

Weight Loss Issues Identified

Sharry Edwards, MEd

Musical note for Feb Keynote – A#
Astrological association – Aquarius
Color Association – Violet

This is the third in a series on using vocal frequencies to identify individual weight management requirements. My Dec 2024 Masters of Health magazine article outlined the benefits of fat tissue from a historical perspective and named 20 plus reasons why a type of fat can block weight loss.

The Jan 2025 issue explained how hormones are involved in weight. This article will reveal the musical notes associated with each biochemical.

Subsequent articles will explain how muscles, hormones, peptides, stem cells, and emotions can all be involved in unwanted adipose (fat) tissue associated with being overweight.

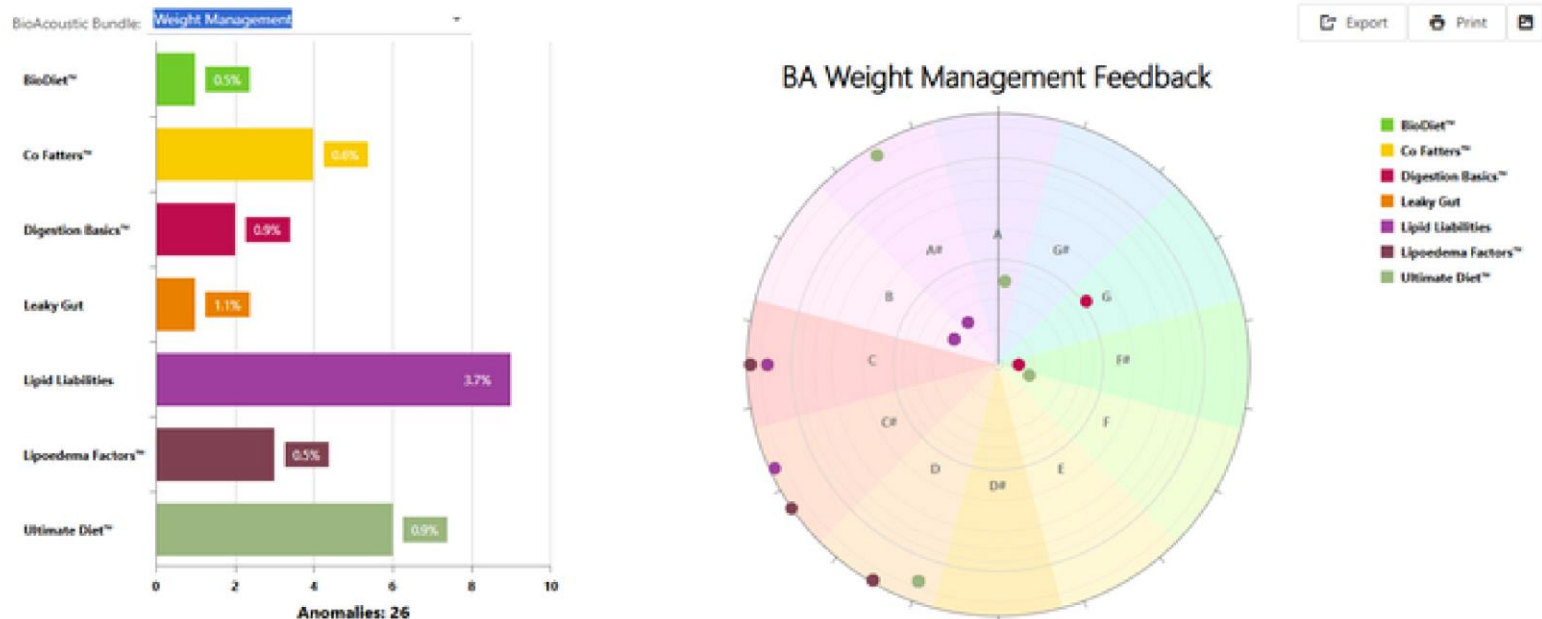
All of these associated frequencies have numeric equivalents that are included in the weight management database. They are available for comparisons using your own vocal frequencies.
<https://tinyurl.com/45rsav4f>

Hundreds of people visited our Sound Health Public WorkStation and volunteered voice samples to be evaluated. We share three examples to show the capability of frequencies to identify potential weight management issues.

