

# Getting Healthy to Stay Healthy

## KEY NOTE for May 3rd-9th, 2020 But What About Calcium?

**Color = red orange; represented by the note of  
C# – and the astrological sign of Taurus**

Fatty acids, particularly linoleic acid, are essential to utilizing the amino acid, carnitine. Carnitine, in turn, is essential for the body to manage weight issues. BioAcoustically speaking, people who could not utilize carnitine or those with high carnitine, found it hard to maintain weight.

In addition to the frequency-based issue with linoleic acid, the gene responsible for adrenal based obesity is active for the next week or so. You may find difficulty in losing weight- especially with the troublesome water weight. You may feel sluggish and swollen.

Muscles in stress are all digit related; fingers and toes may be taking the brunt of this temporary water weight gain. Muscles related to eye focus are also in stress. You may find it more difficult to focus and keep your focus without some blurring.

The management of calcium comes into stress on Monday. Cortisol disturbs calcium utilization. Those with cortisol issues may find it especially troublesome with possible calcium related issues; muscles cramps, sleep disturbances, nerves on edge. Calcium is instrumental in protecting the body against cancer.

Calcitonin, a calcium regulating biochemical comes into play mid-week. Remember that calcitonin is a major player in the control of cancer food, 5-HETE. Thyrocalcitonin, aka, calcitonin, is a calcium regulator of the parathyroid gland that comes into play at mid-week though the weekend.

Tooth plaque continues to be an issue as nanobacteria is still active. The literature reports that tooth plaque may be an indicator of heart sac disruption. If you are having trouble walking upstairs or exerting stress that you didn't notice before, this may be an issue. Nanobacteria is a disturbance of calcium metabolism.

Mother Nature indicates that spring is the time for renewal and growth. The same is true for humans as reproduction hormones peak this week in an attempt prepare the body for new life.

Brain derived neurotropic factor stirs at the end of the week making this a time for renewal of cells and nerves of the body and brain. This is a good time for some brain games to take advantage of creating new pathways.

## KEY NOTE for May 10th-16th, 2020 Assault on many Fronts!

**Color = red orange moving into orange; represented by the note of C# – and the astrological sign of Taurus, the stubborn**

Medication frequencies being activated = Valium/Diazepam – medications used to treat anxiety; alcohol withdrawal, muscle spasms, panic attacks are activated. Watch for side effects. Morphine, a powerful pain killer, is also stimulated until mid-week.

Strongly manifesting for the next few days: Frequencies associated with Chronic Lymphocytic Leukemia (CLL) – cancer of the blood's white cells, which are responsible for fighting infection by producing antibodies to protect the body. CLL creates a compromised immune system in which the body is weakened to the point that it cannot fight stress, pathogen invasion and disease.

The management of calcium continues to be in stress. Cortisol disturbs calcium utilization. Those with cortisol issues may find it especially troublesome with possible calcium related issues; muscles cramps, sleep disturbances, nerves on edge. Calcium is instrumental in protecting the body against cancer.

Brain derived neurotropic factor stirs at the end of the week making this a time for renewal of cells and nerves of the body and brain. This is a good time for some brain games to take advantage of creating new pathways.

Muscles in stress this week are still the little finger and toe digits, which may be taking the brunt of this temporary water weight gain. Maybe some potassium food would help with water diffusion.

Mother Nature indicates that spring is the time for renewal and growth. The same is true for humans as reproduction hormones

peak this week in an attempt prepare the body for new life.

Several forms of papilloma virus (HPV) – which causes common warts on hands, feet and mucous membranes of the oral, anal and genital cavities - are in stress over the next few weeks.

BioAcoustic research shows that the frequencies related to HPV may also interfere with fertility reproduction.

HPV (Gardasil/Cervarix) immunizations were developed allegedly to prevent HPV outbreaks. BioAcoustically speaking, the chart shown here indicates that the frequencies of Gardasil and Cervarix correlate with issues of fertility and conception. This would potentially cause issues with reproduction.

Check out our online WorkStation: [SoundHealthPortal.com](http://SoundHealthPortal.com)  
Find out what your voice reveals about this Corona Virus.

## KEY NOTE for May 17th-23rd, 2020

### Gardasil, an Infertility Drug?

**Color = we are moving into full orange on the 22nd from the Taurus note of C# into D; – astrologically, we ooze into Gemini this week – a time of choice and renewal**

Activated Nutrients: Zeaxanthin – an important bioflavonoid that helps rid the body of free radicals. The vitamin most influenced is Lutein – A form of Vitamin A for eyes. If this is an issue for you, you may find your eyes to be a bit slower to focus – lots of allergies may be contributing to this factor for people.

Stearic acid is a biochemical found in cosmetics. The body uses stearic acid to insulate nerves; it is also associated with cholesterol management and age spots.

