

# Sound Health KeyNotes For November 2022

## BioAcoustically Speaking

SoundHealthOptions.com

## Almost Everything is Something Else



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### Astrology Association: SCORPIO

### Color Association: Green Blue

Frequency is... (everything). Nearly everything can be measured as a potential mathematical frequency.

Using frequency to define human form and function is the mission of this column. We believe that you can better prepare for life's lessons if you know which frequencies are influencing YOU. Much like preparing for Tide changes to help predict water tables around the world.

For the month of Nov, Vitamin D seems to be in stress throughout. This is important because of the body's response to the current Covid fiasco which is intricately involved with several forms of Vit D along with zinc, glutathione, quercetin, Vit C...

BioAcoustically Speaking, the present flu environment is also involved with the ability to detox at an intracellular level. The Glymph System, recently brought to the attention of the public, postulates that we have a waste maintenance system (much like the Lymph System but without actual vessels).

The Glymph system works interstitially (between tissues) as a waste removal and messenger service throughout the body. It is a system dependent upon Aquaporin.

#### **From Wikipedia:**

*Aquaporins are intrinsic proteins that selectively conduct water molecules in and out of the cell,*

while preventing the passage of ions and other solutes. Aquaporins are integral membrane pore proteins. Some of them, known as *aquaglyceroporins*, also transport other small uncharged dissolved molecules including ammonia, CO<sub>2</sub>, *glycerol*, and *urea*.

Aquaporin comes into play strongly on Nov 5 (associated with temperature regulation) and Dec 3. (Which if overexpressed is associated with cancer). Remember sensitive persons will feel this influence a few days before and/or after the actual date. Individual Vocal analyses for Glymph are available to the public at: <https://www.soundhealthportal.com/sampleupload/>.

Two Spike proteins are active this month: NSP11 and NAP8. More info: <https://soundhealthoptions.com/tenets-of-math-asmedicine-support-covid-survival/> and Guardian Papers - <https://bit.ly/3pWP094>

## FREQUENCY INFLUENCES FOR THE MONTH OF NOVEMBER 2022

### Oct 30 – Nov 5

Milk protein is the most prominent frequency activated this week. 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, an 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 Multifidi muscle, along with the Iliocostalis lumborum continue to stress the back in general, and especially the lower back.

For those whose ph. (acid/alkaline) balance might make you susceptible to Scabies, severe itching (pruritus), especially at night, is the earliest and most common symptom. Utter Balm is a sheep lanolin-based salve that may help. Campho Phenique (local pain aisle Walmart) may also help.

A toxin – food additive high on the active list this month: MSG (Monosodium Glutamate) is contained in steak sauces, salad dressings, meat tenderizers, as a flavor enhancer in many packaged foods such as Hamburger Helper, Lipton's Onion Soup Mix and Progresso's and Campbell's soups. Sauces, gravy mixes, Bacon bits... also contain high amounts of MSG. Most fast-food and Chinese restaurants utilize it. Snack foods (Pringles, Doritos, Planters nuts, Cheese-Its...) are frequently enhanced with it. Reactions can be slight to severe from burning feelings in chest, arms and face, chest pains, headache, fatigue, heart palpitations, numbness, sweating and nausea.

The incidence of reactions to MSG has become so prevalent that it has a name: Chinese Restaurant Syndrome. Some people claim that taking B vitamins, particularly B6, will help eliminate some of the symptoms.

Long-term reactions to MSG can include stiff joints and connective tissue disorders, such as Carpal Tunnel.

The pathogen in stress for the next few days is Borrelia – a strain of Lyme’s disease. Muscles include the tailbone area and above along with the muscles of the lower leg. Secondary muscles just coming into stress are the eye muscles and thumb. Insulin becomes vulnerable on Monday along with Zithromax (Z-pak) which is nearly the same frequency as one type of insulin. Vasopressin, a biochemical that helps regulate blood pressure and blood sugar plays a part in blood glucose frequency balance over the next few days.

## Nov 6-12

EBV (Epstein Barr virus), Cholesterol, myostatin, niacin, caffeine and magnesium stress combine to causes feelings of fatigue for the next few weeks.

Joint pain – especially the knees kick in this week – inflammation of and lack of joint fluid are the culprits. Too much fibrin can also contribute to joint pain. If you test your voice, you will find that the notes of F-G are too high. You can ask for a free nutrition evaluation at [SoundHealthPortal.com](http://SoundHealthPortal.com).

Thyroid stress continues for the next two weeks. Iodine, selenium, and zinc are all thyroid support nutrients. The internet lists foods that are problematic to thyroid function. Selenomethionine may be supportive – can be found at your local health food store.

Niacin (vit B3) is very important for brain function this week.

Expect shoulder girdle muscle to start to flare this week.

Genes for colon cancer and diabetes come into play this week.

## Nov 13-19

Knee muscles continue to flare and begin to involve thigh muscles. Muscle evaluations are

available from [SoundHealthPortal.com](http://SoundHealthPortal.com) CAMPAIGNS.

Nutrients in stress: SAME, vitamin D4, 25-hydroxycholecalciferol, calcifediol and Vit E.

Nanobacteria comes into stress this week and can cause tooth plaque and heart sac inflammation. Heart Muscle is stressed this week.

Thyroid stress continues especially for those using thyroid medications.

Stress-involving proteins are active now and may cause gout symptoms. Shoulder muscles continue to aggravate involving Rhomboid, trapezius and the chest wall that help support them.

The diabetes frequencies continue to soar; those with fatty livers will be especially vulnerable with a high carb diet.

Muscle atrophy both genetic and those caused by statins and aging continue to plague especially the elderly. You may find your muscles seem weaker for the next few weeks.

