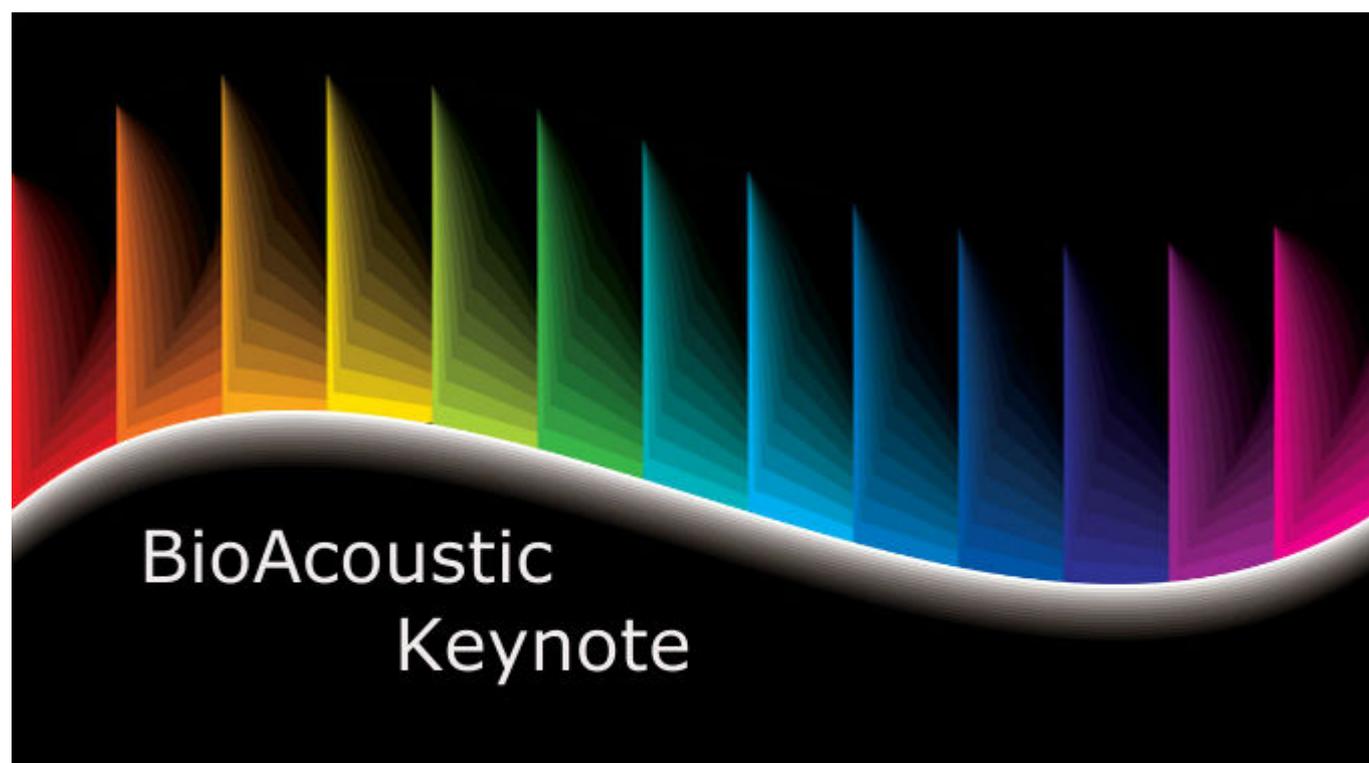


How Are Universal Frequencies Affecting You This Week (September 3-9, 2018)?

By Robert G. O'Leary and Sharry Edwards | [The 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.

