

SOUND HEALTH KEYNOTES FOR FEBRUARY 2021

BioAcoustically Speaking, Almost Everything is Something Else

By Sharry Edwards, M.Ed.

January 31 – February 6, 2021

Color = Violet, represented by the note of A# – advancing into the astrological sign of Aquarius

Folic acid becomes stressed this week. Folic acid supports regeneration of the body and is a B family vitamin. Eye muscles become weak this week. Leptin, an appetite inhibitor, is active now. It helps get rid of fat deposits and storage. BioDiet and Ultimate Diet measures the hormones of hunger and fat storage. You can have your voice analyzed at SoundHealthPortal.com – **CAMPAIGNS**.

Weight issues seem to be prevalent for the month of February along with digestive and detox concerns.

February 7 – 13, 2021

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The obesity gene came into influence during the last week of January and still stands. The most active frequencies biochemically seem to be the need to balance acid alkaline balance, taking care of leaky gut issues, and

clearing the blood of trash.

The acid issue can disturb the regulation of ammonia, the regeneration of hair follicles, kidney, insulin regulation, digestive enzymes (betaine) and B12. Calcium balance is dependent on calmodulin, which will influence sensitive people by the 14th. Asbestos toxicity could be more prevalent by the end of the week.

Muscle in stress: elbow and forearm. Golfers may need a bit of extra warm up.

February 14 – 20, 2021

Color = entering into Violet Red as we move towards March. B is the musical note associated with the frequencies active now; under the influence of Pisces, astrologically.

5G and Corona conflicts seem to be threatening our iron levels – it is unfortunate that a significant leukemia genome comes into power this week. Online may have some excellent advice of iron levels.

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Feelings of fatigue would give you a clue that iron levels may be stressed.

Corona Conflicts voice analysis is now available at SoundHealthPortal.com under CAMPAIGNS. It may provide some supporting information that you may want to share with you wellness provider.

Muscles in stress this week: elbow, great toe, lumbricals of the foot, eyelids, and jaw muscles are in stress. In addition, nitric oxide and magnesium are both in stress. Both are associated with muscle cramps. ASIDE: if you are hungry but don't know what you want to eat, low magnesium may be the issue. Let me know if this solves any of your cravings.

The many aspects of adiponectin provides incredible support for those with stubborn thigh and butt fat. The lack of adiponectin does not allow the body to move fat deposits out of the cells. It's great when we need to store fat for the winter but a nuisance today in our world of plenty. Adiponectin works with NAD and AMPK to regulate the biochemicals of energy balance and weight control.

From Amazon - Douglas Laboratories - Tri-Metabolic Control - Supports Metabolic Hormones Leptin, Ghrelin and Adiponectin

February 21 – 27, 2021

Color = Violet Red, represented by the note of B – advancing into the astrological sign of Pisces

The desire to wear your beautiful copper jewelry may emerge as copper frequencies come into play at the end of February. Copper is a great support for the immune system and inflammatory threats.

Copper can be found in shellfish, seeds, nuts, organ meats and wheat bran cereals and chocolate. Copper is especially important with 5G and Corona because it aids in iron

absorption.

Muscles in stress: elbows still, toes, forearm and the palate.

Pathogens active: several strains of Borrelia (lyme).

Vitamins in stress: B3 (also known as niacin), which supports circulation, DNA, mental acuity and helps fight fatigue.

Tetrahydrobiopterin comes in play this week. It has multiple roles in human biochemistry. Its major role is to convert amino acids that control mood and energy. See Amy Yasko's work for more information about this very important biochemical.

Feel Good Nutrigenomics by Amy Yasko

February 28 – March 6, 2021

Color = Violet Red, represented by the note of B – advancing into the astrological sign of Pisces

The last week in February brings on help with adiponectin balance but also stress from a fatty liver that can cause obesity, hormone and immune dysfunction, and insulin resistance. A fatty liver can also aggravate blood pressure and heart rhythm (magnesium related). There are many wonderful liver cleansing protocols from reputable doctors online. My opinion, herbs work best.

Vitamin in stress: Biotin (associated with hair loss) is now active. Biotin helps metabolize carbs and fats needed to build. Biotin is water soluble and is found in eggs, legumes, sweet potatoes, mushrooms, bananas, broccoli, and pork products. Signs of biotin deficiency include weak and thinning hair, loss of body hair; and scaly red rashes around body openings.

Muscles in stress: heart rhythm and the supinator (back of the forearm). The supinator originates from the elbow.