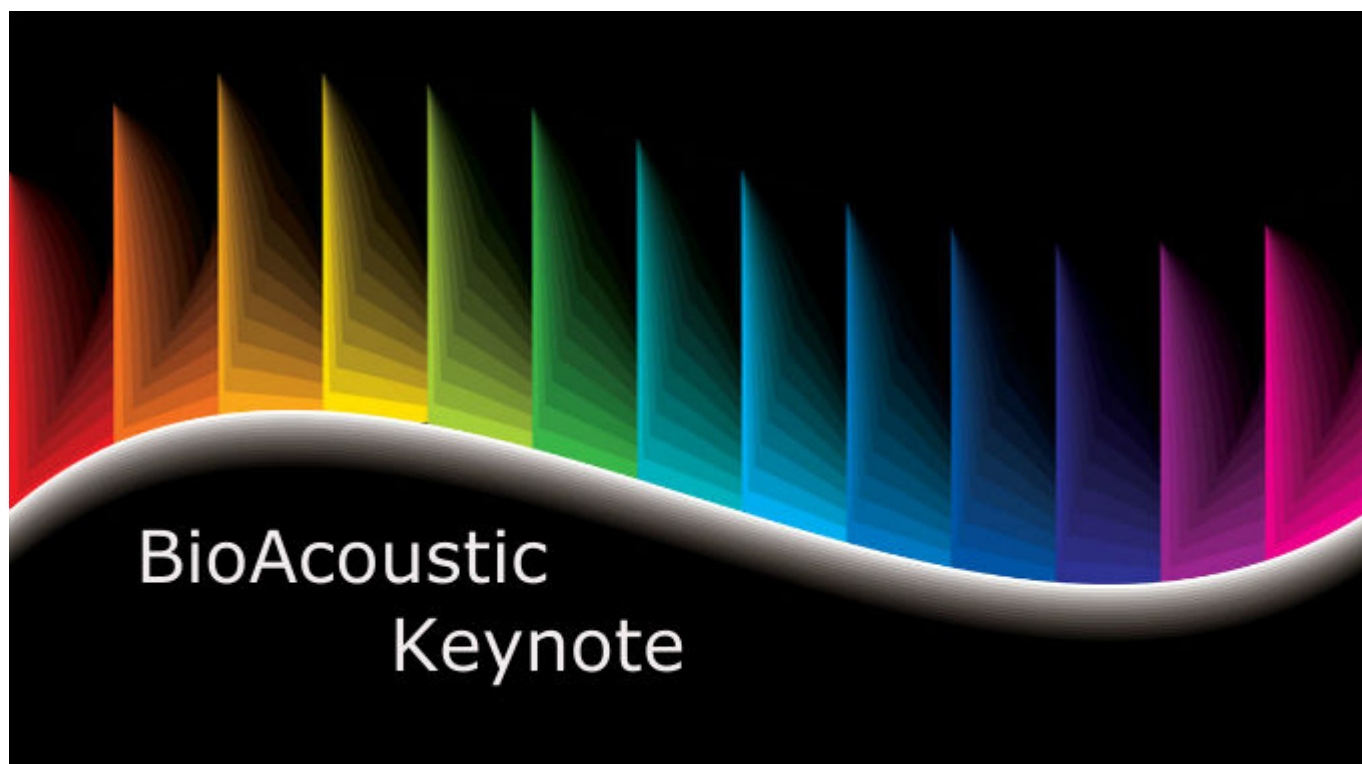


# How Are Universal Frequencies Affecting You this Week (March 26-31, 2018)?

By Robert G. O'Leary & Sharry Edwards | [Institute of BioAcoustic Biology and Soundhealth](#)



*Editor's Note: We have all read astrological predictions & some swear by, and plan their lives around, them. Well, not only are the "stars" affecting you; "universal frequencies" (a/k/a "BioAcoustic Keynotes"), are too.*

*How do they work? Well, everything in your body, and what we put into it, has a numeric frequency (a Frequency Equivalent (TM), or FE, for short). The body is incredibly system-redundant, as shown by how 1 pressure point can address symptoms in different body parts & systems. So, 1 FE can correspond to a muscle & biochemical simultaneously, such as an inability to open a pickle jar tends to indicate a weak lower thumb muscle & also correlates to zinc. Presenting that*

