

# Journal of BioAcoustic

## Biology<sup>TM</sup>

*Finding Your Perfect Mate p. 30*

*Is God a Mathematician? p.52*

**Keynotes:  
November 2023  
Through  
October 2024  
p.60-102**



A PEER-REVIEWED PUBLICATION DEDICATED TO HUMAN  
BIOACOUSTIC VOCAL PROFILING AND SOUND PRESENTATION

## 2024

# Contents

AI vs Humans and the God Gene .....	1
BioAcoustic Mastery and Ancient Knowledge .....	5
Breaking the Sound Barriers of Disease .....	12
Embracing the Human Biofield.....	16
Finding Your Perfect Mate .....	30
Gout Relief via Sound Frequencies .....	36
<b>How Important is the Truth?</b> .....	39
Is God a Mathematician? .....	52
Math as a Change Agent.....	55
Mommy, Why Do I Feel So Dumb? .....	57
The Voice: A Holographic Portrayal of Oneself .....	60
<b>Keynote – November 2023</b> .....	62
<b>December 2023</b> .....	66
<b>January 2024</b> .....	69
<b>March 2024</b> .....	74
<b>April 2024</b> .....	77
<b>May 2024</b> .....	80
<b>June 2024</b> .....	85
<b>July 2024</b> .....	89
<b>August 2024</b> .....	92
<b>September 2024</b> .....	94
<b>October 2024</b> .....	99

# AI vs Humans and the God Gene

What is the purpose of allowing humans to continue inhabiting the planet? Last month we said that the new COVID-23 was an anti-fertility campaign against homo sapiens. Have humans outlived their usefulness and become a liability since artificial intelligence (AI) could replace them?

After all, AI is not affected by climate change. It does not need to be fed, kept warm, or entertained. It does not take vacations or demand freedoms. It does not require electricity or running water, or breathe valuable oxygen. With the costs of maintaining living beings versus practically no maintenance for AI, why let humans breed? Some think that is appropriate.

From recent articles, we have attempted to establish that humans respond to sounds and frequencies. In particular, we have reported that the human voice reflects an individual's emotional, structural, and biochemical attributes. As we listen to each other speak, we develop relationships that encourage friendships, support, and empathy. It is unlikely that this happens among AI individuals.

After years of honing our ability to listen and ascertain, what do we know about our brethren? Did we acquire mutual learning and growth, or did we, are we, choosing a path of tyranny as we exploit the weaknesses of others?

What is the purpose of living a life? With all of the pretense and chaos, what do we know about our fellow human inhabitants?

We pretend to value honesty, but then we lie, believe in lies, and act out those lies. We love happy endings, but do we live them or help manifest them? Who gets to say what is "right" for all of humanity? Is there anything that would make us all happy?

With few exceptions, no one should get to live the life of another, excluding our children up to a certain age or those who can't care for themselves.

What would it be like to play the role of the Supreme Being? Dean Hamer, author of *The God Gene*, postulates that we each have an intrinsic, internal connection to each other: An individual God gene, which dictates our empathy and human bonding. Hamer reports that the God gene dictates the manufacture and transport of neurochemicals called monoamines that may account for our spirituality, religion, and sense of connection to each other.

**The frequency for the God gene activator is 15.89 or any multiple thereof, the same as white light. (Editor's Note: *Could this explain the white light experience when humans die?*)**

Hamer identifies one candidate gene (SLC18A2), also called VMAT2, which encodes vesicular monoamine transporter 2, such as dopamine and serotonin. He argues that spirituality benefits an individual's ability to reproduce and appreciate all of humanity.

Many in this world think they have the right to dictate everyone's behaviors, thoughts, sustenance choices, responses, energy patterns, travel times and places, breeding practices, and services to one another. These people think whoever is brawny, meaner, and dominant should be in charge of everyone else. At the moment, there is an animalistic behavior on the planet, pitted against the ideas of the ideal of "Love thy neighbor."

Last month, we shared that frequencies detrimentally associated with the God gene (VMAT 2), were deliberately included as one of the strains of COVID-23. The God gene antidote frequencies were also in the spike protein in COVID-19. One of the major complaints of those who suffered from COVID-19 and COVID-19 shots is that they feel disconnected from their feelings, families, and communities. Could the inclusion of anti-frequencies of the God gene be deliberate and an attempt to sever the emotional ties to those around us? (Editor's Note: *This could explain why many vaccinated children, especially daughters, turn against their mothers and family connections. Is it the frontal brain damage from early vaccines, e.g., the MMR?*) We have a brain and a heart. We are better than this, but today, our planet is chaotic. Where did the caring for each other go? Can anything be done to reverse this craze?

Dean Hamer says, "Spirituality is in consciousness, religion, in cognition. Spirituality is universal, whereas cultures have their forms of religion. I argue that the most important contrast is that spirituality is genetic, while religion involves cultures, traditions, beliefs, and ideas. It is, in other words, mimetic."

It is not the right of today's tyrants to demand our compliance and attempt to extract compliance by trick or threat. They provide us with no choice of action. This manipulation has been instilled in us for decades. Let's take back our right to choose and live our lives before we become obsolete.

Utilizing our God gene will give us choices innately because we care about the other person's independence. It is time to bring forth that trait in ourselves and our children.

If we loudly demand, "Pick up your coat," we teach our children to obey without objection. If we ask, "Is there a reason your coat is on the floor?" We teach them to question, to think, to consider the consequences. We show respect and allow choice.

Okay! There are consequences, but we can expand that for another writing.

When people call you names, demand, dictate, attempt to punish, do things to demean, hurt, or make others think like them. Learn to respond like you know you have a choice in your life. If people around you are not making room for choice, they do not care about you. They only want compliance.

Example – Once, while waiting for my husband to fix a flat tire at a local garage, I asked, “How long will it take to change the tire?” His answer to me was gruff and defensive. I quickly retreated and asked myself how I caused that kind of response. After I thought about it, I realized I did not give him any choice about finishing the task. So, I asked, “Do you think I would have time to go across the street to the mall for a few minutes while you finish?” “Sure,” he said, “I’ll only be about 20 more minutes.”

We both got what we needed. I was respecting his actions, his choice about what he was doing without recrimination.

I recently received an email from a woman who demanded I take care of her problem, attempted to intimidate me, demean me, embarrass me, force me to do her bidding, on her timeline in the way that she wanted it done.

I responded that possibly a good counselor could help her realize that she was not the center of everyone else’s universe. I didn’t defend my time or actions. When you find yourself in self-defense, you are being drawn into someone else’s issues and demands of you.

If you don’t want to answer, don’t. You’re allowed to respond, “I don’t want to talk about that now” or “why are you asking me that?” **How you talk to others is important. I think it was Socrates who cautioned us to question how we talk to and about others. ”Is it true, is it necessary, is it kind?”**

It has been suggested that people verbally interact in three general categories: Descriptive, evaluative, judgmental – you get mixed up in other people’s attempted manipulations when you don’t stay descriptive.

If I say “I’m really hungry:”

Replying **judgmentally**, “you are already too fat, get a grip” or “you just ate, you don’t need any more food now.” – not a good response unless you are a narcissist.

Replying **evaluatively**, “do you want me to fix you something?” – you took on their need.

Replying **descriptively**, “When did you eat last?” – responds without offering to serve them.

**Staying descriptive keeps you supportive while keeping you out of other people’s clutches.**

With these tools, you can consciously create your own choices. Remember that those who try to manipulate you into doing their bidding don’t care about you, they care about your service to them and the AI agenda.

Tyrants can seem to get along with their kind, but eventually, they almost always annihilate each other. AI can never fully replace humans.

Let us unite, reclaim our human right to choice, and protect our God gene.

# BioAcoustic Mastery and Ancient Knowledge

How much trust in ourselves and nature have we abandoned for what we consider more modern, reliable solutions? Ancient herbal remedies that nourish the normal structure and function of the body have been replaced by Pharmacology which creates, in many cases, “side effects” which add accumulative layers of stress and dis-ease.

What is not complete about Mother’s Milk that allows a food conglomerate to make statements claiming that canned, artificial products are superior substitutes for a mother’s inherent sustenance for her newborn?

What sensory perceptions have we denied when we accept a commercially grown, good-looking tomato as a substitute for tomatoes full of flavor and nutrients grown by local farmers?

What manipulation of our crops have been forced upon us as we consume grains that have been shown to cause gut and brain permeability that leads to digestive upset, pandemic brain, and genetic disorders suffered by the young (ADHD) and old alike (Alzheimer’s)?

What caused us to begin to ignore self-healings such as prayer, food, meditation, song, dance, potions, music, laying-on-of-hands, earthing, incantations, sand paintings, mud baths, blessed water...and turn to strangers who think they have a right to dishonestly report experimental results to convince us to trust them even though their first and foremost goal is financial gain; profit?

When did the goal of better health become the fodder of greed where the goal was to “harvest” our pockets, leaving wellbeing adrift?

Many people have begun to believe that the ultimate objective of our modern-day health care system is our entry into an artificial health care scheme that keeps us tethered until we have run out of money or the will to live. Where does the goal of optimal health and wellness fit into the modern business system? How can we move HEALTH to the top of the priority list of our present-day life objective?

It usually takes a well-funded scientific breakthrough or an overwhelming catastrophe to facilitate overall change that actually makes a difference. People are slow to embrace new scientific information because anything fundamentally different from the status quo intimidates them. Although a major disaster forces transformation, people don’t always adjust willingly. For a great many people they won’t even admit the problem if they have no hope for something different than what is. Along with hope there must be tools and solutions, choices and options for change.

The most profound and permanent way to cause a shift in perception is through affirmative life experience. In an attempt to help shift perceptions concerning health care, I became involved in

the creation of a small, highly innovative educational research facility, the Institute of BioAcoustic Biology and Sound Health. Through the years their studies have supported the assertion that ancient architectures and languages contain math codes that support frequency-based cellular regeneration. Through the journey of revisiting lost knowledge using computer technology, a novel paradigm has emerged which uses frequency as a basis for future “medicine” in support of normalizing homeostasis.

Our bodies are animated through a complex network of nerves that serve as a communication matrix from our brain and spinal cord to every nook and cranny of our bodies. The neural system generates frequencies that move along these pathways. Any self-healing of the body must interact with these “bio-frequencies.” Every aspect of this communication network reaches the brain as a measurable frequency; from sound, to thought, to aroma, to light, to touch... Bottom line, the brain uses frequency to maintain and have dominion over our structure and function.

If we accept that the brain performs in such a fashion, we must advance the notion that the language of the brain is math based. So what do all modern and ancient healing modalities have in common; frequencies defined by math; which can be measured, defined, quantified, and manipulated to provide understanding and consensus? If we want to combine all healing methods of evaluation and restoration, we could use the common denominator of frequency.

Known as Human BioAcoustics and/or BioAcoustic Biology, through Vocal Profiling, the work undertaken by the Sound Health staff is being recognized by conventional medical providers. The Duke Encyclopedia of New Medicine has acknowledged that “Vocal Profiling is an innovative biotechnology” while AT&T has announced that BioAcoustics is “the medicine of the future.”

It has been written that many great thinkers have attempted to decode the mysteries of the universe using math, geometry, music, frequency, and architecture. The popularity of the movie *The da Vinci Code* and Dan Brown’s book, *The Symbol* have sparked our imagination concerning information that has been kept hidden from the populace. While Brown’s book hints that architecture contains hidden knowledge, BioAcoustic outcomes provide support indicating that the ancient Templar Cross contains mathematical codes that may initiate cellular reconstruction.

A few sages have even gone so far as to suggest that the ancients somehow imbued our DNA with the knowledge of self-healing and that we only need to remember how our bodies have been innately programmed to rejuvenate. Could we be self-sustaining, carbon based, propagating robots who have forgotten how to connect with our regenerating codes? Are sequestered memories just a part of planned obsolescence as if we are simply a replaceable appliance? Sylvia Franke’s publication, *The Tree of Life and The Holy Grail* explores some of these possibilities.

Providing a mathematical matrix of the bio-frequency field of the body is very important to the future of understanding the body’s ability to regenerate. Research from many fields is converging to provide many of the answers concerning Pythagorean harmonic theory and how it can be



combined with modern string theory to explain how DNA “strings” can be dominated using frequency.

James Genjewski, using an electron microscope, discovered in 2004 that cells emit sound and published the statement that provides a connection between sound and healing, he states that “sounds emitted from cells, if we could decode them, might someday help doctors “hear” disease and diagnose their patients much more quickly and easily.” Science can now approach the problem looking for elusive energy patterns that indicate disease/stress that BioAcoustic Biology postulated more than a decade ago.

Physician and researcher John Apsley, MD (E), ND, DC, founder of the International College of Regenerative Medicine and a specialist in the rehabilitation and reversal of chronic degenerative illnesses at cellular level, states that the work being done by many institutions helps to support the premise of Human BioAcoustics and that “Ms. Edwards’ work defines and demonstrates the unifying field theory that defied Einstein. There will be many who follow the footsteps of frequency-based medicine because this is where the real future of medicine resides.” Apsley agrees with many of the physicians who have examined the studies being done and have agreed that using frequency as an intrinsic healing modality, as in singing and toning, is an ancient tool brought forward into the modern era through the computerized protocols of BioAcoustic Biology to provide individual bio-frequency assessment.

In the near future, bio-frequencies will become as common an indicator of health as taking your temperature or blood pressure when you visit your health care provider. AT&T, several universities, plus pharmaceutical giants such as Pfizer and Glaxo/Smith/Cline are now beginning to work with these principles.

Ancient healing practices, combined with the modern technology of BioAcoustic mastery, utilize the premise that the body can identify and prescribe for itself, using the algorithms of vocalized frequencies to accurately quantify, organize and extrapolate biometric information.

“The list of how Vocal Profiling can be used seems endless and provides an avenue for the integration of energy medicine with the allopathic approach,” states Roman Chrucky, MD. Dr. Chrucky credits this innovative approach with predicting his heart attack last year, and for helping his body reverse a diagnosis of prostate cancer. “My experiences with this technique are very real because they have made a difference in my own life, and those of my patients. I’m very happy with this work, and very happy that Sharry has stuck to these ideas in the face of much adversity. In my opinion, she’s the doctor’s doctor. I send all my perplexing patients to her even though, by definition, what she does is not medicine.”

Known as “vocal profiling” the idea of analyzing the frequencies and modulation of a human voice to evaluate emotional, biochemical, and structural status of a person is being used by medical facilities and schools; for military applications; in police work for verification purposes; in research studies for issues thought to be incurable; to determine wellness patterns; to relieve

the stress of pain; and to determine exposure to toxins and pathogens. From working with the firefighter's union and engineers at Ground Zero, to assisting physicians in determining the potential cause of health-related mysteries, this novel work is "Star Trek" medicine in the making.

Not only is there dissatisfaction with health care but with our national leadership. Sound Health has created software-based foundational tools for change that support a model for self-responsibility, and health freedom that includes a personality assessment tool with the ability to reveal intention, hidden agendas, and deep consciousness ideologies.

A network of people has been organized and trained in these techniques so that a groundswell of people who can practice this new paradigm of health will be available, while leaving the present broken system behind.

Buckminster Fuller said "In order to change something, don't struggle to change the existing model. Create a new model and make the old one obsolete."

No one argues that the present health care system is in crisis, and that people are seeking alternatives. The intention behind the many public software give-a-ways conducted by Sound Health is to create unity in healthcare by providing options and solutions in support of SELF-HEALTH and self-responsibility.

Through the mastery of BioAcoustic Biology, we can use the voice to discern the intentions of ourselves and those around us, the motivations of our partners; and the foundation of our sense of self health and wellbeing can be monitored. Would those abilities be of value in the struggle to attain dominion over the intrinsic right to personal health choices?

From birth to death, we use sounds to express our needs and emotions, but there are additional layers of information hidden within the frequencies expressed as language. In modern times we possess only limited conscious awareness of this information for ourselves, and as a means to understand the intentions of others.

BioAcoustic software has been developed that can use the frequencies of the voice to create a matrix of biometric frequency information, from fundamental DNA to the hidden intentions of those who claim to speak for us. Public classes and software are being distributed to help combat some of the urgent present-day healthcare needs: PreVac (pre-vaccination risk factors), Nutritional Consultant, Muscle Management, Allergy Identification, PTSD Prevention, and Parkinson's Recovery, Countervailing the flu seasons, and Radiation Exposure, all in the hopes of setting up a BioAcoustic Center in every community on the planet.

In order to provide predictability and safety, the concepts of math and medicine often act conjointly to quantify, define, and model medical practice. Studies conducted at the Institute of BioAcoustic Biology have consistently demonstrated that math can be much more than a

measurement tool; math, as frequency, can be the solution to therapeutic predictability and resolution. Imagine a future in which the individual frequency-based biomarkers contained within the voice can be used to keep us and our world healthy and emotionally balanced.

I have often been accused of being too scientific by some, too esoteric by others. In actuality I see myself as a bridge between both fields of inquiry. Many prestigious publications acknowledge that the tenets of BioAcoustic Biology began in a small, impoverished Appalachian community but will ultimately change health care for decades to come. The leading-edge research from Sound Health and the Institute of BioAcoustic Biology demonstrates that the voice is a holographic representation of the body that can be used to transform the concepts of math into useful medical models.

Just as there are pathways of compounds called “chemistry,” there are “mathways” of subtractive frequencies, called “Sonistry,” which can be used to create a numeric biomarker matrix capable, individually, and collectively, of being predictive, diagnostic, and prescriptive. These may be seen as a type of biofeedback pathway.

To date there is no universally accepted modality that has the potential to assist in the survival of biological, radioactive, and pandemic threats; reverse stroke and muscle trauma or support space travel (as frequency-based solutions show the ability to overcome bone loss and muscle atrophy). In many instances, by the time the cause has been identified, it is often too late to provide remediation. Frequency-based medicine has the ability to provide a prompt and corrective direction in person or via the internet.

A project in conjunction with the U.S. Army was once undertaken to test the utilization of this emerging technology and explore the potential of using frequency-based biomarkers to identify and quantify Traumatic Brain Injury (TBI) and the associated Post Traumatic Stress Disorder (PTSD).

The implication of the study was the development of a quantitative, mobile, non-invasive model that could identify the damage caused by close proximity acoustic blast injuries and, ultimately, the restitution of normal brain function and emotional stability. The work being pioneered by Sound Health employs numeric biomarker patterns to assess, evaluate, and produce outcomes that support optimal biological form and function.

Our brain communicates using the language of math expressed as frequency. As these signals reach the brain, the bio-frequencies are sorted, routed, and assigned an interpretation and responsibility. Our brain and our biology are hardwired to respond to these basic principles of math.

Strange, yet profound, BioAcoustic Biology may be able to explain how a physician might instruct a heart patient to “listen to a specific frequency combination [known for its ability to stabilize heart rhythm] and call me in the morning.”

The research being conducted by the Institute of BioAcoustic Biology is on the forefront of energy medicine, creating the doorway to our next dimension of health evolution. In addition, the techniques hold promise in answering questions about how our universe was formed, and how our aging and perception of time can be monitored using frequency.

Such a novel protocol utilizes the premise that the body can identify and prescribe for itself, using the algorithms of vocalized frequencies to accurately quantify, organize, and extrapolate biometric information. BioAcoustic Biology is an area of scientific endeavor that is in the process of becoming scientifically established. Visionary leaders will see this novel idea as a prophecy for a new future which can provide conclusions based on measurable outcomes and observation. This emerging paradigm will become part of future medicine as the consistent and efficacious outcomes continue to accrue.

William Crum, former Governor's appointee to the Ohio State Independent Living Council and father of Willie, a Sound Health care client, confirms that BioAcoustic Biology can provide hope for cases in which conventional medicine offers few options. Crum states, "I was a real skeptic at first. BioAcoustics seemed too good to be true. After seeing Willie's progress, however, I believe that Sound Health is on the periphery of the greatest discovery ever made concerning therapy for the human body."

In developing these techniques, The Institute of BioAcoustic Biology has created a dilemma. How can we take this potential to the public when we don't have enough trained practitioners to serve the need?

To survive, the human race NEEDS BioAcoustic Biology. For BioAcoustic inquiry to survive, practitioners, clinicians, and trainers are needed. Public and Professional classes are offered each month, many free with accompanying software.

We want to share this BioAcoustic mastery with the public until enough people of vision will recognize the potential of this work and come forward to be a part of it. It will take vision and sacrifice, and there may be a time when this technology will be challenged by those who desire to maintain the economic power and dominion over our health. However, the technique of using math as a basis of well-being may be the means of restoring our intrinsic right to self-health.

Whoever controls health, controls the quality of Life!

