

SOUND HEALTH KEYNOTES FOR APRIL 2021

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

By Sharry Edwards, M.Ed.

OVERALL KEYNOTE FOR APRIL

Notes of C and C# - representing Aries; Taurus begin to express themselves

It has been confirmed that music, sound and frequencies influence the mind and body. In that vein we attempt to bring you information concerning the frequencies that are bombarding the earth and its inhabitants this month. This keynote gives you a heads-up of what may be causing some of your actions and reactions. Very sensitive people usually start to "feel" these influences a few days in advance.

April brings energy fluctuation from biochemical and environmental sources.

March 28 – April 3, 2021

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

People may end March with a bit of a queasy stomach as digestive enzymes come into play. Metformin (a diabetic medication) is just leaving influence – a more sensitive reaction may be noticed. Glucose continues to be an issue into the first week of April. Water retention may be more evident. Biochemicals leading to gout-like reaction may be noticed because phosphoribosyl pyrophosphate is coming into action

Muscle in stress: Superior rectus of the eye. Arthritic symptoms may be seen as more pronounced- especially in the fingers and wrist.

April 4 – 10, 2021

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

Thyroid genes move into action this week – you may notice being a bit more fatigued. B12 being in stress now adds to the issue.

In this early note of "C," DNA continues to be stressed. Amy Yasko provides a free book about metabolism and DNA. Feel Good Nutrigenomics by Dr. Amy on Amazon, posted free on her site <https://www.feelgoodnutrigenomics.com/>

A dystonia gene (deals with muscular coordination) becomes more active this week. This is coupled with the biochemicals associated with nerve growth factors.

Nutrients in stress: Magnesium, leucine, isoleucine. All of these amino acids are associated with muscle strength and agility.

Muscles in stress: those muscles coordinating eye focus and movement, as well as the thumb.

Biochemicals in stress: Vasopressin (associated

with blood sugar and blood pressure) and GABA – a chief inhibitory neurotransmitter in mammals. Its principal role is reducing neuronal excitability throughout the nervous system. Asparagine, ornithine, oxaloacetic acid - amino acids associated with detox - begin to come into play this week.

April 11 – 17, 2021

Color = Red, represented by the note of C – in the astrological sign of Aries. Soon moving into Red Orange with the astrological sign of Taurus, represented by the note of C#

If you have ulcers, a flare up may be in the works this week.

Nutrients in stress: Thiamine (B1) and Vitamin E. Thiamine is associated with hearing loss, beriberi, ataxia, and alcohol consumption. B1 can be found in mitochondrial genes as they come into play on Monday. Thiamine can be sources from grains and meat. Vitamin E is a fat-soluble vitamin that acts as an antioxidant that helps protect cells from free radical damage. Vitamin E can be found in plant oils and nuts, spinach, beet greens, pumpkin and red bell peppers. The mitochondria deliver ATP (chemical energy for cell respiration) to the cells. Mold begins to come into play during mid-month.

Eye muscles and the thumb continue to be stressed. Corticotropin comes into play near the end of the week. Also, energy associated with corticotropin is involved with the synthesis of ACTH, which in part helps manage stress.

Medication in play: AZT (Azidothymidine)

April 18 – 24, 2021

Color = moving into Red Orange as we move towards May. C# is the musical note associated with the frequencies active now; under the influence of Taurus, astrologically.

Forms of vitamin A are involved in eye and anti-cancer support and are active this week. The frequencies of Vitamin A start to appear on the 18th along with the amino acid tyrosine. Tyrosine is associated with neurotransmitters like epinephrine, norepinephrine and dopamine. These brain chemicals are associated with energy and allergy responses.

Streptococcus pyogenes frequencies are active now and can cause infections associated with soft tissue like the throat area. T-cells begin to come in play as allergy season approaches. The SoundHealthPortal.com may have allergy testing available under CAMPAIGNS.

Synthetic hormones (birth control pills) are stressed this week.

Muscle in stress this week: Rectus medialis of the eye and the interossei of the palm (allows you to splay your fingers). Cervical 6 may be vulnerable this week.

Medications in stress: Those taking Adderall or Ritalin may have some unexpected reactions.

Nutrients in stress this week: water soluble B12, homocysteine, potassium cell salts, catalase and calcitonin. Catalase and Calcitonin may be a signal to start thinking about spring purge to clear the body.

April 25 – May 1, 2021

Color = Red Orange, represented by the note of C# – advancing into the astrological sign of Taurus

Moving into the note of C# brings about thoughts of Justice. We are being asked to rewrite and even erase part of our history. I would like to encourage everyone to write their

stories of what is happening to each of us personally so that in the coming year we can look back and remember this journey of change.

Ammonia comes into play early this week. The body refines ammonia through the liver and releases it through the urine. Elevated levels of ammonia can result in dementia, organ failure, swelling and comas.

Ammonia levels increase with liver disease and high intake of proteins. From the internet: Constipation increases intestinal production and absorption of ammonia. Diuretic therapy: Decreased serum potassium levels and alkalosis may facilitate the conversion of ammonium (NH₄) to ammonia (+NH₃).

Water is important this month in support of detox. Homocysteine is active. It is associated with blood clotting. Dehydration is listed as a possible blood clotting issue.

Muscles in stress: Lateral rectus, nose and the thumb. The posterior neck muscles and foot arch come into play during the next two weeks.

SOUND HEALTH COROLLARY

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