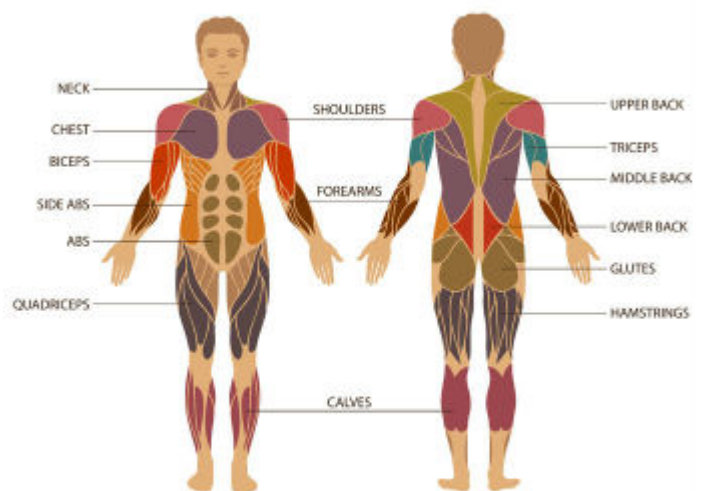
*1 FE will improve the performance of both.*

*Light is also expressed as frequency. So when we discuss this, we can say the following: Universal Frequency/ BioAcoustic Key Note = a color = a Frequency Equivalent of a body part and/or biochemical/pathogen/ toxin. Right now, the Universal Frequency has recently entered the note of C and the color **Red**. This means that we are in the first part of the color cycle (remember "R-O-Y-G-B-I-V) to begin the color cycle, again. Astrologically, we are in the Sign of Aries. See how this affects YOU by reading below! We would love to hear how and whether anything in our weekly column resonates with how you feel during the week. If so, please leave a comment in the comments section below.*

Once again this week, we have a sampling of muscles from every part of the body. Any one of these muscles could benefit from a little extra TLC this week. Here is our list proceeding from head to toe:

Muscles that are in stress this week:

**Rectus Superior:** is an eye muscle which functions to look upward without an upward muscle the head.



**Dilator of the Nose:** a muscle in your nose responsible for holding the sinus passages open. When this muscle is low in tone, you may find yourself more prone to snoring.

**Teres Minor:** is a shoulder muscle which laterally rotates and adducts your arm at the shoulder (i.e., glenohumeral) joint, and helps to stabilize your shoulder by drawing the humerus toward the glenoid fossa of the scapula. [Source: "Teres Minor"](#)

**Deltoid:** is a major shoulder muscle that is responsible for giving your shoulder its rounded contour. The word "deltoid" apparently comes from the Greek capital letter delta, as it seems to have the same shape. It has many functions: a. it is the primary muscle responsible for all of the arm and shoulder movements as well as stabilization of the shoulder so that it does not dislocate when you carry heavy loads. [Source: "Deltoid Muscle"](#)

**Infraspinatus:** is a shoulder muscle that "a. [l]aterally rotates the arm at the shoulder (glenohumeral) joint [, and] b. [h]elps stabilize the shoulder by drawing the humerus toward the glenoid fossa of the scapula. [Source: "Infraspinatus"](#)

**L-3 Vertebrae:** is one of our lumbar vertebrae. It is neutrally connected to the sex organs, uterus, bladder, and knees. Subluxations or otherwise problems with this vertebrae can lead to such things bladder issues, menstrual problems, such as painful or irregular periods, bedwettings miscarriages, change of life symptoms, impotence, and knee pains. [Source: "L-3"](#)

**Extensor Carpi Radialis Longus:** is one of the five main [muscles](#) that control movements at the [wrist](#). This muscle is quite long, starting on the lateral side of the [humerus](#), and attaching to the base of the [second metacarpal bone](#) (metacarpal of the [index finger](#)). As the name suggests,

this muscle is an extensor at the wrist [joint](#) and travels along the radial side of the arm, so will also abduct (radial abduction) the hand at the wrist.<sup>[1]</sup> That is, it manipulates the wrist so as to move the hand towards the [thumb](#) (i.e., [abduction](#) – away from the mid-position of the hand) and away from the palmar side (i.e., [extension](#)—increased angle between the palm and the front of the forearm). [Source: “Extensor Carpi Radialis Longus Muscle”](#)

**Piriformis:** is one of our hip muscles and, because of its pear-shaped appearance, is called *piriformis* which is Latin for pear-shaped. It is one of six (6) muscles in the so-called “lateral rotator group” of hip muscle. This one sits in the gluteal area, running from the front of the sacrum and passes down to the Femur bone and connects through its tendon to the Superior Gemellus, Inferior Gemellus, and Obturator Internus muscles.

This muscle works with the other five (5) lateral rotator group muscles (Quad Femoris, Gemellus Inferior, Gemellus Superior, Obturator Externus, and Obturator Internus) to rotate the Femur bone laterally while the hip is extended and abducts (i.e., move inward toward the center line of the body) the Femur with flexion of the hip. This muscle is also used when lifting one leg and resting your foot on the opposite knee.