Health is much more precious than wealth. If we can find a way to control our own health, then we have dominion over our evolution. Sound Health has provided the initial steps to explore this pioneering path towards BioAcoustic mastery!

## ***References***

<http://music.arts.uci.edu/dobrian/CD.music.lang.htm>  
<http://www.smithsonianmag.com/science-nature/signal-discovery-104663195/>  
<http://www.sciencegymnasium.com/2013/07/scientist-prove-dna-can-be-reprogrammed.html#more> <https://www.bioacousticsolutions.net/portal-class-info>  
<https://vimeo.com/249503694> - Miracles of non-Medicine video Doctors who work with us - <https://www.verywellhealth.com/911-cancer-5209549>  
<https://www.npr.org/sections/health-shots/2021/09/06/1034556283/a-study-says-9-11-first-responders-survive-cancers-at-higher-rates-why>  
<https://www.burzynskiclinic.com/>

Burzynski Clinic is an international cancer care center with more than 100 employees. The clinic offers several options for personalized treatment, including conventional, approved targeted, combinations as well as experimental therapies.

Butterworth, Brian. What Counts: How Every Brain is Hardwired for Math. Free Press (Simon & Schuster)

Corona article download: <https://-soundhealthoptions.com/category/corona-articles/>  
Corona music download – Le Ciel - <https://-soundhealthoptions.com/product/le-ciel-8minute>  
Dorinne Davis [https://www.amazon.com/-Sound-Bodies-through-Therapy-ebook/dp/B00F56CX3G/ref=sr\\_1\\_3?keywords=dorinne+davis&qid=1679260557&sr=8-3](https://www.amazon.com/-Sound-Bodies-through-Therapy-ebook/dp/B00F56CX3G/ref=sr_1_3?keywords=dorinne+davis&qid=1679260557&sr=8-3)  
Portal – just web site  
Gimzewski, James, 1999: <https://www.chemistry.ucla.edu/directory/gimzewski-james-k/>  
Nexus Magazine article – <http://cruinthe.tripod.com/nexus/articles/decloakingpathogens.html>

# Breaking the Sound Barriers of Disease

## By Employing Math as Medicine

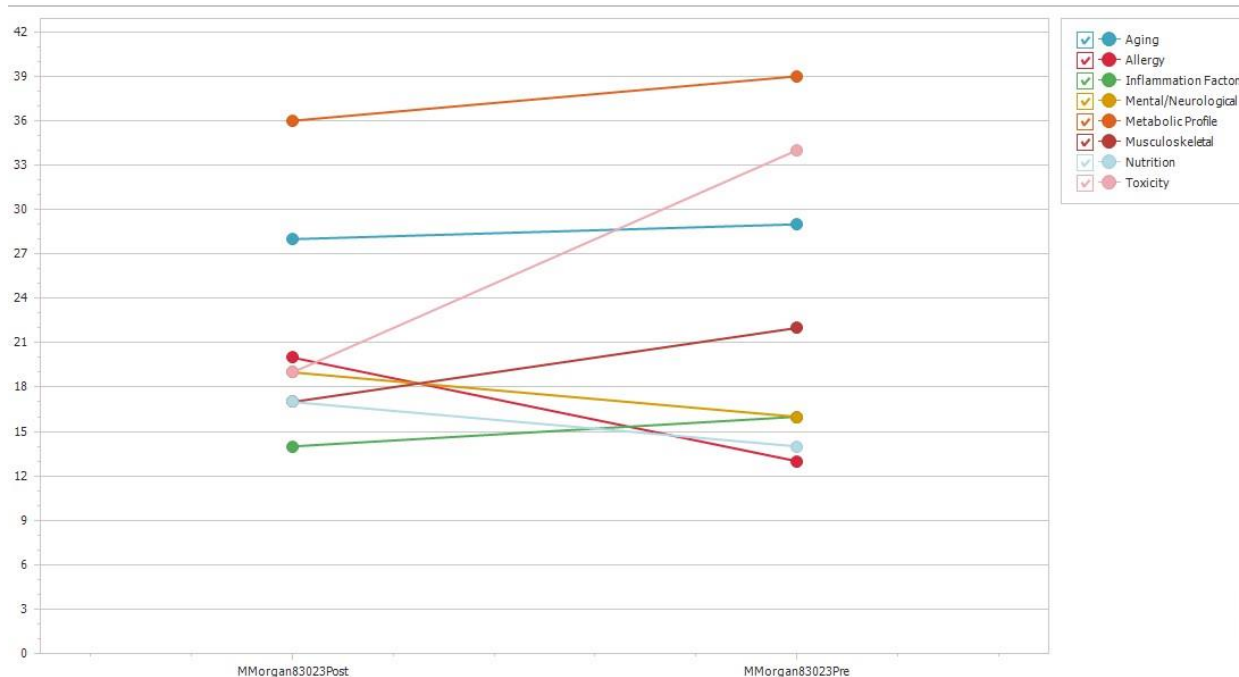
*This BioAcoustic series of articles addresses the idea that we are math-based entities, from our thoughts to the very cellular structure of our body. Protocols revealed here may provide an apparent analysis map for each of us, protection from the latest pandemic via frequency-based formulations, and software that can detect deception, a much-needed commodity in today's world.*

### **Math as a Diagnostic tool**

Michael applied to be a research subject with symptoms he described as Parkinsonian but stated that he could not stop the development of dystonia and weakness. An evaluation of Michael's vocal frequencies indicated his symptoms were related to an inability to use the amino acid glycine, signifying either Stiff Person's Syndrome or potentially amyotrophic lateral sclerosis (ALS).

A series of tones was created to address the symptoms mathematically. However, Michael reported that listening to the sounds worsened his symptoms. An in-depth vocal analysis of him using the sound before and after heightened symptoms identified a discordant keynote frequency of C# as the culprit. The BioAcoustic variations of the frequency indicated ALS. Even though the database associated with his symptoms identified Stiff Person's Syndrome, the math verified that ALS was the actual root cause of the symptoms.

Michael's voice recording during an incident of stress showed that his vocal frequencies were an indicator of what his body was experiencing. Vocal recordings can be evaluated using the online BioAcoustic WorkStation available to the public at [SoundHealthPortal.com](http://SoundHealthPortal.com).



*This graph represents pre- and post- sound presentation. It is obvious that the appropriate sound-based formulations decreased the faults found in his voice with one exception: allergies.*

## Math as an Analysis Search Engine and Evaluation of Potential Causes of Tinnitus

Tinnitus is often cited by the public as medically incurable, with wild claims of causes and cures. An Evaluation of over a dozen Tinnitus-suffering volunteers, who had provided their vocal prints for research, revealed common frequencies associated with the biochemistry of actin, myosin, and potassium.

These common mathematical flaws were in each of their vocal profiles. In one such case, it took nearly four months for the body to use the identified frequencies to rebuild these vital ear components that ultimately re-established hearing.

## Covid 23

In Dec 2019, the Institute of BioAcoustic Biology & Sound Health published the frequencies associated with the frequency-based antidotes for COVID-19. Sound Health had been following naturally occurring flu cases for more than a decade and determined that the math platform of COVID-19 did not mathematically match any long-standing nature-made viruses.

This pointed to the speculation that this particular virus was man-made. It took nearly two years for that information to be publicly scrutinized.

Along with issues of fatigue related to iron and glucose usage, the published COVID-19 frequencies mathematically included Vit D, Quercetin, glutathione, nitric oxide, platelet aggregating factors, and zinc, likely leading to the probability that vascular issues were going to become prevalent. Autopsies consequently presented by known pathology professionals substantiated that these frequency-based calculations were correct.

Now, in 2023, we have an additional COVID-19 variant, Pirole (aka BA 2.86), being forced upon an uncertain public. It has taken many dedicated people to decode the variants associated with Pirole.

The BioAcoustically derived math is being shared here in the hopes that all persons working with frequency healing can use this set of frequencies to help provide antidotes. Mathematically speaking, these frequencies, to our horror, are primarily associated with infertility and miscarriage.

Sheet 4 was decided, based on our 2019 accurate predictions, that this information was far too important not to be shared freely. Go to [SoundHealthPortal.com](https://www.SoundHealthPortal.com), choose Covid 23 as your template, and leave a vocal sample.

Results comparing your vocal frequencies to Covid 23 will be emailed to you.

There are many claimed COVID antidotes on the market, including the combination of Bromelain and acetylcysteine, reported to synergistically inactivate SARS–VoC-2. Nutribiotic Grapefruit extract (Amazon) is also said to be a substance that does not allow a pathogen to adhere to a cell wall.

Remember to use an appropriate microphone, or your results may not be accurate. Follow the directions found on the Portal. If these frequencies are in your vocal report, go to your trusted wellness provider for advice.

## **The Importance of Truth**

The nanoVoice software has been provided to the public to ascertain **TRUTH** since the early 80s. Information about it is presented here in many forms in the hope to establish a more transparent and trustworthy social and political environment.

Download the software, practice with it, and use the tutorials. If people would like a live online class, please contact me at [SharryOnAir@gmail.com](mailto:SharryOnAir@gmail.com).

Nano videos and downloads – PC only – use the online version if you are a Mac user.

<https://vimeo.com/channels/728774/85155628> - nanoVoice Technologies



<https://vimeo.com/112170767> - more here

Biggest Liars book – link: <https://tinyurl.com/554nujyh>

### **Quotes in support of the TRUTH**

*Anything that contradicts experience and logic should be abandoned...*

*I hold it that a little rebellion now and then is a good thing and as necessary in the political world as storms in the physical... Thomas Jefferson*

*Happiness is when what you think, what you say, and what you do are in harmony... Mahatma Gandhi*

*Make up your minds that happiness depends on being free, and freedom depends on being courageous... Pericles*

*Sound is the force of creation, the true whole. Music then becomes the voice of the great cosmic oneness and therefore, the optimal way to reach this final state of healing... Hazrat Inayat Khan*

The remainder of this article is on rotational frequencies entering Earth's atmosphere and monitored by NASA. The esoteric explanation is that at the time of a baby's first breath, it is influenced by these frequencies. I would argue that the influence begins at the time of conception, but the premise would remain the same. So, based on the position of the earth and the influence of your frequency-based body and brain, frequencies influence our health, wellness, and psychology. We attempt to bring you information about these frequencies each month. Very sensitive people will begin to "feel" these influences days before any frequencies enter our atmosphere.

# Embracing the Human Biofield

What we fear keeps us mentally imprisoned and emotionally restrained. It is usually something we cannot control or do not understand.

As a society what do we fear? The safety of our loved ones, our lineage, and humanity. Personally, we are concerned with our ability to sustain vitality while aging, which includes both mental faculties and physical health; to overcome resistant pathogens that threaten our world; to preserve our environment; to survive the soaring costs of food and medicine. We want/need to be free of pain and strife.

Our ancestors did an amazing job of supporting health and vitality with very few sophisticated tools and without really understanding their own solutions. Today, we trust allopathic medicine and humanity's reliance of the realms of science but it is evident that even modern medicine does not have all the answers. In many ways, it is obvious that the answers are available but simply not realized. What if, we could combine the ancient and the new technologies, bringing together the new, the practiced and the proven?

Let's consider the idea that we can combine the ancient ideas of the body's life force with sophisticated computer technology. Could we create an early warning and remediation system for health and wellness?

It usually takes a well-funded scientific breakthrough or an overwhelming catastrophe to facilitate a comprehensive change that actually makes a difference. People are slow to embrace new scientific information because anything fundamentally different from the status quo intimidates them. Although a major disaster forces transformation, people don't always adjust willingly. The most profound and permanent way to cause a shift in perception is through affirming life experience.

It has been written that many great thinkers have attempted to decode the mysteries of the universe using math, geometry, music, sound, color, frequency, and architecture. Modern science has created blood tests, X-rays, CAT scans... to coax the body to give up its secrets. But is there a better way that is making its way to the forefront of acceptance?

## A Fascinating Vaccine Story

Twenty-four years ago a young three-year-old named Jocelyn, who had been diagnosed with hyperlexia, was brought to our Sound Health Clinic in Ohio. We were told that Jocelyn would only repeat sentences of others to convey what she wanted to express and would not create her own sentences.

Jocelyn's parents claimed that she could also read well beyond her age. I did not believe them and had prepared a few sentences to test her.

*Mary has a little rabbit.  
Home, home with a biscuit.  
Three blindfolded mice.*

She read the sentences absolutely correctly but each time she came to an out-of-place word, she stopped, tapped her finger on the wrong word several times while looking me straight in the eye with a stare that indicated that she knew something was amiss.



I was still skeptical, so I put a Wall Street Journal in front of her. She read several sentences correctly. Although she was simply reading, we were able to capture and evaluate her vocal frequencies. The computerized evaluation indicated that she had a negative reaction to a mandated vaccine known as DPT.

When she was ambiently presented with an antidoting frequency formulation, she turned to her father - she was sitting on his lap holding her doll - and said to him, "This is a dolly." We were all flabbergasted.

We created a tonebox layered with frequencies for her based on her voice architecture. She quickly began to initiate appropriate vocal interactions. It is speculated that she learned to read from closed-captioned TV. Using the information of her case and many others, we were able to create a database template - called PreVac - of frequencies associated with vaccine damage.

Today she is beyond brilliant with words, speaks several languages, translates online articles and presentations, and is absolutely fascinated with sounds and the appropriate structure of languages. She reported that the highlight of her life was a trip to Japan with her family where she could be immersed in a language she loves to hear and can understand.

Dorine Davis in her many publications about children with verbal issues has continued to confirm the use of BioAcoustic Vocal Profiling to help her clients, young and old, regain speech and cognition.

We notified those who claimed to be authorities in such matters but were summarily dismissed as crackpots although it could be shown that vocal analysis had helped over 300 children. Since that time, millions more vaccine damaged kids have likely suffered because no one would even consider such an ancient idea as using vocal energy as a diagnostic tool.

# Decloaking Resistant Pathogens

In 2000, *Nexus Magazine* published a preliminary study that we had completed showing that resistant pathogens could be decloaked using frequency oscillations, but no one paid attention. In December 2019, we used the same protocol to examine the frequencies of Covid. We published information showing that this virus was likely synthetic because we had been mathematically following “natural” viruses for over ten years. When a virus comes along, there is nearly always a mathematical antidote. For Covid, the math antidote was the protein that would accelerate the original strain. Nature does not work this way! The math was conflicting, but it set us on the path to figure out an alternative which we published and gave away to the public – mathematical nutrition and biochemical antidotes, all of which have now been acknowledged by main street publications and journals. Our “synthetic” proclamation and frequency-based antidotes released in 2019 were ignored – how many people died? How much profit was made in the name of a supposed pandemic?

We published our findings, including Covid associations with vascular issues, circulation, infertility, and fatigue. That series of articles, including spike frequency antidotes, can be downloaded from <https://www.soundhealthportal.com>. Mathematically speaking, the next Covid issue will be pancreas-related.

Based on our findings, we created a template that could be used by the public to BioAcoustically evaluate their own vocal frequencies for these issues: Services/Campaigns at <https://www.soundhealthportal.com>. The idea of putting health into the hands of the people, establishing SELF-HEALTH has always been paramount to the mission of the Sound Health Institute.

The work we did was similar to the work of Royal Rife that the US government shut down because those in charge did not agree with Rife’s methods. Unlike Rife, we reported that frequencies can be blocked by using the same formulations used for noise-canceling headsets and appliances.

At present what is happening to us is similar to what is being perpetrated on Stanislaw Burzynski of the Burzynski Cancer Clinic in Texas where it has been shown that cancer can be reversed.

---

## A Look Inside Using Voice Analysis

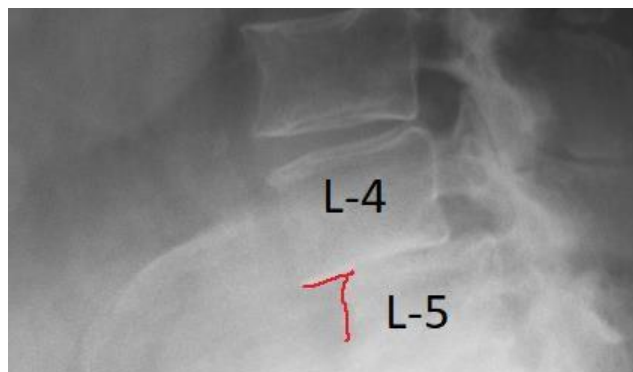
In 2015, the author of this article fell off a two-story balcony, fracturing her back in three places (T-12, L1 and L-3) and smashing a few facial bones. A month in rehab wearing a body brace made walking possible. But now, years later, the returning back pain was intense. Could anything be done? The frequencies associated with L-4 kept showing up in my computerized vocal print but I wanted confirmation because L-1 was not a part of the injury.

X-rays show misalignment of L-4 and L-5. Surgery was suggested.

View 1



View 2



*[Anterolisthesis is an abnormal alignment of bones in the spine and usually affects the lower back. It occurs when an upper vertebra slips in front of the one below. Pain is often the first symptom of anterolisthesis.*

*Misaligned vertebrae can pinch the nerves, and this can have painful and debilitating consequences. Other parts of the body, such as the arms or the legs, can also be affected by anterolisthesis.]*

BioAcoustic Report showing L-4 as a priority. Multiple reports thru Feb-Mar show stress at L-4.

<div> <div>GNS</div> <div>Freq Hits</div> <div>Wave</div> <div>BioBundles</div> <div>Memo</div> <div>Export to</div> <div>Freq Hit Report</div> <div>List View</div> </div>							
<div>lumbar</div> <div>Search</div>							
<input type="checkbox"/>	CATEGORY	NAME	TAG	RELEVANCE	TEMPLATE	USE	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-4</a>	L	29	Maintenance & Repair™	Nervous system control: prostate gland, muscles of the lower back, sciatic nerve	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-4</a>	L	29	Maintenance & Repair™	Hip flexion, lateral rotation and adduction of thigh	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-4</a>	L	29	Maintenance & Repair™	spine	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-4</a>	H	29	Maintenance & Repair™	Nervous system control: prostate gland, muscles of the lower back, sciatic nerve	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-4</a>	H	29	Maintenance & Repair™	Hip flexion, lateral rotation and adduction of thigh	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-4</a>	H	29	Maintenance & Repair™	spine	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-1</a>	H	23	Maintenance & Repair™	Nervous system control: large intestines, inguinal rings	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-1</a>	H	23	Maintenance & Repair™	With other spinal nerves, lateral flexion of vertebral column; hip flexion	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-1</a>	H	23	Maintenance & Repair™	spine	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-5</a>	H	17	Maintenance & Repair™	Nervous system control: lower legs, ankles, feet	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-5</a>	H	17	Maintenance & Repair™	Thigh abduction medial rotation, dorsiflexion and inversion of foot, extends big toe	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-5</a>	H	17	Maintenance & Repair™	External rotation and hip flexion and abduction, supports extended knee	
<input type="checkbox"/>	Muscle - spine	<a href="#">Lumbar Vertebrae L-5</a>	H	17	Maintenance & Repair™	spine	

The contributing events were identified through the frequencies of the voice remotely and without expensive, intrusive machinery.

## **Radiology Report**

XR Lumbar Spine 4 View Min

### **FINDINGS:**

Levoconvex curvature of the lumbar spine.

Mild wedging deformity of L1 vertebral body.

Anterolisthesis of L4 over L5 by 12 mm.

Multilevel endplate degenerative changes, facet arthropathy, and disc disease.