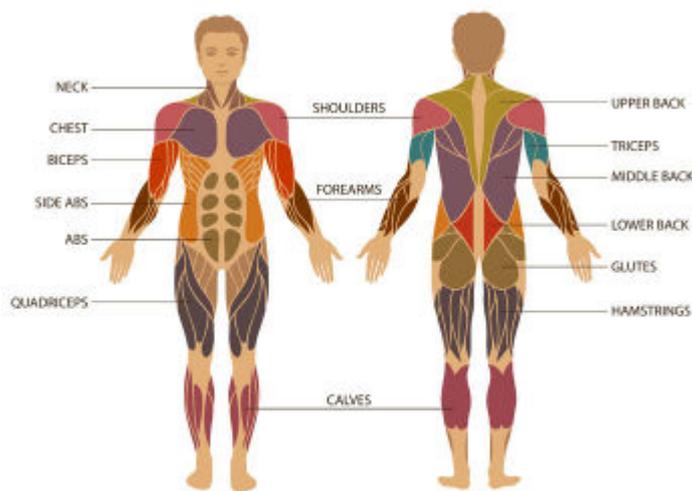
How do they work? Well, everything in your body, and what we put into it, has a numeric frequency (a Frequency Equivalent (TM), or FE, for short). The body is incredibly system-redundant, as shown by how 1 pressure point can address symptoms in different body parts & systems. So, 1 FE can correspond 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 is still in the color, **Yellow Green**, represented by the end of the note of F & astrologically we are in the sign of Virgo. This means that we are in the 3rd to 4th part of the color scheme of R-O-Y-G-B-I-V. 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.

Muscles affected this week:

C-5: is one of your vertebrae, which sits at the bottom of your neck. It acts through the nerve connections, with your vocal cords, neck glands, and pharynx. Because of these connections, and depending upon your brain dominance, you may feel these muscles weaker or stronger this week. Those who use their voices a lot for public speaking or singing, et al, would do well to take more time with your vocal exercises in order to help them to serve you well this week.



You may also find that you experience hoarseness or a sore throat this week. It may feel like you are coming down with something, but these may pass as the week progresses. [Source: "Interactive Spine"](#)

Interspinales: We take the spine for granted, but it is made up of a significant number of muscles and nerves which enable it to support us physically and in so many other ways. There are layers of muscles in your back that attach to, and around, the spine, called superficial, intermediate, and deep, respectively. The interspinales muscles are in the deep muscle group. It is part of a subgroup, called the “segmental muscles” (as opposed to the spinotransversales, erector spinae/transversospinales and suboccipital muscles in the deep muscle group). The segmental muscles connects between different spinal segments on either side in line with what they call the “interspinous ligament”. The interspinales muscles are found in the cervical, thoracic and lumbar region and can be found in the cervical, thoracic and lumbar regions, meaning most of your back (only omitting the sacral vertebrae). [Source: “Interspinales”](#)

Platysma is a muscle, we’ve talked about before, and that runs from below your upper chest and deltoid up to the bottom of your face. It can lower the jaw, works in part to bring down the lower lip and form a melancholic expression or grimace. [Source: “Platysma muscle”](#)

Semispinalis Thoracis: Another back muscle – this one originates from the Sixth Throacic Vertebrae and extends to the Cervical 6th Vertebrae, which is about half of the back and the first part of the neck. This large muscle allows us to extend the cervical part of the spine (i.e., your neck) and the thoracic section of your back. It also allows us to flex those same parts of the body side-to-side as well as to rotate them. [Source: “Semispinalis Throacis Muscle”](#)

T-10: is one of your vertebrae which sits in your middle back region. It acts through nerve connections to influence our kidneys. Dysfunction in this area may bring on kidney issues, hardening of your arteries, chronic fatigue, and conditions called pyelitis and nephritis. [Source: “Interactive Spine”](#)

Supraspinatus: This muscle assists your deltoid (one of the shoulder muscles) to begin the action of abducting the arm at joint of the shoulder (a joint called the glenohumeral joint). It also assists with keeping the shoulder stabilized. One of the trigger points for this muscle is active this week. [Source: "Supraspinatus Muscles"](#)

Latissimus Dorsi: is flat and large muscle that connects between the back of the arm and the back, one which is partly covered by the trapezius muscle. The word latissimus dorsi (which is pluralized as *latissimi dorsi*) is a Latin word which means the "broadest [muscle] of the back", and is colloquially called "lats," a usage you will especially hear around workout centers.

This muscle is responsible for such motions as "[extension](#), [adduction](#), transverse extension also known as horizontal abduction, flexion from an extended position, and (medial) [internal rotation](#) of the [shoulder joint](#). It also has a [synergistic](#) role in extension and lateral flexion of the lumbar spine."

