

Sound Health KeyNotes FOR DECEMBER 2021

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BioAcoustically Speaking

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Almost Everything is Something Else

Why do we offer this column?

The Greek philosopher Pythagoras proposed that humans are influenced by the concentric pathways of planets around the Sun.

Johannes Kepler, an astronomer, later postulated that the planets have elliptical orbits. Both men are credited with creating musical algorithms that are used to create musical scales today.

The notes, formulated as math-based frequencies, are thought to create personal mood and environmental ambiance. In ancient times, the idea of astrological positioning could influence one's life, conceived the tenets of Astrology. Vocal Profiling takes this a step further to suggest

that human anatomy and physiology are influenced by planetary movements. This column is the culmination of frequencies expressed as vocal utterances that can be used as indicators of behavioral form and function of living systems.

We attempt to reveal the correlations that we have made with the day of the year and the frequencies most likely to influence health and wellness. We have noticed down through the years that very sensitive persons will begin to "pick up" on the frequencies a few days prior to the rest of us.

We offer this column in an attempt to prepare for health issues that may influence our lives.

Nov 28 — December 4 Color association = Blue; represented by the note of G# — Astrological sign of Sagittarius.

Days of Hope and Renewal are upon us as we prepare for the new year.

It is appropriate that between the two biggest holidays Lipotropin 1 — a hormone from the pituitary — comes into play. Lipotropin helps control appetite and is related to growth hormones as well as being the frequency of an obesity gene.

Sometimes I wonder which came first here - the holidays or the frequencies which regulate the activities. From the research that we do here with frequencies and math — **I'm convinced that God is/was a mathematician.**

Muscles in stress this week: **Abductor magnus — hip joints and butt muscles just moving out of stress with the infraspinatus and big toes coming into activation.**

Methionine is optimally active today. It is an incredible amino acid that helps the body detox along with aspartic acid. Methionine helps the body build other amino acids; cysteine (for digestion and as a precursor of Glutathione — a strong antioxidant; carnitine (for healthy heart and fatty acid metabolism); taurine (for healthy eyes, calcium signaling, healthy muscles and strength plus formation of nutrients needed to utilize fats) and other essential components of metabolism such as lecithin (for healthy skin, cholesterol metabolism and support of brain function), phosphatidylcholine (for metabolic transport and signaling) and phospholipids (a major component of all cells).

Improper utilization of Methionine can lead to atherosclerosis and premature graying of hair — which is caused by a build-up of hydrogen peroxide in the hair follicles. Methionine requires B12 as a cofactor and is often low in vegetarians. Together with cysteine, methionine is involved with the metabolism of Lipotropin mentioned above.

December 5-11 Eye lens, thyrocalcitonin, calcitonin, forehead, chromium, herpes Relationship of calcium and cancer food.

Hips and knees take a beating for the rest of the month.

Calcitonin, a biochemical responsible to balance the calcium levels of the body, is in stress for the next week or so. Calcium is a support for many system functions, from nerves to bones, and emotions to heart rate/circulation and schizophrenia. One of the most fascinating things about Calcium, BioAcoustically Speaking, is its relationship to a cancer food (5 HETE).

Cells communicate using frequency according to James Gimjewski, PhD, formally of UCLA. When a cell is damaged or traumatized, it "calls out" for Calcium as one of the "Master Fixers" of the body. When calcium is not available, the closest frequency, foreign or domestic, is delivered to the cell. In some cases, 5-HETE as a frequency, is delivered to the cell. If you feed the cancer cells cancer food, is it logical that Cancer will begin to grow?

Other issues in stress this week: Calcitriol is an active form of vitamin D which increases levels of

Calcium in the blood and bones. It acts in concert with the parathyroid hormone and calcitonin.

Kynurenine is a metabolite of tryptophan used to produce niacin which is related to the Krebs Energy Cycle of the body. Inflammation, blood viscosity, cognitive function, and regulating the immune response are all related to the functions of Niacin. Kynurenine is also associated with muscle tics.

Hydroxy citric acid is a derivative of citric acid (Vitamin C-related). It is found in Garcinia and is often touted as a weight loss product. It is used by the body in the Citric Acid (Energy Cycle) of the cells. Hydroxy citric acid is known to inhibit pancreatic alpha amylase and intentional alpha glucosidase which reduces carbohydrate metabolism.

Renin is associated with the enzymatic process that helps balance fluid pressures of the body; through aldosterone and kidney/liver interactions.

Chromium is an element, metal and nutrient. As Trivalent Chromium, an essential nutrient, it has been shown to support insulin, sugar and lipid metabolism.