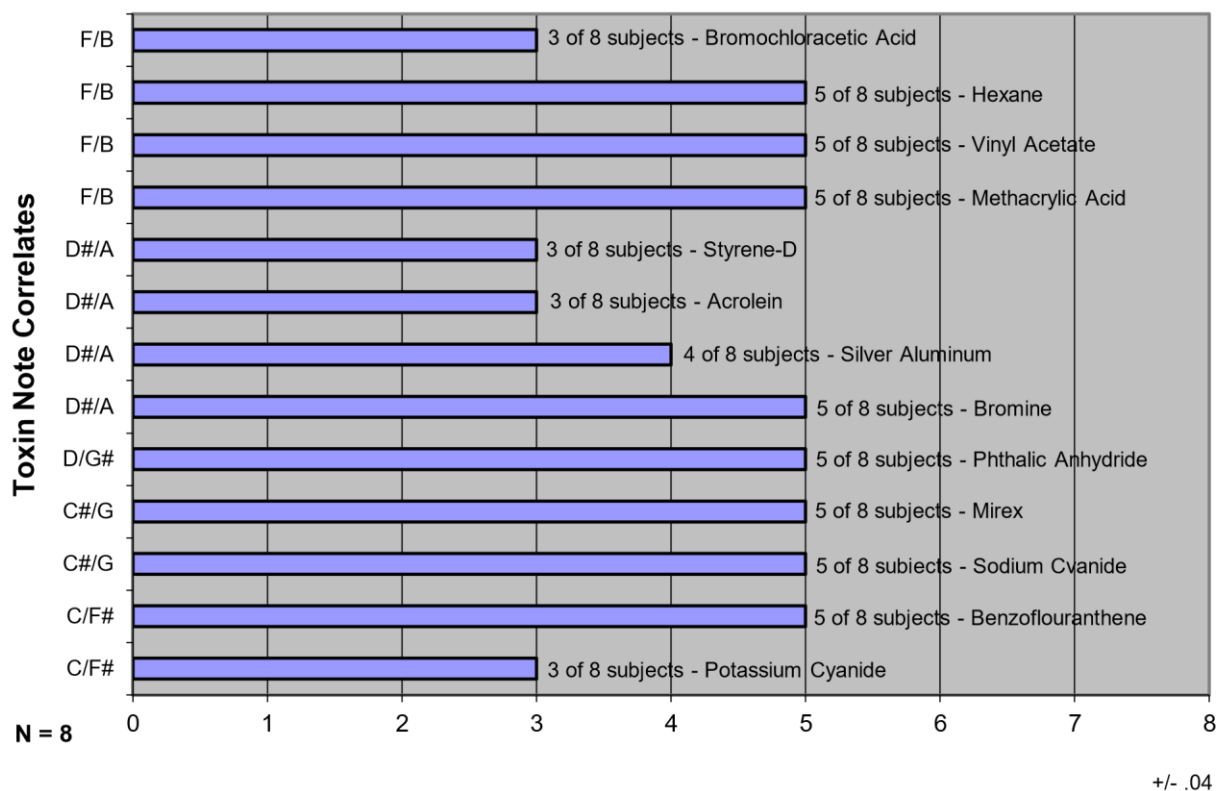
Using the frequencies assigned to L-4 and L-5 together in specialized formulations creates the frequency associated with Ankylosing spondylitis – which my grandfather and aunt lived with for many years. This brings to mind that the body is consistently Mathical, even genetically. Could we be math-based sentient robots that can be supervised and managed using the math of the voice?

## **Catastrophic Events**

The staff of Sound Health was invited to evaluate several scientists working in the gaping hole left by the terrorist bombings of 9/11. Based on our findings we were invited to the Firemen's Union Headquarters in New York to evaluate 17 additional firefighters who were experiencing the "Fireman's Cough." Most had been exposed to Mirex. We showed on-site in the Union Hall that frequency presentation could stop the fireman's cough. We were invited by the Union President to test all 1700 exposed firefighters. The next day we were disinvited by his legal advisors. How much suffering could have been prevented?

We also warned them from the vocal prints of the firefighters and union staff that there would be a rise in cancer. That was confirmed a few years later. How many lives were lost when a potential solution was ignored? If Vocal Profiling had been in the hands of the people, SELF-HEALTH would have been possible.

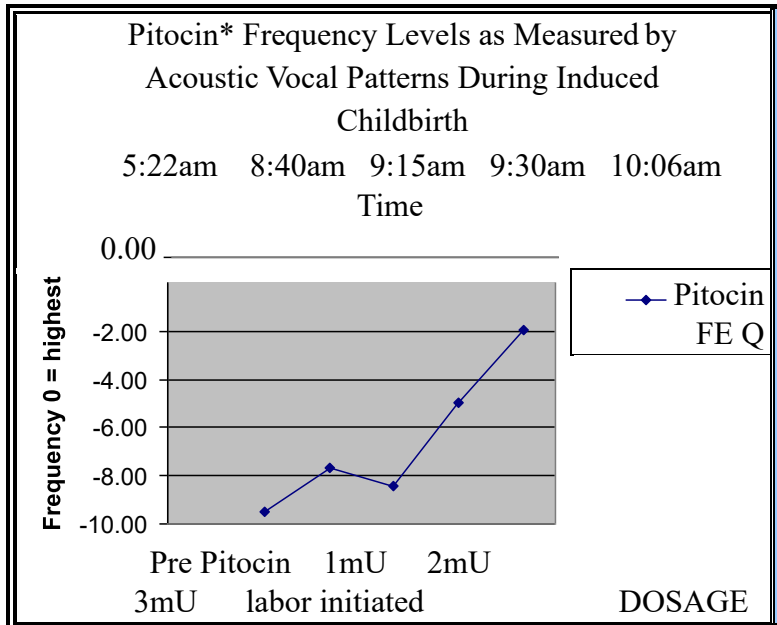
## BioAcoustic Vocal Profiles depicting Toxin Frequency Equivalents™ for Persons working near WTC after 9/11





## Labor and Delivery

A BioInformatic paper was delivered at Ohio University Conference showing that the biochemical, Pitocin (which initiates labor) could be monitored via the voice. A mother went into the hospital for a planned birth but ended up having a C-section. We started monitoring her voice at 5:30 am and by 10:30, her voice indicated that her body was fighting the drug. She stayed in labor until 3 the next morning when both she and the baby went into stress – an emergency C-section was performed.

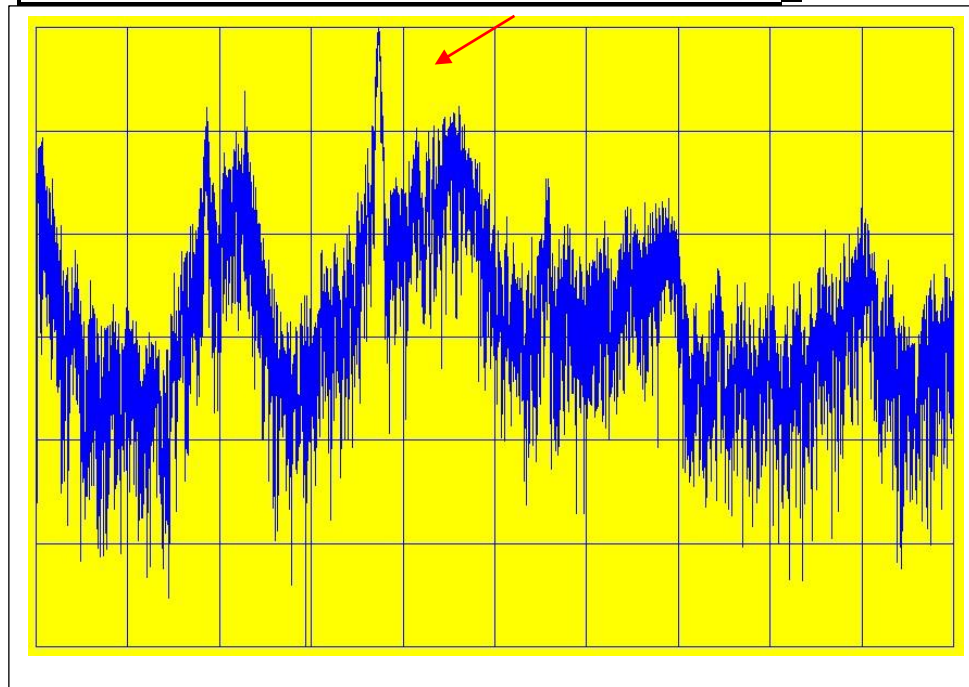


Think of how many trips to the hospital – only to be told it was false labor – could be prevented! Set up properly, a phone call to the hospital could be evaluated instantly.

Pitocin article link:

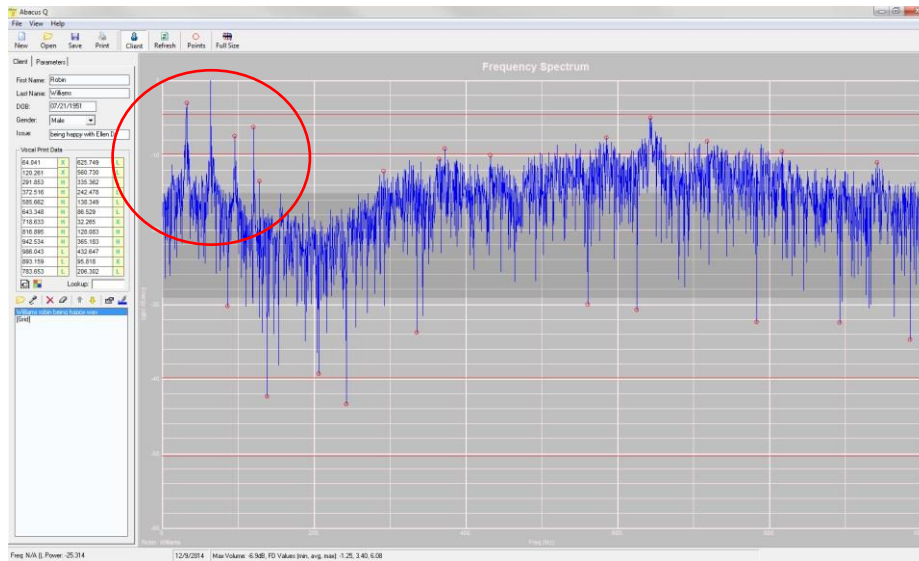
<https://tinyurl.com/3xtk7jmy>

Other case studies have been shared in this column, including toxins and Alzheimer's.





## Robin Williams' vocal Alzheimer's architecture



Not only does this kind of collective vocal print allow us to show the vocal architecture of Alzheimer's years before symptoms manifest but it has allowed us to create templates for gout, cancer, broken bones, migraines, anti-aging and more.

Templates online for the public: <https://www.soundhealthportal.com/templates/>.

Work over the years has allowed us to collect homogeneous vocal prints. We have experimented with these groups and have been successful in helping the body mitigate its own issues. Here are a few results:

**Denny** had an enlarged heart and a pacemaker. After being provided ambient sounds based on his vocal print, his pacemaker was disabled, and his heart returned to normal form and function.

**Bob**'s lower leg muscles in one leg were ripped off in a motorcycle accident. After years of physical therapy, he could still not use his leg. After a few months of sound, his leg activities returned to normal. He is featured in the documentary Miracles of Non-Medicine: <https://vimeo.com/249503694>.

**Ellen**'s children were called to her bedside. She wasn't expected to live through the night. Sounds were provided to her in the hospital for comfort and a month later she was still alive. Medical tests revealed that her body had somehow grown new vessels around the blocked ones in her heart. "God must not want her yet," joked the doctor.

**John** was able to regrow his nerves and start walking again after a spinal surgery left him paralyzed.

**Gary** regained strength in his arms and hands lost from peripheral neuropathy.

**Pauline** regained her eyesight and color perception after having lost her vision to macular degeneration.

**Jesse**, survivor of a motorcycle accident (crushed legs) that required a three-month hospital stay, is now able to walk, and he regrew his kneecap. He used the sounds in the hospital primarily to alleviate pain.

When medicine is causing side effects, a vocal print can often offer suggestions for a more compatible alternative. Even a newborn's cries provide information about their health.


Vocal analysis is leading the way to understanding math as medicine. The idea brings to mind Spock's Vulcan salute from *Star Trek*, "Live long and prosper."

**We may think we are free, but our healthcare services are dictated and controlled by people far removed from our human needs. To them we are merely a statistic on the bottom line of their financial page.**

**There will come a time when we can't afford medications or care, and we have to become guinea pigs for experiments or we simply will be put to death, quietly, because we are no longer useful.**

**There is a solution: put healthcare back in the hands of the people and teach them to take care of themselves on a FOREVER basis.**

**The Sound Health Institute wants to provide the tools and solutions to the public so that everyone can sustain SELF-HEALTH for themselves and those they care about."**



**Whoever controls Health  
controls your quality of life!**

Just as there are Pathways of compounds called Chemistry, there are Mathways of subtractive frequencies called Sonistry that can be used to create a numeric matrix of biomarkers capable, individually and collectively, of being predictive, diagnostic, and prescriptive.

Travel to outer space can be enhanced with mobile frequency-based solutions that have overcome bone loss and muscle atrophy. BioAcoustic Biology has been shown to be able to predict reactions to medications, chemicals and allergens. Muscles traumatized from stroke and/or muscle signaling disorders have recovered. Documentation confirms that these changes sometimes occur within a few minutes as muscles gain strength and mobility.

Our brain communicates using the language of math expressed as frequency. As these signals reach the brain, the biofrequencies are sorted, routed, and assigned interpretations and responsibilities. Our Brain and our Biology are hardwired to respond to these basic principles of math.

BioAcoustic Biology is an area of scientific endeavor that is becoming scientifically established: a protoscience. Visionary leaders will see this novel idea as a prophecy for a new medicine which can provide conclusions based on observation and information. Those who wish to support the status quo will see this paradigm as a threat but will find it hard to argue with the consistent and efficacious outcomes that continue to accrue. This protocol remains in a research mode as of the date of this article.

## References

9/11 references:

<https://www.verywellhealth.com/911-cancer-5209549>

<https://www.npr.org/sections/health-shots/2021/09/06/1034556283/a-study-says-9-11-firstresponders-survive-cancers-at-higher-rates-why> <https://www.burzynskiclinic.com/>

***Burzynski** Clinic is an international **cancer** care **center** with more than 100 employees. The clinic offers several options for personalized treatment, including conventional, approved targeted, combinations as well as experimental therapies.*

Butterworth, Brian. What Counts: How Every Brain is hardwired for Math. Free Press (Simon & Schuster)

Corona article download: <https://soundhealthoptions.com/category/corona-articles/>

Corona music download – Le Ciel - <https://soundhealthoptions.com/product/le-ciel-8-minute>

Dorinne Davis [https://www.amazon.com/Sound-Bodies-through-Therapy-ebook/dp/B00F56CX3G/ref=sr\\_1\\_3?keywords=dorinne+davis&qid=1679260557&r=8-3](https://www.amazon.com/Sound-Bodies-through-Therapy-ebook/dp/B00F56CX3G/ref=sr_1_3?keywords=dorinne+davis&qid=1679260557&r=8-3)

Portal – [soundhealthportal.com](https://soundhealthportal.com)

Gimzewski, James, 1999: <https://www.chemistry.ucla.edu/directory/gimzewski-james-k/>

*In sonocytology studies, a Bioscope AFM ([atomic force microscope](#)) was modified to be able to detect the vibrations of the cell wall of a living cell. These vibrations, once amplified using computer software, created audible sound, and it was discovered that cancerous cells emit a slightly different sound than healthy cells do. Gimzewski and Pelling hope that sonocytology **may someday have applications in early cancer detection and diagnosis.***

Nexus Magazine article – <http://cruinthe.tripod.com/nexus/articles/decloakingpathogens.html>

Rife - [https://en.wikipedia.org/wiki/Royal\\_Rife](https://en.wikipedia.org/wiki/Royal_Rife)

# Establishing the New You

Looking forward to days of rejuvenation, planning and moving on

I've learned that your body replaces each cell every seven years. With such a regenerating future in mind, people who make new year's resolutions often want to create a better version of themselves through observing better health habits. They endeavor to take better care of themselves, but they have been betrayed by the system that they believed would first and foremost do them no harm. How can we improve when we are being betrayed by those who we trusted to be our partners in reaching for optimal wellness practices?

There are many dedicated, yet often scorned medical providers who are struggling to undo damage put upon us by "the appropriate standard of care." One such MD angel is Dr. Amy Yasko who has dedicated her life's work toward creating a "Roadmap to Health" for optimal form and function.

Dr. Yasko wants everyone to Feel Good (her book) through Nutrigenomics, a system of genome and diet interactions that influence the health and wellbeing of living systems. Her Roadmap illustrates a pathway to identify interruptions of the interactions between biochemical and genetic sequences of life. It can be used to test humans for faults.

Over the years this column has brought information and research to the forefront of public awareness pertaining to the examination of vocal frequencies as a holographic representation of brain activity and hence the metabolism of the speaker. In an attempt to support best health efforts for optimal health affirmation for the new year, we created a public self-examination screening opportunity.

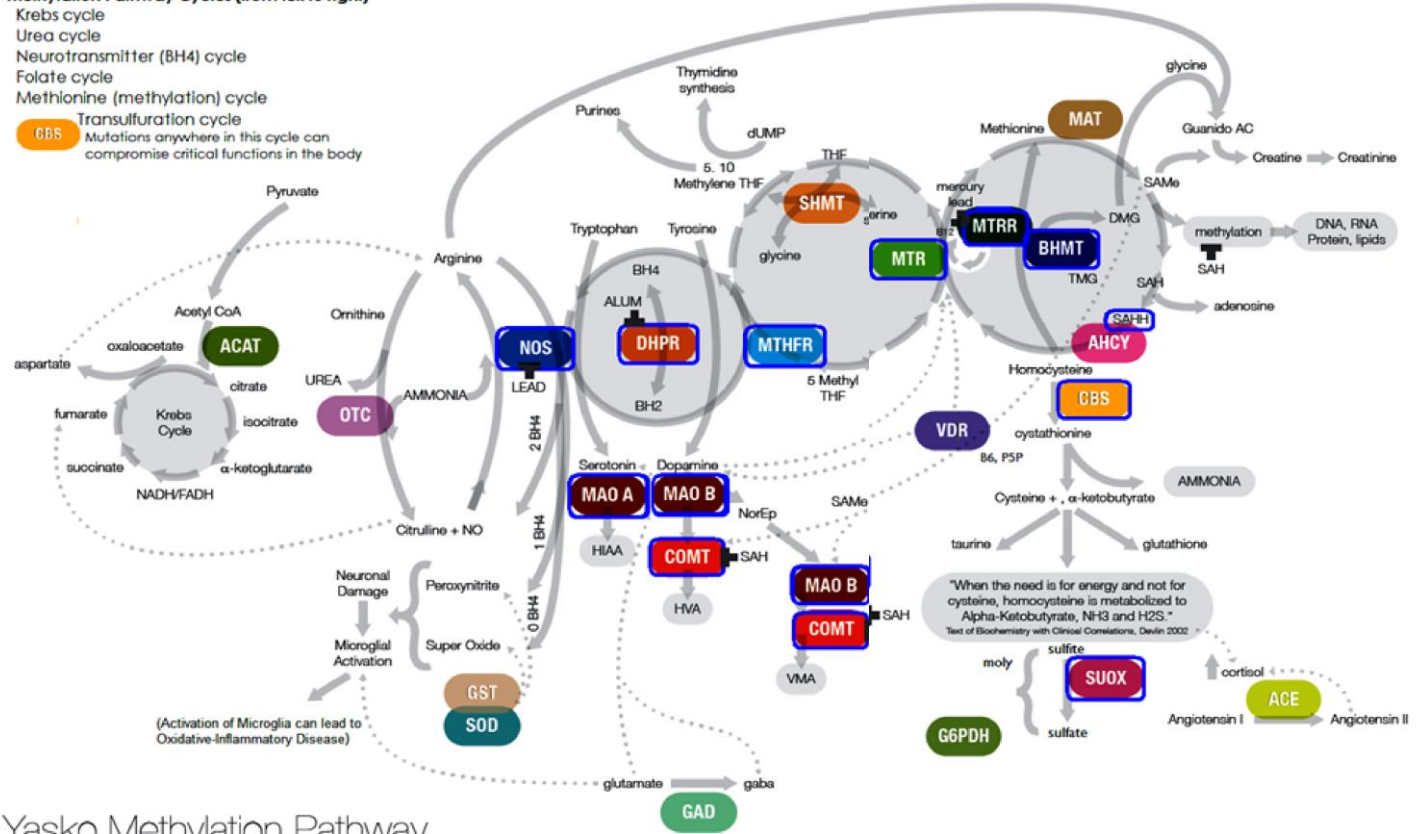
The map on the next page plus additional information pertaining to the Methylation Cycles of the body has been used to create a software program that can be used to individually and mathematically ascertain methylation faults via Vocal frequency analysis.

Go to [SoundHealthPortal.com](http://SoundHealthPortal.com). Follow instructions on the landing page to create an individualized vocal analysis. Use this map to determine which faults may be engaging your health status. Use your report output to mark the items that are listed.

Check the internet for a Yasko practitioner near you. Share your map or use their web site to move forward – [www.DrAmyYasko.com](http://www.DrAmyYasko.com). The "**Getting Started**" page is especially helpful.

- Krebs cycle
- Urea cycle
- Neurotransmitter (BH4) cycle
- Folate cycle
- Methionine (methylation) cycle
- Transsulfuration cycle

**CBS** Mutations anywhere in this cycle can compromise critical functions in the body



© Content and diagrams may not be reproduced without express permission from NRI and HH-  
Reproduced with permission from Dr. Yasko and HolisticHealth.com

**HAPPY HOLIDAYS AND BEST WISHES FOR THE NEW YEAR.**

The more you know, the less scary health choices become, and the more power you have over your own health care. ***Feeling Good*** by Dr. Amy Yasko, Pp 33.