This muscle is one of the muscles used while doing pull ups, at which time it will also affect the movement of the scapulae. This muscle can be trained for increased strength, power, or size with such exercises as pull-downs and pull-ups (a/k/a chin-ups), rowing exercises, pull-overs, deadlifts, and lat pull-ins. *Source: "Latissimus Dorsi Muscle"*
https://en.wikipedia.org/wiki/Latissimus_dorsi_muscle

Serratus Anterior: is a muscle that sits under the arms and just behind the chest muscles. It functions to pull the scapula forward around the thorax, so it counters the motion of the rhomboid muscle. It also acts on the scapula to help to elevate the arm and works with the scapula and rhomboids to help with breathing. One helpful way to think about this muscle is as the "big swing muscle" or "boxer's muscle" as it is mostly responsible for protraction of the scapula, meaning

it pulls it forward and around your rib cage in order to help you to throw a punch. Lastly, this very useful muscle allows us to lift a weight up and overhead by coordinating with our trapezius muscles. The trigger point for this muscle is active this week. [Source: "Serratus Anterior Muscle"](#)

Quadratus Lumborum a/k/a Lumbar Quadratus Muscle: Some muscles are just so big that their striations relate to different Frequency Equivalents (FEs) [TM]. The Deltoid Muscle is another muscle that has numerous striations and has their Frequency Equivalents generally clustered in a certain range of frequencies.

So, if you have issues with the Quadratus Lumborum in general, you may have been "feeling" that muscle quite a bit in the last couple of weeks. Likewise, those with shoulder issues will "feel" that muscle when we enter the time of year in which the Frequency Equivalents of the *deltoid cluster* roll around.

This is also a muscle which originates from the iliac crest, the lower lumbar vertebrae, and the iliolumbar ligament, and inserts on the higher end into the twelfth rib and upper lumbar vertebrae. It receives its neural (i.e., nerve) energy from the so-called "upper lumbar nerve." This muscle functions to abduct the trunk of the body. [Source: "Lumbar Quadratus Muscle"](#)

Rectus Abdominis: This is a large muscle in your abdomen that counterbalances the action of your diaphragm, but it does so much more, as indicated by www.innerbodyimage.com, a website, in the following quote:

The rectus abdominis muscles, commonly referred to as the "abs," are a pair of long, flat muscles that extend vertically along the entire length of the abdomen adjacent to the umbilicus. Each muscle consists of a string of four fleshy muscular bodies connected by narrow bands of tendon, which

give it a lumpy appearance when well defined and tensed. This lumpy appearance results in the rectus abdominis muscles being referred to as the "six-pack."

The name rectus abdominis comes from the Latin words for "straight" and "abdominal," indicating that its fibers run in a straight vertical line through the abdominal region of the body.

The rectus abdominis has its origins along the superior edge of the pubis bone and the pubic symphysis in the pelvis. Its insertions are at the inferior edges of the costal cartilages of the fifth through seventh ribs and at the xiphoid process of the sternum. A covering of connective tissue known as the rectus sheath surrounds the rectus abdominis muscles and provides attachment points for the internal and external oblique muscles that flank them on both sides. Between the rectus abdominis muscles is a thick mass of white fibrous connective tissue called the linea alba that unites the abdominal muscles of the left and right sides.

The rectus abdominis muscle performs the important task of flexing the torso and spine in the abdominal region. It does this by pulling the ribcage closer to the pelvis. The rectus abdominis can also tense to contract the abdomen without moving the torso, as in sucking in one's gut. Contraction of the abdomen results in increased pressure within the abdominopelvic cavity and is useful to push substances out of the body during exhalation, defecation, and urination. [Source: "Rectus Abdominis Muscle"](#)

Pyramidalis: a small muscle in the lower abdomen behind the Rectus Abdominus that is absent in about 1 in 5 human beings ([Source: "Pyramidalis"](#));

S-5: is a part of your sacral vertebrae or sacrum. It acts through the nerve connections, to influence your bum and hip bones. Dysfunction in this area may manifest as sacroiliac conditions. *Source: "Interactive Spine"*

<https://www.chiroone.net>

Vastus Intermedius: is a muscle which begins at the front and side surfaces of the upper 2/3's of the femur bone, and sits under the rectus femoris muscle and from the lower area of the lateral intermuscular septum. It stops deep inside of the quadriceps femoris muscle's tendon.

