

# BioAcoustically Speaking

## Almost Everything could be Something Else

Each cell can renew itself or morph into something else if provided the correct frequency and energy

**Key Note for May 31th - June 6th, 2020**  
**MAN'S INHUMANITY TO MAN**

**Color = Orange - edge of moving into shades of orange; represented by the note of D – Astrological moving into Gemini**

For the next six weeks, we will be dealing with man-made scourges. Last month Papillomabecameactiveandisnowdumping a myriad of issues – pain vaginal/cervical warts, painful intercourse and infertility; all from a virus of man-made origin. Herpes becomes more active the second week of June – you might want to be proactive with a Herpes remedy like Lysine – which is also active toward the middle of the month.

Agent Orange, a man-made defoliant used in the Vietnam era and known to be a strong toxin that causes birth defects, is active until the middle of June.

Gain protein sensitivities rear their ugly head as we head into Spring and allergy season in the northern hemisphere. Man's interference in nature seed sequencing caused this one. We have discovered a correlation between seed manipulation and glutathione – an important immune defense amino acid.

**Toxins in Stress:** Aspartame – another man-made amino acid interference is reported to compete with the use of B Vitamins. Taking multi B's before a meal containing Aspartame is reported to help any potentially negative

reactions. BioAcoustically speaking, people with any glycine issues have issues with Aspartame. Glycine deficiencies can result in muscle signaling misdirection.

**Muscle in Stress:** finger flexibility and ankle muscles continue to be in stress. The ankle is related to iron BioAcoustically. The muscle from the tip of your chin down to your chest is activated now – commonly causing a double chin, which we all hate. This muscle responds to Progesterone oil (I like Ray Peat's version) for tightening

Some chewing muscles will begin to become bothersome by the end of the month, as well as the great toe. For those with gout, this can mean a flare up. The Institute has found a frequency set that releases the pain of gout within a minute or two.

**Nutritional Stress:** Three cell salts show to be problematic: Potassium and Sodium in particular. Fluid distribution throughout the body is involved here. Pay close attention to blood pressure and vascular movement.

Products like No Salt Original and Nu-Salt contain potassium chloride rather than sodium chloride. Potassium can help lower blood pressure and may reduce the risk of strokes and heartbeat abnormalities. But most Americans get plenty of the mineral from foods including bananas, kiwis, milk, nuts, and yogurt.

Sea salt, rock salt, garlic salt, natural salt are all salt and contain sodium. Avoid them if you can to lower your blood pressure. The only form of "table salt" that does not contain sodium is the low-sodium alternatives. These contain potassium instead of sodium and may help to lower blood pressure.

Medications activated: Naproxen

Nutrients in Stress – Acetylcholine, NAD, alpha ketoglutaric, Lysine, glutamine, Methionine

Sodium and potassium Cell Salt, Iodine, proline and especially B1 for muscle maintenance.

Adiponectin, an associate of the obesity gene is active now. Adiponectin helps the body both store and release fat tissues. Adiponectin's use by the body has spawned a new disease: Lipedema or Lipoedema. Fat begins to store in the hips and thighs and

make it very hard to lose weight. SoundHealthPortal.com provides the opportunity for Adiponectin testing.

Other related issues that may help you spring ahead: Histamine N methyltransferase is an enzyme responsible for skin itching, hives and other skin related allergic reactions. Over the counter epinephrine product may help

Vit D receptors help the body more easily use Vitamin D. Tomatoes are laden with Vitamin D – a natural sun-ripened Tomato contains everything within it to process it optimally.

Those allergic to Shell fish may need to be extra cautious.

The Thyroid becomes a bit cranky by the end of the month.

Genes in Stress: Cataract, plus and in-born sulfur error, SUOX – makes you feel sluggish and slow and immune compromised. – these may be more active – talk to our office about having your voice print evaluated – email for more info.

Environmental stress: mold from rye products - Ergot - There are air filters that knock this out

## Key Note June 7th – 13th, 2020

### Metabolism Support and Collapse

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**Sometimes walking away has nothing to do with weakness, and EVERYTHING to do with strength.**

The Parathyroid hormone (manages energy availability) is in stress still so watch for foods that support and/or negate the thyroid. Foods that support thyroid health are those that contain trace minerals like seaweed, coconut oil, shellfish, organ meats.