What did the ancients know? How did they figure out the circumference of the earth using a stick and a shadow to be 24,901 miles (24,902 by today's calculations)? How did Pythagoras, Hermes and others conclude that math and music are intrinsically related and conclude that music influences behavior and emotions?

**Math as Medicine** is an upcoming source of information about our status as math-influenced beings.

Consider your brain as a central processing unit (CPU) – like your computer. All information in the form of math bits and bytes that pass through the CPU to manage the activities of the user.

As a comparison, the frequency impulses from the human brain manage, direct, and animate the activities of the human brain. Environmental, biochemical, emotional actions and reactions have been measured to have a numeric value that can be evaluated as brain waves.

BioAcoustic Biology has verified that the frequencies of your voice are a numeric holographic representation of those brain waves. Correlations of these frequencies to human health and wellness have been decoded by the Institute of BioAcoustic Biology & Sound Health since the

early 80s. They have proven through repeated case studies that sound has a predictable influence on the body's optimal form and function.

This column attempts to keep you informed concerning the universal math that may allow your life to be a bit more prepared for the coming year.

# Finding Your Perfect Mate

## Using vocal frequencies to select an ideal partner

It seems evident that human nature dictates that we seek a companion to make our lives more complete. About 50% of US marriages end in divorce showing that we are often not particularly competent at making partnership choices. How can we make better, more informed selections? How can we know who would be the best companion?

To establish a basic relationship, we might want to identify what we could contribute to one. We might want to ask ourselves, what kind of relationship would satisfy our individual needs? One of comfort/convenience, one of support, one of expansion?

How do we know whom to choose? How do we really know what we have to offer to a partner? Since BioAcoustic Biology confirms that our personality, perceptions, and emotions are contained within our vocal frequencies, why not use vocal analysis to help reveal ourselves and choose an ideal partner?

Possibly, vocal frequencies will lead us to being and finding a perfect partner.

These questions have been pondered for centuries. Some traditional Astrology Zodiac match alignments are shown below.

Astrological Perfect Mate Combinations					
Note	Sun Sign	Mate	Note	Sun Sign	Mate
C	Aries (March 21 – April 19)	Leo	F#	Libra (Sept. 23 – Oct. 22)	Aries
C#	Taurus (April 20 – May 20)	Pisces	G	Scorpio (Oct. 23 – Nov. 21)	Virgo
D	Gemini (May 21 – June 20)	Aquarius	G#	Sagittarius (Nov. 22 – Dec. 21)	Gemini
D#	Cancer (June 21 – July 22)	Taurus	A	Capricorn (Dec. 22 – Jan. 19)	Cancer
E	Leo (July 23 – Aug. 22)	Libra	A#	Aquarius (Jan. 20 – Feb. 18)	Sagittarius
F	Virgo (Aug. 23 – Sept. 22)	Capricorn	B	Pisces (Feb. 19 – March 20)	Scorpio
<a href="https://www.byrdie.com/astrology-matches-4776544">https://www.byrdie.com/astrology-matches-4776544</a>					

From our BioAcoustic perspective, we have established that the kind of relationship desired plays an important role in predicting compatibility. So that should be the first move to explore.

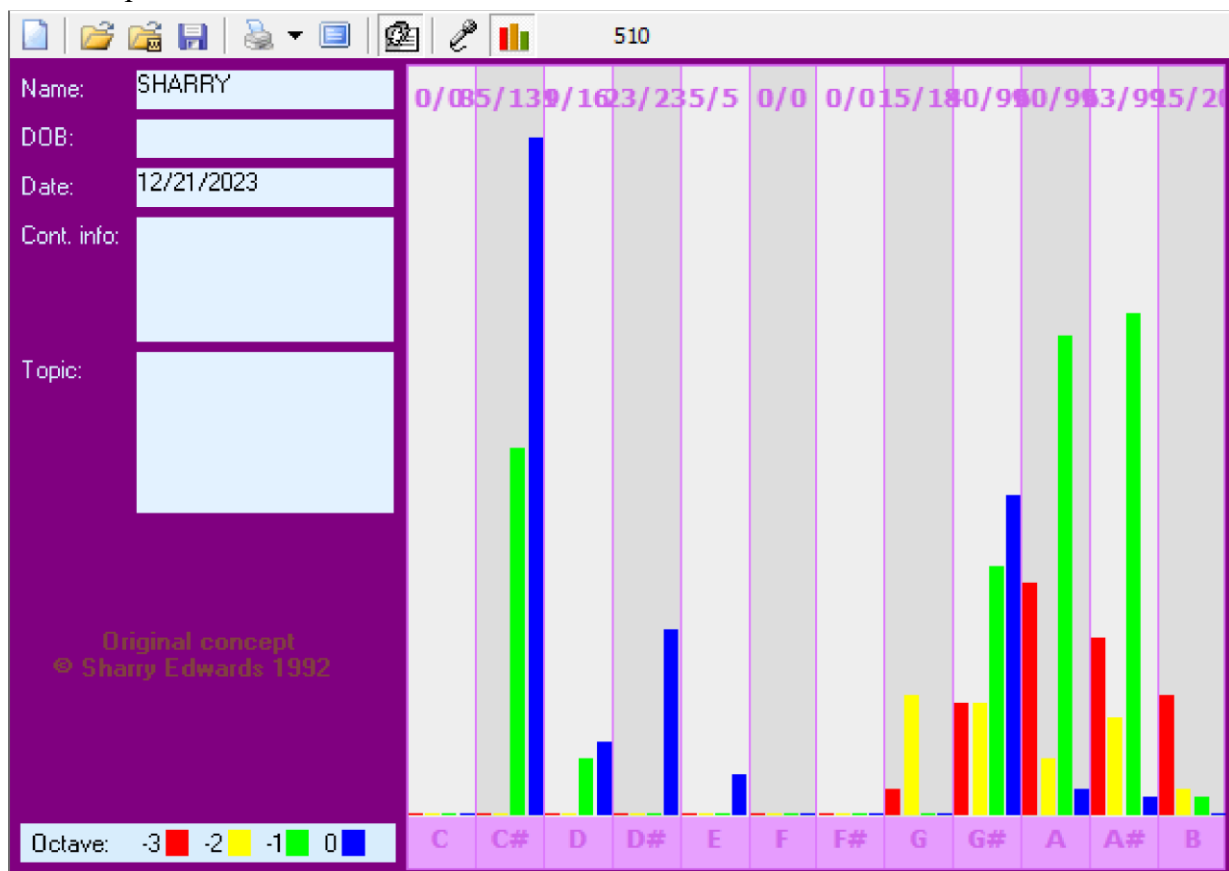
Our Perfect Mate software gives the opportunity to reveal your authentic self. If you are settled with yourself and place in life, you will be compatible with persons having similar notes as you. For instance, the note of C (Aries), would be compatible with the notes of B, C, or C#. If you would like a relationship that helps you grow and move beyond where you are, you may want to



choose someone whose base note is F, F# or G or 180 degrees away from the note of C. You may want to ask yourself whether you seek comfort or expansion as a lifestyle?

Each frequency set has accepted expressions of color, music, emotion, and mood. Choose from the Signature Starter wheel, that which is suitable for you. Think about how your past relationships turned out. What are you looking for?

A Perfect Mate evaluation takes into consideration the number of times you speak each note (represented by a number) and the octaves in which it is spoken (represented by a color), plus a written report is also available. Look at this chart.



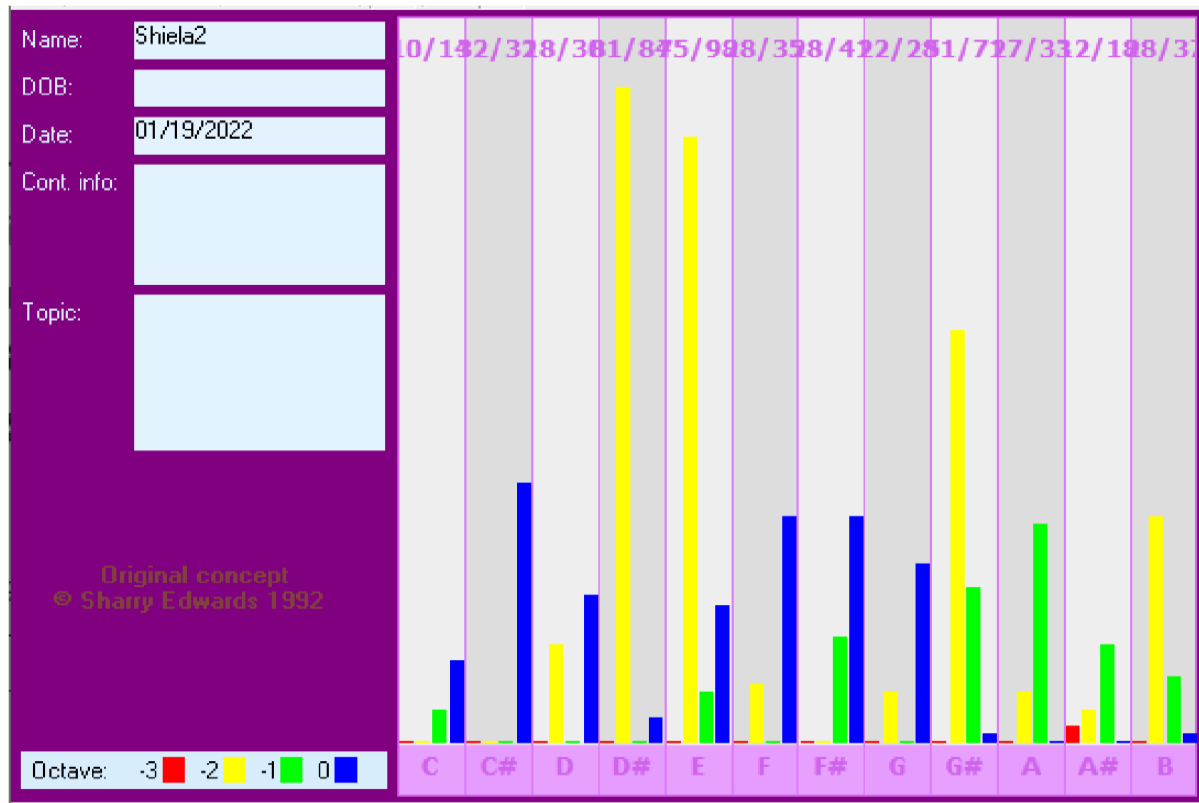
The software divides the voice into frequency-related musical notes. Each note has representing attributes – In Sheila’s chart on the previous page, there is a lot of blue associated with the note of C# indicating that justice is an emotional issue for this person. The note of C is missing indicating a lack of ego. F, F# represent male sexuality, while C and B represent female attributes of sexuality.

This person is into pleasing her partner but could be taken advantage of by a demanding partner. There is a lot of right brained energy with a concern for the future.

### Sheila's chart 1:

People are generally attracted to persons who have the notes they have less of or missing. Sheila (below) has an overabundance of yellow notes of D# and E indicating she likes intellectual discussions – she usually is emotionally involved because of the emotional blue in the chart. There is extraordinarily little concern for the future (lacks red). The note of A# has the least number of hits indicating she may favor a person with A# in abundance.

Overlaying Sheila's previous chart 1 and her other chart 2 can quickly show issues of imbalance.



There may be a time when you are attracted to a person without knowing why. Maybe they have your missing notes. Persons who have a lot of the same notes that you do may be drawn to you or may be completely turned off depending on how well they appreciate themselves. The written Perfect Mate report provides additional clues about the person's attraction mode and preferences.

## Perfect Mate Report for Sheila

### Points of Importance, Attention and Consequence

You quickly step in when others are having difficulty in protecting themselves verbally. Once you find out the Truth, you can deal with the consequences. If your partner is not upfront with you, it leaves you stressed until you have all the facts. Saying too much too soon about yourself

can be disturbing to a potential partner. Listening may not be easy but it will get you results. Your need to not talk needs to be known to your partner. You can be tactless and not even realize that you have insulted someone. You were just attempting to be helpful. You can put all the pieces together quickly even before your partner knows what the relationship is headed for.

You often put your partner first, which can lead to feelings of unfulfillment. Stories of love and affection inspire you to create loving scenarios. Expressions of endearment are a way to your heart. You use words to express the depth of your feelings. You like to have a hand in what is going to happen next. You can be sensual without being obvious.

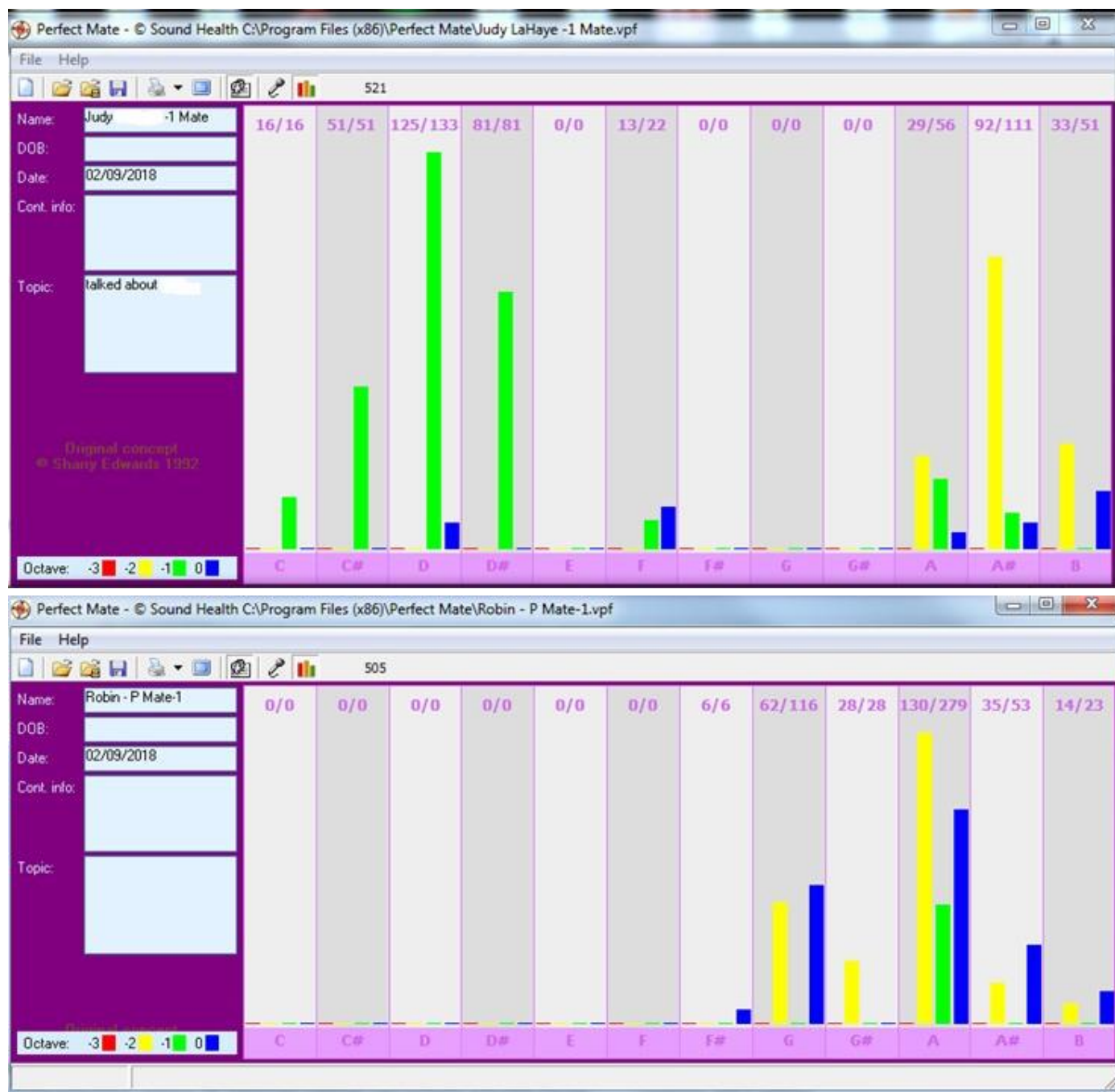
Getting pushed around is not caring, it is servitude to someone else's ego. You can be pushed but only so far. Stand up for what you want. The demands on your life do not leave enough time for a thoroughly satisfying love life. Make it a priority to attempt to consider how your actions influence others. You tend to try to support a weak relationship in the hope of promoting change when you should just bow out gracefully. It is a struggle sometimes to decide what you really think and what part belongs to your partner because you are so empathetic. Letting your partner know your expectations is important. If they will not listen, dump 'em.

### **Points of Communication, Complications and Complaints**

You can be very convinced that you love them both. You have a fertile imagination that keeps personal activities lively. Using verbal distraction comes naturally to you. You trust quickly which causes a deep feeling of betrayal when you are disappointed. It is hard for you to allow your partner to have secrets. You have the ability to plan and foresee the reactions of your advances. You are generous with your time, affection, and property, but you do not like to be taken from on any level.

You let your partner take the lead because it is easier than arguing. Remember that whoever cares the least controls the relationship. Your spiritual side may be neglected because of the responsibilities you have accepted; sometimes not so willingly. Taking time for yourself is not to be seen as something that neglects those you care about. You put it where you wanted it. Those close to you need to leave your stuff alone. Your partner needs to understand your ability to significantly ignore what needs to be done.

Below is a BioAcoustic Compatible Assessment from our files. Remember Key words: blue = feel, yellow think, red = self and future, green = do/accomplish.



The top chart is Judy, the bottom Robin, her partner. Why might they have issues?

Judy's most dominant note is the green note of D. She takes her self-worth from doing and accomplishment. Always wants to be busy. Choose this type of voice print if you like projects and improving all that you come in contact with. But this chart also lacks G and G# which represent physical reality. This may indicate that the person likes to see the results but not necessarily create the results themselves.

Judy lacks the note of A but Robin has lots of it. They fulfill each other's needs when it comes to the note of A, representing the idea of management - how things need to be done.

Robin is dominantly blue and yellow – emotional but often mentally questions her own decisions. They both have the note of E missing – so neither considers words as a first resolution to an issue. They have similar matches for the note of B so they like to help others bring harmony into their lives. Robin is more right-brained – has more F# to B notes while lacking left-brained notes – C-F. So Judy is the more logical one.

The computer does not record your words; only the frequencies of your voice. So you can share your deepest secrets. Ask and answer questions like, “What kind of a partner would I make?” or, “What kind of partner do I really want?”

# Gout Relief via Sound Frequencies

Dr. Murphy was participating in a BioAcoustic Vocal Profiling Training for medical professionals in which the class was evaluating the potential of pain relief using low-frequency sound. Being both skeptical and curious, Dr. Murphy inquired if there was a sound that would eliminate gout pain. His big toe often swelled, turned red and was very painful if he ingested certain foods or drink. Imbibing Whisky caused the most pain for him.

The class decided to set up an experiment as a group intervention. Sure enough, the sound frequency combination that had been identified the year before, not only relieved the pain almost instantly but began to obviously decrease the redness and swelling.

The event was recorded, and we are making the 2002 class video available to the public to show that Dr. Murphy was incredibly pleased that the sounds successfully relieved his discomfort. Link: A Perspective on G-OUT <https://tinyurl.com/62mdvj6>

## Background from AI about Gout

*“Gout, a form of inflammatory arthritis characterized by sudden and severe pain, swelling, and redness in the joints, has long been a source of discomfort and debilitation for those affected. Approximately 9.2 million people in the US experience gout pain flare-ups.*

*Traditionally managed through dietary modifications, medication, and lifestyle changes, recent advancements in health technology are exploring new ways to detect and manage gout that does not include debilitating gastrointestinal side effects. Online sources report that one such advancement is the emerging field of vocal biomarkers, a promising area that leverages voice analysis to diagnose and monitor health conditions. This innovative approach could provide new insights into gout and offer alternative pathways of pain relief.”*

## Understanding Gout: Causes and Symptoms

Gout is caused by an excess of uric acid in the blood, leading to the formation of sharp, needlelike crystals in the joints. This often results in intense pain, typically affecting the big toe but also other joints such as the lower back, ankles, knees, wrists, and fingers. The condition is often associated with a diet high in purines (found in red meat, shellfish, alcohol, and sugary drinks), hypertension, obesity, genetic mutations, kidney disease, other medical conditions, and certain medications. Recent studies have associated uric acid with diabetic joint pain. Gout frequencies can usually relieve such pain.

The symptoms of gout can be unpredictable, with flare-ups occurring suddenly, often without warning.

