

SOUND HEALTH KEYNOTES FOR NOVEMBER 2020

BioAcoustically Speaking, Almost Everything is Something Else

By Sharry Edwards, M.Ed.

November 1-7 2020

Color = Blue Green (Turquoise) as we move into winter in the Northern Hemisphere via the energy of Scorpio, which is represented astrologically by the note of G.

Environmental Influences of Health & Wellness

Genetic frequencies for Psoriasis (dry, red skin condition) are upon us and have been with us for many days now. If people wonder why they are having flare-ups, it may be the frequencies coming to Earth from our solar system. You could consider food sensitivities, but this time it is likely not your fault.

B12 co factors are associated with the skin and are also on the rise in the next few days, so you might want to ingest a few more B12 foods (fish, meat poultry, eggs, milk, milk products, cheese and some breakfast cereals are fortified artificially with B12). Yeast has been reported as a good vegetarian source of B12. You don't need much B12, but it is essential for energy, blood formation and cell division.

The virus for the Common Cold is sneaking up on us and in keeping with Mother Nature's

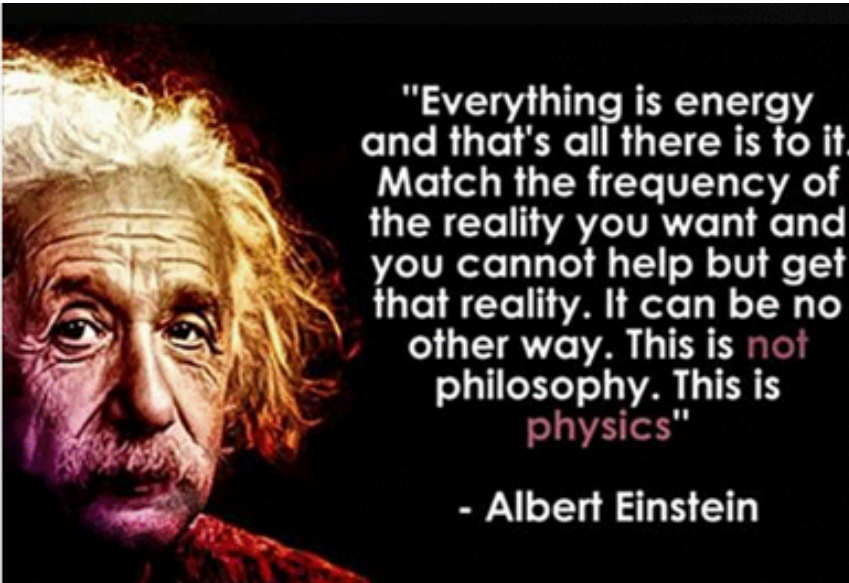
wisdom. Ascorbic acid (part of Vitamin C known to strengthen the immune system) is active as well.

For those suffering from muscle stiffness and strength issues, Dopa, the precursor for Dopamine, will come in play on Monday. Dopa is part of a cascade that produces the neurotransmitter of Dopamine, Serotonin and Norepinephrine; all of which are involved with appetite and weight control.

Muscles coming into stress include the Levator Scapulae (shoulder arm), the hamstrings (back of the thigh), the Quadratus Lumborum (lower back) and the Tensor Fasciae Latae (hip).

We are currently working to create a template for Hives. It is available for use on our Online WorkStation - www.SoundHealthPortal.com

For those who are experiencing continuing issues due to the California/Oregon fires, please use the Portal to BioAcoustically evaluate your sensitivity to the fire retardants and burning debris. We also have PTSD (Post Traumatic Stress Disorder), Gardasil and several other templates available on the Portal (under SERVICES).



"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is **not** philosophy. This is **physics**"

- Albert Einstein

November 8-14 2020

Color = Green Blue, represented by the note of G – advancing into the astrological sign of Scorpio

The energies of the knees are going to be knocking around for the next few days. On top of that precursors for inflammation are on the rise. So protect your knees from the inside, nutritionally; and structurally, take it easy on your knees if you run or exercise.

Acid foods contribute to inflammation; primarily foods like sugar, processed meats, grains and alcohol. So expect to be feeling a bit creaky if you insist on chowing down on these foods.

If you are prone to arthritis-like symptoms anyway, you might want to consider more fruits and veggies for the next few days. Some high quality coconut, avocado or fish oils may help a bit but be sure that you have enough carnitine to optimize their use.

