

Free Sound Healing Music: “Frequencies for Defense” of Your Immune System

By Jill Mattson * | [Jill's Wings of Light](#)



Sharry Edward & Jill Mattson have collaborated to come up with over 70 minutes of free listening in 18 mp3s. You can download all 18 mp3s now, at no cost! Go to the website: CoronaVirusDefense.org. Click on the “About” tab and follow instructions on how to access the free frequencies.

The collection of 18 mp3s is called: **Frequencies for Defense ~ Sound Healing Protection for your Immune System against the coronavirus.**

Our immune system is our best ***defense*** against serious illness in general and the coronavirus in particular. The use of

specially selected frequencies cannot prevent infection. Still, they can significantly reduce the severity of illness – alongside a program of good health habits, nutrition, exercise, proper rest, and emotional balance. (Please note that this has not been tested. No cure is claimed. Everyone is advised to follow medical advice and procedures. See full disclaimer on the website.)

Edwards has been able to determine that with the onslaught of the current pandemic, the body is in dire need of specific nutrients to help counter the coronavirus; two critical ones, according to Edwards, are ***glutathione*** and ***quercetin***. A healthy immune system always needs these nutrients – and in the case of the coronavirus, they are especially essential.

Listen to Mattson's compositions containing Edwards Frequency Equivalents™ of glutathione and quercetin. Your body needs a healthy dose of these energies, and this is a powerful way to get them. Altogether ***Frequencies For Defense*** consists of 18 tracks and over 70 minutes of listening. There are also frequencies of other valuable vitamins and supplements, as well as tones for Healing Flowers and Crystals – contained in these tracks. In addition to the critical compounds, glutathione, and quercetin, we have included seven other substances that will empower the effectiveness of the immune system and increase the overall efficacy of these mp3s. Some of the other frequencies contained are for: Vitamin C, adrenaline, epinephrine, ACTH, and others. We currently cannot prevent infection by the coronavirus, but we can help significantly reduce the severity of the disease by building up our immune systems.

Glutathione and ***quercetin*** are two nutrients that a healthy immune system always needs – and in the case of the coronavirus, they are extraordinarily essential. We can eat foods that are good sources of these nutrients, such as:

- For glutathione – asparagus, avocado, cabbage, Brussels

sprouts, spinach, broccoli, garlic, chives, tomatoes, cucumbers, almonds and walnuts

- For quercetin – onions, apples, grapes, berries, broccoli, citrus fruits, cherries, tea, and capers

Research has shown that glutathione is an antioxidant in plants, animals, and some simple organisms. It is a critical component in the lymphatic system – supporting the immune system. It has also demonstrated detoxification benefits. Quercetin has exhibited a wide range of health benefits, including the ability to reduce inflammation, reduce pain, protect against cardiovascular diseases, anti-cancer agents, boost the immune system, reduce histamines, fight allergic reactions and skin irritation.

The free mp3 tracks run from about two minutes to seven minutes each in length. They will sound like pleasing instrumental music on the surface. However, these compositions are deep, multilayered tonics. They are filled with conventional music from over 20 instruments plus – most importantly – the frequencies for critical components needed by your immune system. Finally, there are also embedded sounds in these tracks from Healing Flowers and Crystals for emotional support and strength.

~ Disclaimer ~

Finally – PLEASE BE AWARE – we are not medical professionals, and we make no claims that these products will heal any conditions. Follow the advice of your physician and the medical community. Follow recommendations from the CDC, Wash your hands, and practice social distancing. Please be safe.

Jill Mattson is a multi-award winning artist, musician, author, sound healing expert, & composer! Her intriguing, magical, and scientific music invokes ancient wisdom to produce profound benefits. Find out more at www.jillswingsoflight.com

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Robert O'Leary, JD BARA, has had an abiding interest in alternative health products & modalities since the early 1970's & he has seen how they have made people go from lacking health to vibrant health. He became an attorney, singer-songwriter, martial artist & father along the way and brings that experience to his practice as a BioAcoustic Soundhealth Practitioner, under the tutelage of the award-winning founder of BioAcoustic Biology, Sharry Edwards, whose Institute of BioAcoustic Biology has now been serving clients for 30 years with a non-invasive & safe integrative modality that supports the body's ability to self-heal using the power of the human voice. Robert brings this modality to serve clients in Greater Springfield, Massachusetts and New England (USA) & "virtually" the world. He can also be reached at romayasoundhealthandbeauty@gmail.com.