The pain can be excruciating, accompanied by swelling, warmth, and redness in the affected joints. Over time, recurring gout attacks can lead to chronic joint damage and other health complications.

### **Vocal Biomarkers: A New Frontier in Health Diagnostics – from online AI information.**

“Vocal biomarkers have presented an innovative approach to health diagnostics, where the analysis of voice patterns can reveal underlying health conditions. Pioneered by researchers like Sharry Edwards, this field is based on the premise that the human voice reflects the body’s internal state. By analyzing the frequencies and patterns within a person’s voice, it is possible to detect imbalances and identify potential health issues.

In the context of gout, vocal biomarkers could provide a non-invasive method to monitor the condition. For example, changes in vocal frequencies might indicate an impending flare-up or provide insights into the body’s inflammatory state. This could allow for early intervention, helping to prevent or mitigate the severity of gout attacks.”

The Institute for BioAcoustic Biology & Sound Health has reported that their record for the relief of gout pain using specific low frequency sound presentation is often less than a minute.

## **The Connection Between Vocal Biomarkers and Gout**

“The relationship between vocal biomarkers and gout lies in the body’s biochemical processes.

Gout is linked to metabolic disturbances, particularly the overproduction or underexcretion of uric acid. These metabolic processes are reflected in the body’s frequency patterns, which can be detected in the voice.

By analyzing these patterns, vocal biomarker technology could potentially identify signs of metabolic imbalance before they manifest as a gout attack. For instance, specific frequency disruptions in the voice might correlate with elevated uric acid levels or inflammation. This information could be used to adjust treatment plans, dietary recommendations, or lifestyle changes to prevent flare-ups.”

Moreover, vocal biomarkers could also be used to monitor the effectiveness of gout treatments.

By tracking changes in voice patterns over time, healthcare providers might gain insights into how well a patient is responding to medication or other interventions. This could lead to more personalized and effective treatment strategies, reducing the frequency and severity of gout attacks.

## **CONCLUSION: The Future of Gout Management**

Gout remains a challenging condition to manage, with flare-ups causing significant pain and discomfort. However, the advent of vocal biomarkers and the exploration of sound therapy offer new avenues for diagnosis and treatment. By leveraging the power of sound and voice, these innovative approaches could revolutionize the way we understand and manage gout, providing patients with more personalized, effective, and holistic care.

As the science behind vocal biomarkers and sound therapy advances, we may one day see these techniques integrated into mainstream healthcare, offering a new standard of care for gout and other metabolic disorders. Until then, the intersection of vocal biomarkers, sound therapy, and traditional gout treatments represents a promising area of exploration for those seeking alternative and complementary approaches to healing.

### **REFERENCE**

Gout Facts and Statistics: What You Need to Know link:  
<https://www.verywellhealth.com/gout-6273971>



# How Important is the Truth?

## Honing your Spidey sense about the lies you are being told

You can lie with your words, but the frequencies of your voice will always tell on you. Vocal Analysis software breaks down the sounds of your voice to reveal hidden personality traits and physical attributes.

We usually know, or at least suspect, when someone is attempting to manipulate us with a lie. We get into trouble when we don't trust our own perceptions or when we allow someone to talk us out of what we believe to be true.

To feel secure, we rely on the Truth to help us make decisions that best suit our life goals. Lies cause us to feel betrayed, confused, and manipulated. People who care about what is best for you do not lie to you. People lie to you to manipulate you, so that you will do what best serves their motivations.

Our world is in chaos because we have been so thoroughly lied to about our health over the last few years. Our political system is on the verge of collapse because of the tremendously conflicting lies we have been told by leaders who supposedly have our best interests at heart. Those who genuinely care, tell you the Truth.

From interactions within our family circle, to world politics, Truth must always stand at the forefront of beneficial decisions. We continue to think our leaders have our best interests at heart. It is actually up to us, individually, to decide what we accept as supportive and once we identify the truth from the lies, we can move toward positive action.

Find out what your Voice reveals about you. Software links to Public Voice analysis software - nanoVoice:

If you have a MAC use online at SoundHealthPortal.com

For PC - Nano videos and downloads

<https://vimeo.com/337832898> - Downloading the nanoVoice software

<https://vimeo.com/141449982> - using the nanoVoice software

<https://vimeo.com/141449984> - tutorial

<https://vimeo.com/channels/728774/85155628> nanoVoice Technologies

<https://vimeo.com/112170767> more here

TEXT: <https://tinyurl.com/bdfkdmdb>= Biggest Liars

 [Nano class Oct 2023.mp4](#)

<https://mastersofhealthmag.com/masters-of-health-magazine-january-2023> - page 106

A listing of a few things a vocal print can reveal

1. Below are two computerized vocal prints of Joe Biden – one from 2022 and one from 2024. Both indicate that Biden has within his vocal print the frequencies associated with an anti-dementia agent. This information could indicate that Biden has been on anti-dementia medications while attempting to be the President of the UNITED STATES. Someone knew this! Who was hiding it from the public, for what purpose and for how long?

Name: Joe Biden

				Rank
<a href="#">Crestor</a>	Medication	H	can cause muscle cramps	1
<a href="#">Crestor</a>	Medication	H	can cause muscle cramps	1
<a href="#">Magnesium citrate</a>	Mineral	HH	used as saline laxative to empty bowels prior to surgery	1
<a href="#">Miacalcin</a>	Medication	HH	Salmon derived nasal calcitonin	1
<a href="#">Velnacrine</a>	Medication	HH	may = nausea	1
<a href="#">Alazocine</a>	Medication	H	opioid receptor agonist and NMDA receptor antagonist	2
<a href="#">Centrophenoxine</a>	Medication	H	activator of Centrophenoxine	2
<a href="#">Centrophenoxine</a>	Medication	H	do not use if suffering from convulsions	2
<a href="#">Centrophenoxine</a>	Medication	H	for cognitive enhancement - Should NOT use	2
<a href="#">Centrophenoxine</a>	Medication	H	Increases body's endogenous synthesis	2
<a href="#">Centrophenoxine</a>	Medication	H	may alleviate alzheimer's disease	2
<a href="#">Centrophenoxine</a>	Medication	H	May alleviate anxiety	2
<a href="#">Centrophenoxine</a>	Medication	H	May cause temporary Vertigo	2
<a href="#">Centrophenoxine</a>	Medication	H	may enhance ability of microglia to remove lipofuscin	2
<a href="#">Centrophenoxine</a>	Medication	H	may improve memory w/ dementia	2
<a href="#">Centrophenoxine</a>	Medication	H	May Increase Blood Pressure	2
<a href="#">Centrophenoxine</a>	Medication	H	May increase bodies production of energy	2
<a href="#">Centrophenoxine</a>	Medication	H	May inhibit some aspects of aging	2
<a href="#">Centrophenoxine</a>	Medication	H	May possess life extension capabilities	2
<a href="#">Centrophenoxine</a>	Medication	H	May retard accumulation of lipofuscin in brain	2
<a href="#">Centrophenoxine</a>	Medication	H	Possesses antioxidant properties	2
<a href="#">Choline Alfoscerate</a>	Medication	H	lipotropic	2
<a href="#">Choline Alfoscerate</a>	Medication	H	needed for liver & hormone production	2
<a href="#">Dalmane</a>	Medication	LL	Minor tranquilizers (Sedatives) & hypnotics	2
<a href="#">Dextrophan</a>	Medication	H	Depressant; cough suppressant & hallucinogen	2
<a href="#">DMAE &amp; Centrophenoxine (CPH)</a>	Medication	H	brain metabolic stimulant & neuroenergizer	2
<a href="#">Eferox - T4 levothyroxine</a>	Medication	LL	Synthetic thyroid hormone	2
<a href="#">Eltroxin</a>	Medication	LL	Synthetic thyroid hormone	2
<a href="#">Euthyrox</a>	Medication	LL	Synthetic thyroid hormone	2
<a href="#">Ghrelin/Obestatin prepropeptide V3</a>	Genome	H	thought to be involved in prostate cancer, pancreatic insulin secretion, gastroc acid secretion, satiation, glucose metabolism	2
<a href="#">Levoxine</a>	Medication	LL	Synthetic thyroid hormone	2
<a href="#">Levoxyl</a>	Medication	LL	Synthetic thyroid hormone	2

Monday, September 6, 2022

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

Page 2 of 5

Name: Joe Biden

				Rank
<a href="#">Centrophenoxine</a>	Medication	H	for cognitive enhancement - Should NOT use	1
<a href="#">Centrophenoxine</a>	Medication	H	Increases body's endogenous synthesis	1
<a href="#">Centrophenoxine</a>	Medication	H	may alleviate alzheimer's disease	1
<a href="#">Centrophenoxine</a>	Medication	H	May alleviate anxiety	1
<a href="#">Centrophenoxine</a>	Medication	H	May cause temporary Vertigo	1
<a href="#">Centrophenoxine</a>	Medication	H	may enhance ability of microglia to remove lipofuscin	1
<a href="#">Centrophenoxine</a>	Medication	H	may improve memory w/ dementia	1
<a href="#">Centrophenoxine</a>	Medication	H	May Increase Blood Pressure	1
<a href="#">Centrophenoxine</a>	Medication	H	May increase bodies production of energy	1
<a href="#">Centrophenoxine</a>	Medication	H	May inhibit some aspects of aging	1
<a href="#">Centrophenoxine</a>	Medication	H	May possess life extension capabilities	1
<a href="#">Centrophenoxine</a>	Medication	H	May retard accumulation of lipofuscin in brain	1
<a href="#">Centrophenoxine</a>	Medication	H	Possesses antioxidant properties	1
<a href="#">Choline Alfoscerate</a>	Medication	H	lipotropic	1
<a href="#">Choline Alfoscerate</a>	Medication	H	needed for liver & hormone production	1
<a href="#">Dextrophan</a>	Medication	H	Depressant; cough suppressant & hallucinogen	1
<a href="#">DMAE &amp; Centrophenoxine (CPH)</a>	Medication	H	brain metabolic stimulant & neuroenergizer	1
<a href="#">Ghrelin/Obestatin prepropeptide V3</a>	Genome	H	thought to be involved in prostate cancer, pancreatic insulin secretion, gastroc acid secretion, satiation, glucose metabolism	1
<a href="#">Morphanol</a>	Medication	H	Mix of Dextrophan (hallucinogen) Levorphanol (opioid analgesic)	1
<a href="#">Telmisartan</a>	Medication	H	May lower blood pressure in Hypertension Patients	1
<a href="#">13-cis-Retinoic Acid</a>	Medication	H	aka Accutane; may cause dry eyes, sensitivity to light	2
<a href="#">Accutane</a>	Medication	H	Controversial acne med, reduces pores, oil glands, known to dissolve intestinal linings	2
<a href="#">Adrafinil</a>	Medication	H	do not use with epilepsy	2
<a href="#">Adrafinil</a>	Medication	H	may improve alertness w/ alzheimer's	2
<a href="#">Adrafinil</a>	Medication	H	may improve concentration ability	2
<a href="#">Cisplatin</a>	Medication	H	Chemotherapeutic drug, which may cause partial deafness	2
<a href="#">Cisplatin</a>	Medication	H	May cause neuropathy in some people	2
<a href="#">Cyclosporine</a>	Medication	H	Immunomodulator used for bowel inflammation	2
<a href="#">Ethchlorvynol</a>	Medication	H	Tranquilizer; relaxation euphoria effect	2

Friday, August 9, 2024

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

Page 2 of 4

From Wikipedia: Meclofenoxate (Lucidril, also known as centrophenoxine) is a [cholinergic](#) [nootropic](#) used as a [dietary supplement](#).

In elderly patients, meclofenoxate has been shown to improve performance on certain [memory](#) tests. Meclofenoxate also increases cellular membrane phospholipids.

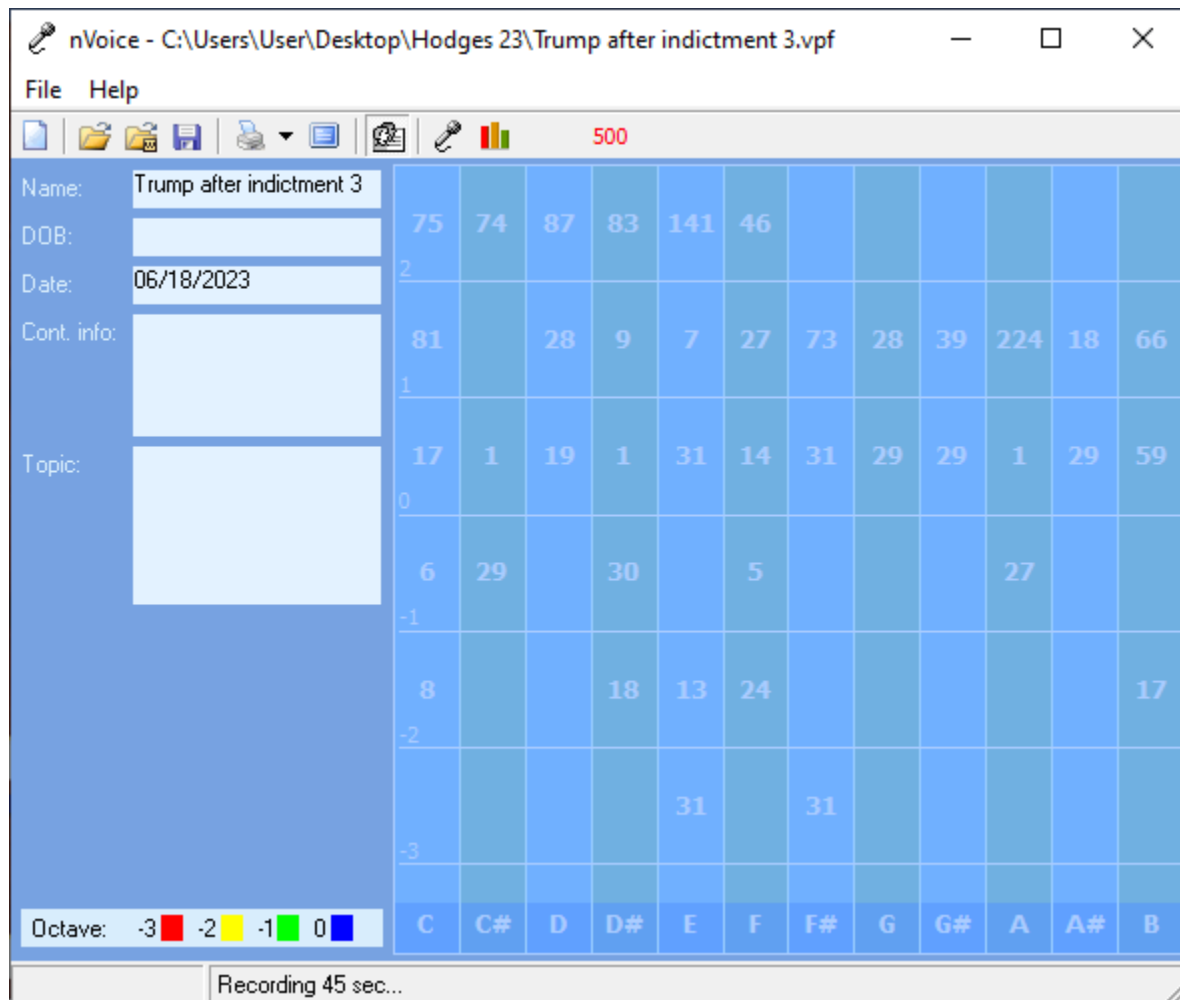
Meclofenoxate is considered to be safe and high in [tolerability](#). However, possible side effects may include [insomnia](#), [dizziness](#), [restlessness](#), [muscle tremor](#), [depression](#), [nausea](#), [muscle tension](#), and [headache](#).

Aka: known via [Psychoanaleptics: as an Anti-dementia agent](#)

2. Kamala Harris has stated that she supports Fracking and that she will ban Fracking – Her computerized voice indicates both positions are True but the statements are contradictory. In her case she is repeating statements that are not part of her own identification but simply spewing info that she is repeating at the behest of someone which isn't really a part of her own perspective.
3. It was announced last year that Bobby Kennedy has similar ideas about protecting people, America and our future as does Trump. We predicted that the best ticket could be for the two of them to team up and that has now happened. So knowing about the personalities and perceptions of people can help predict their behaviors. We predicted that Kennedy would help return civility to our society.
4. The computerized vocal prints of China's President Xi, Joe Biden and Liz Cheney have almost identical vocal frequencies meaning all three have compatible motives.
5. A computerized analysis regarding the motives of Liz Chaney for her part in the Jan 6th fiasco – revenge against Trump and not much else.
6. Would you like to know the computer-generated motives of the ABC Presidential debate hosts? David Muir wants to satisfy his personal perspective for justice – which shows to be naive while Linsey Davies spends lots of time thinking about physical outcomes and promises to come. In dealing with this topic, they both exhibit a large dose of naivety.
7. A computer analysis of Hunter Biden indicates that he has changed his motives from “I was promised that I would be protected” to “I need to be my father's protector.”
8. Kamala's consistent perspective in the majority of her appearances is filled with selfish ego indicating that her motive has always been – “What can I get out of this?”
9. A nano computer analysis indicated that First Husband Harris had absolutely no emotional connection to his convention statement, “I love her laugh.” It must have been said to create a justification to get the public to embrace her cackling as something pleasant.
10. Using voice analysis, Robin Williams' Alzheimer's stress was identified three years before actual symptoms manifested. Predictive medicine is possible.
11. Shortly after the Benghazi bodies were returned to the US, Hillary's and Barack's statements about the cause of those deaths being caused by a video, were proven to be false. The NanoVoice software concluded that their statements were false two years before their video announcement came out publicly as a distortion. Misinformation is no more than a camouflaged lie.

Their vocal prints showing their duplicity is published in our Workbook, The Biggest Liars. ---  
<https://tinyurl.com/tswtmnhy>

12. Trump computerized vocal print reveals his current motivations – a sense that he is carrying out God’s mission, feeling that he can do the best job for the people and his total commitment to Justice. Trump is also withholding a great deal of information that will be released when it will be the most advantageous to him. This may be the actual reason why the assassination attempts continue. The information will come out regardless.



Blank spots on a vocal print indicate a lack of information. Previously Trump’s graphs showed nearly every box filled indicating he shared freely. Knowing the motives and perspectives of people can help you be better prepared to make the optimal decisions to live your best life.

Tucker Carlson says that the truth “hums” inside of us like a tuning fork. The only reason we don’t act on it is because we have been talked out of it by professional liars. We doubt our own gut instincts! He suggests that we all need to “hone our Spidey senses.” He cautions us to remember that misinformation should immediately be labeled as a deliberate lie.

<https://tuckercarlson.com/larry-elder-tour> time: 16:16



So you suspect you have been lied to and want to take action! The following Steps for the People to Take Action may add to your ability to defend your intrinsic human rights and opinions.

1. Don't allow yourself to be separated or divided from your opinions
2. Abandon FAKE media and platforms – DE-SUPPORT those who distort
3. Evaluate evidence using TRUTH and JUSTICE as your values
4. Make sure your vote counts - Insist on election fairness and reform
5. Support those who cannot be BOUGHT but could be silenced
6. Honor TRUTH and the RULE OF LAW – full equality for every citizen
7. Work to improve and enhance our school systems
8. Evaluate local leaders - believe their actions not their words
9. Know your RIGHTS – read the CONSTITUTION and Bill of Rights
10. Challenge rules that are not just and equal for everyone
11. Insist of Health autonomy
12. Remember that Truth and Freedom were the goals of our Founder's

## Is Frequency our “New Medicine” or an Ancient Mystery Revealed?

Did we forget to remember? How much trust in ourselves and nature have we abandoned for what we consider more modern, reliable solutions? Ancient herbal remedies that nourish the normal structure and function of the body have been replaced by Pharmacology which creates, in many cases, “side effects” which add accumulative layers of stress and dis-ease.

What is not complete about Mother’s Milk that allows a food conglomerate to make statements claiming that canned, artificial products are superior substitutes for a mother’s inherent sustenance for her newborn?

What sensory perceptions have we denied when we accept a commercially grown, good-looking tomato for those full of flavor and nutrients grown by local farmers or ourselves?

What manipulation of our crops have been forced upon us as we consume grains that have been shown to cause gut and brain permeability that leads to digestive upset, pandemic brain and genetic disorders suffered by the young (ADHD) and old (Alzheimer’s) alike?

What caused us to begin to ignore self-healings such prayer, food, meditation, song, dance, potions, music, laying-on-of-hands, incantations, sand paintings, mud baths, blessed water...and turn to strangers who think they have a right to dishonestly report experimental results to convince us to trust them even though their first and foremost goal is financial gain; profit?

