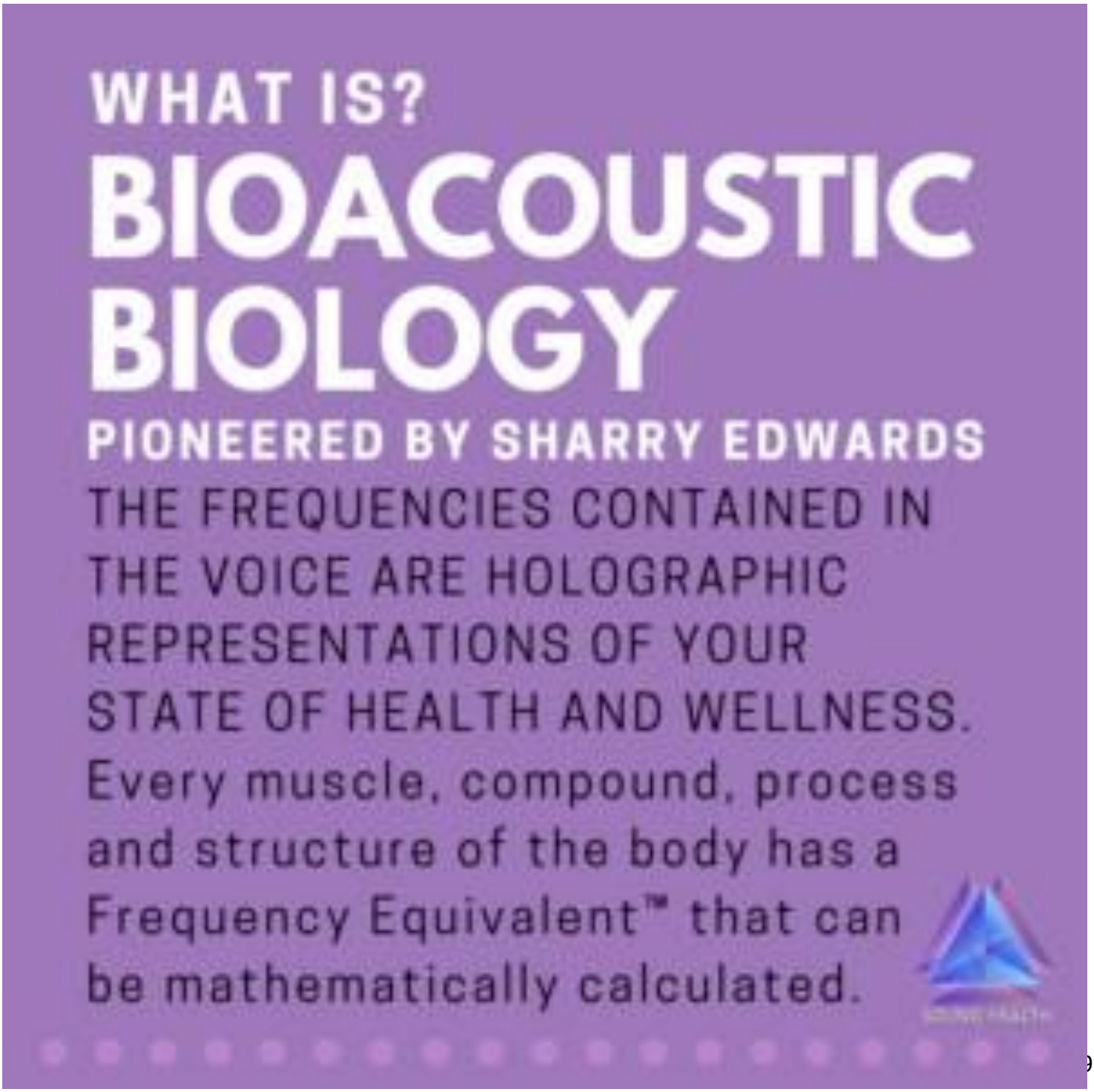
Market Overview

· Voice Analytics Market: Expected to grow from $1.3 billion in 2024 to $1.54 billion in 2025, with a CAGR of 18.5%.

The Business Research Company

· Voice and Speech Recognition Software Market: Anticipated to reach $31.82 billion by 2025, driven by the rising adoption of voice-activated systems in various sectors.

