

Sound Health KeyNotes for September 2022

By Sharry Edwards, M.Ed.

BioAcoustically Speaking

SoundHealthOptions.com

Almost Everything is Something Else



SOUND HEALTH

5151 Alton Street

Albany, Ohio 45710

Phone: 740-698-9119

This article contains many links to articles that have been compiled into one booklet

-- <https://tinyurl.com/GuardianPapers> -

This article also offers the opportunity for public vocal analyses to **BioAcoustically** evaluate each individual's exposure and possible cellular and stem cell damage due to

COVID – The Subsequent Factors?

Your brain is your central processing unit (CPU). Like a computer, your brain uses units of information sent to it via a communication network to monitor and direct activities. Like the human brain, your computer's CPU employs units of measurable frequency to command and respond to the constant needs of your body to animate and survive.

This knowledge is so accepted in scientific circles that we use the frequencies of the body to measure and evaluate bodily functions: MRI,

CAT scans, nerve impulses, brain waves...

We are bombarded by frequencies internal and external. This column attempts to bring you information about frequencies that have the ability to influence your quality of life.

The Institute of BioAcoustic Biology & Sound Health attempts to provide information to support optimal form and function by sharing frequency-based information established by the collection of vocal analysis data that we have correlated over the last 30 years.

We do this by evaluating vocal frequencies which we believe to be a holographic

which we believe to be a holographic representation of the brain and thereby the representation of the function and processes of our biological systems. People with similar vocal anomalies have similar if not identical Vocal BIOMARKERS of stress and disease.

This specific writing will cover the frequency relationships that we have disclosed over the last twenty years as we have investigated pathogens-based issues.

We have been following and publishing information over many years starting with an Oct/ Nov 2000 article published in Nexus Magazine. The article reported on an experiment which showed that a pathogen could be decloaked using low frequency sound. As a pathogen was revealed, the body's own killer cells were enabled to move in a neutralize the intruder. The very intelligent pathogen was using the body's own undigested proteins to cloak itself to escape detection by the innate immune system.

<https://nexusmagazine.com/product/decloaking-pathogens-with-low-frequency-sound/?v=7516fd43adaa>

Since that publication, the studies at Sound Health have been following CDC guidelines concerning pathogen-based threats to the world's population. We have created frequency-based information about Gardasil, bird, swine and ancient flues, mosquito infections, STDs...

Toward the end of 2019 we turned our efforts toward Corona (later renamed Covid). We found that based on previous studies, the BioAcoustic based math did not align with what we knew about pathogens. Essentially any antidotes that we could construct did not align with what we had previously encountered. Each math equation must have an eventual solution. In the case of Corona, the answers were contrary based on previous evidence.

An equivalent example might be: $5 = 5 = 5$ which means nothing.

We knew the math was contradictory, but we published our findings anyway noting that the math of this scourge was acting more like an allergen than a virus.

Nutrients such as Quercetin, iron, Glutathione, Vit D and Zinc were involved. Some of the frequencies were associated with HIV.

Our data showed that the Corona virus would cause respiratory difficulty, fatigue, stem cell damage, blood clotting, inflammatory, respiratory and circulatory issues. Everything we reported earlier has now be investigated and reported by the mainstream media. We published our initial findings online.

Excerpt: "Coronavirus overwhelmingly corresponds to the body's use of many aspects and variabilities of Glutathione, second only to Quercitrin. Both show strong relationships with the immune system. Glutathione is involved in the detoxification of both xenobiotic and endogenous compounds. It facilitates excretion from cells (Hg), facilitates excretion from body (POPs, Hg) and directly neutralizes (POPs, many oxidative chemicals).

With Quercetin being a powerful flavonoid, there are a wide range of health benefits, including its ability to reduce inflammation, eliminate pain, protect against cardiovascular diseases, act as an anti-cancer, boost the immune system, reduce histamines, and decrease irritation of the skin.

Research suggests that adding quercetin to the diet may help to relieve allergy symptoms. Research reports that quercetin can have anti-allergic and antihistamine properties. Quercetin is naturally present in many foods and herbs, including apples."

Keynote associations September 2022

Week 1 – Sept 2022

Do your joints ache? It is likely some nasty Prostaglandins that cause pain when the body is too acid. 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 liliacs 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 abdominus - 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.

For this month, put a watch on anything that flares your ulcer – those frequencies will be coming in by mid-month.

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.

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 known to interfere with urine drug test for cannabinoids.

Bromelain is an enzyme from fresh pineapple. It may slow blood clotting and is used as tenderizer. As a protein digesting enzyme, it may be a potent anti-inflammatory, 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 have we been cautioned 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)

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 help stabilize the hips).

Toxin - Mercury that is in your mouth and in the vaccinations that are given your child are active until Wednesday. It is injected into our children, but it must be handled as a toxin by your dentist when removes 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 bacterium, is commonly found in 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, 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.