When did the goal of better health become the fodder of greed where the goal was to “harvest” our pockets; leaving wellbeing adrift? Many people have begun to believe that the ultimate objective of our modern-day health care system is our entry into an artificial health care scheme that keeps us tethered until we have run out of money or the will to live. Where does the goal of optimal health and wellness fit into the modern business system? How can we move HEALTH to the top of the priority list of our present-day disease management?

It usually takes a well-funded scientific breakthrough or an overwhelming catastrophe to facilitate overall change that actually makes a difference. People are slow to embrace new scientific information because anything fundamentally different from the status quo intimidates them. Although a major disaster forces transformation, people don’t always adjust willingly. For a great many people they won’t even admit the problem if they have no hope for something different than what is. Along with hope there must be tools and solutions; choices and options for change.

The most profound and permanent way to cause a shift in perception is through affirmative life experience. In an attempt to help shift perceptions concerning health care, I became involved in the creation of a small, highly innovative educational research facility, the Institute of BioAcoustic Biology and Sound Health. Through the years their studies have supported the assertion that ancient architectures and languages contain math codes that support frequency-based cellular



regeneration. Through the journey of revisiting lost knowledge using computer technology, a novel paradigm has emerged which uses frequency as a basis for future “medicine” in support of normal homeostasis.

Our bodies are animated through a complex network of nerves that serve as a communication matrix from our brain and spinal cord to every nook and cranny of our bodies. The neural system generates frequencies that move along these pathways. Any self-healing of the body must interact with these “bio-frequencies.” Every aspect of this communication network reaches the brain as a measurable frequency; from sound, to thought, to aroma, to light, to touch.... Bottom line, the brain uses frequency to maintain and have dominion over our structure and function.

If we accept that the brain performs in such a fashion, we must advance the notion that the language of the brain is math. So what do all modern and ancient healing modalities have in common? Frequencies defined by math, which can be measured, defined, quantified and manipulated to provide understanding and consensus. If we want to combine all healing methods of evaluation and restoration, we could use the common denominator of frequency.

Known as Human BioAcoustics and/or BioAcoustic Biology through Vocal Profiling, the work undertaken by the Sound Health staff is being recognized by conventional medical providers. The Duke Encyclopedia of New Medicine has acknowledged that “Vocal Profiling is an innovative biotechnology” while AT&T has announced that bioacoustics is “the medicine of the future.”

It has been written that many great thinkers have attempted to decode the mysteries of the universe using math, geometry, music, frequency and architecture. The popularity of the movie *The da Vinci Code* and Dan Brown’s most recent book, *The Symbol* has sparked our imagination concerning information that has been kept hidden from the populace. While Brown’s books hint that architecture contains hidden knowledge, BioAcoustic outcomes provide support indicating that the ancient Templar Cross contains mathematical codes that may initiate cellular reconstruction.

A few sages have even gone so far as to suggest that the ancients somehow imbued our DNA with the knowledge of self-healing and that we only need to remember how our bodies have been innately programmed to rejuvenate. Could we be self-sustaining, carbon-based, propagating robots who have forgotten how to connect with our regenerating codes? Are sequestered memories just a part of planned obsolescence as if we are simply a replaceable appliance? Sylvia Franke in her publication, *The Tree of Life and The Holy Grail* explores some of these possibilities.

Providing a mathematical matrix of the bio-frequency field of the body is very important to the future of understanding the body’s ability to regenerate. Research from many fields is converging to provide many of the answers concerning Pythagorean harmonic theory and how it can be combined with modern string theory to explain how DNA “strings” can be dominated using frequency. James Genjewski, using an electron microscope, discovered in 2004 that cells emit

sound and published the statement that provides a connection between sound and healing, he states that “sounds emitted from cells, if we could decode them, might someday help doctors “hear” disease and diagnose their patients much more quickly and easily.” Science can now approach the problem looking for elusive energy patterns that indicate disease/stress that BioAcoustic Biology answered more than a decade ago.

Physician and researcher John Apsley, MD (E), ND, DC, founder of the International College of Regenerative Medicine and a specialist in the rehabilitation and reversal of chronic degenerative illnesses at cellular level, states that the work being done by many institutions helps to support the premise of Human BioAcoustics as he states “Ms. Edwards’ work defines and demonstrates the unifying field theory that defied Einstein. There will be many who follow the footsteps of frequency-based medicine because this is where the real future of medicine resides.” Apsley agrees with many of the physicians who have examined the studies being done and have agreed that using frequency as an intrinsic healing modality, as in singing and toning, is an ancient tool brought forward into the modern era through the computerized protocols of BioAcoustic Biology through individual bio-frequency assessment.

In the near future, bio-frequencies will become as common an indicator of health as taking your temperature or blood pressure when you visit your health care provider. AT&T, several universities plus pharmaceutical giant such as Pfizer and Glaxo/Smith/Cline are now beginning to work with these principles.

Ancient healing practices, combined with modern technology, utilize the premise that the body can identify and prescribe for itself, using the algorithms of vocalized frequencies to accurately quantify, organize and extrapolate biometric information.

“The list of how Vocal Profiling can be used seems endless and provides an avenue for the integration of energy medicine with the allopathic approach,” states Roman Chrucky, MD. Dr. Chrucky credits this innovative approach with predicting his heart attack last year, and for helping his body reverse a diagnosis of prostate cancer. “My experiences with this technique are very real because they have made a difference in my own life, and those of my patients. I’m very happy with this work, and very happy that Sharry has stuck to these ideas in the face of much adversity. In my opinion, she’s the doctor’s doctor. I send all my perplexing patients to her even though, by definition, what she does is not medicine.”

Known as “vocal profiling” the idea of analyzing the frequencies and modulation of a human voice to evaluate emotional, biochemical and structural status of a person is being used by medical facilities and schools; for military applications; in police work for verification purposes; in research studies for issues thought to be incurable; to determine wellness patterns; to relieve the stress of pain; and to determine exposure to toxins and pathogens. From working with the firefighter’s union and engineers at ground zero, to assisting physicians in determining the potential cause of health-related mysteries, this novel work is “Star Trek” medicine in the making.

Not only is there dissatisfaction with health care but there is dissatisfaction with our national leadership. Sound Health has created software-based foundational tools for change that support a model for self-responsibility, and health freedom that includes a personality assessment tool with the ability to reveal intention, hidden agendas and deep consciousness ideologies.

A network of people has been organized and trained in these techniques so that a groundswell of people who can practice this new paradigm of health will be available while leaving the present broken system behind.

Buckminster Fuller said “In order to change something, don’t struggle to change the existing model. Create a new model and make the old one obsolete.”

No one argues that the present health care system is in crisis, and that people are seeking alternatives. The intention behind the many public software give-a-ways conducted by Sound Health is to create unity in healthcare by providing options and solutions in support of SELF-HEALTH and self-responsibility.

Through the approach of BioAcoustic Biology, we can use the voice to discern the intentions of ourselves and those around us, the motivations of our partners; and the foundation of our sense of self health and wellbeing can be monitored. Would those abilities be of value in the struggle to attain dominion over the intrinsic right to personal health choices?

From birth to death, we use sounds to express our needs and emotions, but there are additional layers of information hidden within the frequencies expressed as language. In modern times we possess only limited conscious awareness of this information for ourselves, and as a means to understand the intentions of others.

BioAcoustic software has been developed that can use the frequencies of the voice to create a matrix of biometric frequency information, from fundamental DNA to the hidden intentions of those who claim to speak for us. Public classes and software are being distributed to help combat some of the urgent present-day healthcare needs: PreVac (pre-vaccination risk factors), Nutritional Consultant, Muscle Management, Allergy Identification, PTSD Prevention, and Parkinson’s Recovery, Countervailing the Flu Seasons and Radiation Exposure, all in the hopes of setting up a BioAcoustic Center in every community on the planet.

In order to provide predictability and safety, the concepts of math and medicine often act conjointly to quantify, define and model medical practice. Studies conducted at the Institute of BioAcoustic Biology have consistently demonstrated that math can be much more than a measurement tool; math, as frequency, can be the solution to therapeutic predictability and resolution. Imagine a future in which the individual frequency-based biomarkers contained within the voice can be used to keep us and our world healthy and emotionally balanced.

I have often been accused of being too scientific by some, too esoteric by others. In actuality I see myself as a bridge between both fields of inquiry. Many prestigious publications acknowledge that the tenets of BioAcoustic Biology began in a small, impoverished Appalachian community but will ultimately change health care for decades to come. The leading edge research from Sound Health and the Institute of BioAcoustic Biology demonstrates that the voice is a holographic representation of the body that can be used to transform the concepts of math into useful medical models.

Just as there are pathways of compounds called “chemistry,” there are “mathways” of subtractive frequencies, called “Sonistry,” which can be used to create a numeric biomarker matrix capable, individually and collectively, of being predictive, diagnostic and prescriptive. These may be seen as a type of biofeedback pathway.

To date there is no universally accepted modality that has the potential to assist in the survival of biological, radioactive and pandemic threats; reverse stroke and muscle trauma or support space travel (as frequency-based solutions show the ability to overcome bone loss and muscle atrophy). In many instances, by the time the cause has been identified, it is too late to provide remediation. Frequency-based medicine has the ability to provide a prompt and corrective direction in person or via the internet.

A project in conjunction with the U.S. Army was undertaken to test the utilization of this emerging technology and explore the potential of using frequency-based biomarkers to identify and quantify Traumatic Brain Injury (TBI) and the associated Post Traumatic Stress Disorder (PTSD).

The implication of the study was the development of a quantitative, mobile, non-invasive model that could identify the damage caused by close-proximity acoustic blast injuries and, ultimately, the restitution of normal brain function and emotional stability. The work being pioneered by Sound Health employs numeric biomarker patterns to assess, evaluate and produce outcomes that support optimal biological form and function.

Our brain communicates using the language of math expressed as frequency. As these signals reach the brain, the bio-frequencies are sorted, routed and assigned an interpretation and responsibility. Our brain and our biology are hardwired to respond to these basic principles of math.

Strange, yet profound, BioAcoustic Biology may be able to explain how a physician might instruct a heart patient to “listen to a specific frequency combination [known for its ability to stabilize heart rhythm] and call me in the morning.”

The research being conducted by the Institute of BioAcoustic Biology is on the forefront of energy medicine; creating the doorway to our next dimension of health evolution. In addition, the

techniques hold promise in answering questions about how our universe was formed, and how our aging and perception of time can be monitored using frequency.

Such a novel protocol utilizes the premise that the body can identify and prescribe for itself, using the algorithms of vocalized frequencies to accurately quantify, organize, and extrapolate biometric information. BioAcoustic Biology is an area of scientific endeavor that is in the process of becoming scientifically established. Visionary leaders will see this novel idea as a prophecy for a new future which can provide conclusions based on measurable outcomes and observation. This emerging paradigm will become part of future medicine as the consistent and efficacious outcomes continue to accrue.

William Crum, former Governor's appointee to the Ohio State Independent Living Council and father of Willie, a Sound Health care client, confirms that BioAcoustic Biology can provide hope for cases in which conventional medicine offers few options. Crum states, "I was a real skeptic at first. BioAcoustics seemed too good to be true. After seeing Willie's progress, however, I believe that Sound Health is on the periphery of the greatest discovery ever made concerning therapy for the human body."

In developing these techniques, The Institute of BioAcoustic Biology has created a dilemma. How can we take this potential to the public when we don't have enough trained practitioners to serve the need?

To survive, the human race NEEDS BioAcoustic Biology. For BioAcoustic inquiry to survive, practitioners, clinicians and trainers are needed. Public and Professional classes are offered each month; many free with accompanying software.

We want to share this information with the public until enough people of vision will recognize the potential of this work, and come forward to be a part of it. It will take vision and sacrifice, and there may be a time when this technology will be challenged by those who desire to maintain the economic power and dominion over our health. However, the technique of using math as a basis of well-being may be the means of restoring our intrinsic right to self-health.

**Whoever controls health controls the quality of life.** Health is much more precious than wealth. If we can find a way to control our own health, then we have dominion over our evolution. Sound Health has provided the initial steps to explore this pioneering path to New Medicine!

References:

<http://music.arts.uci.edu/dobrian/CD.music.lang.htm>

<http://www.smithsonianmag.com/science-nature/signal-discovery-104663195/>

<http://www.sciencegymnasium.com/2013/07/scientist-prove-dna-can-be-reprogrammed.html#more>

# Is God a Mathematician?

## Exploring Math in Medicine

To provide predictability and safety, the concepts of math and medicine often act conjointly to quantify, define, and model medical practice.

Studies conducted by the non-profit Institute of BioAcoustic Biology & Sound Health, located in Albany, Ohio, USA, have consistently demonstrated that math can be much more than a measurement tool.

The case studies they have amassed, using Math as frequency-based BioMarkers, indicate that the solution to therapeutic predictability and resolution may be possible.

The Institute posted its first frequency-based article about potential COVID-19 damages in December 2019. Since then, they have evaluated thousands of frequency-based vocal prints. It took nearly three years for the conventional options to catch up with even a few of their conclusions.

Continuing updates and information can be found at <https://soundhealthoptions.com/corona-corner-2/>.

Last month, this column reported the findings of a 99-million-person survey of COVID-vaccinated individuals that predicted future damages. The report provided bad news with no options for the threat of worldwide depopulation through COVID-19-caused deaths.

PubMed: <https://pubmed.ncbi.nlm.nih.gov/38350768/>

The survey reported projected upcoming damages, without any means of remediation, concerning those violated due to the COVID-19 pandemic. This month, we provide potential tools and solutions to help ease the forecasted health devastation.

1. The 99-million-person survey reported heart, vascular breakdown, and circulation faults as significant. These issues can be vocally screened using the template Subsequent Factors – BioBundles - at [www.SoundHealthPortal.com](http://www.SoundHealthPortal.com). The public online screening uses a compilation of 14 databases to mathematically identify individual issues. The computerized reports are designed to be reviewed by a person's wellness provider.
2. Mathematical-based issues associated with thrombin, blood clotting, iron, blood homeostasis, zinc, Protein C, and aminolaevulinic acid were common within the vocal evaluations for those suffering clotting concerns associated with vaccine damage. These factors can be used to

mathematically discern potential individuals who received COVID-19 damages, via SoundHealthPortal.com.

3. Macular Degeneration seems to be among the damages listed for those vaccinated. Vocal survey compilations from the Institute of BioAcoustic Biology & Sound Health indicate that frequency faults, dealing with the Rectus eye muscles and the amino acid carnitine, helped reverse macular degeneration factors.

4. Immune issues are strongly related to COVID-19 damage. Glutathione was involved. Mike Adams, the Health Ranger, strongly recommends that it not be taken supplementally, and the body should be left to make its own by combining NAC (acetylcysteine) and bromelain to support a strong immune response. For additional information <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7999995/>

5. Dr. Ana Mihalcea reported that lipid metabolism has a great deal to do with blood pollution from unreported nano components found in COVID-19 vaccines. This claim indicates that efficient lipid metabolism is essential to competent immune function. Based on these findings, a template has been created, allowing individuals to mathematically evaluate themselves against lipid faults. Go to SoundHealthPortal.com – Choose the Lipid Liabilities template for more information.

6. Many COVID-19-damaged people report fatigue and muscle pain. BioAcoustically Speaking, fibromyalgia pain responds to increased cellular oxygen, pyruvate activation, and lactic acid elimination. Fatigue and fibromyalgia can be monitored mathematically through the Sound Health Portal which is open to the public at no cost. NAD (nicotinamide adenine dinucleotide) is often lacking in COVID-19-damaged individuals. It supports mitochondrial energy, enzyme activity, cell signaling, circulation, and cellular functioning.

7. Iron and blood formation play a vital role in fatigue and energy metabolism. Issues of iron, inflammation, and blood metabolism can also be mathematically evaluated via the Sound Health Portal.

8. Disturbances in the God Gene play a role in COVID-19 damage. This gene, proposed by geneticist Dean Hamer, is a biochemical that hardwires our brain for faith and empathy determinants. This “gene” is associated with dopamine, serotonin, and bonding biochemicals. It is included in many COVID assessment templates offered at [SoundHealthPortal.com](https://www.soundhealthportal.com). This may explain why many COVID-19-vaccinated individuals complain of feeling a loss of connection to God, their community, and friends.

9. Quercetin frequencies were one of the original COVID competitors Sound Health reported in 2019. Quercetin is a bioflavonoid associated with immune and inflammation responses. In addition, quercetin from food sources, such as onion, was shown to improve platelet aggregation.

10. Respiratory failure has been reported as a symptom of Covid damage. James Marshall, actor and composer, created a series of frequencies designed to support the lungs and respiration.

Download it free from <https://www.bioacousticsolutions.net/le-ciel> or use the COPD template on the Sound Health Portal to check for breathing issues.

11. Many COVID-19-vaccinated individuals report ringing in the ears (tinnitus). BioAcoustic records show that potassium, actin, and myosin-related frequencies are present in their vocal prints. It usually takes months to eliminate tinnitus symptoms. The Sound Health Portal offers Math-based Tinnitus evaluations.

It can be demonstrated that just as there are Pathways of compounds called Chemistry; there are Mathways of subtractive frequencies, dubbed Sonistry that can be used to create numeric biomarker matrices capable, individually, and collectively, of being therapeutically predictive, diagnostic, and prescriptive. More importantly than Sound Health bringing you information about math as medicine, we want to provide tools and solutions to support optimal health and wellness. Our goal is to help the development of BioAcoustic Centers in every community. To support that goal, we provide the opportunity to learn Vocal Profiling skills for themselves, their loved ones, and their communities. Class info: <https://www.bioacousticsolutions.net/portalclass-info>

Esoteric Thought: Was the COVID-19 Pandemic situation created to allow us to choose, as a population, what we want to worship: Greed or the good of humanity? Is Covid our modern-day Sodom and Gomorrah?



# Math as a Change Agent

It usually takes a well-funded scientific breakthrough, after years of study by a major university or an overwhelming catastrophe, to facilitate change that truly makes a difference. People don't easily embrace new scientific information because anything fundamentally different from the status quo scares them or may threaten their financial status. Although a major catastrophe forces transformation, people don't always adjust willingly. The most profound and permanent way to cause a shift in perception is through life experience.

If you lived it, then it becomes REAL. Today we are being challenged by a failing health care system, our own failing health, and the lack of wellness of our families and loved ones. In general, the health of modernized societies is failing. We have more autism, more heart disease, more arthritis, more diabetes, more auto immune disease, more insulin resistance, and more high blood pressure than ever before. The list seems endless with no hope in sight.

We have mandatory, uninsurable vaccinations that have been shown to cause birth defects, autism, asthma and other harm; we have laws being passed that deny us the right to hold accountable the drug or governmental entities that may attempt to use us as guinea pigs and cause irreparable harm; we have insurance companies and HMOs that make decisions with our own money (premiums they have charged us) as to whether or not we can receive services, which physician we can go to, what lab tests we can have. In no other service organization is the person paying for the service abused and dictated to so thoroughly and reprehensively. The companies are run with the bottom line in mind, not quality health care. There is something inherently wrong with the idea that profit is more important than wellbeing.

Resistant strains of pathogens, nosocomial and iatrogenic disease/trauma are rampant. We are threatened with bird flu, SARS, MRSA, flesh-eating bacteria, infertility, Covid and unheard-of strains of sexually transmitted diseases, also becoming antibiotic resistant.

We see generation after generation of families in which genetic defects are showing up earlier with successive age group. The grandmother was diagnosed with breast cancer at age 60, the mother in her 40s, the granddaughter before the age of 20. Neither the government nor the private sector has proposed any acceptable stabilizing solutions as to how to solve the problems that have been created. But the answer may literally be right under our noses.

The frequencies of the voice have proven to be invaluable to predict and diagnose well-being or the lack thereof. The Mayo Clinic, MIT and others have taken up the path to examine voice analysis as a predictive source of information.

During the holidays we often challenge ourselves to Improve our health, with an emphasis on diet and weight.

This season, The Institute of Biology wants to share the opportunity to mathematically address via vocal analysis the issues of diet and weight. Within the public WorkStation [SoundHealthPortal.com], vocal analyses dealing with weight issues are being offered using several templates: BioDiet (neurotransmitters), Ultimate Diet (biochemistry), Lipoedema (as in stubborn weight gathered around the upper thighs and hips), Fat Switch (Genetics) and a new one that has become apparent, Thermogenesis. From the vocal prints that have been submitted by volunteers, we chose many who had weight issues, many of which reported an intolerance to cold. We decided to dig deeper and found an incredible amount of information related to low body temperature and the inability to lose weight. If you would like to be part of our ongoing research, please visit our public site – SoundHealthPortal.com – and leave us a vocal recording following the instructions on the front page. A printed report will be sent to you that you can share with your wellness provider.

