

MATH AS A CHANGE AGENT

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Key Note – December, 2023

Color = Blue; represented by the note of G#
Astrology association, Sagittarius

*Buckminster Fuller declared that
“In order to change something,
don’t struggle to change the existing model.
Create a new model and make the old one obsolete.”
And so it is with BioAcoustic Biology.*

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

BioAcoustically Speaking

SoundHealthOptions.com

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



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.

Stressed frequencies for December: It is a puzzle that a hormone from the pituitary comes into play.

Lipotropin helps control appetite and is related to growth hormones as well as being the frequency of an obesity gene. Sometimes I wonder which came first – the holidays or the universal frequencies that seem to regulate the activities that come with holidays. From the research that we do here with frequencies and math – I'm convinced that God is/was a mathematician.

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

Muscles in stress for December: Adductor magnus – hip joints and butt muscles just moving out of stress with the infraspinatus and

big toes coming into activation the first of December.

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

Methionine is optimally active this month. It is an incredible amino acid that helps the body detox along with aspartic acid. Methionine helps the body build other amino acids such as cysteine (for digestion and as a precursor of Glutathione – a strong antioxidant), carnitine (for healthy heart and fatty acid metabolism), taurine (for healthy eyes, calcium signaling, for healthy muscles) and strength plus formation of nutrients needed to utilize fats and other essential components of metabolism such as such as lecithin (for healthy skin, cholesterol metabolism and for support of brain function), phosphatidylcholine (for metabolic transport and signaling) and phospholipids (a major component of all cells). Improper utilization of Methionine can lead to atherosclerosis and premature graying of hair – which is caused by a build-up of hydrogen peroxide in the hair follicles. Methionine requires B12 as a cofactor and is often low in vegetarians. Together with cysteine, methionine is involved with the metabolism of Lipotropin mentioned above.

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

We are moving away from biochemical issues (such as methionine from earlier) to issues more related to the structure of the body. The Vocal Cords, voice box and throat are on the top of the list of stressed muscles during the first week of December. Many are noticing a scratchy, short-term sore throat. It is being reported that a simple salt gargle is taking care of the irritation.

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

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

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

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

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

Resolving the pandemic's FATIGUE epidemic
Requested archive presentation below

BioAcoustically Speaking, iron has a critical relationship to pandemic-caused FATIGUE all through the month of Dec.

Background:

For nearly forty years The Institute of BioAcoustic Biology & Sound Health, located in Ohio, USA, has been evaluating the concepts of Math as Medicine. Since the early 2000s they have decoded seasonal flus into mathematical formulations designed to assist the body's defensive response to seasonal pathogens. Close to 2000 vocal prints have been accumulated: with 524 listing FATIGUE as a contributing factor to their malaise.

In August 2019, *Nexus Magazine* published an article by Robert O'Leary, JD, showing that 5G interfered with the body's ability to process iron. Articles showing dead birds surrounding 5G towers have been published. Birds' beaks contain specialized iron molecules that allow them to navigate the earth's magnetic patterns. Could the same influence be afflicting humans? Articles are readily available showing the relationship between long-term Covid and FATIGUE. BioAcoustic Biology has decoded the relationship between proteins related to Covid and iron regulatory proteins and is attempting to make that information available to the public in the hope of a more energetic tomorrow. Additional Iron containing foods and iron deficiencies info can be found at: <https://veryhealthy.life/19-foods-high-iron/?msclkid=13fbf061fcd614e5bff99319d4b2f2c0>

Conclusion:

Whether it be 5G or pandemic residue, BioAcoustically Speaking, both situations have been found to be closely involved with the use of iron within the body. Not just the presence of iron but with its use via iron regulatory proteins. Research completed in December 2019 confirmed that they have a direct mathematical relationship with the gene and proteins associated with the threatened pandemic.

A plethora of credible press articles list FATIGUE as the #1 complaint of people who have had Covid or the touted inoculations. Hemoglobin is a regulator of iron metabolism and iron is a major constituent of hemoglobin, the primary oxygen transport protein in red blood cells. Hemoglobin in blood carries oxygen from the respiratory organs to the rest of the body's tissues. There it releases the oxygen to permit aerobic respiration to provide energy to power functions of an organism in the process called

metabolism. Without the necessary presence and appropriate metabolism of iron, FATIGUE is the major result, with a myriad of accompanying complaints, from brittle fingernails, through glucose and thyroid metabolism and life-threatening leukemia.

The most commonly known, and studied biological iron molecules are the [heme proteins](#): examples are [hemoglobin](#), [myoglobin](#), and [cytochrome P450](#). Many metabolic supporting enzymes contain iron such as catalase and lipoxygenase. The cytochrome proteins also involve heme groups and are involved in the metabolic oxidation of glucose (cellular fuel).

Mathematically speaking, the conversion, regulation, and transport of iron utilization, is controlled through the action of Aconitase – a principal iron regulatory protein. Other biomarkers include ferritin, frataxin, transferrin, hepcidin and particularly Ferrochelatase which is a preparatory protein that is an important step for iron use by the body (This is particularly troublesome for Parkinson's sufferers.)

Iron is necessary for optimal function of many primary body systems. It is also a potential toxin. It plays a vital role as part of blood and is involved in electron transfer. Literally iron is an intrinsic part of the life blood of our existence. The inappropriate use of iron by the body is directly related to FATIGUE.

Although not the presence of iron, that can be laboratory tested, but the metabolism of iron by the body comes into question when voice spectral analyses of volunteers, reportedly suffering from long-term FATIGUE, showed a pattern of disturbed iron metabolism.

Frequencies bombard our planet and influence the movement of water on it. Could the same be said for earth's inhabitants since we are reportedly 90% water? During the latter part of

December and the early part of January, many BioAcoustic frequencies, believed to have an influence on earth's residents, are associated with iron metabolism. It is, therefore, reasonable to project an increase in the complaints and incidences of FATIGUE.

If knowledge of which aspects of disturbed iron metabolism could be identified for every individual, steps could be taken to eliminate the FATIGUE. Again, the availability of an internet WorkStation for such testing has been set up

for public use and can be reached via SoundHealthPortal.com – SERVICES – Campaigns – fatigue or iron.

If a person's iron metabolism could be evaluated and those results used to reestablish optional iron metabolism, FATIGUE would likely cease to be such a prevalent issue. Among the vocal graphs that were volunteered by FATIGUE-plagued covid sufferers, at least eight iron-related issues were of concern.

SOUND HEALTH KEYNOTES FOR DECEMBER 2023

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 Jan – 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.

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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.**

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**BioAcoustic Keynotes are brought to you by the Institute of BioAcoustic
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Go to – [SoundHealthPortal.com](https://www.SoundHealthPortal.com)
to have your vocal print analyzed.

Download the software, practice with it, and use the tutorials.

If people would like a live online class,
please contact Sharry at SharryOnAir@gmail.com.

**[Sharry Edwards, M.Ed.](#) is the acknowledged pioneer of BioAcoustic Vocal
profiling**