

# Weight Management Report Instructions

The Sound Health Portal is a specialized website designed to facilitate BioAcoustic analysis of vocal recordings. It provides detailed, medically related insights based on the vocal patterns, aiding in the assessment and understanding of various health conditions through artificial intelligence and advanced audio analysis techniques.

**The State of Your Health can be Found in the Sounds of YOUR Voice**



 [Online Training – Power of the Portal](#)

 [Check out nanoVoice](#)



**Record Your Voice**

**Sound Health Support**

**Bio-Acoustic Analyses**

 [Record Your Voice](#)

[Watch How](#) 

*Voice samples provide bio-acoustic information for better health support.*

1. Go to [SoundHealthPortal.com](https://SoundHealthPortal.com)
2. Record your voice by using the instructions available.

Remember – using the appropriate microphone will ensure that your vocal information is accurate

Go to [SoundHealthOptions.com](https://SoundHealthOptions.com) for a list of microphones.

3. Once you have saved your voice recording, go to BioBundles:

SESSION:  
marina

TEMPLATE(S):  
Ultimate Diet™

GNS

Freq Hits

Wave

BioBundles

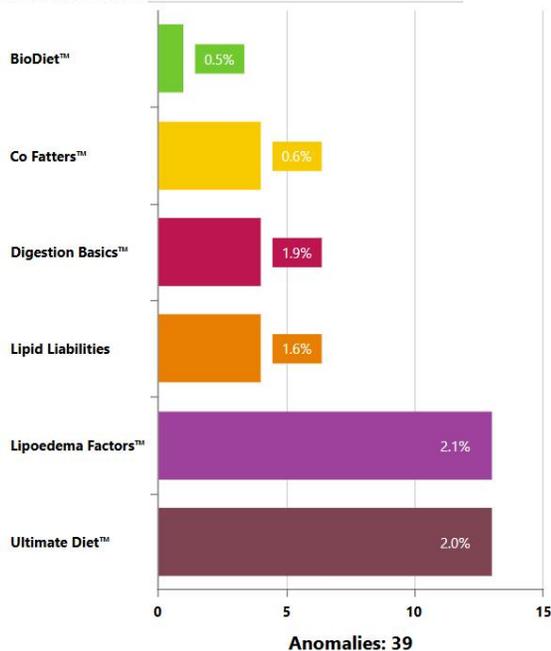
Memo

BioAcoustic Bundle: Select a Bundle...

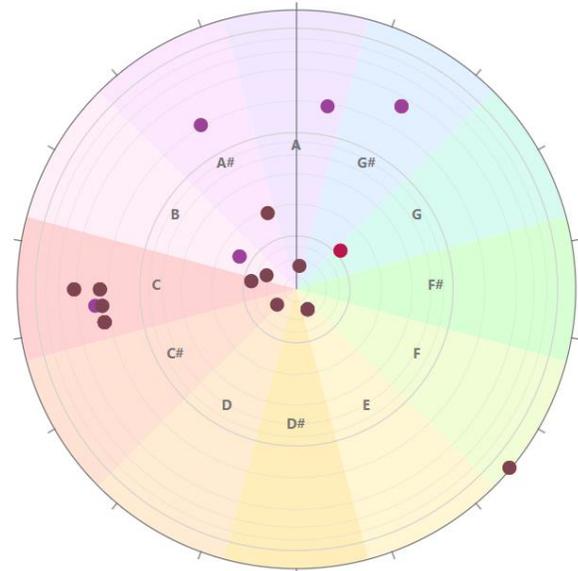
type in WEIGHT MANAGEMENT

choose WEIGHT MANAGEMENT as an option  
This Screen will appear

BioAcoustic Bundle: Weight Management



Summary



Looking at the left side, which bar has the highest percentage? in this case, Lipoedema has 2.1%, while Ultimate Diet has 2%.

**Lipoedema Factors** indicates how the body uses body regulates incoming and stored fat, while **Ultimate Diet** deals with the biochemistry of metabolism.

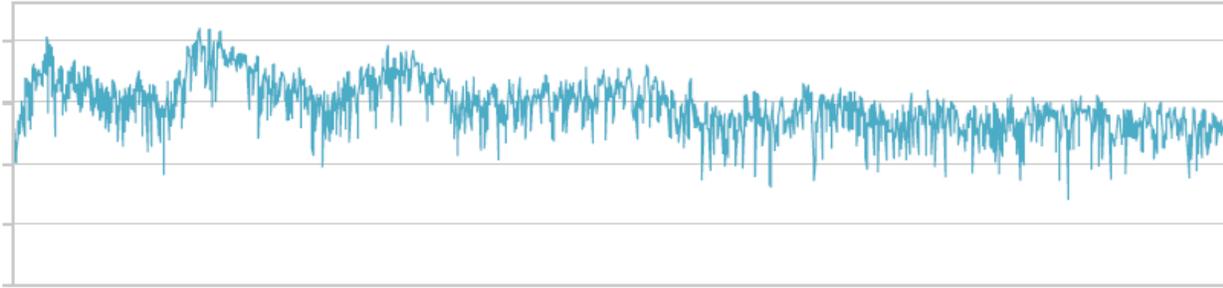
[indications over 2% are significant]

The wheel on the right represents corresponding issues. You can click on any dot and it will name the identifying issue.

Items in the center are low – not enough of that item, those on the outer ring are too high – too much of an issue.

From here you may want to view a complete report for each topic. A preliminary Management Report of **Ultimate Diet** such as the printout below may show the frequency Equivalents listing.

## Vocal Print



### Research Results

				Rank
<a href="#">Aglucerase</a>	Medication	LL	Recombinant glucocerebrosidases - associated with glucose metabolism	1
<a href="#">Cinnamon</a>	Herb	LL	Fat burning spice	1
<a href="#">Glucagon A</a>	Hormone	LL	Helps balance glucose and insulin levels	1
<a href="#">Glucocerebrosidase</a>	Enzyme	LL	aka Imiglucerase (medication)	1

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\*results are based on Frequency Equivalentents for research purposes only

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From the desk of: Sharry Practitioner

(740) 698-9119

The numbers on the right indicate the priority of the issue, #1 being the most important frequency. “L” indicates an item that is low; LL = Lowest low. Conversely H indicates an item as high; HH = a Highest High – too much of the item.

Share these reports with a trusted wellness provider.