Grand View Research



Weight Management Clues

Sharry Edwards, MEd

Keynote July 2025
Color Association: Gold
Astrological Sign: Cancer
Musical Note Association: D#

This is the 8th article in a series specifically designed for Masters of Health Magazine readers to provide information that is not readily available for persons who are experiencing baffling weight loss issues.

The majority of mail we received from last month's article contained serious questions about how to safely detox a non-alcoholic fatty liver which seems to be a major weight loss deterrent.

Not knowing where to start with a safe detox was a major concern.

> Dr. Chad Levitt from the UpWellness Center in Bulford, Georgia, USA suggests that Acetyl-Cysteine (NAC) is a major supporter for liver detox. Many conventional physicians suggest taking statins as a way to control cholesterol which helps create a fatty liver. Dr. Jack Wolfson, of Natural Heart Doctor Clinic of Scottsdale, Arizona, suggests the herb Silymarin combined with the supplement Berberine will do more than Statins with less side effects. Still some alternative practitioners suggest harsh methods (like walnut hulls). Detoxing gently is likely a more prudent method.

Editor's NOTE: MOH does not recommend the use of statins. Also, AVOID consumption of canola oil and other damaged omega-6 oils as they cause an omega-3 deficiency. Omega-3 enables cell membranes to communicate with each other. Silymarin/Milk Thistle is very beneficial for liver repair. Vitamin E is vital for gall bladder health and many other functions.

It is a common misconception that eating less and increasing exercise is the panacea for weight loss. This is far from the Truth.

No matter which method you choose, experts agree that detoxing a fatty liver is one of the first steps in supporting your body's ability to build and optimally manage fatty acid metabolism. The most common issues found in our database of people concerned with repairing a fatty liver included:

1. Peptides - Short chain amino acids involved in biochemical functions such as hormones, insulin and oxytocin.
2. AMPK – An Enzyme that helps regulate energy balance in the body: manages cholesterol and fatty acid metabolism.
3. Taurine - A sulfur-containing amino acid important in the metabolism of fats and bile salts.

4. ATP – This process releases energy that cells use to power their functions. Involves energy conversion and expenditures.

5. Lysine - An Amino Acid that helps build protein, collagen, bile salts and Carnitine.

6. Lipase – An Enzyme that helps digest fats (hormonal, hepatic, pancreatic and salivary glands). Especially lacking in post-menopausal females.

7. Arginine – An Amino acid that helps the body build proteins such as bile salts (found in many foods, including meat, fish, poultry, soy, beans, and dairy).

8. Adiponectin – A Protein hormone that helps with insulin sensitivity, inflammation, and metabolic processes (fat cells released into the bloodstream).

9. Leptin – A hormone primarily produced by adipose (fat) tissue that plays a crucial role in regulating energy balance by inhibiting hunger, thereby helping to regulate body weight.

The body's use of frequencies is very redundant. Using the map published in the March 2025 Issue of Masters of Health Magazine, you may be able to identify if any of these biochemicals are part of your weight management quandary.

Nutrients generally associated with weight management include:

1. Choline - thins bile salts
2. Taurine - stimulates bile production
3. Lecithin - flushes out fat
4. Betaine - increases fat burning metabolism and helps remove toxins

I love to find answers. I especially like helping people find their own answers. Our survey showed that persons with gallbladder issues were often not informed of the relationship between the gallbladder, liver, bile salts and the inability to manage weight.

Bile acids, synthesized from cholesterol in the liver, play a multifaceted role in human metabolism beyond their traditional function in fat digestion. They act as signaling molecules influencing various metabolic pathways:

1. Lipid Metabolism: Bile acids emulsify dietary fats, facilitating their digestion and absorption. They also regulate cholesterol homeostasis by promoting its excretion and modulating synthesis in the liver.

2. Glucose Metabolism: By activating receptors like FXR and TGR5, bile acids influence glucose homeostasis. FXR activation suppresses hepatic gluconeogenesis, while TGR5 activation enhances insulin secretion and sensitivity through GLP-1 release.

3. Energy Expenditure: TGR5 activation in brown adipose tissue stimulates energy expenditure by promoting the conversion of inactive thyroid hormone (T4) to its active form (T3), thereby increasing metabolic rate.

4. Gut Microbiota Interaction: Bile acids shape gut microbiome composition, and conversely, gut bacteria modify bile acids into secondary forms, affecting their signaling properties and, consequently, metabolism.

5. Inflammation and Immune Response: Bile acids modulate inflammatory pathways and immune responses, with implications for conditions like non-alcoholic fatty liver disease and inflammatory bowel disease.