Adrenal hormones are just beginning to move out of the way so you may continue to feel a bit run-down. Serum calcium is also stressed, so tempers may run short or depression may run high.

NOTE FROM SHARRY

Personal Note from Sharry: The survival traits of the animals on the planet – man included are highlighted by Greed and Power. In the animal world, the leader, the strongest, the wildest gets the healthiest mates, the best meals; the power positions. Are the human above these basic survival traits or does it seem that we have regressed to our animal ancestry?

Our need for money (which provides prestige and position) has transformed into a sophisticated economic system. Our need for power – (dictating who makes the rules we must live by) is now based on strength and position and has transmuted into a 2 sided, court system decreeing who can claim dominion. This in turn has and morphed into our political system with insignificant room for outsiders. Four percent of the US adult population claim attorney as a profession; yet 41% of US Congress members are lawyers. No wonder the system has moved toward only one right and one wrong side.

Personally I'm afraid of the many government agencies that claim the right to close my business, sabotage my health and personally jail me for slights only they perceive. From the ridiculous rises in medications, I see insidious attacks in our future because of the obvious conclusion that Big Pharma is in cahoots with wall street speculators who have begun to use the need for medications against us. A few years ago an unscrupulous financial speculator bought the rights to, Daraprim, a lifesaving medication and changed its price from \$13.50 per daily pill to \$750 per pill. Likely 99% of US citizens could not afford such gouging.

KEYNOTES

What a brilliant, yet Draconian, move by the combined armies of BigPharma, BigGovt, and BigMoney. Raise the prices so that a person must choose between a life of quality or a life of obedience; censoring our rights and privileges of being Citizens. We will be forced to "Die or comply!" The blight is upon us - Whoever Controls Health, Controls the Quality of Life – let it be the People! *Ref.*

November 15-21 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.

Mother Nature at Work

A triad of frequencies dance together to make up a common Fall combination: the frequencies for the common cold - Vitamin D and Ascorbic Acid - all come into play during the next few days to take their place in our immune challenges for the season.

As gray skies pervade some of our world, remember that those living in less sunlight need the extra immune boost. For our friends "down-under" who are beginning to enjoy more sunshine throughout the day, do you also experience "summer" colds?

If not, I don't know how the inter-stellar frequencies account for the influence of frequencies simultaneously all over the world.

Muscles in stress include the levator of the scapula and the tensor fasciae latae (a hip muscle that is not well known), which can cause considerable tightness/lack of mobility in the hip area. The frequencies associated with the tensor fasciae are here for a continued stay.

Here is a link that can provide more information about the tensor fasciae latae:

Stretches for the tensor fasciae



Blood pressure issues are just beginning to dissipate. I've included an article below in support of heart and blood pressure issues. You will likely be drawn to turquoise or red/orange depending on your brain dominance.

Q: Why do you include pictures of optical illusions with the KeyNotes at times?

A: *I think that many illusions permeate our thoughts about our health, including the falsehood that we should trust the medical community as a whole. There are thousands of wonderful, dedicated doctors trying to help but there are also many who want to take advantage of your pocket book. The illusions are just a reminder that what you see is not always the real picture. Question, Question, Question!*

Read this **Great Article** by **Dr. Stephanie Seneff**.

November 22-28 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.

The Tides of Health & Wellness

Wheat sensitivities, especially as they relate to digestion, loom large for the next few days with stress showing for liver related frequencies.

E. Coli could be part of this as extra stress in the bowel activates; possible inflammation.

Choline and chromium come into activity on Tuesday. These are two of Nature's warriors against inflammation (chromium) and infection (choline). Vitamin D remains active.

Niacin (B3) 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.

The frequencies for Shingles (nerve inflammation) come into play near the end of the week. Sound Health has frequency research relating to Shingles. Please get in touch if Shingles are disturbing your life.
(Editors Note: Zinc and sauna's also help)

Styrene is a present toxin. It can be synthesized from toluene, benzene, ethane and methanol. It is a hazardous chemical considered to be carcinogenic. Chronic exposure to styrene leads to fatigue, headaches, vertigo and memory deficits.

You can come into contact with Styrene through skin contact, ingestion and inhalation. Humans can come into contact most often through vinyl, latex, plastics, fiberglass, carpet backing, pipes and rubber.

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 of 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!

