

# **SOUND HEALTH KEYNOTES FOR OCTOBER 2020**

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

**By Sharry Edwards, M.Ed.**

**Sensitive people experience these frequency correlations a week or so prior to them arriving on our planet. It is good to have a prior idea that you may have a vulnerable part of your body from environmental frequencies rather than attempting to fix an issue that is likely out of your control.**

**September 27 - October 3**

**Color = Green, represented  
by the note of F# –  
advancing into the  
astrological sign of Libra**

Milk protein is the most prominent frequency activated today. 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, a tropical 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 multifidus 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 is off, it might make you susceptible to scabies. [The most common symptoms of scabies (itching and a skin rash) are caused by sensitization (a type of "allergic" reaction) to the proteins and feces of the parasite.

Severe itching (pruritus), especially at night, is the earliest and most common symptom of scabies. A pimple-like (papular) itchy

(pruritic) “scabies rash” is also common. Itching and rash may affect much of the body.]

## October 4-10

**Color = Green, represented by the note of F# – advancing into the astrological sign of Libra**

**Editor’s Note:** We have all read astrological predictions and some swear by, and plan their lives around, them. Well, not only are the “stars” affecting you; “universal frequencies” (aka “BioAcoustic Keynotes”), are too.

How do they work? Well, everything in your body, and what we put into it, has a numeric frequency (a **Frequency Equivalent™**, or FE, for short). The body is incredibly system redundant, as shown by how one pressure point can address symptoms in different body parts and systems.

So, one FE can correspond to a muscle and biochemical simultaneously, such as an inability to open a pickle jar tends to indicate a weak lower thumb muscle and also correlates to zinc. Presenting that one FE will improve the performance of both. Light is also expressed as frequency.

So when we discuss this, we can say the following: Universal Frequency/BioAcoustic Key Note = a color = a Frequency Equivalent of a body part and/or biochemical/pathogen/toxin.

See how this affects YOU by reading below! We would love to hear how and whether anything in our weekly column resonates with how you feel during the week.

**Muscles that are being influenced this week:**

**Teres Major:** The trigger point(s) in this muscle will be active this week. It is one of the half dozen muscles which make up the so-called “scapulohumeral muscle group” which acts to manipulate and hold together the scapula and humeral bones, thus facilitating one of the most complex joints in the body. **Source: “Teres Major”**

**Teres Minor:** is a shoulder muscle which laterally rotates and adducts your arm at the shoulder (i.e., glenohumeral) joint, and helps to stabilize your shoulder by drawing the humerus toward the glenoid fossa of the scapula. **Source: “Teres Minor”**

**Quadratus Lumborum:** is a muscle of the lower back, which sits behind the colon, kidney, diaphragm and the psoas major and minor muscles. It allows you to flex the spinal column side to side (with ipsilateral contraction), to extend the spine's lumbar section (with bilateral contraction), and lifts up the ilium bone with ipsilateral contraction. **Source: “Quadratus Lumborum Muscle”**

**Medicines that are being influenced this week:**

**Flexeril:** is a muscle relaxant that works blocking nerve impulses that register as pain when they reach the brain. It is also used, along with physical therapy and rest to treat conditions in the skeletal muscles.

**Bupropion:** is a type of medication used for different purposes, but primarily as an antidepressant and way to cease smoking. You have heard it referred to in the market as wellbutrin or Zyban, etc. It has been one of the most often prescribed drugs for depression. Most countries only sell it with a prescription.

### **Pathogens that are active this week:**

A number of pathogens are asserting themselves this week, one of which causes food poisoning, one which causes many of our colds, and one which causes strep throat. So, keep up your immune resistance this week as best you can.

**Clostridium Botulinum Pathogen:** is more commonly known as botulism, a food-borne illness that is said to be rare, but very serious when it does occur.

**Human Rhinovirus:** Discovered in the 1950s, the Human Rhinovirus has been the cause of more than 50% of colds. This type of illness has been costly to work attendance and productivity.

**Alpha Streptococcus aka Streptococcus Pyogenes:** is a pathogen that can cause pharyngitis, or “strep throat” and less often the skin condition Impetigo.

**Human Papilloma Virus:** The HPV strains number 50 is active this week.

## **October 11-17**

A toxin/food additive high on the active list today: **MSG** (Monosodium Glutamate), which is contained in steak sauces, salad dressings, meat tenderizers, and is 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

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For those of you with blood sugar issues the color of Scorpio (blue-green) is especially supportive--especially when mixed with hot pink.

foods (Pringles, Doritos, Planters nuts, Cheez-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 insulin. Vasopressin, a biochemical that helps regulate blood pressure and blood sugar, plays a part in frequency balance over the next few days.

We hope you like to read about inter-stellar frequencies and how they influence you. Please share your experiences with us.

## **October 18-24**

**Last few days of Libra (F#) as we move in Scorpio (G); color of this time is the beginning of blue/green**

Do you ever take notice of what color you want to look upon today? Use our **Note Correlate Chart** so that you can double check your mood color for the day.

**[Check under “BioAcoustic Shop” on SoundHealthOptions.com](#)**

It's mostly parts of the body that are activated during this next week; especially the nose, ears and throat, which is controlled by the vertebrae C-4 and C-5. This can manifest negatively as earaches or increased sensitivity to noise.

Don't overwork your throat without some special pampering, especially if you are involved in a haunted house theater or plan to visit one. Be sure you bring along some lemon/honey drops to help with all the stress associated with screaming and laughing away your fear.

Flu season is upon us. The literature suggests extra zinc and/or vitamin C would be prudent. "Airborne" (in the nutrient section of your favorite store) is chock full of vitamin C and touted to be a magnificent anti-brew (I LOVE the gummies format) for anything flu related.

## October 25-31, 2020

**Color = Green Blue, represented by the note of G – advancing into the astrological sign of Scorpio**

### **The Fuels that Feed our Energy Body**

Emotionally, the note of G represents someone who is highly perceptive and innately understands how other people think. They like to play games with emotional information and just as quickly will hide their own feelings from others.

The body needs fuel as our Krebs cycle (energy cycle) moves into action for the coming season. Vitamin C, citric acid, and iso-citric acid are all involved with the body's energy cycle and activated over the next few days. This is the time of year when the body's

energy needs to be ready for colds, flus and various attacks on our immune system. One of the most important strategies is keeping our reserve energy at full strength.

The Krebs Cycle requires Co-Enzyme A to properly function, along with supporting sulfur co-factors for amino acids (both of which are active now).

It seems there is a double whammy on all fronts as the ability to provide proper sulfur co-factors begins to trigger biochemical stress. Molybdenum, an important methylation mineral, is involved with this process and is now stimulated or neutralized depending on your brain dominance.

Glutathione processing enzymes, along with metallothionein (needed to process mineral in support of methylation), are in stress until next Wednesday.

Upcoming thyroid hormone conversion may cause your meds to be a little off this week but will end by Saturday.

Vitamin D is also stressed and mixes nicely with what is needed for the pressure of changing seasons. Magnesium, an important mineral for muscles and metabolism, will be in stress most of this week.

The muscles most in stress now are the heart, upper back (trapezius), and large hip muscles; your hip joints may feel a bit stressed until the weekend.

Milk allergies come into play as milk protein (Casein) frequencies come into season. Allergies are the result with the added insult of sterigmatocystin mold frequencies.

Ozone therapy would be particularly potent for the next few days.

Beta streptococcus (tooth associated) is the activated bacterium that is now upon us.