WHAT IS?
BIOACOUSTIC BIOLOGY
PIONEERED BY SHARRY EDWARDS
THE FREQUENCIES CONTAINED IN THE VOICE ARE HOLOGRAPHIC REPRESENTATIONS OF YOUR STATE OF HEALTH AND WELLNESS.
Every muscle, compound, process and structure of the body has a Frequency Equivalent™ that can be mathematically calculated.

6. Disruptions in bile acid metabolism or signaling can contribute to metabolic disorders, highlighting their central role in maintaining metabolic health.

In addition, calcium metabolism plays an important part in discerning the cause of weight management issues; including calcitonin. We invite all of you who are having weight management issues or who have patients who are struggling with weight management.

Preliminary issues can be identified using SoundHealthPortal.com. For a more in-depth evaluation join or inquire about our class to learn to create individual weight management reports independently. We may be able to provide scholarships to those who wish to take this back to their communities.

BioAcoustic Tidbit: *Using chewing muscles together, the Masseter and pterygoid, stimulates 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 JULY 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.

Breathing may have been a bit better or a bit worse depending on your brain dominance. For Right-brained people breathing may have been more difficult; for Left-brained folks it may have been more difficult the last few days and likely until next Wednesday. For those with difficulty maybe take it easy on your job or going up stairs. It will pass in a few days. In the meantime refraining from milk products may help those who are sensitive to dairy.

There is only one muscle in stress now, the Serratus Posterior (assists breathing) is located in the back where your lower ribs begin to attach to the spine. These muscles are often tired at the end of the day just through normal waking activities. The Serratus Posterior assists in the rotation and extension of the trunk and contributes to the expiration of air as we breathe.

June 29 – July 5

The bacteria, Helicobacter pylori, is in the air and is associated with ulcers. Along with enzymes for digestion and some additional cranky invading intestinal pathogens, it may be a bumpy ride for digestion for the next few days. You may even want to try some probiotics – there are several upcoming brands jumping into the market. I prefer Nana (low fat) or Maya yoghurt by Alta

Dena if you can find it. It is a bit more expensive but well worth it because of the ancient cultures they use. [http://-www.altadenadairy.com/where_t o_buy.htm]
Nicotine and LSD show high frequency stimulation until Thursday or so, depending on where you reside on the planet. Those attempting to quit smoking may get a little boost as the interstellar frequencies provide the Frequency Equivalent™ for nicotine. Might even be a good time to give up smoking in light of the extra charges piled on by government sponsored for those who smoke. Already in some States in the US the tax on each pack of cigarettes is around $5.00 per pack.

Back strain along with adrenal tension is obvious over the 4th.

Those who have experienced LSD may experience flashbacks or at least begin to remember the events associated with their participation.

July 6 –July 12

Insulin resistance is high this week likely because of a fatty liver. It will be harder to lose weight as insulin resistance helps to maintain fat storage. Carbohydrate metabolism is hampered because of the stress of enzymes lipase and diastase. Allergies begin to plague now; particularly nose and bronchial issues. Remember the support of Vitamin C may help. Marijuana may have more of an effect this week. Menstrual cramps may be relieved easily with progesterone oil or cream as this hormone is very active this week.

Strep still lurks this week. Platelets are vulnerable – B3 – niacin may help break up sticky blood. Long term Diosmin might also be helpful. Medication this week deals with high blood pressure. I've tried Nitric Oxide tablets (from Amazon NO40) – They seem to work for me.
Marijuana is still active along with inflammation markers and fatty liver indicators. Calcium and cancer markers begin a rise this week (calcium, calcitonin, Burnzyky frequencies and 5 HETE – all CANCER RELATED).
Nerve sheathing activates this week – You might want to check the supplement Benfotiamine (said to be great for restless legs).
Adiponectin rears its ugly head this week – from Wikipedia – Adiponectin is a protein hormone and along with adipokine is involved in regulating glucose levels as well as fatty acid metabolism.

Carnitine helps break down fatty acids but is also in stress this week. The literature indicates that carnitine combined with alpha lipoic acid may help regulate blood glucose.

July 13-19

The Keynote for this week is the note of E which deals with wet tissues of the body; particularly the nose, mouth, throat and lungs. More mucous may be experienced along with a stronger reaction to mucous producing foods. Deep breathing may be more difficult.
Many forms of rhino virus are still lurking.
Muscles in stress this week: ribs and diaphragm may be more vulnerable.