Asking for a Weight Management summary provides BioAcoustic generalizations from a myriad of diet related databases. Any percentage score over 2.0% reveals information of significant concern.

1. **Martin** - Lipid Liabilities score is 3.7 likely indicating a Fatty Liver that is either not producing or distributing the enzymes needed for digestion. A low fat diet is generally NOT the solution. A gentle liver cleanse may be indicated since the liver produces and manages these biochemicals. Information about milk thistle or turmeric may be available online, from your wellness provider, or a local health food store. A deeper evaluation may need to include cholesterol and co-fatter scans.

2. **Tonya** complained of a lot of pain and upset in her digestion system from top to bottom. Her doctor blamed a lack of appropriate enzymes and severely restricted her diet. She stated that she could not budge her belly fat. A deep evaluation of her leaky gut symptoms showed the presence of an unnatural bacteria in her gut, severely disturbed gut lining and a fatty liver that was not providing appropriate fat dissolving bile salts. Center positioned dots indicate a lack of each item; an outer rim position indicates an overabundance of an issue. From the beginning, Lipase helped relieve the major carbohydrate digestion stress.



Tonya is starting to use Dr. Steven Gundry’s gut lining restoration products with success. A click on each dot identifies the substance represented.

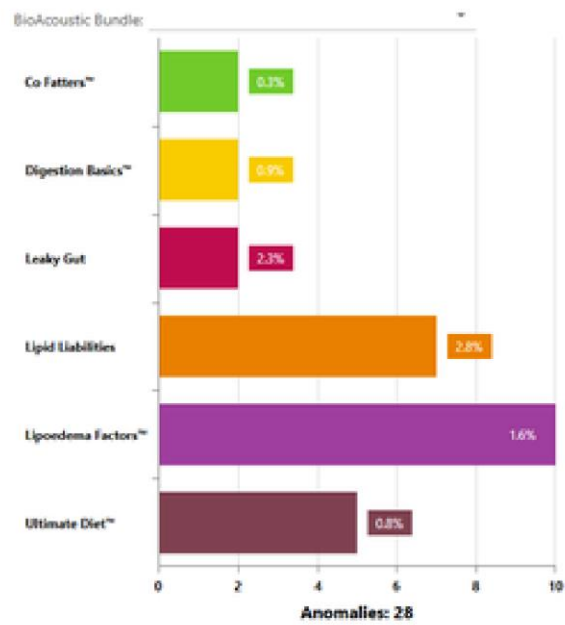


3. TJ complained of a cranky digestion system and belly fat. He reported heart disease and a family history of vascular stress. His evaluation pointed to two issues: fatty liver and a leaky gut.

Dr. Gundry has the best products I’ve found for a leaky gut.

A leaky gut indicates a loss of the mucous lining of the gut causing bowel contents to leak into the abdominal cavity. This is generally a result of environmental toxicity by pesticides.

Gundry also advises abstinence from lectin containing foods – beans, tree nuts, tomatoes, peppers...



Frequencies bombard the earth in a cyclical pattern each year. Below are frequencies associated with Feb 2025.

SOUND HEALTH KEYNOTES FOR FEBRUARY 2025

Jan 26 - Feb 1

Folic acid becomes stressed this week. Folic acid supports regeneration of the body and is a B family vitamin. Eye muscles become weak this week. Leptin, an appetite inhibitor is active now. It helps get rid of fat deposits and storage biosignals. **BioAcoustic BioDiet** and **Ultimate Diet** software measure the hormones of hunger and fat storage. You can have your voice analyzed at www.SoundHealthPortal.com – BioBundles – weight management.

Weight issues seem to be prevalent for the month of Feb along with digestive and detox concerns.

Feb 2-8

The obesity gene came into influence during the last week of January and still stands. The most active frequencies biochemically seem to be the need to create an equilibrium for acid/alkaline; taking care of leaky gut issues; and clearing the blood of trash.

The acid issue can disturb the regulation of ammonia, the regeneration of hair follicles for the ears, kidney, insulin regulation, digestive enzymes (betaine), and B12. Calcium balance is dependent on Calmodulin which will influence sensitive people by the end of January.

Asbestos toxicity will be more prevalent by the end of the week. Muscles in stress may include: elbow and forearm. Golfers may need a bit of extra warm up.

