

SOUND HEALTH KEYNOTES FOR SEPTEMBER 2020

BioAcoustically Speaking, Almost Everything is Something Else

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Sensitive people experience these frequency correlations a week or so prior to them arriving on our planet. It is good to have a prior idea that you may have a vulnerable part of your body from environmental frequencies rather than attempting to fix an issue that is likely out of your control.

September 6-12

Color = Yellow Green, represented by the note of F – advancing into the astrological sign of Virgo

Do your joints ache? It is likely some nasty prostaglandins that cause pain when the body is too acidic. Try laying off those acid-producing foods (flour, grains, sugar, beans, alcohol, shrimp) until the end of next week. You may think your gout is acting up but it is just those inflammation-causing foods.

Recommended book: Wheat Belly by William Davis – he explains the relationship between joint/muscle pain and the inflammatory response from foods.

Muscles in stress – the rectus abdominis frequencies are still active, along with the iliacus and muscles of the lower back.

DDT has been outlawed for many years but those of you over 50 years of age might feel some muddled thinking and dizziness. DDT is a pesticide that was commonly sprayed in the presence of humans- especially school

children. It lays down on the stomach muscle – rectus abdominis - since they are the same frequency and may be the cause of that round of fat on your midsection. There are plenty of good detox protocols out there – check the internet.

Put a watch on anything that flares your ulcer – those frequencies will be coming in by mid-week.

Several pain medication frequencies will be active in the next few days. Depending on your brain dominance, you may need more of less medication to remain pain free and stable. This is not medical advice, just letting you know to be vigilant about your reactions to pain meds.

Soy proteins (tofu, soymilk, veggie burgers, salad dressings, margarine-like spreads, dark sauces such as Tamari and Teriyaki) come into play on Tuesday. Soy allergy symptoms might include asthma-like breathing issues, tingling in your mouth, itchy skin, nausea, drop in blood pressure, loss of sensation of lips, diarrhea, fuzzy thinking. Many foods you would not **suspect contain soy; best to read the label.**

September 13-19

Color = Yellow Green, represented by the note of F – advancing into the astrological sign of Virgo

Energy and responsiveness seem like they are going to be on hold for the next few days.

The biochemical that helps us go to sleep, melatonin, is very open and as such you may be wishing for a few extra zzzzzz's.

Now ODD, the antidote to phenethylamine (the chemical found in chocolate that contributes to a receptive mood), is in the air until next Wednesday. This may cause your advances to fall on deaf ears. It is not you, it is just the antidote to the good stuff in chocolate.

Also in stress is **dopamine** – a neurotransmitter associated with feelings of love and devotion and appetite satiation. For the next few days, the body has slowed down in its use of dopamine, which also influences those who have muscle communication stress.

One frequency that is active behind the scenes is telomerase - the copper top battery-like biochemical that is at the end of each nerve; the body is regrouping and recruiting more nerve connection. When nerves want to reconnect using telomerase as a homing device, you will feel a little electric-like shock "zinger" that you will only notice for a few intense seconds. Not to worry, its only nerves reconnecting.

Contributing to the feelings of low/slow energy is a lack of B12 and iron energies. This should be back up and running by Friday. So go ahead and make those plans; you will have more energy by then.

Those medications continue to be in stress so

stay vigilant to your reactions.

So it seems that it is a time to stop and recoup because not much is going to be going on (from a sound perspective, anyways).

September 20-26

Color = moving out of Yellow Green into Green - going into Libra in astrology terms, ruled by the note of F#

Myosin, a family of proteins that helps the body rebuild (from hair follicles in the ear, kidney and nose to actual muscle integrity involvement), along with ATP, comes into play today. Myosin works closely with actin, which helps create microfilaments used to rebuild the body.

Cytochalasin B is a mold referred to as a mycotoxin that strongly inhibits actin and glucose transport and supports platelet aggregation. Cytochalasin is involved in food spoilage and is involved in fungal virulence.

Papain is an enzyme from papaya. Papain helps break down tough meat fibers. As a powder it is sold as a meat tenderizer. As a paste it can be used for bee stings since bee venom is made of protein. Papain is an ingredient in some toothpastes, mints and tooth whiteners. **WOW - Papain has been to interfere with urine drug tests for cannabinoids.**

Bromelain is an enzyme from fresh pineapple. It may slow blood clotting and is used as a tenderizer. As a protein digesting enzyme, it may be a potent anti-inflammatory and may prevent pulmonary edema (water in the lungs) The list of uses for bromelain is broad: from relaxing muscles, stimulating muscle contractions, slowing clotting, improving the absorption of antibiotics, preventing cancer, shortening labor, and helping the body get rid of excess fat. I have a question - Why are we

KEYNOTES

and helping the body get rid of excess fat.

I have a question - **Why are we warned to not use pineapple with meat together in a meal?**

Two muscles of the lower back and hips come into stress over the next few days:

the quadratus lumborum (lower spine, diagonal to hip crest) and psoas (which helps stabilize the hips).

Toxin in stress - Mercury that is in your mouth and in the vaccinations that are given to your child are active until Wednesday. It is injected into our children but it must be handled as a toxin by your dentist when removing any mercury from your teeth.

Vitamin in stress - Vitamin K4 from green leafy vegetables is active and is involved with blood clotting proteins.

Bacteria in stress - Staphylococcus aureus, a bacteria, is commonly found in the human respiratory tract especially after a hospital stay. It is responsible for skin infections, food poisoning, pneumonia, meningitis, osteomyelitis, endocarditis, toxic shock syndrome and serious skin issues such as – impetigo, boils, cellulitis, MRSA, and wound and respiratory infections.

Each year 500,000 people contract a staphylococcal infection in American hospitals. Chlamydia pneumonia is a bacterium that infects humans and is a major cause of pneumonia and sinusitis. Staphylococcus is known to inactivate antibodies.

September 27 - October 3

Color = moving out of Yellow Green into Green - going into Libra in astrology terms, ruled by the note of F#

Milk protein is the most prominent frequency activated today. 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, a tropical 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 multifidus muscle, along with the iliocostalis lumborum, continues to stress the back in general and specifically the lower back.

For those whose pH (acid/alkaline) balance is off, it might make you susceptible to scabies.

[The most common symptoms of scabies (itching and a skin rash) are caused by sensitization (a type of "allergic" reaction) to the proteins and feces of the parasite. Severe itching (pruritus), especially at night, is the earliest and most common symptom of scabies.

A pimple-like (papular) itchy (pruritic) "scabies rash" is also common. Itching and rash may affect much of the body.]