Candida may be more active toward the end of the week. Sugar may cause a flare up.

## Nov 20-26

The use of iron is obvious for this week. Spine issues associated with Lumbar 5 (lower limb circulation), (Prostate, sciatic nerve) and Thoracic 4 (gall bladder, liver) may become active this week.

Shoulder and hip joints continue to need detoxification to relieve glymph system fluid (waste clearance). Nitric Oxide – found in beets may be of assistance.

The pancreas starts a fortnight of stress this week.



Staphylococcus aureus found as a cause of upper respiratory and skin issues comes into play on Wednesday.

Nutrient in stress – L-Carnitine which supports energy metabolism of the mitochondria. Carnitine concentrates in cardiac and skeletal muscles.

**The Sartorius Muscle** begins to activate near the weekend. It is a strap-like muscle from the upper outer thigh to the inside of the knee. It supports the hips and knees.

## Nov 27 – Dec 3

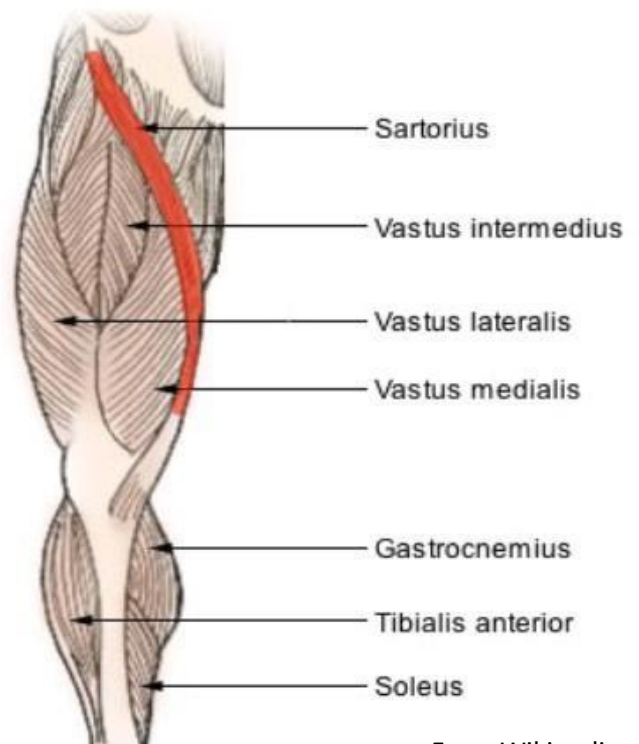
The Liver starts to stress via the gallbladder and bile salts – particularly cholic acid which is synthesized from cholesterol – Co-Enzyme A is involved – Statin related.

Myopathy genes continue to activate. HMB (Hydroxy  $\beta$ -methylbutyric acid) may be useful. It is used to prevent muscle wasting. It is available as a dietary supplement.

Thigh muscles and upper jaw will need extra care and stretching. You may want to consider a massage and facial.

Glutamate and glycine receptors are stressed this week. Aspartame MSG toxicity may be more noticeable.

## Sartorius muscle



From Wikipedia



**BioAcoustic Keynotes are brought to you by the  
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**We aspire to provide inspiration without judgment, knowledge without prejudice.  
It is our hope that all who enter here share in the joys of discovery.  
For even one closed mind is a liability to all mankind.**

**Sharry Edwards, 1988**

**Sharry Edwards, M.Ed. is the acknowledged pioneer of BioAcoustic Vocal profiling.  
To comment or ask a question click here.**

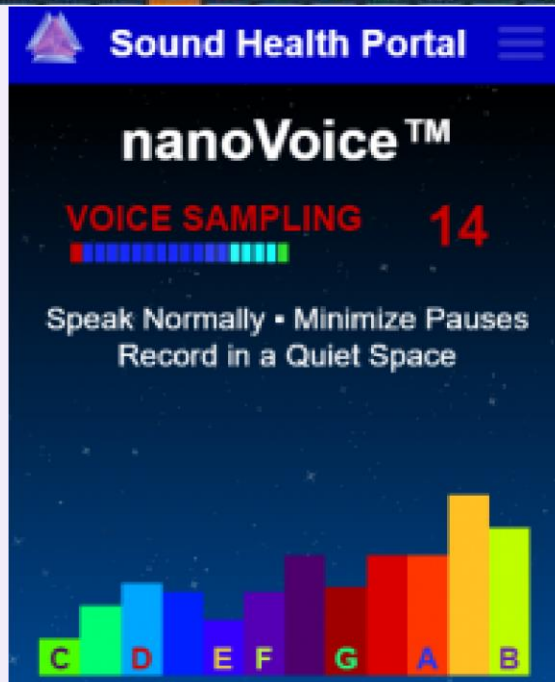
# Nano software

## Nano install instructions

Nano Class – watch video below



The screenshot shows a Windows desktop with several windows. On the left, a 'New Timer' window displays a circular timer with a needle pointing to 0 and a digital display showing '00:00:49'. In the center, a window displays a yellow waveform graph on a blue background. Below it, another window shows a bar chart with multiple colored bars (blue, red, green). On the right, a large dark blue box contains the text: 'The state of your health can be found in the sound of your voice!'. The Windows taskbar is visible at the bottom.



The screenshot shows the 'nanoVoice™' interface on the 'Sound Health Portal'. The title bar reads 'Sound Health Portal'. Below it, the text 'nanoVoice™' is displayed. A red bar indicates 'VOICE SAMPLING' with a count of '14'. Below this, instructions are given: 'Speak Normally • Minimize Pauses' and 'Record in a Quiet Space'. At the bottom, a bar chart shows the frequency spectrum of the recorded voice, with bars labeled C, D, E, F, G, A, and B.