

# Getting Healthy to Stay Healthy

**April 5-11**

**Color = moving into full red; represented by the note of C – moving toward the end of the astrological sign of Aries.**

Spring cleaning is upon us including our own bodies as Asparaginase and Aspartic acid; two dandy detoxifying amino acids, come into play. It may be time for a green detox (with the permission of your medical provider, of course).

Indications are that asparagus mixed with avocado and celery is a great spring tonic. Allergies are beginning to rear their ugly heads as several nasal pathogens begin to make an appearance so it is important to fully support your bodies desire to be free of trash. Remember that body mucous was designed to grab allergens and escort them out of the body; attempting to dry up mucous might not be a good idea.

Ocular muscles (particularly those that rotate the eye) may be more acutely felt as air borne allergens begin to increase. The thumb muscle is active this week; bad for baseball pitchers, golfers and for opening jar lids.

Pathogen activating this week is Helicobacter pylori genome - the ulcer-causing critter that sets up housekeeping in your stomach lining and causes havoc with your enjoying of spicy things.

A viral type of leukemia manifests by Tuesday. It seems, from the literature, that leukemia is just another way of saying that your body is turning itself off. Getting healthy and staying healthy seems to be a good idea. Two genes are activated and I'm not sure how

they will manifest: muscular dystrophy and the mitochondrial gene that is being blamed.

Blood sugar may be a bit unbalanced due to lack of exercise. Get those muscles to move that winter trash out of the system with a few seconds of fast walking or something that you can use to create a safe burst of energy. The literature reports that even thinking about exercise can speed your heart rate and respiration.

MSG is the activated toxin today so you may have more of a reaction than usual to foods; especially Chinese, which is reported to be high in MSG. The literature says that MSG can be counteracted with B vitamins.

We are coming up on calcium stress which can deal with the body's ability to regenerate itself and fend off cancer. We will post more on calcium and its relationship to cancer in a few days.

Those of you take artificial estrogen may feel changes in stimulation this week as those hormones are active more or less depending on your brain dominance.

Slimy black mold makes a comeback this week – might want to run your ozone-generator a bit more as a precaution or use mold/mildew fighter but get out of the room when you do; not good for your pet or you to breathe.

**April 12-18**

**COLOR – moving away from Aries into red/orange; represented by the note of C# – and the astrological sign of Taurus**

Taurus: known to be down-to-earth, stubborn

**Taurus: known to be down-to-earth, stubborn and love rescuing others in their time of peril.**

The frequencies coming to the planet during the next week range widely from top-down muscles to interacting nutrients.

Eye muscles, particularly the rectus medialis of the eye, will be in stress during the entire next week and a few days beyond. Expect eye focus issues.

The depressor septi is a muscle of the nose involved with the nose tip and with the shortening of the upper lip for animation. It comes into play by the end of the week. This may be the muscle that allowed Samatha (Bewitched) to "twiggle" the tip of her nose to create a change in her reality; to create magic.

The vertical muscle of the tongue is found at the forepart of the tongue. It is used to flatten and widen the tongue. In BioAcoustic research it is often present when residual measles virus is causing peripheral neuropathy.

The vertebra, C-6, will come into activity at the end of the week. Its' energy affects the neck muscles, shoulders and tonsils (which I interpret as the tone cells). Stress of C-6 could cause stiff neck, pain in the upper arms, tonsillitis, chronic cough/croup.

Moving down the body, the thumb and fingers are next to be activated; the thumb first and the fingers by the end of the week.

The iliacus is a large inner hip muscle that functions to help flex and move the femur (thigh bone) forward. It is closely related to sartorius muscle - the longest muscle in the human body. It is a long, thin muscle of the thigh. It helps flex, adduct (bring toward) and rotate the hip.

Those playing soccer might need to take

more care before a performance as this is an incredibly important soccer muscle.

**Medical in Stress:** Adderall is used to treat narcolepsy and ADHD. Watch for side effects of under or overdose. More can be found at <http://www.drugs.com/adderall.html>.

Artificial estrogen, found in plastics and synthetic hormones, come into stress at the end of the week. Mercola.com reports that estrogen can be found in many widely-used plastics, causing damage to a developing fetus, fertility problems plus vaginal and breast cancers.

#### **Bio-Chemical & Nutrients Activated:**

**Calcitonin:** a hormone produced by the thyroid gland that lowers levels of calcium and phosphate in the blood and promotes the formation of bone.