Feb 9-15

5G and Corona conflicts seem to be threatening iron levels – it is unfortunate that a significant leukemia genome comes into power this week – online sites may have some excellent advice concerning iron levels. Feelings of fatigue would provide a clue that iron levels may be stressed.

A BioAcoustic Fatigue voice analysis is now available at the public workstation: www.SoundHealthPortal.com - CAMPAIGNS. It may provide some supporting information that you may want to share with your wellness provider.

Muscles in stress this week: Elbow, great toe, lumbricals of the foot, eyelids, and jaw muscles are in stress.

In addition, nitric oxide and magnesium are in stress. Both are associated with Muscle cramps. ASIDE: if you are hungry but don't know what you want to eat, low magnesium may be the issue. Let me know if this solves any of your cravings.

The many aspects of adiponectin* – incredibly for those with stubborn thigh and butt fat – is a bane for Jan/Feb weight watchers. The lack of adiponectin* does not allow the body to move fat deposits out of the cells. Great when we need to store fat for the winter but a nuisance today in our world of plenty. Adiponectin works with NAD and AMKP to regulate the biochemicals of energy balance and weight control.

***Adiponectin**: a protein hormone that is produced by fat cells. Its physiological effects include the reduction of inflammation and atherogenesis (the

formation of fatty deposits in the arteries) and enhancement of the response of cells to insulin.

Editor's NOTE: Sugar and refined carbs build fat in the body. The type of fat/oil one consumes, determines the type of fat created and where it is distributed. An EFA dietary imbalance with too much omega-6, competes with and hinders omega-3 uptake. Omega-3 EFA is needed by every cell membranes to communicate with each other. When deficient, cells and bodily systems malfunction. Canola oil is the most disruptive! Hence, fatty liver and hard-to-get-rid-of layers of blubbery fat, in the wrong places, are consequences.

Feb 16-22

The desire to wear your beautiful copper jewelry now may emerge as copper frequencies come into play toward the end of February. Copper is a great support for the immune system and inflammatory threats. It can be found in shellfish, seeds, nuts, organ meats and wheat bran cereals and CHOCOLATE.

Copper is especially important with 5G and covid because it aids in iron absorption.

Muscles in stress: elbows still, toes, forearm, and the palate.

Pathogens active in Feb: several strains of Borrelia (Lyme's)

Vitamins in stress: B3 - niacin which supports circulation, DNA, mental acuity and helps fight fatigue.

Tetrahydrobiopterin comes in play this week. It has multiple roles in human biochemistry. Its major role is to convert amino acids that control mood and energy. See Amy Yasko's work for more information about this important biochemical. Feel Good Nutrigenomics by Amy Yasko link: DrAmyYasko.com.

Feb 23-Mar 1

The last week in Feb brings help with adiponectin balance but also stress from a fatty liver that can cause obesity, hormone and immune dysfunction, and insulin resistance.

A fatty liver can also aggravate blood pressure and heart rhythm (magnesium related).

There are many wonderful liver cleansing protocols from reputable doctors online. My opinion, herbs work best.

Vitamins in stress: Biotin - associated with hair loss is now active. Biotin helps metabolize carbs and fats. Biotin is water soluble and is found in eggs, legumes, sweet potatoes, mushrooms, bananas, broccoli and pork products. Signs of biotin deficiency – weak and thinning hair, loss of body hair; scaly red rashes around body openings.

Muscles in stress: Heart rhythm and the Supinator (back of the forearm). The Supinator originates from the elbow.

We hope to see all of you on our online public workstation to begin your SELF-HEALTH journey for the new year.

Nutrition evaluations are available every day. Weight Management evaluations are available under BioBundles.

References

<https://www.innerbody.com/dr-gundry-super-food-to-eat>

Amy Yasko

Masters of Health Magazine: [Dec 2024](#) and [Jan 2025 issues](#)

Questions/Comments:

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Vocal Profiling Self Evaluation WorkStation = SoundHealthPortal.com

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Go to – SoundHealthPortal.com
to have your vocal print analyzed.

Download the software, practice with it, and use the tutorials.

For live online class, please contact Sharry at SharryOnAir@gmail.com
To comment or ask a question – SharryEdwards@gmail.com

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