

WEIGHT MANAGEMENT BIOBUNDLES

Sharry Edwards, MEd

Keynote December 2024

Color association: Blue

Note association: G#

Astrology association: Sagittarius

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

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

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

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

Many people reported that they failed so often to lose weight they just wanted to give up. Over our years of research, Sound Health created a database bundle to identify individual weight

issues because most people did not even know where to start looking for answers. These evaluations are our holiday gift that everyone can use to help identify individual problems with Weight Management.

Below are categories that we found to be at issue.

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

Ingesting heat-producing foods: Extracts of Garcinia cambogia, a tropical fruit, are often used in weight loss supplements. Green tea, capsicum, chili peppers, and caffeine are a few foods that increase thermogenesis. Caffeine also increases adrenaline.

NOTE: MOH does not recommend caffeine as it is an unhealthy, addictive drug.

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

the frequency of dopamine, a biochemical associated with satiation.

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

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

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

3. NEUROTRANSMITTERS – Neurotransmitters, released from the brain, interact with other [neurotransmitter receptors](#).

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

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

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

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

Disorders, Hormones and Receptors, Leaky Gut, or Fatty Liver templates.

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

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

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

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

10. DIABETES - Taking insulin causes weight gain. Insulin is a hormone that regulates how the body absorbs sugar, also known as glucose. For many diabetics, stomach weight gain can be frustrating. Diabetics also complain of adipose tissue gain on the lower side of the upper arm. The frequency of this muscle corresponds to an obesity gene. Insulin allows sugar to enter your cells, which decreases sugar levels in your blood. But if you take in more

calories needed to keep a healthy weight, your cells will get more sugar than they need. This happens in people who do not have diabetes, too. How many calories you need depends on how active you are. Sugar that your cells cannot use becomes fat.

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

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

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

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

14. STRESS - [Research](#) shows chronic stress disrupts immune function and can lead to inflammation. It can increase the risk of stress-related diseases due to mild chronic inflammation. Stress may also contribute to weight gain, as the hormone cortisol is known to

do. Managing stress is crucial for overall health and inflammation reduction.

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

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

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

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

[A 2022 study](#) in Physiology Reports shows that higher levels of intramuscular fat elevate inflammatory cytokines, contributing to metabolic disorders. The journal Radiology revealed that fat accumulation in skeletal muscles can increase the risk of death as much as Type 2 diabetes and smoking. The research, which tracked nearly 9,000 healthy adults over nine years, found that higher intramuscular fat

significantly raises health risks. Exercise can dramatically slow the rate of muscle loss.

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

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

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

[ScientificAmerican.com](https://www.scientificamerican.com) reports that fat cells store stuff that the body cannot process. When

you lose fat cells, those substances are released into the metabolic system, dumping lipids and environmental pollutants into the bloodstream.

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

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

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

SOUND HEALTH KEYNOTES FOR DECEMBER 2024

Dec 1-7

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

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

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

Stressed frequencies for the rest of December: It is a puzzle that a hormone from the pituitary comes into play now. Lipotropin helps control appetite and is related to growth hormones as well as being the frequency of an obesity gene at the same time. Sometimes I wonder which came first – the holiday activities or the frequencies that move us to

celebrate. From the research that we do here at Sound Health with frequencies and math – I'm convinced that God is/was a mathematician.

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

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

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

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

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

Together with cysteine, methionine is involved with the metabolism of Lipotropin mentioned above.

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

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

Knee stabilizing muscles, the small muscles 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 this month, is the use of lipids.

References provided upon request.

BIOACOUSTIC SOLUTIONS

Breaking the Sound Barriers of Disease!

Can Your Voice Reveal the State of Your Health?

Evaluating your own voice takes on new meaning if you begin to consider the possibility that the sounds of your voice may be a holographic representation of all that you are. Imagine a future in which our individual vocal frequency is our identification; where the use of frequency based biomarkers contained within our voice can be used to keep us healthy and emotionally balanced.

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

Every Body has a Sound

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 in early 80's

Create a **BIOACOUSTIC CENTER** for
YOUR COMMUNITY

Exploring the Potential of Math as Medicine

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 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.