This muscle runs parallel to the vastus medialis muscle and sometimes look like they are together as the same muscle.

This muscle is a part of the so-called quadriceps muscle, abbreviated as "quads." Yet, it is one of the harder to stretch muscles, particularly once you have flexed your knee fully. It is a deeper muscle than the vastus lateralis and vastus medialis, making it harder to massage than the other two muscles. *Source: "Vastus Intermedius Muscle"*
https://en.wikipedia.org/wiki/Vastus_intermedius_muscle

Lumbricales: muscles of the hand working to facilitate certain hand movement, such as the upswing in handwriting and these muscles are unique in that they connect to tendons and not to bone (*Source: "Lumbricales of the hand"*).

In our biochemicals section, we have a cell salt (one of a set of biochemicals which I find fascinating), an often used and impactful amino acid, an enzyme, as well as one of the most popular probiotics. Lastly, it contains one of the most popular vitamins on the market, Vitamin C.

Biochemicals in stress this week:

Potassium Phosphate Cell Salt: We have not seen cell salts in a while. Not often talked about in general, or even

alternative media, they are really amazing. Little tiny pills work from the cellular level to support your body, in its efforts to self-maintain and self-heal, in so many different ways. This particular cell salt works particularly in the nerves and muscles of



the body, helping the body to address such things as nervousness (from the mundane type up to the level of nervousness that affects organs of the body, such as so-called “nervous heart trouble”), melancholy, and sleep discomfort, as well as learning disorders. [Source: “No. 5. \(6\) Potassium phosphate – Kali Phos”](#)

Arginine: This is an amino acid that has been found to have a powerful impact on several body systems and is used in certain medications (Ibuprofen) and in the following medical treatments:

- Congestive heart failure;
- Chest pain;
- High blood pressure;
- Coronary artery disease; -Intermittent claudication (leg pain due to blocked arteries);
- Chemotherapy; and
- Fighting weight loss in AIDS patients;
- Reducing infections;
- improving wound healing;
- Shortening recovery time after surgery;
- In the elderly, decreased mental capacity (i.e., senile dementia);
- Erectile Dysfunction; and

-Male Infertility

Others use it for the following purposes:

- Preventing the common cold;
- Improving kidney function after having a kidney transplant;
- Pre-eclampsia (i.e., high blood pressure during pregnancy);
- Improvement of athletic performance;
- topically, to speed up wound healing;
- topically, to increase blood flow in cold hands and feet, particularly for diabetes sufferers;
- topically, for men and women with sexual problems;
- Boosting of the immune system function; and
- Preventing inflammation in the digestive tract of premature infants.

It reportedly works by being converted by your body into another chemical, nitric oxide, which opens your blood vessels wider to improve the flow of blood and lower pressure and by stimulating a release of human growth hormone, insulin and other beneficial chemicals in the body. [Source: "L-Arginine"](#)

Lactobacillus Acidophilus: is a type of "friendly" bacteria, one of many. Found in yogurts and dietary supplements, as well as our digestive urinary and genital tracts, it is utilized to aid in addressing the following:

- Lactose Intolerance;
- Diarrhea;
- Colic;
- Crohn's Disease;
- Irritable Bowel Syndrome;
- Inflammation in the colon;
- H Pylori;
- Necrotizing Enterocolitis;
- Vaginal yeast infection & UTIs;
- Childhood respiratory infections;
- Fever blisters;

- Canker sores;
- Eczema;
- Acne;
- High cholesterol;
- Lyme Disease;
- Hives;
- Boost the immune system; and
- The common cold in adults. [Source: "Lactobacillus"](#)

Ascorbate (a/k/a Vitamin C): one of the important vitamins in our Recommended Daily Allowance List and also used by some beneficially in far larger doses, intravenously and orally. [Source: "Vitamin C"](#)

Amylase: is an enzyme that you don't hear much about. Here is more about it:

