

SOUND HEALTH KEYNOTES FOR MARCH 2021

**BioAcoustically Speaking,
Almost Everything is Something Else**

By Sharry Edwards, M.Ed.

OVERALL KEYNOTE FOR MARCH

The last week of March ushers in new beginning as the frequency of **white light becomes active at midnight March 20th**. White light is used to express divinity and all things pure. Neither the sperm nor the egg contains the frequencies of white light but when conception occurs, the frequencies of white light manifest as ATP (adenosine triphosphate).

Adenosine triphosphate (ATP) is the source of energy for use and storage at the cellular level. It is the molecule that carries energy within cells. It is the main energy currency of the cell. Some organisms (such as bioluminescent jellyfish and fireflies) even use ATP to produce light!

ATP is strongly associated with the eye. I'm wondering if an implosion of ATP at the time of corporeal death is the reason people report seeing bright white light when they are transitioning.

February 28 – March 6, 2021

Color = Violet Red, represented by the note of B – advancing into the astrological sign of Pisces

The last week in February brings on 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.

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

Nutrient in stress: magnesium cell salts, which supports fluid movement throughout the body.

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

March 7 – 13, 2021

Color = Violet Red, represented by the note of B – advancing into the astrological sign of Pisces

Taurine is an amino acid that is used to support the structure of the heart. Last week the heart rhythm was in stress. It continues with the added influence of taurine. Research shows a direct link with taurine levels and heart/kidney disease. Taurine also helps control cholesterol and can be found in scallops, mussels and clams, and dark meat of turkey and chicken. Taurine is banned in some

countries from being used in energy drinks.

Nutrients in stress: B6, calcium citrate, glutamine.

Muscle in stress: wrist (all month), forearm and jaw.

Medication in stress: Prozac, nattokinase
March also begins attacks on the immune system lasting all month with stress on flus and genetic pathogens.

March 14 – 20, 2021

Color = moving closer to Red as we move towards April. C is the musical note associated with the frequencies active now; under the influence of Aries, astrologically.

Allergens are bountiful and begin to involve several species of mold. There are many articles on mold on the internet to help anyone deal with mold infection. Leukemia genes become active after the 14th. Both G5 and covid interfere with iron and hemoglobin levels. I wish I knew of a good home test for people to try.

Iodine comes into stress at the end of the week. There are several natural sources (kelp) that can be found online – Helps support energy and the thyroid. Collagen comes into play midweek – helps connective tissues, saggy and creping skin. Smokers beware – lack of collagen can cause those lip lines.

Medication in stress this week: Dilantin - you may want to watch levels more carefully.

THE KEYNOTES

March 21 – 27, 2021

Color = Red, represented by the note of C – advancing into the astrological sign of Aries

The protein that supports nerve sheathing begins this week. There may be more restless leg twitching - **magnesium may help.**

DNA/RNA surfaces this week. There is a lot of DNA damage around March's later frequencies. Mitochondrial stress and Krebs Cycle energies come into play now.

Muscles that may be in stress: diaphragm, lower legs (look for more cramps), lower back and spine, and the knee. Remember that really sensitive people will begin these muscle twinges a few days before the actual frequencies hit the Earth.

Blue green algae is potent this week – great detoxifier.

March 28 – April 3, 2021

Color = Red, represented by the note of C – advancing into the astrological sign of Aries

Diabetics may experience blood sugar fluctuations and muscle pain this week, especially the fingers, as many glucose associations become obvious as April appears. Vitamin K (clotting) issues become more significant now. I will examine this deeper and have more with our next column.

If you have any questions about the information that we are providing, please drop us and mail here.

SOUND HEALTH COROLLARY

People with similar trauma, illnesses, syndromes, psychologies, diseases, toxins... have similar, if not identical vocal anomalies.



WHAT IS? BIOACOUSTIC BIOLOGY

PIONEERED BY SHARRY EDWARDS

THE FREQUENCIES CONTAINED IN THE VOICE ARE HOLOGRAPHIC REPRESENTATIONS OF YOUR STATE OF HEALTH AND WELLNESS.

Every muscle, compound, process and structure of the body has a Frequency Equivalent™ that can be mathematically calculated.