**Catalase:** an enzyme found in the blood that helps clear the blood of debris

**Homocysteine:** an amino acid naturally occurring in blood plasma. High levels are believed to increase the chances of a heart attack. It also works closely with B12. Several B12 cofactors are active over the next 10 days.

**Potassium and calcium cell salts:** mineral components controlled by aldosterone and other hormones.

**Beta carotene:** a form of vitamin A - found in carrots, sweet potatoes, spinach and other leafy vegetables; found in fruits such as cantaloupe and apricots.

**Vitamin A helps support mucus membranes, the control of asthma, our immune system, good eye health and vision. Vitamin A is a great support for skin, hair and nails. Lycopene is a form of Vitamin A found in tomatoes.**

April 19-25

**April 19-25**

**Color = moving out of red into red orange; represented by the note of C# – and the beginning of the astrological sign of Taurus**

### **OUR ENERGY BODY: HOW TO PREDICT DOWNTIME**

The frequencies active this week are hard on thyroid function including the biochemical that balances T3 and T4; expect energy fluctuations.

In addition, tyramine, a biochemical made from the thyroid associated amino acid, and tyrosine, come into play on Saturday.

**Tyramine** – from cheese, and other fermented foods, even chocolate. Can cause migraines and increase blood pressure.

Major tyramine containing foods include: pickled, aged, smoked, fermented or marinated foods, like ham or sauerkraut, sour cream, yogurt, soy sauce, plus foods like beans, snow peas, avocados, bananas, pineapple, eggplant, plums, figs, brazil nuts, coconut, processed meat, yeast and many cacti plants.

In addition to headaches and hypertension, tyramines can cause critical high blood pressure, disturbances in dopamine, norepinephrine and epinephrine. So if you have this sensitivity, your energy may be waning.

Unfortunately, phenethylamine from chocolate is also a tyramine culprit.

Muscle stiffness may be an issue this week as the enzyme, chymopapain, that helps remove "trash" from muscle fibers becomes stressed. Chymopapain can be purchased if you find this to be an issue this week.

Muscles in stress this week: the sternocleidomastoid (neck/shoulder), the lens of the eye and the thumb.

Along with the issues with energy and tyramine, myostatin, another energy thief, comes into play. The more your cholesterol are unbalanced, the more your muscles will feel weak if myostatin is high.

Candida, a yeast-like pathogen is activated on Tuesday. It can cause itchy and blistering skin, plus inflammation of any wet/moist tissues of the body that are open to the air.

Toxin in stress – Ecstasy – depending on brain dominance, you may have a reaction that is not normal for you.

Important Vitamin in stress: Choline, (from eggs and meat) for clear thinking, cellular integrity and nerve signaling; supports the kidney and needs to be taken with its sister component, inositol.

**April 26- May 2**

**COLOR - moving into red/orange; represented by the note of C# – and the astrological sign of Taurus.**



# NOTE CORRELATE CHART

## EMOTIONAL

## PHYSICAL

Self power, ego, self direct, leader, excitement physically motivated

**C**

Large, thick muscles, heart gross circulation, female reproduction

Champion of justice, fair play, hard on self, stubborn, hard on others as a cover

**C#**

Tendon, ligaments, tissue linings, circulation of digestion, bowel

The rest of this chart can be purchased here: <https://soundhealthoptions.com/product/note-correlate-chart/>

uncomfortable week for your neck muscles.

### Muscles in Stress this week:

The sternocleidomastoid is the largest neck muscle that moves from behind the ear downward to the shoulder and helps rotate the head. It continues to be in stress this week. This is often the muscle involved when people report a "pain in the neck."

