

Sound Health KeyNotes for March 2022

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BioAcoustically Speaking

SoundHealthOptions.com

Almost Everything is Something Else



SOUND HEALTH

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Color = Violet/red; represented by the note of B – and the astrological sign of Pisces

Week 1

Frequencies active this week seem to be a continuation of nutrients and proteins that support energy renewal.

Mineral cell salts in stress include magnesium and potassium; both used for energy and revitalization.

Waist, hip and arm rotation muscles spring into stress this week. The Supinator muscle of the forearm is in stress along with muscles that bend and rotate the knees and trunk. This should ease by the end of the week.

Additional muscles in stress: Retina of the eye,

the palate (roof of your mouth) and eyelids. Several people have reported that they just feel heavy lidded with slight eye burning and blurring.

Nutrients in stress: niacin (B-3, great DNA support and cholesterol balancer); arginine (supports male hormones and detox) and serine (an amino acid found in grains) which is involved with fat digestion. This should cease by the third week of march. By Tuesday you may find yourself craving grains when serine frequencies are at high stress.

Pathogens rolling in: (see Covid update below)

Helicobacter pylori (stomach ulcers), Herpes simplex (cold sores) and several strains of Papillomavirus 27, 55, 58, 66 (causes cervical growths) – Gardasil is one injection touted as a cure for Papilloma but Gardasil is also associated

cure for Papilloma but Gardasil is also associated with infertility.

Genetically speaking:

The genes for catalase (an enzyme that helps clean the blood) and the heart muscle are being brought into stress this week. The heart and knees share some of the same frequencies so the knee muscles may give you trouble.

Reproductive hormones for both males and females will be continuing until the end of the month.

Two proteins in stress: Myosin inhibitor (supports motor contractions and energy) – this is likely residue from last week and Transthyretin – supports fluid movement throughout the body.

Week two

Frequency is the measurement tool used by humans to quantify our Universe. Frequency is commonly used to measure sound, color, aroma, biochemicals, emotions, brain waves, nerve impulses, metal integrity, angles... This column deals with the influence of frequencies on human psychology and physiology.

This week frequency patterns that sap energy and play havoc with upper body muscles will influence our behaviors.

Muscles in stress – Many golf muscles are still in stress: Pronator quadratus (forearm); rectus abdominis, semispinalis thoracis and quadratus lumborum. Supinator of the forearm and adductor magnus is involved in hip rotation.

Hopefully this is the last golfing muscles that show up for a while. For those who have our Golf Swing software that we gave away a few months ago, this might be a good time to approach your local pro shop to initiate a BioAcoustic evaluation for those having a bit of trouble with their game. You could likely help

them improve their swing significantly since we can take a look muscles that are too tight and likely are likely to cause injury. Golfers this added stress to your game will soon be over.

In addition to these muscles, the pterygoid, a chew muscle of the jaw. is moving into stress. For those of you who nearly collapsed became you were so fatigued (especially right brainers) that you could hardly move yesterday, it was the start of pyruvic acid being in stress. Pyruvate is intimately involved in the Krebs cycle – the Vitamin C based-energy cycle of the body.

[From Dr. OZ: Pyruvic acid is found naturally in the body, helps convert sugar and starches into energy, and has been shown to boost metabolism. However, to actually help burn thigh fat, you need more pyruvic acid than the body can provide. A calcium pyruvate supplement combines pyruvic acid and calcium to aid weight loss by working to minimize fat storage. Take 1000mg of calcium pyruvate before each meal for 1 week.]

Potential nutritional stressors for week one of March:

Starting with arginine that supports stamina and male reproduction, we move through niacin (B3) that helps support our genetic code plus cholesterol metabolism and plaque control.

Vitamin C, another part of the energy cycle is in stress now. There are several remedies. You can find several good forms of Vit C at your local health food store: calcium citrate from OJ, lots of fruits, Airborne supplements. Vitamin C is an antioxidant vitamin needed for the formation of collagen to hold the cells together and for healthy teeth, gums and blood vessels; improves iron absorption and resistance to infection.