Amylase /'æmɪleɪz/ is an enzyme that catalyses the hydrolysis of starch into sugars. Amylase is present in the saliva of humans and some other mammals, where it begins the chemical process of digestion. Foods that contain large amounts of starch but little sugar, such as rice and potatoes, may acquire a slightly sweet taste as they are chewed because amylase degrades some of their starch into sugar. The pancreas and salivary gland make amylase (alpha amylase) to hydrolyse dietary starch into disaccharides and trisaccharides which are converted by other enzymes to glucose to supply the body with energy. Plants and some bacteria also produce amylase. As diastase, amylase was the first enzyme to be discovered and isolated (by Anselme Payen in 1833). [1] Specific amylase proteins are designated by different Greek letters. All amylases are glycoside hydrolases and act on α -1,4-glycosidic bonds. [Source: "Amylase"](#)

Cis-Aconitic Acid: is one part of the Krebs Cycle (a/k/a the "Citric Acid Cycle" or the "Tricarboxylic Acid"), which is an important body system responsible for energy production-one

that the Institute of BioAcoustic Biology and Soundhealth analyzes regularly for its clients with fatigue and other issues. More specific information about this important cycle is as follows:

The Citric Acid Cycle...is a series of [chemical reactions](#) used by all [aerobic organisms](#) to generate energy through the [oxidation](#) of [acetate](#) derived from [carbohydrates](#), fats and [proteins](#) into [carbon dioxide](#) and chemical energy in the form of [adenosine triphosphate](#) (ATP). In addition, the cycle provides [precursors](#) of certain amino acids as well as the [reducing agent NADH](#) that is used in numerous other biochemical reactions. Its central importance to many biochemical pathways suggests that it was one of the earliest established components of cellular [metabolism](#) and may have originated [abiogenically](#).[\[3\]\[4\]](#)

The name of this metabolic pathway is derived from [citric acid](#) (a type of [tricarboxylic acid](#)) that is consumed and then regenerated by this sequence of reactions to complete the cycle. In addition, the cycle consumes acetate (in the form of [acetyl-CoA](#)) and [water](#), reduces [NAD+](#) to NADH, and produces carbon dioxide as a waste byproduct. The NADH generated by the TCA cycle is fed into the [oxidative phosphorylation](#) (electron transport) pathway. The net result of these two closely linked pathways is the oxidation of nutrients to produce usable chemical energy in the form of [ATP](#).

In [eukaryotic](#) cells, the citric acid cycle occurs in the matrix of the [mitochondrion](#). In prokaryotic cells, such as bacteria which lack mitochondria, the TCA reaction sequence is performed in the [cytosol](#) with the proton gradient for ATP production being across the cell's surface ([plasma membrane](#)) rather than the inner membrane of the mitochondrion. [Source: "Citric Acid Cycle"](#)

Enkephalin Met-5: is one of the chemicals in our body that

help the body deal with pain. [Source: "Enkephalin Met-5 Source: Contribution of Endogenous Enkephalins to the Enhanced Analgesic Effects of Supraspinal \$\mu\$ Opioid Receptor Agonists after Inflammatory Injury"](#) and [Source: "Enkephalin"](#)

Vitamin K: found in Brussels sprouts, broccoli, and leafy green vegetables, broccoli, and Brussels sprouts, Vitamin K is used to improve blood clotting, prevent and treat weak bones due to osteoporosis, and even counteracts the symptom of itching that victims of the liver disease, biliary cirrhosis, often suffer. Topically it can be used as a cream for spider veins, bruising, scars, rosacea, burns and even stretch marks. [Source: Find a Vitamin or Supplement: Vitamin K"](#)

Strontium: is one of the chemical elements, with the symbol Sr, with an atomic number of 38. It is also an alkaline earth metal having a soft, yellowish and silver-white metal which is very reactive chemically. When oxidized, it forms a dark layer. It often bonds with the minerals putnisite, strontianite, and Celestine.

Strontium is stable in its natural state, but has been synthesized to become a radioactive isotope and is one of the most dangerous parts of nuclear testing fallout. On the periodic table, Strontium is a neighbor of calcium which means that it is chemically similar. As such, it is easily absorbed by the body, like calcium. This means that it reaches our bones, where it attaches to the surface. For young children, it can adversely affect bone growth.