(<http://www.webmd.com/women/ss/slideshow-foods-thyroid>)

Often soy products can interfere with the thyroid's ability to make hormones, but only if you're not getting enough Iodine. Foods that slow down the thyroid: fermented soy foods, raw veg like cabbage, turnips and Brussel sprouts which interfere with the uptake of iodine. Be cautious with Gluten containing grains, millet and coffee. These effects on the thyroid have been reportedly inconsistent.

Many times blood tests do not support your need for thyroid medications and often the generic meds don't work well. No one has been able to pinpoint why this is the case.

Symptoms of low thyroid: poor memory, mental confusion, heavy bleeding during a menstrual period, exhaustion, sleeplessness, tremors, sense of poor energy and well-being, irritability.

A double-whammy exists for the next ten days or so as the frequencies that support the adrenals also come under stress. Adrenal supportive foods include: almonds, avocados, yams, Swiss chard, parsley, brazil nuts, kale, walnuts, oranges, lemons, kidney beans, celery, seaweed, berries, squash, millet (skip if you suspect that have a thyroid issue), dried figs, hemp seeds, dried dates and mushrooms.

Genes in stress this week: Heart failure gene. This is also likely associated with the increased adrenal stress.

An Obesity Gene dealing with carbohydrate metabolism activates on June 14th, you may want take extra digestion enzymes (we like food based ones – like Nature's Sunshine, Therazyme (plant enzymes by Howard

Loomis) - a nice line of nutrients; many of which contain amylase. (from web: **LitaLee.com** – Products- plant enzymes)

Amylase, an enzyme that helps break down carbs/starches is often lacking when the body is under stress. It ceases its influence on the 12th, so for a bit, you might want to cut down on breads, potatoes... A lack of enzymes that break down carbohydrates often leads to skin comparable to "the Pillsbury dough boy" look and feel.

If the thyroid adrenal and enzyme hits weren't enough, the Obesity gene comes into play on Tuesday. It is often that obesity is a metabolic disorder and not an eating disorder as many medical practitioners will insist.

Nutrient in stress: Histidine - Histidine is an essential amino acid that has a number of functions. The primary function of this amino acid is for growth and repair of tissues. Red and white blood cell formation also requires this amino acid. Sources of histidine include: wheat, rice, and rye.

Edema flares for the next few days for those who are susceptible. Potassium cell salts and Methionine (an amino acid associated with metal detox, kidney stone and organ repair) are vulnerable.

Together with cysteine, methionine is one of two sulfur- containing amino acids that help the body rebuild and repair damaged tissue. Sulfur is also associated with movement of fluids in the body. Methionine helps other amino acid like cysteine (for digestion) carnitine (for heart health) taurine (for healthy muscle signaling and a support for sulfur), and choline (a support for energy and brain function).

Muscles in stress: Lesser toes, the knees and the supraspinatus (small muscle in the upper back associated with the shoulder girdle). Joints in general are under pressure this week.



Creatine monohydrate is known as the "energy currency of the cell". It can also be seen on the methylation map – to the right and below Methionine. Creatine monohydrate is the most cost-effective dietary supplement in terms of muscle mass and strength gains. Creatine can help support protein synthesis, which helps muscles grow.

SUOX (Sulfur Oxide) is an inborn error of sulfur metabolism and can be BioAcoustically evaluated using our Methylation Mapping software.

SUOX converts sulfites (bad sulfurs) to sulfates, inhibits tyrosinase, sulfates can decrease energy and deplete glutathione. It makes one sensitive to asthma symptoms can cause upsets in blood sugar.

Incredible SUOX links explanation here - <http://dramyyasko.com/wp-content/uploads/2010/06/37-A1-SUOX.pdf>

Potassium chloride is often used to help eliminate excess fluids. If you are taking this as a med, you might want to monitor potential side effects closely. Side Effects: include digestive upset combined with tingling of the hands or feet.

