

# SOUND HEALTH KEYNOTES FOR DECEMBER 2020

## BioAcoustically Speaking, Almost Everything is Something Else

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November 29 - December 5, 2020

Color = entering into Blue as we move into December. G# is the musical note associated with the frequencies active now, under the influence of Sagittarius, astrologically.

Lower bowel and digestion upsets are on the rise around the world. Dec 9th brings the end to the frequency of a virulent strain of E. coli, which is responsible for bowel inflammation and infection. Choline and chromium come into activity on Tuesday. They are nature's warriors against infection and inflammation.

Niacin metabolism which influences digestion, blood flow, energy production and the dissolution of lipids (fats) comes into play at the end of next week.

Muscles in stress today and next week: Latissimus dorsi (under the arm down the side of the body) - cramping and/or weakness may occur. Any/all of the nutrients listed above may be helpful by Wednesday and into Thursday when the lateral muscles of the thigh become

involved. The lens of the eye will be in stress next week, so focus may take a bit longer especially in low light.

In my opinion, the healing protocols of the future need to be Quantum in perspective (encompassing all), combined with ancient knowledge, modern technology, and TRUTH. Consider the idea of Key Notes (based on interstellar frequencies like those that control our ocean tides) combined with ancient astrological math correlations - they both confirm each other. The TRUTH comes to the forefront when the frequencies of the voice can be used to confirm intention.

We used to be a self-actualizing country based on Maslow's hierarchy of needs — we were at the top of our evolution. Now we have been thrown down to the primary levels — the need for safety, housing, food, breathing... all in one generation. That is very uprooting/disheartening to the people. I see many people letting go of any HOPE for a better world but there is HOPE from the inside out. They can't take that away.

December 6-12, 2020

For many sensitive people, the frequencies of muscles seem to come apparent first; nearly a week prior to those not paying much attention to the body's subtle aches and pains. Active muscle frequencies for this week include the latissimus dorsi, bicep femoris, upper thighs - vastus lateralis and intermedius, stabilizing knee muscles, the occipitofrontalis (migraine related), and the eye's focus muscles.

Nutrients involved this week: Chromium, the use of vitamin B3 - niacin, lithium, calcium. Pathogen activity: Shingles and liver pathogens. I have found that Campho Phenique relieves the pain of Shingles. Liver herbs may be helpful.

Lead Toxicity is active and may cause:

<https://www.mayoclinic.org/diseases-conditions/lead-poisoning/symptomscauses/syc-20354717>

### **Requires a medical diagnosis**

Symptoms include developmental delays, abdominal pain, neurologic changes, and irritability. At very high levels, it can be fatal.

### **Can have no symptoms, but people may experience:**

Pain areas: in the abdomen or joints  
Gastrointestinal: constipation, nausea, or vomiting

Developmental: learning disability or slow growth  
Whole body: fatigue or loss of appetite

Behavioral: hyperactivity or irritability

Also common: baby colic, headache, insomnia, and memory loss

<https://www.google.com/search?q=renin+function&oq=renin&aqs=chrome.4.69i57j0i433l4j0i395l3.10751j1j4&sourceid=chrome&ie=UTF>

---- For those experiencing blood pressure issues, Renin is active this week: it converts angiotensinogen, which is produced in the liver, to the hormone angiotensin I. An enzyme known as

ACE or angiotensin-converting enzyme, found in the lungs, metabolizes angiotensin I into angiotensin II. Angiotensin II causes blood vessels to constrict and blood pressure to increase. B3 (see above) also helps support healthy blood pressure.

Histidine (immune-related) comes into play on Friday. For those of you who experience weather changing sinus stress, some extra Vitamin C may be helpful.

An enzyme related to wheat digestion has been active for about the last 10 days. There are several excellent enzymes on the market to support grain/carbohydrate digestion. Consider amylase a priority. The main function of amylases is to hydrolyze the glycosidic bonds in starch molecules, converting the complex carbohydrates to sugar.

December 13-19, 2020

Days of hope and renewal are upon us as we prepare for the new year.

### **God as a Mathematician**

It is appropriate that between the two biggest holidays Lipotropin 1 — 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 here – the holidays or the frequencies regulating holiday activities. From the research that we do here with frequencies and math, I'm convinced that God is/was a mathematician.

Muscles in stress: Adductor magnus - hip joints and butt muscles just moving out of stress with the infraspinatus and big toes coming into activation.

Methionine is optimally active today. 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 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.

### **December 20-26, 2020**

**Color = entering into Blue Violet as we move into the end of December. A is the musical note associated with the frequencies active now; under the influence of Capricorn, astrologically.**

For the astrology buffs, we move into the frequencies associated with Capricorn energy. They always want to evaluate everything so that it can be reconstructed to be more perfect. Sometimes, as a friend, you need to calm this energy down.

They don't mean to be rude, distracted or noncaring about your feelings; it just seems that way sometimes. Speak up, in a gentle way that you were hurt by their actions or words. They will stumble all over themselves trying to make it right because they didn't mean it in the first place.

Shoulder muscles are just coming around to be cooperative again only to move down to the knee. Swallowing might be a bit tight and who needs that at a holiday feast. Just take it easy and slow. Those energies will pass by the end of the week.

Cholesterol might be gaining on you a bit. We just did a wonderful 1-hour class on it.

Find it at [SoundHealthOptions.com](http://SoundHealthOptions.com) - under Happy Hour or Radio. Glucagon A is associated with cholesterol pathways and blood sugar issues.

Glutathione (an amino acid), dopamine and the iron molecule are activated during the next few days. If you want to avoid the digestive and energy stress, stay off manmade gain products, may help according to some nutritionists. The stiffness in your joints may be low. Betaine may help - check for it at your local health food store.

Question: What do you know about the frequency of 528 that everyone is raving about? Everyone is calling it the love frequency.

Answer: BioAcoustically speaking, 528 is associated with blood pressure medication, vasopressin and ocular muscles. Vasopressin disengages the bonding chemicals while serotonin increases the physical feels of love and affection. There is a serotonin connection if you know how to combine the frequencies just right.

### **December 27 - January 2, 2020**

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, and a feeling of weakness in the ankles is often present.



An irregular heart beat 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.

An energy 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.

It is a great time to be pregnant because folic acid - a major fetus supportive nutrient — is active until the end of next week.

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.