We will continue to bring you information in the coming year about the math-based frequencies of your voice and how frequency can potentially influence your wellbeing.

# Mommy, Why Do I Feel So Dumb?

## How a toxic load can damage your health

They said she had forgotten how to read! Over the summer, Andi, a top reader last session, had forgotten how to read. I couldn't believe it. "Has there been any trauma in her life this summer?" her teacher demanded.

I was stunned. It had been a beautiful summer with the children. I had finally been able to afford a real home for them. Actually, this was the first summer I had been able to spend time with my children since I had enrolled in college, as a single parent, to try to get my life back together.

What could have caused this? The summer had been wonderful and fulfilling. How could my child forget how to read?

I met with her teacher, and it was decided that Andi should be put in a special reading class. Andi was embarrassed and reluctant to go to school. She cried every day. On the days she didn't cry she pretended to be sick. My heart ached for her. The special classes were not helping. I didn't know what to do.

One day while we were riding in the car, Andi wrote something on a small slip of paper and handed it to me. Her head was down. She was staring at her lap. It read, "Mommy, I feel so stupid. Why can't I read anymore?" My tears were so quick and so thick that I pulled over onto the side of the road. We cried together, embracing, sharing the frustration and dismay. Was I such a failure as a parent that I could not find help for my child? I vowed to find an answer for Andi and for myself.

I was aware of a pioneering technique that used low-frequency sound to help another little girl in our area reverse mental retardation. They used voice testing to detect and remedy the issues. Could something like this help Andi learn to read again? I scheduled an appointment. During that session, using low-frequency sound, Andi was able to read clearly and without hesitation. Her relief and my joy were indescribable.

The test pointed to the possibility that Andi had been poisoned with formaldehyde, a chemical preservative. When I was asked if my child had been exposed to formaldehyde, I started to say "NO" but then I remembered. The mobile home instructions had warned that formaldehyde levels in our new mobile home might be a problem. It was the fault of the mobile home company. They should have given me stronger warnings. It was my fault! I had allowed my child to be poisoned.

We quickly entered into a program of low-frequency sound in combination with clearing the air in the mobile home with an ozone air filter. Andi's teacher noticed immediate and striking differences. Andi's self-esteem soared. I had a bright, cheerful, intelligent seven-year-old again.

We had the other two children tested. Both had been affected but not to such an extreme. As they all entered the program, behavior problems decreased and there were considerably less arguments in our home.

I've learned from reading that some of the symptoms of formaldehyde sensitivity is irritability and problems with memory and I've also begun a campaign to alert other parents to the dangers. What would have been the consequences for my child? Her life would have been charged with unfair opinions and gossip that she did not deserve. I am very thankful that there is a program like Sound Health Alternatives that can test a vocal print and offer an answer. It was painless and inexpensive. When I think of what could have happened, I know that I need to let others know about this wonderful program.

Sound Health has an ongoing research project using vocal analysis and sound to try to find the causes of reading and learning problems with other children. It is a non-intrusive program using a vocal print. Every child with a learning problem, no matter what the cause, should have access to this technique.

I would encourage any parent of a child with unexplained symptoms to have their child tested. I am very lucky. My child was helped. She will not grow up branded as "dumb" even by her own opinions because we, the adults, have failed to make our world a safe place to nurture, emotionally and physically, our most valuable resource, our children.

The above profile was written by Andi's mother, in the hopes of preventing any other family from experiencing the devastation of mankind's poisoning of our environment and children. Andi is only one of many children who have been helping using the protocols of vocal analysis.

Dorinne Davis, a trained Tomatis and BioAcoustic professional has written several books about how she was able to help children using sound therapy. Her basic book about this topic is *Sound Bodies through Sound Therapy* by Dorinne S. Davis (Author), Doris J. Rapp (Foreword).

Toxicity from the thousands of man-made chemicals likely takes a tremendous health toll on the sensitive people of our planet. Formaldehyde especially is taxing because it is the same frequency as some especially important immune biochemicals meaning formaldehyde mathematically may inhibit our ability to mount a defense against incoming toxins.

Wikipedia reports that Formaldehyde is a pungent, colorless gas that polymerizes spontaneously into paraformaldehyde. As a precursor to many other materials and chemical compounds, in 2006 the global production of formaldehyde was estimated at 12 million tons per year.<sup>[14]</sup> It is mainly used in the production of industrial resins, e.g., for particle boards and coatings. Small amounts

also occur naturally. Formaldehyde is classified as a carcinogen and can cause respiratory and skin irritation upon exposure.

Not only are we bombarded by environmental toxins but toxins that we voluntarily ingest can cause havoc on our biological and structural systems.

“I’m a waitress in the restaurant in the same building as Sound Health. Over the last few years my feet and hands have hurt so bad that some days I could just go home and cry. Recently I spilled a full glass of water on a customer simply because I could not feel my fingers enough to grip the glass. I was really upset. Sound Health heard about my plight and offered me a little tone box that played a low rumbling sound through headphones. It was explained to me that people with diabetes (I’ve been diabetic since I was four years old) often experience peripheral neuropathy, restless leg syndrome and limb weakness.

I did not expect much but to my surprise the sounds took away the pain, helped me regain my strength and allowed me to continue explained to me that taking insulin can often damage nerves. This tone box has been a Godsend to allow me to continue my life without pain.”

“My friend Lisa witnessed my results. She has some similar symptoms and decided to use the public version of the Restless Leg tone box developed to help people eliminate the stress of sleepless nights due to pain and the shocking feelings from nerve damage. She wants to share it with her mother. The word is spreading. I can see how this will be the medicine of the future.”

BioAcoustic tones are generally individually created for each person. For a few things sounds are common, like sounds for broken bones or muscles. Especially biochemical systems need individuated. The sounds presented are much more than just a frequency. Specific formulations to support specific outcomes using any frequencies presented are incredibly crucial.

Are we at our core very sophisticated math-based robots that can be “managed” through our individual responses to frequency-based biochemical signatures?

Check out your frequency-based toxic load at - [SoundHealthPortal.com](http://SoundHealthPortal.com).

# The Voice: A Holographic Portrayal of Oneself

Your voice takes on new meaning if you consider the possibility that your voice sounds may be a holographic portrayal of all that you are. Imagine a future in which your vocal frequency is your identification - where frequency-based biomarkers in your voice can keep you healthy and emotionally balanced.

From birth to death, we use sounds to express our needs and emotions. However, there are additional layers of information hidden within our words. As humans evolved, language became levels of intricate harmony nestled within structures of great elegance that carried meaning and allowed understanding of ourselves and others.

Everything that happens to the body reaches the brain as bio-frequencies. These frequencies are then categorized, routed, and assigned as interpretations. But, in modern times, we have little conscious awareness of this information. Did we as a human race forget, or were we forced to abandon our intrinsic abilities to glean information about another person simply by hearing their voice?

The popularity of *The Da Vinci Code* sparked interest in a great deal of knowledge hidden from the general population. Is the idea that we have dominion over our lives through our thoughts intrinsic fact of the human spirit? Can we, in truth, chant the words and create our Reality?

If we want to manifest our neighbor's car or wife for our benefit, is this a lack of respect or our right of conscious intention? If we accept that we all fit-into the perfectly conceived, interlocking puzzle of life, then how is this acceptable? Someone would do without, and therein lies a problem. If we both pray for the same thing, who gets the prize? So how can someone "program" their lives with the voice of prayer and mantra without bumping into the needs and rights of others?

Throughout the ages, many spiritual leaders have claimed that we have the power to be and have what we want. Could the world be designed perfectly, and if we knew the ideal life to manifest, would everything be in harmony? But how can we ever know what will perfectly balance our lives? How can we know what we really want underneath the many layers of greed and need?

You may be able to lie to your friends and deceive yourself with your words, but the voice does not lie. Vocal Profiling computer software can evaluate frequencies, architectures, and the harmonics of your voice. Vast frequency-based databanks create a report of what you think, who you are emotionally, and your health status. The vocal frequencies missing are just as important as those present. An entire matrix of your DNA, to your partner's preferences, can be evaluated.

With this modality, your voice can reveal who you are under the layer of the public personality you have created. This is an opportunity for the human race to break free of all the deceit and deception we live with daily.

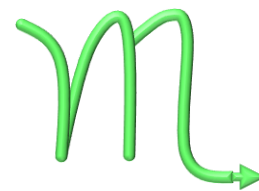
What would our world be like? Our legal system would be unwarranted if your voice could be so easily read. Unsound relationships would crumble, and businesses would fall because, for the most part, our world is what we can keep hidden from those who think they know us.

Vocal Profiling can let us know the intentions of leaders, the motivations of our partners, the pathway to our sense of self, and the status of our health. Wouldn't that ability be of value in our world today?

What would the world be like if everyone only spoke the TRUTH? Can you imagine a society where we are all known by our frequency signatures that people could read through a voice analysis that truly represented who we are?

Could a portrayal of our voice allow us to create a world of grace and dignity?

# Keynote – November 2023



Scorpio

Two Spike proteins are active this month: NSP11 and NAP8.

More info: <https://-soundhealthoptions.com/tenets-of-math-as-medicine-support-covid-survival/>  
and Guardian Papers - <https://bit.ly/3pWP094>

Interplanetary frequency influences for the month of room to increase fat burning. This may not be a good idea for people who have blood viscosity issues.

## October 31 – November 4

The joints and muscles seem to be under attack for the next few days, especially the back and hips. Deep hip muscles that support walking mobility and the upper back muscles are particularly vulnerable; the Gluteus Medius and Trapezius respectively are involved.

Also in stress for the next few days: Chondroitin sulfate which supports flexibility in the muscles and Hyaluronic acid that supports joint health and elasticity. Perhaps our flexibility is being challenged as we prepare to vote on Tuesday.

Calcium is an important nutrient in support of Vitamin D which begins to wane for those in the northern hemispheres as our blood begins to prepare for winter. Fibrinogen is an important factor for blood circulation and flow. Maybe some extra caution is needed as the days/nights get colder.

CAUTION: The internet is full of advice on losing weight. One of those suggestions is to sleep in a cold room to increase fat burning. This may not be a good idea for people who have blood viscosity issues.

Elastase fits well into this mix of frequencies for the next week. Although it is not a much talked about enzyme, its purpose is to break down proteins particularly elastin which together with collagen support connective tissues. Elastase also helps break down the proteins of incoming invaders that are so prevalent in the colder months.



Immunoglobulin E (IgE) is now in play. It supports immunity against parasites, one of which happens to be Staphylococcus for the next few days. Asthma, sinus, and food sensitivities may be more prevalent in the coming week while IgE is active.

Calcium Ascorbate (orange juice) has the dual responsibility of supporting the immune system while being a vital support for collagen and connective tissue.

## November 5-11

EBV (Epstein Barr virus), Cholesterol, myostatin, niacin, caffeine and magnesium stress combine to cause feelings of fatigue for the next few weeks.

Joint pain – especially the knees kick in this week – inflammation of and lack of joint fluid are the culprits. Too much fibrin can also contribute to joint pain. If you test your voice, you will find that the notes of F-G are too high. You can ask for a free nutrition evaluation at [SoundHealthPortal.com](http://SoundHealthPortal.com).

Thyroid stress continues for the next two weeks. Iodine, selenium, and zinc are all thyroid support nutrients. The internet lists foods that are problematic for thyroid function. Selenomethionine may be supportive – can be found at your local health food store.

Niacin (vitamin B3) is very important for brain function this week.

Expect shoulder girdle muscles to start to flare.

Genes for colon cancer and diabetes come into play for the next few weeks.

## November 12-18

Knee muscles continue to flare and begin to involve thigh muscles. Muscle evaluations are available from [SoundHealthPortal.com](http://SoundHealthPortal.com) – under CAMPAIGNS.

Nutrients in stress: SAME, vitamin D4, 25-hydroxycholecalciferol, calcifediol and Vitamin E.

Nanobacteria come into stress this week and can cause tooth plaque and heart sac inflammation. Heart Muscle is stressed.

Thyroid stress continues, especially for those using thyroid medications.

Stress-involving proteins are active now and may cause gout symptoms (sharp joint pain).

Shoulder muscles continue to aggravate, involving Rhomboid, trapezius and chest wall that helps support shoulder movement.

Diabetes frequencies continue to soar; those with fatty livers will be especially vulnerable using a high-carb diet.

Muscle atrophy, both genetic and those caused by statins and aging, continue to plague, especially the elderly. You may find your muscles seem weak for the next few weeks.

Candida may be more active toward the end of the week. Sugar overload may cause an inflammatory flareup.

## November 19-25

The stress of iron is obvious for this week. Spine issues associated with Lumbar 5 (lower limb circulation, Prostate, sciatic nerve) and Thoracic 4 (gall bladder, liver) may become active.

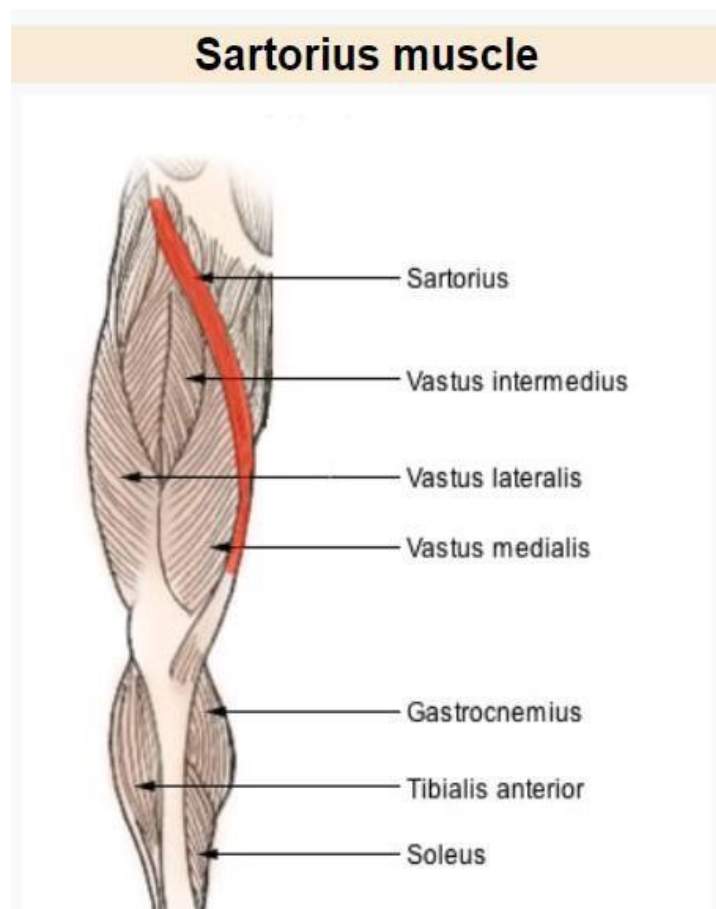
Shoulder and hip joints continue to need detoxification to relieve lymph system fluid (waste clearance). Nitric Oxide – found in beets - may be of assistance.

The pancreas starts a fortnight of stress this week.

Staphylococcus aureus found as a cause of upper respiratory and skin issues comes into play on Wednesday.

Nutrient in stress – L-Carnitine, which supports energy metabolism of the mitochondria. Carnitine concentrates in cardiac and skeletal muscles.

The Sartorius Muscle begins to activate near the weekend. It is a strap-like muscle from the upper outer thigh to the inside of the knee that supports the hips and knees.



## November 26 – December 2

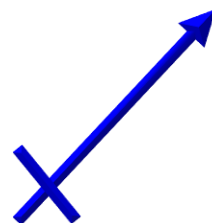
The Liver starts to stress via the gallbladder and bile salts – particularly cholic acid, which is synthesized from cholesterol – Co-Enzyme A is involved – may be Statin related.

Myopathy genes continue to activate. HMB (Hydroxy  $\beta$ -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.

# December 2023



Sagittarius

**Week One** is a big week for change:

Aconitase activator and iron-related Frataxin (precursor to hemoglobin) enter the fray. Frequencies associated with eye retinal cells activate this week. Heart muscles are stressed for the next two weeks. Insulin signaling and glucose transport might be stronger influences this week. Aquaporin – which supports the water detox system activates on Wed. Medication in stress – Farxiga – which is associated with bladder and incontinence issues.

## Week Two

Hemoglobin frequencies continue to be active. Alpha synuclein – helps reduce FATIGUE - comes into play this week. Thigh, knee, and hip muscles are likely feeling tired and tight this week. The actual lens of the eye may be giving you a bit of strain. This will pass next week. Thyroid issues may contribute to feelings of less energy. Upper back and breathing muscle stress will end after Christmas.

## Week Three

Hemoglobin stays in stress until the end of this week. Thrombin (blood clotting) activates this week. Please stay hydrated. Knee, hip and lower back frequencies stay active. Cellular energy wanes this week. You may want to consider some extra B Vitamins, NAD or NAC, to stay energetic through the season. Losartan (blood pressure med) may be in stress this week.

## Week Four

Hepcidin (regulates iron Metabolism) comes into action this week. Along with thyroid stress - watch for muscle weakness. Metformin (an anti-diabetic) is the med in stress this week. Shoulder muscles and knees continue to flare. Nutrients for the week: calcium, magnesium, Vitamin E, and potassium cell salts. Glycogen (stored glucose) will stay stressed into the new year.

## End of Month – First of January

Ferrochelatase – a preparatory step in iron metabolism becomes active the last week of December and into January of the new year.

Without the full cooperation of Ferrochelatase the muscles become weak and atrophied. Hemoglobin stays in stress until the end of this week. Thrombin (blood clotting) activates this week. Knee, hip and lower back frequencies stay active. Cellular energy wanes this week.

**The most common signs of iron deficiency include:**

- Excessive fatigue
- Brain “fog”
- Muscle weakness
- Shortness of breath
- Dizziness
- Skin paleness
- Brittle nails
- Increased heart rate
- Chills
- Restless leg syndrome, which causes a tingling, crawling sensation in the legs
- Pica, or odd cravings for dirt or ice

Foods containing iron include **red meat, dark chicken and turkey meat; Oysters, clams, mussels (shellfish); liver, sardines, tuna, salmon, mackerel; prawns, shrimp; eggs; spinach, Swiss chard, beetroot; tofu; lentils; white, black and Soybeans; dark chocolate, dried apricots, quinoa, pumpkin seeds, mushrooms, broccoli, potatoes, pomegranate, apples, asparagus, chickpeas, raisins, prunes.**

## REFERENCES

<https://news.weill.cornell.edu/news/2021/06/covid-19-virus-linked-to-pancreatic-cell-identity-shift>

<https://psychcentral.com/coronavirus/covid-fatigue-syndrome>

<https://www.webmd.com/lung/covid-fatigue#1>

<https://nexusnewsfeed.com/article/health-healing/bioacoustic-biology-and-sound-health-answers-tough-questions-focus-on-5g>

<https://nexusmagazine.com/product/decloaking-pathogens-with-low-frequency-sound/?v=7516fd43adaa>

<https://news.weill.cornell.edu/news/2021/06/covid-19-virus-linked-to-pancreatic-cellidentity-shift>

<https://nexusnewsfeed.com/article/health-healing/bioacoustic-biology-and-sound-health-answers-tough-questions-focus-on-5g>

<https://www.cdc.gov/diabetes/library/reports/reportcard/diabetes-and-covid19.html>  
<https://soundhealthoptions.com/crop-circle-architecture-may-provide-anti-viral-information-against-international-pandemic/>

<https://soundhealthoptions.com/corona-a-different-approach-summary-and-solution-3/>

<https://soundhealthoptions.com/tenets-of-math-as-medicine-support-covid-survival/>  
<https://soundhealthoptions.com/covid-the-subsequent-factors/>

<https://soundhealthoptions.com/never-before-released-information-revealed-about-the-coronavirus-2/>

<https://soundhealthoptions.com/can-covid-create-cellular-inflammation-and-stem-cell-interruptions/>

<https://www.dailymail.co.uk/sciencetech/article-7423077/Migratory-birds-iron-fillings-beaks-act-like-compass.html>

# January 2024



Capricorn

## December 31 - January 6

**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. For some people who have low potassium, there may be swelling on the side of the tongue causing a scalloped appearance.

**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, 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 at 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 associated with fibromyalgia and tremors 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 with monitoring those triggers.

## January 7-13

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 Jan primarily because of their relation with iron-associated biochemistry. The temporalis and subscapularis will continue through Jan to be in stress. Remember that very sensitive people will perceive these muscles stresses 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 muscle soreness relief.