Berberine is a plant extract that you can purchase at your local health food store. It is touted to be helpful in maintaining proper blood sugar. Berberine is reported to be helpful in stimulating AMPK that supports weight loss. Overall, berberine has an outstanding safety profile. The main side effects are related to digestion, and there are some reports of cramping, diarrhea, flatulence, constipation and stomach pain.

The Obesity Gene comes in play mid-week and there is not much you can do about it except see a BioAcoustic Provider to see what is causing its activation.

Muscles in stress this week: Toes fingers muscles in support of thyroid and

swallowing.

Several respiratory pathogen frequencies become active but pathogens mutate so fast these days, it is hard to keep up. Better to look at the vocal print, identify the curved architecture for a pathogen and use the actual frequency. Both Hulda Clark and Royal Rife frequencies can be close but are often mutated. Sets of frequencies for pathogens that have been published by Rife and Clark are available on the internet.

Together with cysteine, methionine is one of two sulfur-containing amino acids that help the body

## Key Note for June 21-June 27

**Color = Orange/Yellow (Gold) - represented D# ; Astrological = Cancer**

Do Humans rust? Well sort of! Free Radicals are akin to a form of internal rust. Xanthine oxidase is a superoxide producing enzyme that is part of the pathway that causes "rust" like gout crystals that can cause excruciating pain when uric acid moves into joints. Xanthine is active until next Wednesday. So if you have an issue with acid/alkaline balance within your system (with gout like symptoms), you might want to go on a veggie diet for the next few days.

Xanthine enzymes are also present when you have Influenza A attack and may be responsible for the "sore" muscle feelings. Xanthine is also associated with liver and kidney stress.

Arachidonic Acid is just coming into play. Along with Hydrogen Peroxide, a fault can occur within the pathway of arachidonic acid resulting in the production of 5-HETE - a cancer food. Plenty of good quality calcium at this time may play an important part in not allowing the cancer food to be produced.

Muscle function and pain may also be obvious as the Poliovirus genes come into play. That long ago Polio immunization may temporarily cause some discomfort that will go away starting Tuesday.

Chlamydia Pneumonia Frequencies - that attacks the heart sac come into play starting on Tuesday. Laboring breathing or excess tooth plaque may signal its presence. Remember the old stand-by for pathogen invasion - Grapefruit Seed Extract - we use NutriBiotics brand contains a strong natural biochemical that does not allow the invaders to attach to a cell.

Spine stress for C-4 comes into play now. Sinus trouble/allergies, pain around the eyes, headaches, dizziness, earache may surface over the next few days. A massage or cranial-sacral manipulation may help.

## Key Note June 28th- July 4, 2020

**MOTHER NATURE'S PUZZLE; HOW PERFECTLY THE PIECES FIT!**

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Primary Frequency Equivalent™ (FE) coming to our planet this week:

Glutathione is a non-essential amino acid that acts as an important antioxidant. It can be manufactured from cysteine using Glutathione S transferase. Glutathione helps maintain Vitamin C and E and is a vital part for iron metabolism DNA synthesis and repair, amino acid transport and enzyme activation.

Cysteine is an amino acid that helps the body use B12 (for energy) with the help of Castle's intrinsic factor

Glutathione helps support the immune (via leukotriene synthesis) and nervous systems, lungs, detoxification and gastrointestinal

functions. Vitamin D helps as a catalyst for glutathione production.

Glutathione inhibits the synthesis of melanin (responsible for hair and skin color) by interrupting the function of L-DOPA.

The Heme iron molecule, an iron co factor is a component of blood hemoglobin. It contributes to the red pigment of the blood. Heme helps deliver oxygen to the blood.

**Medications in stress:** Warfarin, a blood thinner. You may want to watch your clotting factors a bit closer.

**Muscles in stress this week include a few long supportive spine partners:**

~ **Longissimus Thoracis** (the long, deep muscle running parallel to the spine).

~ **Pleuroesophageal** (pleuro-esophageal muscle. This muscle was made of smooth fibers, acting as an anchoring structure to the lower part of the esophagus)

~ **Longus Colli** (front portion of vertebral column located in the neck).