July 20-26

This week's frequencies are associated with carnitine, an amino acid – see above. People who cannot gain weight have been found to be high in carnitine. It can be found primarily in meat. Vitamins B1, B6, C, iron, methionine, and lysine must be available to the body in support of synthesizing carnitine.

July 27-Aug 2

The end of the month is ruled by the lower back; encompassing the sexual "thrust" muscles for men. These are the muscles that have been problematic for Tiger Woods, in the past and after his accident, causing stress in his golf swing.

This column is NOT meant as medical anything. We are looking for data. If people get well, that's their problem.

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Supporting Links:

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https://www.coronavirusdefence.org/frequenices-for-defense-immune-stress

Antidote article link: includes Spike Article with Rife Frequencies
https://bit.ly/Antidote308

Weight Loss for the People by the People

Sharry Edwards, MEd

Keynote August 2025
Astrological sign: Leo
Musical Association: Note of E
Color Association: Yellow

This is the ninth article in a series revealing the clues to personal Weight Management which is a flip book available on our web site BioAcousticSolutions.net.

Years ago I stumbled upon something I did not understand: I was able to hear single notes and sometimes a series of sounds when I was near living things: animals, plants and people. What sounded like humming came from some objects, like rocks, but I could not hear anything from plastic.

Through years of research, I learned that in ancient times, these tones were called Signature Sounds. In modern times, at least for living entities, these sounds are called Otoacoustic Emissions (Wendell Browne, Johns Hopkins). Over the last forty years I used this information to develop a system called BioAcoustic Biology.

Robert O. Becker's work revealed that BioAcoustic protocols were tapping into the "analog body," an electromagnetic system associated with a reliable math matrix of frequencies. Becker speculated that this is the system used by acupuncture, homeopathy and other alternative healing modalities. BioAcoustic Biology taps into these frequencies through vocal analysis. The body is mathematically redundant throughout many layers of frequency-based systems.

This article continues this trend using mathical information concerning weight controlling systems, biochemicals, nutrients, peptides, genetics and stem cell frequencies.

Sarah Westall, an entrepreneur, business executive, and investigative podcast host, recently undertook a peptide supported weight loss program and as you can see below, the results were astonishing.

Below is Sarah before her journey (left) and after 30 days in (right).

Sarah's journey mainly consisted of using the peptides Retatrutide or Tesofensine combined with 5-Amino-1MQ, and SLU-PP-332.

She states these peptides blend cutting edge science with practical protocols designed to maximize fat loss while preserving lean muscle. More of Sarah's story can be found: https://sarahwestall.substack.com/p/the-ultimate-peptide-guide-for-weight.

Peptides are short chains of amino acids linked by peptide bonds. They typically consist of 2 to 50 amino acids, distinguishing them from proteins, which are longer chains composed of more than 50 amino acids. Peptides have been recently touted as strong weight loss contributors.

Stem cell frequencies in our massive weight management database include obesity genes, fatty liver and thermogenesis, pathways, energy, glucose and cholesterol metabolism. Adiponectin, AMPK and Apolipoproteins are three of the most prevalent lipid (fat) faults that can cause fat accumulation, yet these are rarely checked by allopathic providers. These biochemicals plus thousands of other stem cells and genetics related frequencies can be BioAcoustically analyzed through a vocal print.

People can test their own vocal frequencies for these Peptides, stem cells, transporters and genes at SoundHealthPortal.com – Weight Management campaign. This is a public online WorkStation that can produce personalized reports that contain BioAcoustic information about a person's wellness profile.