Inflammatory proteins continue to dominate until mid Feb. Check online for anti-inflammatory foods - primarily man-made products. Bread products are high on the inflammatory scale – likely because of the glyphosate (pesticide association). It has been reported that Bragg's Apple Cider Vinegar will help ameliorate inflammatory pain – especially for arthritis sufferers.

## January 14-20

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, 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 appetite and increases metabolic rate. Leptin can be monitored online through Ultimate Diet software found at SoundHealthPortal.com – SERVICES

**Muscle in stress this week:** temporalis – associated with headaches

## January 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** are resumed 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: deltoid, 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](#)[11]), 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)

## January 28 - February 3

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 continues to be stressed as does Proline (collagen/glycine related), B1 and B2. Medication in stress: Naproxen – a pain relief 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. It is associated with sinusitis, rhinitis, food allergies and atopic dermatitis.

If you are feeling a bit water-logged of late, it is likely the table salt that has been, and will be, active over the next few days. You might cut back a bit or do some bike riding, even stationary bicycling would work, to get the lymph system moving.

**Muscles in stress this week:** Semispinalis Thoracis, Rectus Femoris, Biceps Brachii and the Rhomboids Minor. Golfers take heed; your swing might be a bit tight. For those of you who do not recognize some of these muscles, [www.GetBodySmart.com](http://www.GetBodySmart.com) is a wonderful resource.

**Toxins in stress:** Blue dye and for some, the amino acid, phenylalanine. Phenylalanine sensitivity can mimic ADHD and is often misdiagnosed. It is not generally a health concern but for people with PKU (a genetic sensitivity to phenylalanine) it can 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.

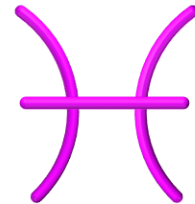
Methionine is very important as part of the sulfur pathways and co-factors that serve to help the body metabolize incoming resources. It is often associated with digestion and bowel distress. A few studies show that restricting methionine increases longevity and restores fertility. Vegans who typically eat a plant-based diet are usually low in methionine. It can be found in eggs, nuts and seeds, cheese, fish, beef, pork, wheat germ, oats, corn, beans, lentils and brown rice.

Cyclic adenosine monophosphate (cAMP) is just moving into active mode. It is derived from adenosine triphosphate (ATP), the first emerging biochemical after conception. cAMP is used for intracellular signaling for metabolic hormones.

Bacteria-causing tooth decay comes into play on the 3rd 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.

# March 2024



Pisces

Below is an outline concerning Interstellar frequencies bombarding the earth that may be influencing your wellness during March 2024. Very sensitive individuals may experience these influences a few days in advance of the dates shown.

## **February 25 - March 2 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.

## **March 3-9**

Specific Nutrients/Biochemicals in stress during this time: B3, myosin, biotin, adiponectin (weight-related), catalase (blood detox-related). B3 helps thin out the blood. Myosin helps stop Tinnitus damage.

Systems in stress this week: liver, blood pressure

Muscles in stress: little finger, pterygoid, lessor toes, supinator (forearm), palate, elbow, eyelids

## **March 10-16**

Muscles: heart, forearm, major hip muscles, trapezius (upper back)

Nutrients/Biochemicals: phosphorus, magnesium, myoglobin (oxygen to heart)

Systems: thyroid, blood pressure, blood clotting, joint flexibility

Medications: Prozac, watch for side effects

## **March 17-23**

Muscles: pterygoid, trapezius, minor hip muscles, wrist

Nutrients/biochemistry: thymine, hypericin, hemoglobin, taurine, glucose

Systems: Liver, thyroid, immune System, iron delivery

Medications: Dilantin

Pathogens: Epstein Barr Virus (fatigue)

Muscles in stress: wrist, joints

Nutrients/biochemistry: ATP (energy currency of the body, choline, iodine, collagen

Medication: Oxytocin

Systems: immune – influenza in particular, joint and movement flexibility, Collagen.

## **March 24-30**

Muscles: wrist, eye muscles

Nutrients/biochemistry: brain plaque - serum amyloid, B12 bromelain, glucose, hydrogen.

Systems: mitochondria - originating genetic material

## **March 31 - April 6**

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. Glycine may help with muscle signaling. This may be important for anyone with any kind of muscle stress: Parkinson's, ALS, 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 for the remainder of April.

Nutrients and biochemicals in stress: 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.

Congratulations to the winners of our Perfect Mate Software drawing from last month's column. [Sherry H, Krista C, Dyana R] Thanks to all of the persons who showed interest in our BioAcoustic software.

There are instructional videos on Vimeo.com under [Sharry Edwards](#).

Additional free software, Nutrition and Muscles are available at [SoundHealthPortal.com](#) when you attend our Guest/Apprentice course.

We have lots of Tutorials to help you learn BioAcoustic vocal analysis on your own. Catalog short link - <http://tinyurl.com/4cyh89ce>

# April 2024



Aries

**Frequencies bombard our planet constantly and influence the activities happening on it.**

Remember that people who are very sensitive may begin to experience these influences a few days earlier than others.

## March 31 - April 6

Universal sounds are quickly moving into frequencies of gliadin and gluten; two heavy-handed grains related to allergens; these reactions are made worse by serine (amino acid) unbalance which comes into play this week. Antibodies are activated along with genes and proteins that deal with the management of grains in the body. Remember **BROWSE – Barley – Rye – Oats – Wheat - Spelt – Eliminate**. Digestive enzymes might be helpful.

The frequencies associated with the last week of March/first week of April open a chance for celiac reactions. For some people, grains can cause a Leaky gut, which can morph into a myriad of immune issues.

Just the beginning of blood sugar issues will rise on Tuesday but won't be severe. Those with glucose issues may need to closely monitor insulin and food intake.

**Muscles in stress** – tiny muscles that hold the vertebrae together – the multifidi - will be active for the next ten days or so. Abdominal muscles, the Rectus superior of the eye also are in stress for the next few days. If you feel your eyeball moving when you look upward, this may be the issue.

Streptococcus pathogens are active now – a bit of a sore throat or ear irritation may be about. Gargling with some good saltwater or Tea Tree oil mouthwash will usually take care of this strain.

B2 – riboflavin is under stress for the next six days – soy is high in B2 but I'm reluctant to suggest it because of all of the side effects soy can bring upon the hormonal system. Greens, yogurt, mushrooms, eggs, asparagus, turkey, and almonds are among the highest in B2. When you have lots of it, the urine turns bright yellow – Even its name “flavin” in Latin means yellow. B2 is important to help metabolize iron and create energy for the body. It also plays an important part in replenishing your DNA.

If your energy is down, norepinephrine may be the cause. If you have our Methylation Mapping software, it may be a good time to check your dopamine and serotonin levels.

These are the beginning signals for allergy season. SoundHealthPortal.com – Campaigns – Methylation.

## April – Week One

Influences that may impact your physical and emotional well-being:

You may notice a lag in muscle responses as the Dystonia gene becomes active. Glycine may help with muscle signaling. This may be important for anyone with any kind of muscle stress: Parkinson's, ALS, 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 for the remainder of April.

**Nutrients and biochemicals in stress:** 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.

## Week Two

Influences that may impact your physical and emotional well-being:

Detox nutrients and energy cycle nutrients are under stress this week. See Amy Yasko's work for more information on body detox. [DrAmyYasko.com](http://DrAmyYasko.com)



MOLD seems to be very active this week.

## Week Three

Influences that may impact your physical and emotional well-being:

The body's ability to detox is important to keeping cancer cells from overrunning the system. BioAcoustic Biology has found three issues consistent with cancer: frequencies associated with Vit A, Catalase, and Calcitonin which are all active this week.

Basic Mitochondrial and neurotransmitters associated with inflammation are stressed this week. [To evaluate your voice for inflammation markers, go to [SoundHealthPortal.com](http://SoundHealthPortal.com) – CAMPAIGNS – open to the public]

Muscles stressed this week: fingers, hands, and tongue.

Shingles may awaken this week. “Campho Phenique” ointment may be helpful. Editor's note: Also extra zinc, a sauna, and sunshine D.

Nutrients and biochemicals in stress this week: aspartic acid, mitochondrial, adenosine, thyroid enzymes, beta carotene, estrogen, homocysteine, and potassium.

HLA dq2, the Celiac Gene becomes active this month.

Medications: AZT, Ritalin, Adderall – watch for reaction changes.

## Week Four

Influences that may impact your physical and emotional well-being:

Lower back stress comes into action this week. There are some wonderful exercises online for low back issues.

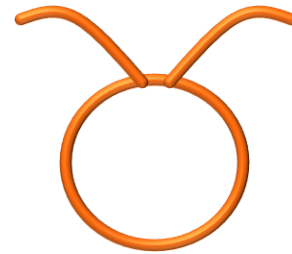
Nutrients: PABA, Glucosidase, calcium cell salts, and the use of sulfur.

Medications: Allopurinol (GOUT).

Muscles: sternocleidomastoid (neck, shoulder) Iliacus (lower back), rectus muscles of the eye, tendon under the arch of the foot, Scalenus (Neck).

Toxins: Cesium 137 (radiation) and ammonia.

# May 2024



Taurus

## Frequencies Associated with April 28 – May 4

### 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 (helps 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 muscles 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.

## **May 5-11**

The management of calcium comes into stress on Monday. 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 at the end of the week 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 12-18**

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 GAIN 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 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, as a calcium regulator of the parathyroid gland comes into play at mid-week though to the weekend.

## May 19-25

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
Copyright, SoundHealth and Sharry Edwards, 2011 - all rights reserved			
SoundHealthOptions.com			

Quote from Dr. Diane Harper, lead researcher concerning Gardasil says that 70% of all HPV infections resolve within 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 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 Guillian 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.”

Since research does not support this campaign of Gardasil vaccinations, what else could be the motive to require such threatening measures? The Gardasil movement in Texas brought some of the underlying motivation to the surface. Former Texas Governor, Rick Perry, mandated Gardasil for the State of Texas, but public outcry shut down the program. Later it was discovered that Perry and his campaign received over \$300,000 from the pharmaceutical companies that were in support of mandated, massive Gardasil crusades but there seems to be an even more sinister reason.

Frequency medicine is making a comeback as part of our conventional medical protocols. Gardasil components like any other medication are based on the influence of the compounds it contains. An evaluation of Gardasil components revealed that frequency biomarkers contained within the four available vaccines may have been produced to influence fertility and reproduction.

## **May 26 – June 1**

Strongly manifesting for the next few days: Frequencies associated with Chronic Lymphocytic Leukemia (CLL) – cancer of the blood’s 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 fingers which provides flexibility to the hands and fingers are moving out of range allowing arthritic-like symptoms to let up a bit.

Activated Nutrients: Zeaxanthin – an important bioflavonoid 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 be a bit slower to focus – lots of allergies may be contributing to this factor.

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 human 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. This could cause issues with reproduction.

# June 2024



Gemini

*We on this planet are influenced by frequencies coming at us from our solar system. The listing below is our attempt to forewarn the public of what influences will be active for the next month.*

## First Few Days of June

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 include fog, 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.

## Week Two

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 the neck.

Starches and carbohydrates may be more difficult to digest because Amylase (the enzyme that helps break down starch and carbs) is in stress for the next several days. Your ability to deal with Amylase stress may depend on your brain dominance – right brainers show the most difficulty.

A gene responsible for using sulfur at a cellular level (SUOX) comes up the end of the week. Sulfur protects the body against invading pathogens and is incredibly important as a constituent of connective tissue and the immune system.

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. Fosinopril, a medication for hypertension, is also active this week. Watch reactions of over- or underdosing.

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. Choline is also an excellent methylator of estrogen, getting rid of excess estrogen we accumulate from our diet and lifestyle is important, especially for older men. Prostate issues were prominent last month with high estrogen being the cause.

## Week Three

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. You may feel that 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.

## Week Four

Guanine is a nucleobase found in 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, buttocks

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). It attacks the heart sac and can sometimes cause extra tooth plaque.

Cocaine and Scopolamine (mind-altering chemicals) are both active until the end of the month.

## Last Few Days of June

Adrenals are due for stress these last few days especially if you have a sensitivity to gluten.

Dopamine, a feel-good biochemical, is stressed into the beginning of July.

Medicine in stress for this time: Prozac, an antidepressant. 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.

For frequencies associated with spike proteins, cellular inflammation or stem cells go to

<https://soundhealoptions.com/corona-corner-2/>

# July 2024



Cancer

## Week One

Blood and circulation issues dominate this week.

Nutrients in stress: niacin – de-clumps “sticky” blood and supports circulation and DNA genetics. Iron continues to be an issue. Vitamin C continues to flare as allergy season fires up.

You may react more emotionally as dopamine, the feel-good biochemical, comes into play. Depending on your brain dominance, your relationships may be more or less satisfying.

Nerve damage may be more noticeable.

Medication in stress: Warfarin – a blood thinner.

Upper back muscles will feel stressed. Pathogen active currently: *Streptococcus pyogenes* is a ubiquitous bacterium responsible for hundreds of millions of illnesses, from tooth decay to meningitis, throughout the world each year, some of which are fatal.

Back strain with adrenal tension, are obvious over the 4th.

## Week Two

Insulin resistance is high this week likely because of fatty liver issues. It will be harder to lose weight as insulin resistance helps to maintain fat storage. Carbohydrate 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 active this week.

Strep still lurks. Platelets are vulnerable, and B3 (niacin) may help break up sticky blood.

Medication this week deals with high blood pressure. I've tried Nitric Oxide tablets (from Amazon NO40) - They work for me.

Marijuana is still active along with inflammation markers and fatty liver indicators. Calcium and cancer markers rise this week (calcium, calcitonin, and the Burzynski frequencies plus 5 HETE – all CANCER-RELATED.)

Nerve sheathing activates this week – You might want to check out Benfotiamine (said to be great for restless legs due to nerve damage).

Adiponectin rears its ugly head this week – from Wikipedia –

“Adiponectin is a [protein hormone](#) and [adipokine](#) involved in regulating [glucose](#) levels and [fatty acid](#) breakdown.”

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.

## Week Three

The keynote for this week includes 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 difficult.

Many forms of rhinovirus are still lurking. Muscles: Tibs and diaphragm frequencies may be more vulnerable.

## Week Four

This week is further involved with the amino acid carnitine. People who cannot gain weight are high in it. It can be found primarily in meats. Vitamins B1, B6, C, iron, methionine, and lysine must be available in the body to support synthesizing carnitine.

The end of this week is ruled by the lower back, encompassing the sexual “thrust” muscles for men. These are the muscles that cause stress in a golf swing.

The pathogen active for the next few days is *Helicobacter pylori*, and is responsible for stomach lining irritation.

Muscles under stress currently: mostly neck muscles. It is likely not your pillow, it is just that time of year.

A protein that helps the body use leptin (that dreaded fat storage hormone) is high for the next few days. It might not be a good time to start that diet you have been putting off.

We have often said that BioAcoustically Speaking almost everything is something else. By that, we mean that one frequency can represent many things.

This week's Keynote is a great example of this. The frequency of Marijuana, a medicinal herb, is the same as a natural hormone, Progesterone, which varies significantly with the human reproduction cycle. This may be why some false positives show up during drug testing. Progesterone is found in both males and females. Low Progesterone has the same symptoms as coming down from a marijuana high; you experience the munchies.

Progesterone is necessary to produce sex hormones, maintain pregnancy, support brain function, and regulate libido.

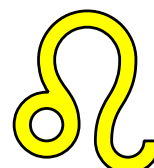
The tenets of BioAcoustic Biology have stated for nearly two decades that frequency relationships can explain the connections between many diseases. For example, BioAcoustics can now show the root cause of the connection between heart disease and cranky knees – the frequency of the heart muscle and knee muscles are the same – so when knees get weak, it is likely that the heart muscle is also stressed. Conventional science may know these relationships exist but cannot explain why.

Sensitive persons may experience reactions a few days before the actual activation date.

With an understanding of frequency antidotes – not much can be thrown at us that we cannot counter. The concepts of Math as Medicine may help scientists leap forward toward understanding how disease can be predicted and treated.

Please consider attending our online tutorials and classes to protect yourself and your loved ones – <https://www.bioacousticsolutions.net/portal-class-info>

# August 2024



Leo

BioAcoustic Frequency-based Correlates for August 2024 – Many of these correlates are associated with reported Covid 19 issues.

Frequencies bombard the earth in a yearly cycle. Here, we attempt to report active frequency correlates for each week. Sensitive people will begin to notice the effects 8-10 days earlier than others.

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 Covid fatigue.

## July 28 – August 3

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.

## August 4-10

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.

## August 11-17

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.

## August 18-24

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 more noticeable - restless leg symptoms for example may be more bothersome.

Spine issues dealing with the neck: C-2, Thoracic – spleen, pancreas, gallbladder (T-7) and prostate, legs, (S-2) - lower spine. MSG as a toxin may cause increased brain fog this week.

## August 25-31

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 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 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.

# September 2024



Virgo

## 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 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 Vertebrae and extends to the Cervical 6th Vertebrae, 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 your 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: Get Body Smart - "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 tendon, 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 particularly in the nerves and muscles of the body, helping the body to address such things as nervousness, so-called "nervous heart trouble," melancholy, and sleep discomfort, as well as learning disorders. [Source: Schuessler Cell Salts “No. 5. \(6\) Potassium phosphate - Kali Phos”](#)

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

- Congestive heart failure;
- Chest pain;
- High blood pressure;
- Coronary artery disease;
- Intermittent claudication (leg pain due to blocked arteries);

- improving wound healing;
- Shortening recovery time after surgery;
- In the elderly, decreased mental capacity (i.e., senile dementia);
- Erectile Dysfunction; and Male Infertility

## Week 2

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

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

Oxytocin, the human bonding biochemical becomes active this week.

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

**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 until the last week in September.

## 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 – CLASS 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 Protein 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 is activated on Wednesday [Riboflavin is a B vitamin. It 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 herb, 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 continue 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. Campho Phenique salve or liquid (local Walmart) may also help.

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 MSG. 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.

# October 2024



Libra

Every moment frequencies are hurling toward the earth that influence our emotions and physiology. These monthly Keynotes are meant to forewarn you of things to come.

Generally for the month of October: the lower back, hip muscles, eye proteins and blood pressure issues are all active throughout the month.

**Week One:** Proteins that keep the eye lens clean is active this week. Troponin, an enzyme used to monitor heart trauma, is active now.

Hip muscles and lower abdominal muscles, which help support the back, are active and may cause back strain and pain.

Eye issues concerning opsin and the cornea are both in stress this week. Lipid (fat) overload and likely fatty liver issues may become obvious as digestive or hormonal upsets may cause discomfort.

Finger and joint connections may become cranky. Turmeric may help some of the inflammatory responses you are having. Blood sugar may be harder to control this week.

**Week Two:** The hip muscles continue to cause discomfort. B1 may help.

Blood flow may be an issue this week. The stress chemical, cortisol, may cause mood swings. Iron stress by mid-week may cause more fatigue than usual.

Lipase (helps digest carbs) will be in stress for the next 10 days or so. Blood sugar continues to be an issue. This week calls for quality sleep so your body can detox more efficiently.

**Week Three:** Muscle stress from lack of progesterone may cause more muscle and joint exhaustion. Eye stress continues. Sometimes eye stress can be ameliorated by using colored glasses. Amazon has colored sets of lens or if you have a local store that handles such items, go try on different colors. The appropriate color will allow you to walk a straighter line down an aisle.

Low Glycine - supports muscles among other duties, may cause your legs to feel sluggish. You can test your muscles and nutrients using SoundHealthPortal.com. It provides muscle and nutrient software even at the Guest level subscriptions.

**Week Four:** Lower back stress comes strongly into play this week. There are several low back stretches on the internet that you can try before getting out of bed. Selenium (Brazil nuts – supports vascular issues) come into play this week along with Bile salts that help digest fats.

Eye strain continues. Candida and chlamydia frequencies are coming into play at the end of the week.

Wikipedia: Chlamydia pneumoniae is a bacterial pathogen that causes respiratory tract infections in humans. It is transmitted through respiratory droplets and can lead to symptoms such as cough, fever, and chest pain. It is a common cause of community-acquired pneumonia and can also be associated with bronchitis and sinusitis. Early diagnosis and treatment with antibiotics are important to prevent complications and further spread of the infection.

**Week Five:** Back stress continues along the spine. Choline and hemoglobin frequencies may cause mental confusion and fatigue.

For those with dairy issues, this may be a trying week, including for those who suffer mucous-causing sensitivities. Watch out for sinus and swallowing issues.

Insulin metabolism and cardiac muscles are stressed this week and into the beginning of next month.