This abduction action is very important as it allows the weight of the body to shift to the opposite leg while walking, preventing us from falling. This is just another muscle that we may take for granted till it malfunctions. [Source: “Piriformis Muscle”](#)

One of the ways this muscle can malfunction is characterized in the condition known as Piriformis Syndrome. While not a common condition, it is neuromuscular in nature and occurs when this muscle compresses the Sciatic Nerve.

This nerve is a long and thick nerve in our bodies. It passes by or runs through the Piriformis Muscle down the back of the leg and then tinier nerves as it runs to the feet. The condition can be caused when the Piriformis Muscle spasms against the nerve – compressing it.

You may have the above syndrome if you feel tingling numbness or a pain in the butt. Now it is important to separate this kind of “pain in the butt” from the kind involving your boss, friend, or loved one.” Seriously, this kind of pain can become the so-called Sciatica, although most often sciatica is caused by other things.

In any case, be mindful of times that you are sitting or running too long as this can cause a flare up. You also may trigger it when climbing stairs or any time you apply firm pressure directly on this muscle. Repetitive injury or punishment of this muscle with such activities as long-distance running or constant sitting can exacerbate or foster developing this syndrome. While there is no definitive way to diagnose this condition, as yet, doctors may use a physical exam, X-ray or MRI to rule out other causes of the sciatic nerve compression-such as a herniated disc, for example. [Source: “Piriformis Syndrome”](#)

**Gemellus Inferior:** is one of the above-mentioned “lateral rotator group” of muscles facilitating various movements of the hip.

**Gluteus Maximus:** is of course your largest sitting muscle and tends to look pretty good in blue jeans. Now for a new vocabulary word. Callipygian means “having shapely buttocks.” The Ancient Roman sculpture (which some think is a copy of an older Greek statue), known as Callipygian Venus (a/k/a Venus Callipyge a/k/a Aphrodite Kallipygos and Ἀφροδίτη Καλλίπυγος), literally means “Venus (or Aphrodite) of the beautiful buttocks.” [Source: “Callipygian”](#) and [Source: “Venus Callipyge”](#)

**Semimembranosus:** This is a hip, thigh, and knee muscle which serves to extend your thigh at the hip and flexes your leg at the knee and medially rotates the knee when the knee is flexed. [Source: "Semimembranosus"](#)

**Semitendinosus:** is one of the "hamstring" and sits at the back and middle of the thigh. It functions, along with its other "hamstring" muscles (the Biceps Femoris and Semimembranosus) to flex our knees and extend our hips. It also helps with rotating the Tibia bone over the Femur bone when our knee is flexed and medially rotates the Femur bone when the hip is extended out. Lastly, it countervails the action of the forward bend at the hips. [Source: "Semitendinosus Muscle"](#)

**Extensor Digiti Minimi:** is a forearm muscle on the same side as your ulna bone. It starts at the elbow and runs down to the wrist which runs through its corresponding tendon down through the wrist and splits as it goes over the dorsal side of your hand and ends at the first part of your little finger.

Its function is to extend the wrist, i.e., it moves the back of your hand toward the back of your forearm. It can also extend or straighten out little finger outward. [Source: "Extensor Digiti Minimi Muscle"](#)

**Adductor Hallucis Flexor a/k/a Extensor Hallucis Longus Muscle:** is a toe muscle that extends the big toe. [Source: "Extensor Hallucis Longus Muscle"](#)

In our next section, we have one of the most plentiful elements on the planet, an important mineral, and a derivative from the marijuana plant:

Vitamins and other biochemical that are being influenced this week:

**Potassium:** you know as a mineral and you probably hear about it being in some of your foods or listed on vitamin and

mineral bottles. In fact, it is a mineral that is considered "crucial for life," and particularly required for support of your and my heart, kidney and general organ health.



In theory, we should get enough Potassium from our diet, but it is believed that maybe Americans are deficient in it. If you are deficient, you may run the risk of heart disease, high blood pressure, cancer, stroke, arthritis, infertility and digestive disorders.

People who are at risk for low Potassium are those who use some kinds of birth control pills or diuretics, athletes, those in very physically active jobs, those with Crohn's Disease, those with eating disorders, or those who are addicted to alcohol or cigarettes.

Some foods rich in Potassium are avocados, bananas, citrus, green and leafy veggies, potatoes and milk. Boiling and certain other types of cooking may destroy the potassium in some foods.

