

SOUND HEALTH KEYNOTES FOR NOVEMBER 2021

BioAcoustically Speaking, Almost Everything is Something Else

By Sharry Edwards, M.Ed.

Frequency is ... (everything). Nearly everything can be measured as a potential mathematical frequency.

Using frequency to define human form and function is the mission of this column. We believe that you can better prepare for life's lessons if you know which frequencies are influencing. Much like preparing for tide changes help predict...

For the month of November, 2021, Vitamin D seems to be in stress throughout the month. This is important because a body's response to the current Covid fiasco is intricately involved with several forms of Vit D along with zinc, glutathione, quercetin, Vit C...

Oct 31 — Nov 6

Milk protein is the most prominent frequency activated this week. Milk allergies can cause sinus, throat and 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, an 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 Multifidi 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 might make you susceptible to Scabies, severe itching (pruritus), especially at night, is the earliest and most common symptom. Utter Balm is a sheep lanolin-based salve that may help. Campho Phenique (local Walmart) may as well.

A toxin — food additive high on the active list this month: MSG (Monosodium Glutamate) is contained in steak sauces, salad dressings, meat tenderizers, as 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 foods (Pringles, Doritos, Planters nuts, Cheese-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 still 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 one type of insulin. Vasopressin, a biochemical that helps regulate blood pressure and blood sugar plays a part in blood glucose frequency balance over the next few days.

Nov 7-13

EBV (Epstein Barr virus), Cholesterol, myostatin, niacin, caffeine and magnesium stress combine to cause feelings of fatigue for the next few weeks.

Joint pain — especially the knees kick in this week — inflammation of and lack of joint fluid is the culprit. Too much fibrin can also contribute to joint pain. If you test your voice, you will find that the note of F-G is too high. You can ask for a free nutrition evaluation at SoundHealthPortal.com.

Thyroid stress continues for the next two weeks. Iodine, selenium and zinc are all thyroid support nutrients. The internet lists foods that are problematic to thyroid function.

Selenomethionine may be supportive — can be found at your local health food store.

Niacin (vit B3) is very important to brain function this week.

Expect shoulder girdle muscle to start to flare this week.

Genes for colon cancer and diabetes come into play this week.

Nov 14-20

Knee muscles continue to flare and begin to involve thigh muscles. Muscle evaluations are available from SoundHealthPortal.com - [CAMPAIGNS](#).

Nutrients in stress: SAME, vitamin D4, 25-hydroxycholecalciferol, calcifediol and Vit E.

Nanobacteria comes into stress this week and can cause tooth plaque and heart sac inflammation. Heart Muscle is stressed this week.

Thyroid stress continues especially for those using thyroid medications.

Stress-involving proteins are active now and may cause gout symptoms.

Shoulder muscles continue to aggravate involving Rhomboid, trapezius and chest wall that help support them.

The diabetes frequencies continue to soar; those with fatty livers will be especially vulnerable with a high carb diet.

Muscle atrophy both genetic and those caused by statins and aging continue to plague especially

the elderly. You may find your muscles seem weaker for the next few weeks.

Candida may be more active toward the end of the week. Sugar may cause a flare up.

Nov 21-27

The use of iron is obvious for this week. Spine issues associated with Lumbar 5 (lower limb circulation), Lumbar 4 (Prostate, sciatic nerve) and Thoracic 4 (gallbladder, liver) may become active.

Shoulder and hip joints continue to need detoxification to relieve lymph system fluid (waste clearance). **Nitric Oxide – found in beets may be of assistance.**

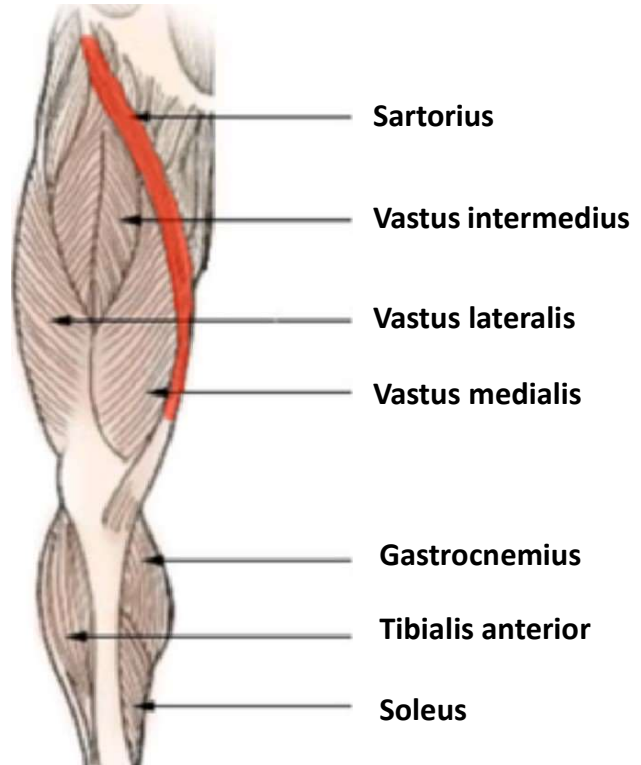
The pancreas starts a fortnight of stress this week.

Staphylococcus aureus found as a cause of upper respiratory and skin issues comes into play on Wednesday.

Nutrient in stress – L-Carnitine which supports energy metabolism of the mitochondria. Carnitine concentrates in cardiac and skeletal muscles.

The **Sartorius Muscle** begins to activate near the weekend. It is a strap-like muscle from the upper outer thigh to the inside of the knee. It supports the hips and knees.

Sartorius muscle



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