Vitamin C sources:

Vitamin C is found in many fresh vegetables and fruits, such as broccoli, green and red peppers, collard greens, Brussel sprouts, cauliflower, lemon, cabbage, pineapples, strawberries, citrus fruits.

In addition to more energy stress, Serotonin becomes active on Tuesday; Serotonin is the "wake up" chemical. Depending on your brain dominance you may have trouble going to sleep or waking up without being draggy. On Tuesday also - Serine, an amino acid involved in fat digestion, comes into play. You might find yourself craving grains.

Calcium uptake and calcium in support of the heart muscle is problematic for the next few days so pay close attention to all of the sister compounds for calcium or better yet eat some great organic sources of calcium.

Potassium cell salts are coming into stress adding to the potential calcium stress as it involves the heart.

Prostaglandin is a compound derived from fatty acids that are reported to be inflammation causing and pain producing. You may notice a bit more pain without some addition of vitamin C to take up your cause.

Biochemical stressors:

IGe – immunoglobulin "E" is associated with "sensitivity" reactions that are almost immediate when you are exposed to the offending substance.

Shades of Ecoli are activated now – so a bit of uneasy bowel issue may be noticed. Consider some probiotics to even things up.

Herpes simplex (as in mouth cold sores) comes into play on Tuesday – maybe some extra lysine, zinc or Vitamin C is in order.

Week three

Can our thoughts have dominion over our energy

bodies. Many of you asked how someone could control the frequencies of the brain.

Many of the frequencies coming into play this next week deal with the energy that animates us and allows the definition that we are alive.

During my years of meditation and teaching, I have shared an exercise that allows us to have dominion over the frequencies of our body. It is easy, quick and effortlessly allows you to slide in a peaceful, healing place. Enjoy!

HOW TO EASILY REACH THETA FOR OPTIMAL SELF PROGRAMMING

Condensed Summary: Tried and True Technique to reach the Healing Layers of the Brain

or

IF YOU CAN MOAN, YOU CAN TONE

From the first wail at birth to the funeral lament, sound and rhythm are a part of our lives. In between these two moments, we use a variety of notes, pitch and intonation to express ourselves. Some of these vocalizations are learned; others are quite natural and spontaneous.

All manner of systems have been devised to organize the various sounds we produce. Language and musical composition are probably the two most well-known. Techniques such as toning, praying, chanting, and primal screaming are just a few of the methods that have been used in our attempts to gain dominion over our physical and emotional selves.

But it is the natural tones that seem to be the most useful. Granted they are the ones that we often don't use, at least in public. The natural grunts, groans and sighs are the sounds used when we find ourselves in our most vulnerable

often don't use, at least in public. The natural grunts, groans and sighs are the sounds used when we find ourselves in our most vulnerable states: when we are ill, afraid, grieving, angry or making love. These sounds are associated with the most fundamental aspects of our lives.

We didn't have to learn to moan or weep. It is not required that someone teach us to groan or laugh. With few exceptions, the ability to produce such verbalizations comes as standard equipment.

Almost anyone can tone. Make a sound, any sound. Make the sound originate from your throat, your nose, from deep in your gut. Close your mouth and make a sound. Do you feel it move through your nose? Experiment. Run a scale from the lowest to the highest note you can make. Do you like one sound better than the other? Does one tone make you vibrate more than the others?

The sounds that cause you to vibrate are the most helpful. Vibrating tones in your sinus cavity or throat have been known to reduce the pain of a headache and decrease sinus, ear, or throat infections. Puff out your cheeks and blow a sound through your, barely touching, front teeth. See if you can find a note that will make your teeth or inner ear vibrate.

Congratulations, you just learned to tone your own Signature Sound!