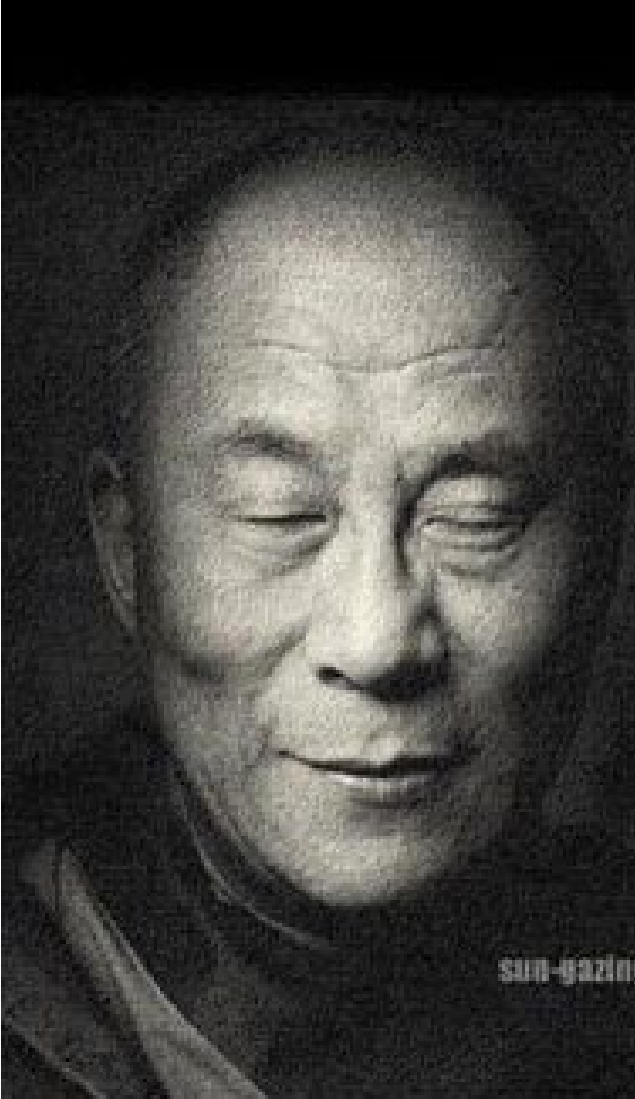
~ **Gastrocnemius** (commonly known as the calf muscle).

~ **Popliteus** - muscle in the leg is used for unlocking the knees while walking.

~ **Subscapularis** - The subscapularis is a large triangular muscle in the front of shoulder joint. The subscapularis helps rotate the shoulder joint when the arm is raised.

**Pathogens in stress include several strains of Human papillomavirus (HPV)**, a DNA virus found in skin or mucous membranes. Subclinical physical symptoms can become clinical warts on cervix vulva vagina, penis and anus. There are over 40 types of HPV, which can reportedly be prevented by the vaccine, Gardasil.

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%"**.



**When you talk, you are only repeating what you already know. But if you listen, you may learn something new.**

sun-gazing.com

- Dalai Lama

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.

Tooth plaque which begins to emerge on Wednesday is a biofilm or mass of bacteria that grows on surfaces within the mouth. It appears as a white/pale yellow "slime layer", that is commonly found between the teeth. Aka tartar, its removal prevents tooth decay.

#### **Toxins FE's in Stress:**

**Cytochalasin B mold** is a cell-permeable mycotoxin. Cytochalasin B inhibits glucose (blood sugar) transport and platelet aggregation (blood clotting). Cytochalasin B is associated with leukemia research.

Cytochalasin B has; an effect on thyroid and growth hormones secretion and is known to have immunosuppressive effects - In nature, Cytochalasin Bis involved in fungal virulence, food spoilage.

**Aflatoxin:** Aflatoxins are toxic and among the most carcinogenic (cancer causing) substances known.

After entering the body, aflatoxins may be metabolized by the liver to become less harmful - Aflatoxins are naturally occurring mycotoxins that are produced several species of fungi. Aflatoxins colonize and contaminate grain before harvest or during storage. Host crops include maize, sorghum, and groundnuts.

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