The Institute of Medicine suggests that individuals should take between 400 mgs./day and 5,100 mgs./day, as the following list suggests and with a full glass of water:

0-6 mos.: 400 mg. /day

7-12 mos.: 700 mg./day

1-3 years: 3,000 mg./day



4-8 years: 3,800 mg./day

9-13 years: 4,500 mg./day

14 years and up: 4,700 mg./day

Pregnant women: 4,700 mg./day

Breastfeeding women: 5,100 mg./day

[Source: "Vitamin and Supplements Lifestyle Guide-Potassium"](#)

**Hydrogen:** is a well-known chemical element, with the symbol of H, as seen on the Periodic Table, where it is the lightest and most widespread of all known elements. It is very reactive with most non-metal elements, it is most often found as part of other substances. It is a part of water (H<sub>2</sub>O) of course, is found in many organic compounds, and is even found in some stars and so-called "gas giant" planets. It is said to be vital to "powering" stars through a chemical reaction.

Hydrogen is the 3<sup>rd</sup> most plentiful element on the Earth's surface, primarily in the form of water and hydrocarbons. Its gaseous form is produced by certain bacteria and algae and is a natural part of methane (including the methane that we emit when we "let one go")

When hydrogen is burned, it creates water and has been called Hydrogen because that word means "water-former" in Greek.

The way Hydrogen acts on its own and with other substances is why it has been used to develop some of the essential aspects of the theory of quantum mechanics.

In modern times, Hydrogen is used in processing fossil fuels in the process known as "hydrocracking" and in ammonia production, principally for making fertilizer.

Hydrogen may also be present in areas we have not even seen as yet, namely in so-called "dark energy" or "dark matter." Most



of the universe's Hydrogen may be in a simple atomic form, or in the form of plasma. In the plasma form, Hydrogen's proton and electron are not bound together (as it is in its molecular state), which allows it to have substantial ability to conduct electricity and ability to emit energy, such as is it does in producing and projecting light from the Sun and other stars.

[Source: "Hydrogen"](#)

**Mitochondrial Gene:** The mitochondrial genome is vital for certain bodily functions, such as cellular energy metabolism, physiology, and development, and it has to do with preventing premature aging and senility. Mitochondria are thought to have originally been organisms that lived outside of another body, ancestors of modern eubacteria and they still do many of the things that those ancestors are understood to have done. Now they are inside of us and serve the cellular energy and metabolism functions but also have a role in our blood, our lipids, oxidation of fatty acids, biosynthesis of amino acids, the urea cycle, and the citric acid, or Krebs, Cycle. [Source: "Mitochondrial Genetics"](#)

**Cannibinol a/k/a CBN:** is the biochemical that results after the active ingredient, Tetrahydrocannabinol (i.e., THC) breaks down into when exposed, over time, to heat and oxygen. As opposed to THC, which gives people the high of marijuana, CBN becomes only mildly psychoactive, but is still said to be strong enough to help someone get to sleep. CBN reportedly also may be helpful to slow bacterial growth; relieve pain; reduce nausea and vomiting, seizures, systemic inflammation; inhibit cancer cell growth; stimulate our bodies' osteocytes to promote bone growth, et al. However, CBN may cause disruption to the functionality of immune cells. [Source: "Cannabinoid Profile"](#)

One very popular medication, and a number of lesser-known medications, are included in our next section.

Medicines that are being affected this week:

**Metformin:** is an important medicine, used by many individuals, for treating their Type 2 diabetes. You may know it by its trade name of "Glucophage," although there are other less common names for it as well. This is considered a so-called "first-line medication for the treatment of type 2 diabetes, most often for those who are struggling with excess weight. It has also proven effective as a polycystic ovary syndrome treatment. Further evidence has even suggested that some of the complications of diabetes, such as the development of cancer or cardiovascular disease.



Metformin may be the most commonly-used oral medicine for diabetes. Metformin helps the body by lowering the production of glucose by our liver, and adding to the level of insulin sensitivity in body tissues. It is on the World Health Organization's List of Essential Medicines, and is listed as one of "the most effective and safe medicines needed in a health system."

Metformin began being experimented with, as early as 1922, by Jean Sterne, a French physician. The drug underwent human studies in the 1950s. It was officially introduced as a medicine in France in 1957, and in the US nearly 40 years later, in 1995. [Source: "Metformin"](#)

Other medications listed this week are the following: Beclomethazone, Centrophenoquine, Ethacrynic, Irbesartan, Mestranol, Propranolol, Telmisartan, and Vigabatrin.

Only one significant pathogen appears in our list for this week:

Pathogens that are active this week:

**Human Papilloma Virus:** The HPV strains number 17 is the only strain that is active this week.



There are no significant toxins in our list for this week. As always if you have any questions, you can reach us at (740) 698-9119.



*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.*