Do any of the sounds make your ears ring? A high-pitched ring that you could not possibly match vocally is present in your ear if you know how to listen. This is your own Soul Note. If you haven't heard such a ring, maybe you haven't trained your ear to focus.

Try this exercise: Listen, for a few seconds, to someone talking who is very near you. Now listen to someone who is several feet away, maybe in another room. Now listen closely again. Now far. Keep changing your focus. Can you feel your ears change focus? If you use this

same technique, you will soon begin to hear a high-pitched ring in your ears. This is your own intrinsic frequency that animates you and keeps you alive and manifests as your Energy Body. It is exactly right for you, every minute of every day. Listening will feed you the tones you need, every moment.

Another way to listen for your own sound is to lie down and place a pillow over each ear. Listen to the pillow as you practice changing your hearing focus. If you have difficulty hearing your sound this way, try making a very low note and then slowly slide up and down the scale as you listen for your ears to ring. Sometimes cupping your hands over your ears will help you hear the sound more easily. Once your ears start to ring, quit making the sound and listen to the tones inside your ears. Actively listening to these patterns takes you to a theta brain wave level. According to Robert Becker, MD. Theta is the healing frequency level for the body.

Even professional speech therapists are now admitting that the sound of your voice has a lot to do with your energy and health. Just open your mouth and make a sound; a noise. It doesn't have to make sense, even to you. It doesn't need to be pleasing to anyone but you.

Although some people may want you to believe that toning must be done in a special form or fashion, don't believe it. No one is better at moaning (or toning) for you than you are.

Week 4

Universal sounds are quickly moving into frequencies of gliadin and gluten; two heavy handed grain related allergens; made worse by serine unbalance. Antibodies are activated along with genes and proteins that deal with the management of grains in the body. Remember BROWSE – Barley – Rye – Oats – Wheat - Spelt – Eliminate. Digestive enzymes might also be helpful.

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For some people grains can cause Leaky gut, which can result in a myriad of immune issues. Just the beginning of blood sugar issues will rise on Tuesday; the influence won't be severe but those with glucose issues may need to closely monitor insulin and food intake.

Muscles in stress – tiny muscles that hold the vertebra together – the multifidi will be active for the next ten days or so. Abdominal muscles, the Rectus superior of the eye also is in stress for the next few days. You may feel your eyeball moving – you shouldn't – when you look upward.

Streptococcus pathogens are active now – a bit of a sore throat or ear irritation may be about. Gargling with some good salt water or Tea Tree oil will usually take care of this strain.

B2 – riboflavin is in stress for the next six days – soy is high in B2 but I'm reluctant to suggest it because of the side effects soy can bring upon the hormonal system. Greens, yogurt, mushrooms, eggs, asparagus, turkey, and almonds are among the highest in B2. When you have lots of B2, the urine turns bright yellow – Even its name "flavin" in Latin means yellow. B2 is important to help metabolize iron and create energy for the body. It also plays an important part in replenishing your DNA.

If your energy is down, norepinephrine may be the cause. If you have our Methylation Mapping software, it may be a good time to check your dopamine and serotonin levels. This is the beginning signals for allergy season. SoundHealthPortal.com – Campaigns – Methylation.

Covid update – two CVD templates are available to the public: Corona Conflicts (Spike related) and Cellular Inflammation.

<https://soundhealthoptions.com/corona-corner-2/>

One of our clients had Covid last year. She developed high blood pressure that conventional medicine could not control. Her vocal revealed that she had inflammation of the adenosine receptors. See below – she had a stroke last Friday. We will be providing information that may help with the potential inflammation that is plaguing our populace.

Covid related frequencies that may be in stress this week: <https://soundhealthoptions.com/tenets-of-math-as-medicine-support-covid-survival/>

InflAMMATION Markers in Stress this month – all of which regulates heart and coronary oxygen, vasodialation

Sound Health Portal

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VOICE SAMPLING 14

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