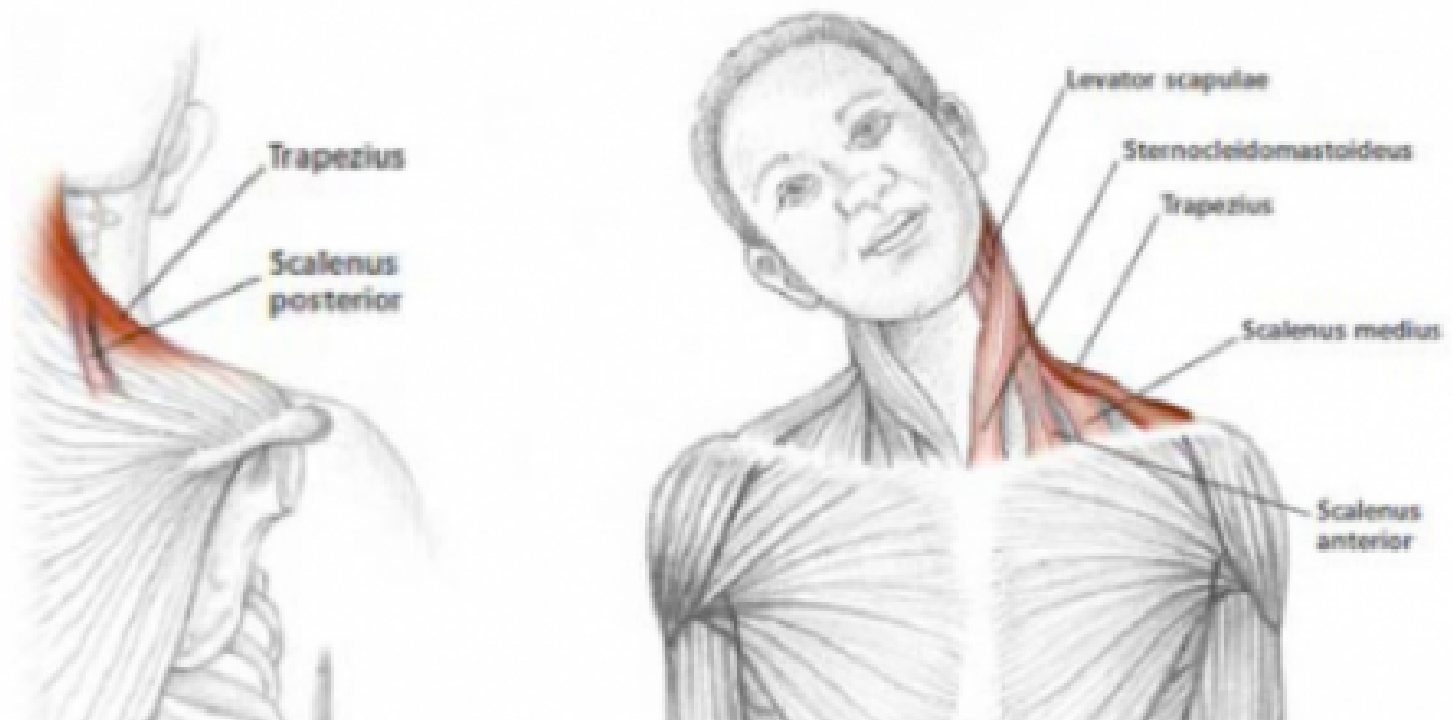
A smaller muscle in the neck, the scalenus, that flexes and bends the neck is also active. The end of the week brings a move toward issues with the tendon under the foot that creates the arch of the foot.

Many times, you, our audience, are so in-tune with the keynotes that you send us information about keynote issues before we post the results.

We could put the emotional issues of C# together with the frequency muscle relationships and conclude that when you are out of sync with justice and truth, your neck may pay the price and you may not have a leg to stand on.

Such is the case concerning the muscles of the week. Paula Hall from Australia posted this picture, showing how the muscles from last week combine to make for an

Have you ever thought that truth is often just a matter of opinion?



## Biochemical Frequencies in Stress for the week:

Ciliary neurotrophic factor (CNTF) – a hormone and nerve growth factor that is associated with anti-inflammatory relief. CNTF is expressed by cells on the surface of bone and is associated with motor neuron degeneration. CNTF has been explored as an appetite control for leptin resistant subjects.

PABA, known as a nutritional supplement, is used to combat fatigue, irritability, depression, scleroderma (premature hardening of the skin), weeping eczema,

patchy skin pigment loss (vitiligo) and premature grey hair. Humans lack the enzymes to convert PABA to folate; which is used for regeneration. PABA is used to treat Peyronie's disease (tendon, ligaments of the penis), irritable bowel, fibrotic skin disorders, and is associated with potassium/nitrogen levels and folate synthesis.

SUOX proteins, aka sulfite oxidase, have been identified as the last step in the metabolism of sulfur containing compounds. SUOX supports molybdenum and is a co- factor for many amino acids and vitamins. It is a great immune support.