The toxin active now is Hexachlorobenzene. It was used on marijuana as a pesticide until they found out that the residue causes mummified hands—then whole body atrophy.

Morphine –A medication - we don't often report on meds but this may be an important one - it is often left over from surgeries so you may feel a bit groggy or out of it for a bit as it activates and tries to move out of the body.

Medication frequencies of Valium/Diazepam are being activated at the end of the week. Both of these are used as medications to treat anxiety, alcohol withdrawal, muscle spasms, panic attacks are activated. Watch for side effects. Morphine is also stimulated until mid-week.

Several forms of papilloma virus (HPV)— are still in stress over the next few weeks. HPV (Gardasil/Cervarix) immunizations were developed allegedly to prevent HPV outbreaks.

BioAcoustically speaking, the chart below shows that the frequencies of Gardasil and Cervarix correlate with issues of fertility and conception. Our clinic has seen Gardasil frequencies be the root cause of infertility issues.

Gardasil is a series of injections provided, mainly to youngsters, as prevention to cancer and cervical warts contracted through sexual interactions. California has passed a law allowing girls as young as 12 to submit to a three-part series of separate injections without parental permission even though serious adverse effects (including deaths) have been reported in large numbers; consequences that would fall on the shoulders of uninformed parents.

Four strains of HPV (Human papilloma virus), contained in the CDC recommended Gardasil vaccination database, are being pushed on the American population; HPV 1, 11(x2), 16

and 18. Are these vaccines safe or do they pose a greater threat that has yet been exposed?

A quote from Dr. Diane Harper, lead researcher concerning Gardasil, says that 70% of all HPV infections resolve themselves with a year, and within two years that percentage climbs to 90%. Dr. Harper also states that Gardasil would do little to prevent cancer and she does not recommend Gardasil or Cervarix (a similar vaccine) to anyone younger than 15.

Additional statement by Harper in 2013 states that parents should be warned of the harmful effects of the Gardasil vaccinations. She quotes so far that:

"15,037 girls have reported adverse side effects from Gardasil alone to the Vaccine Adverse Event Reporting System (V.A.E.R.S.), and this number only reflects parents who underwent the hurdles required for reporting adverse reactions. At the time of writing, 44 girls are officially known to have died from these vaccines.

"The reported side effects include Guillian Barré Syndrome (paralysis lasting for years, or permanently — sometimes eventually causing suffocation), lupus, seizures, blood clots, and brain inflammation. Parents are usually not made aware of these risks."

Since research does not support this campaign of Gardasil vaccinations, what else could be the motive to require such threatening measures? The Gardasil movement in Texas brought some of the underlying motivation to the surface. Governor Perry mandated Gardasil for the state of Texas but public outcry shut down the program. Later it was discovered that Perry and his campaign received over \$300,000 from the pharmaceutical companies that were in support of mandated, massive Gardasil crusades but there seems to be an even more sinister reason.

Frequency medicine is making a comeback as part of our conventional medical protocols. Gardasil components like any other medication is based on the influence of our compounds it contains. An evaluation of Gardasil components revealed that frequency bio-markers contained within the four available vaccines may have been produced to influence fertility and reproduction.

## KEY NOTE for May 24th – May 30th, 2020 Feeding the Brain; Food for Thought

Color = orange; represented by the note of D – the astrological sign of Gemini – the universal time of choice and change

Feeding the brain and body is the frequency pattern for the next few days as we approach the beginning of summer for the northern hemisphere.

Other nutrients that are active:

AcetylCholine, a B vitamin family that is incredibly supportive of brain and nerve function, is coming into play. A-choline also supports eye function. Along with folic acid (a vitamin), these two nutrients keep the eyes safe from excessive light and harsh sun light. A-choline is made from choline which is available from eggs, milk, organ meats and whole wheat products. Progesterone, a natural hormone, helps support A-choline.

A-choline also acts as a protective neurotransmitter, which is important as one of the Alzheimer's genes, which comes into play on Monday.

Glutamine, an amino acid that is from a family of glutamic acid, glutathione and GAM, supports the body's use of its resources so that energy and muscle communication remain active. Glutamine sources include eggs, beef, chicken, fish and dairy.

**If your muscles are not responding quickly or seem stiff and uncooperative, you might want to consider glutamine supplementation or NAC, which is the precursor of glutathione.**

Alpha ketoglutaric acid, a support of the energy cycle of the body, is from the same family and is available from your local health food store.

Herpes simplex 1 and one of its touted cures, lysine (an amino acid) comes into play early in the week.

Human papillomavirus alerts are still in effect and will be for several more days.

**MUSCLES IN STRESS:** the chin, little finger and the muscle which attaches the chin to the chest, the platysma, are active now.

Note that the platysma is associated with a double chin and a lack of progesterone, which circles back and is a part of A-choline use.

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