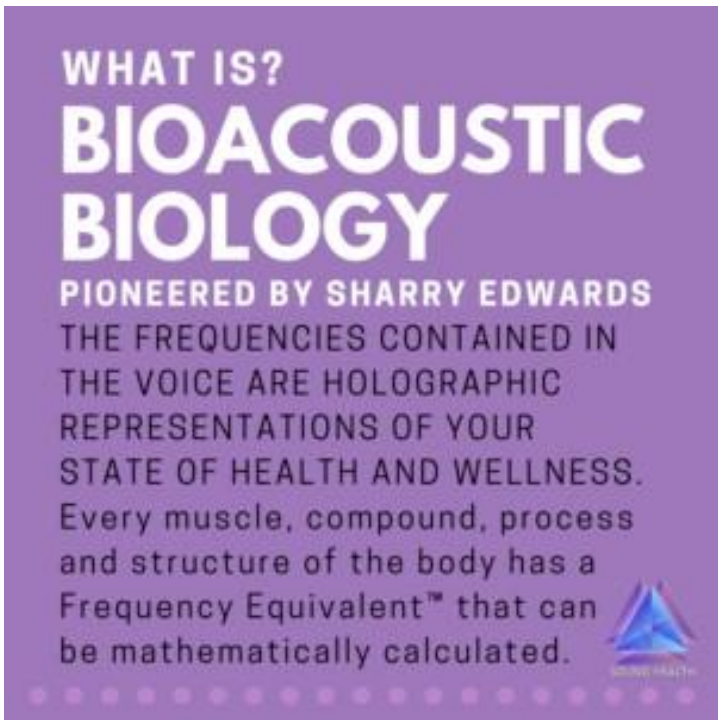
BioAcoustics is not musical, nor medical, it is mathical! BioAcoustics can reveal predictive, current and long term reports using the frequencies of the voice. Living systems are first a conglomerate of frequencies and that combination of frequencies creates our physical manifestation. We are essentially a Math Matrix and when the math is not balanced, our bodies begin to create dis-ease. BioAcoustic Biology has been able to identify and map the body's mathical distress.

Our mission is to provide the public with personalized vocal profiles of the body's mathematical misalignments.

Many wise masters from ancient to modern: Pythagoras, Einstein, and Tesla tell us - "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

And so it is with Sound Health and BioAcoustic Biology. We were set up to create a pathway for people to embrace the idea of SELF-HEALTH.

We have set up a class for the public for August 6th, 2-4 pm eastern US daylight time. We have valued this course at $500 because it will allow you to help others with weight issues and charge $30-$50 per report you generate for people. The class requires that you join our SoundHealthPortal.com to work on and store your client files.



Scholarships are available! Please contact me at SharryOnAir@gmail.com to inquire about how you can attend. It is designed to prepare you to train to use BioAcoustic protocols to help yourself, your family, neighbors and clients to manage weight loss issues.

Announcements

A Mathical Map comparison of fat accumulation and muscles is available in the June 2025 issue of *Masters of Health Magazine*.

I have a new book coming out in the fall – ***Breaking the Sound Barriers of Disease.***

We will be publishing several Mathical Maps soon showing the frequencies of muscles, toxins, nutrients and body systems.

We plan to create a calendar of frequencies for an entire year to help prepare people for frequency based issues that may be lurking in our personal environments.

We have decoded the frequencies of predicted pathogens, including the renewed bubonic plague and black death threats, and will be holding informational seminars for the public.

Interesting videos –

The Medicine of Frequencies with Dr. Mitchell Abrams

Video about getting rid of body fat by Dr. David Jokers

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 AUGUST 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.

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.

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 29 – Aug 5 – iron comes into play this week, further stressing fatigue symptoms. Cellular inflammation initiates this week. There are lots of anti-inflammatory articles 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 on August 2.

Aug 6-Aug 12 - 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 13-Aug 19 - 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 20-Aug 26 - Allergic reactions bloom all this week. Control of mast cell reactions will be tricky. Tooth plague 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 dealing with the neck: C-2, Thoracic – spleen, pancreas, gallbladder, (T-7) prostate, and legs, (S-2) - lower spine.

MSG as a toxin may cause increased brain fog this week.

Aug 27 - Sept 2 - Some beginning throat and tongue irritation may be noticeable. More Covid symptoms may appear as hemorrhagic virus spike proteins become more active (clotting). 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 the pain of arthritis), 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.

Activating the Analog Body in Support of Weight Loss

Sharry Edwards, MEd

Keynote September 2025
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: Schuessker Cell Salts" No. 5. (6) Potassium phosphate - Kali Phos"

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

- Congestive heart failure;
- Chest pain;
- High blood pressure;
- Coronary artery disease;
- Intermittent claudication (leg pain due to blocked arteries);
- Chemotherapy;
- Fighting weight loss in AIDS patients;
- Reducing infections;
- Improving would 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.

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 – 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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Vocal analysis to BioAcoustically evaluate your hormones, including CORTISOL, can be performed at our public WorkStation: SoundHealthPortal.com

BioAcoustic Keynotes are brought to you by the Institute of BioAcoustic Biology & Sound Health