Week 2, Sept 2022

Biochemical and muscle supporting energy comes into full stress this week. That back ache is likely from weak stomach muscles. The Krebs (Energy Cycle) of the cells is coming into stress from several angles. Your local health food store will likely have supplements that support the Krebs cycle – starting with Potassium and magnesium. So, blood clotting to fatigue this week will plague the population. Bioflavonoids and pyruvate may be helpful.

Muscles influenced this week: For the week mostly back and shoulder muscles are in stress.

Interspinales, Semispinalis Thoracis, Supraspinatus, Infraspinatus. Rectus Abdominus: The rectus abdominis muscle performs the important task of flexing the torso and spine in the abdominal region. It does this by pulling the ribcage closer to the pelvis. The rectus abdominis can also tense to contract the abdomen without moving the torso, as in sucking in one's gut.

Biochemicals/Nutrients in stress this month: Potassium Phosphate Cell Salt: We have not seen cell salts in a while. Not often talked about in general, or even alternative media, they are really amazing. Little tiny pills work from the cellular level to support your body, in its efforts to self-maintain and self-heal, in so many different ways. This particular cell salt works particularly in the nerves and muscles of the body, helping the body to address such things as nervousness, such as so-called "nervous heart trouble", melancholy, and sleep discomfort, as well as learning disorders. Source: "No. 5. (6) Potassium phosphate - Kali Phos"

Arginine: This is an amino acid that has been found to have a powerful impact on several body systems and is used in certain medications (Ibuprofen) and in the following medical treatments:

- **Congestive heart failure;**
- **Chest pain;**
- **High blood pressure;**
- **Coronary artery disease; -Intermittent claudication (leg pain due to blocked arteries);**
- **Chemotherapy; and**
- **Fighting weight loss in AIDS patients;**
- **Reducing infections;**
- **improving wound healing;**
- **Shortening recovery time after surgery;**
- **In the elderly, decreased mental capacity (i. e., senile dementia);**
- **Erectile Dysfunction; and Male Infertility**

Week 3, Sept 2022

This week continues to support inflammation in joints and muscles. The literature reports that this is from too much acid and suggests one teaspoon of naturally fermented vinegar in water can help balance PH.

Energy cycle faults continue to cause fatigue. Many of the people who have had covid or the shots report extreme fatigue - NAD nicotinamide adenine dinucleotide – has been helpful. NAD is an important co-enzyme for the body's energy cycle and has been reported to support many biological processes within the body – link - <https://www.bulletproof.com/supplements/dietary-supplements/nadh/>

Blood clotting issues continue to be an issue this month along with iron stress. The Obesity gene comes into play on the 18th – Check your voice by doing a BioDiet check at SoundHeathPortal.com

Serotonin – a neurotransmitter associated with mood comes into stress this week along with support for nerve sheathing. Nerves may attempt to reconnect which causes intermittent quick pain bursts. That is good news as long as they don't continue for long. Ulcers symptoms continue to hang on until the last week in Sept.

Week 4, Sept 2022

Pay close attention to your heart this week, cardiomyopathy frequencies are in stress this week along with troponin – an indicator of heart damage. Blood pressure indicators start to rise this week. Back stress continues into early oct. Use your free nutrient software gained in our guest level course to monitor your mineralization as bone health stress begins now.

Adrenal stress is solid this week – you may want to give people more “space” to work out their issues. This is especially important with Spike Protein on the rise; some of which influence you God Gene which support empathy and family bonding.

Flu frequencies come into play at the end of the week.

Last week of Sept 2022

Milk protein is the most prominent frequency activated this week. Milk allergies can cause sinus, throat, and 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 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 continues to stress the back in general, and specifically 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 of scabies. Utter Balm is a sheep lanolin-based salve that may help. Campho Phenique (local 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 all fast-food restaurants and Chinese restaurants utilize MSG. Snacks foods are

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 all fast-food restaurants and Chinese restaurants utilize MSG. Snacks foods are frequently enhanced (Pringles, Doritos, Planters nuts, Cheese-Its...) with MSG.

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 still 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.



NANO SOFTWARE

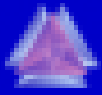
Nano install instructions

Nano Class - watch video below

A video player interface showing a video about health monitoring. The video content includes a clock, a waveform graph, and a bar chart. A large blue play button is centered over the video. To the right, a dark blue box contains the text: "The state of your health can be found in the sound of your voice!".

The state of your health can be found in the sound of your voice!





Sound Health Portal



nanoVoice™

VOICE SAMPLING 14



Speak Normally • Minimize Pauses
Record in a Quiet Space



RESTART

BioAcoustic Keynotes are brought to you by the Institute of BioAcoustic Biology & Sound Health.

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. MEd. is the acknowledged pioneer of BioAcoustic Vocal profiling.

To comment or question