Vasoactive intestinal peptide (VIP) stimulates contractility of the heart causing vasodilation, lowers blood pressure and increases glycogenolysis (breakdown of glycogen to glucose). It relaxes the smooth muscles of the esophageal sphincter, stomach and gallbladder as well as supports the secretion of pancreatic juice and bile. VIP is often in stress associated with Autism Spectrum Disorder.

Muscles most in stress during the next week, eye and face muscles, Latissimus Dorsi (ribs below the arm pit), and the lateral thigh muscles, Vastus Lateralis.

Tin is a toxin that can sometimes enter the body by way of ingestion, inhalation, skin or eye contact. Although rare, Tin exposure can be dangerous to health. Canned food can sometimes cause tin poisoning with symptoms of nausea, vomiting and diarrhea.

December 12-18

Lower bowel and digestion upsets have been reported to be on the rise around the world this month. The frequency of a virulent strain of E. coli is responsible for bowel inflammation and infection.

Choline and chromium came into activity last week and will continue for the next 10 days or so. They are nature's warriors against inflammation (chromium) and infection (choline). Chromium upset can also cause heart arrhythmia.

Niacin metabolism which influences digestion, blood flow, energy production and the dissolution of lipids (fats) comes into play at the end of next week.

Muscles in stress today and next week: **Latissimus dorsi (under the arm down the side of the body) - cramping and/or weakness may occur.**

Any/all of the nutrients listed above may be helpful by Wednesday and into Thursday when the lateral muscles of the thigh become involved. The lens of the eye will be in stress next week; so, focus may take a bit longer especially in low light.

In my opinion, the healing protocols of the future need to be quantum in perspective (encompassing all), combined with ancient knowledge, modern technology, and TRUTH. Consider the idea of Key Notes (based on interstellar frequencies like those that control our ocean tides) combined with ancient astrological math correlations - they confirm

each other. The TRUTH comes to the forefront when the frequencies of the voice can be used to confirm intention.

We used to be a self-actualizing country — based on Maslow's hierarchy of needs — we were at the top of our evolution. Now we have been thrown down to the primary levels — the need for safety, housing, food, breathing... all in one generation. That is very uprooting/disheartening to the people. I see many people letting go of any HOPE for a better world but there is HOPE from the inside out. They can't take that away.

December 19-25

Influences of Energy and Cellular Mechanisms

As the year comes into renewal for does body and energy building via the I(rebs or Energy cycle (ATP and ADP)

Fluid circulation is currently stressed as Transthyretin comes into play this week. A covid watch is evident as iron, quercetin and Bioflavonoids (immune support) come into play. From a BioAcoustic perspective, Bioflavonoids are from the beginning pathway of life and act as an analogue to biochemicals that appear as a signal of the end of life: Putrescine and Cadaverine (the chemical produced by the body at the time of death).

Muscles in stress this week: **Semimembranosus (Thigh), Quadratus lumborum, psoas, pterygoid, wrist flexor carpi radialis, and palmaris.**

December 26 - January 1

Potassium is the most important frequency correlation that will be active for the next week. Potassium is an important electrolyte and mineral that helps maintain the fluid and acid/alkaline balances for the body. Potassium supports muscle strength, heart rhythm, cell

communication and digestion. Symptoms of low potassium can include scalloped edges on the tongue against the teeth, abdominal weakness, muscle aches and cramps, a feeling of weakness in the ankles is often present.

An irregular heartbeat and edema can be signs of potassium imbalance. For people using our nanoVoice program to evaluate potassium levels, check the balance between D# and A. If you suspect a potassium issue, check with your wellness provider, or have your blood pressure monitored.

An energy cycle component (succinyl COA) and ACTH (an adrenal hormone) are both in stress over the next few days. Issues with either of these biochemicals can cause low energy and low motivation. The immune system may need more support — you might want to check on vitamin C levels.

Phosphatidylcholine, a great brain and energy support, is in stress, you may find that you are more alert if you are left brained, or you may find yourself struggling to "find your words" if you are right brained (meaning you may need more choline which can be purchased at your local health food store).

Manganese, a mineral constituent of insulin, is in stress for the next four days. A combination of insulin and high blood pressure issues may be reason to watch for blood clots - some of the present literature suggests that you add niacin (note of B) to your diet if clotting factors are at issue.

It is a great time to be pregnant because folic acid — a major fetus-supportive nutrient — is active until the end of next week. B5 associated with fibromyalgia and tremors will be in stress until the 10th.

We are not finished with shoulder stress, but it may be moving toward the back of the shoulder as opposed to the top as has been stressed for the last few weeks.

For those of you who suffer from temporal migraines, you may need to be more careful with monitoring those triggers.