This mineral was named by its discoverers, Adair Crawford and William Cruickshank, out of respect for a Scottish village, called Strontian, which was located near the site in which it was discovered in 1790. It has since been used in the processing of beets, cathode ray tubes for television (to block the emission of X-Rays out of television program emissions), faceplate glass, but its use has fallen off since cathode ray tubes and other uses of the element have declined

dramatically. One area in which it is still used, in the form of Strontium Salts, where it is used to give fireworks their red color. *Source: "Strontium"*
<https://en.wikipedia.org/wiki/Strontium>

Lipotropin Hormone: This is a hormone you hardly ever hear about. Learn more about it below:

Lipotropin is an amino acid created naturally by the human pituitary gland that functions as a growth hormone. In particular, it stimulates the growth of soft muscle fibers, and can also play a role in proper metabolic functioning. Most healthy people produce the right amounts to facilitate normal growth and development, but the hormone has been synthesized and extracted for use in medications as well, and is often a part of treatment for various developmental and growth issues. People sometimes also take supplements or synthetic versions in order to intentionally grow healthy muscles larger. This practice is perhaps most popular amongst athletes and bodybuilders. Since the hormone is natural it doesn't usually show up on steroid screens or other doping tests, but excessive use has nevertheless been banned by many professional sporting associations. People sometimes also choose this supplement as a means of countering the natural effects of aging, but results in these cases tend to be mixed.

Secretion Basics: The hormone is secreted by the pituitary gland, which is the hormonal center in healthy humans, and its synthesis can be somewhat complex. In most cases the pituitary gland begins by secreting a substance known as pro-opiomelanocortin, which then splits, or "cleaves," to form two separate substances: lipotropin and the related hormone adrenocorticotropin. Both are important to human growth, though they perform different roles and in different places. *[Source: "What is Lipotropin"](#)*

Medicines affected this week:

Ampicillin: Ampicillin is a penicillin antibiotic that fights bacteria. Ampicillin is used to treat or prevent many different types of infections such as bladder infections, pneumonia, gonorrhea, meningitis, or infections of the stomach or intestines. [Source: "What is Ampicilin"](#)

In our pathogens section, we have one of the agents which causes urinary tract infections and a biochemical which causes an infection which can adversely affect your liver.

Pathogens in play this week:

Proteus Mirabilis (2nd Range): While most Urinary Tract Infections (UTIs) are caused by E. Coli, this pathogen also can cause it. Yet, this pathogen does not seem to occur spontaneously in the typical case, but rather seems to manifest most often in those with long-term catherizations or other interactions with hospital equipment. The following are places in the body it can infect and the symptoms that may accompany the infection:



If this pathogen manifests in the urethra: it can cause increased frequency of urination and pyuria (a high white blood cell urine count that is sometimes accompanied by pus);

If this pathogen moves to the bladder, it can cause back pain, pain above the pubic area, urinary urgency and a high red blood cell urine count (i.e., hematuria), and high blood cell urine count (pyuria-that can sometimes be accompanied by pus);

If this pathogen is present in the kidneys: a kidney

infection with nausea and vomiting;

If this pathogen is present in the lungs: pneumonia (i.e., symptoms of chills, fever, pain in the chest and cough);

If this pathogen is present in the prostate: it can cause chills, fever, and prostate in men; and finally

If this pathogen is present in the bloodstream: via the contracting of a wound with an infected surface and may cause sepsis and systemic inflammatory response syndrome (SIRS), which has a mortality rate of 20% to 50%. [Source:](#)

["Student Presentation on Proteus Mirabilis"](#)

Hepatitis B a/k/a HBV: is a type of disease which may cause chronic and acute infections, which particularly affect the liver. This type of infectious disease can affect people to various degrees. Such an infection may cause no symptoms, whereas some people may come down with vomiting, excessive fatigue, dark urine, vomiting, and abdominal pain. This can last for as many as a few weeks. Rarely, a person can die from this disease.

As many as 90% of those infected with this virus will have the chronic version of the disease. This means that they will likely have no symptoms, but they may eventually develop liver cancer or cirrhosis of the liver. Those who contract these diseases can die in 15% to 25% of the cases.

People can get the virus through exchange of body fluids or contact with infected blood, dialysis, living with an infected person, or traveling to an area where it is common. Most people contract the disease via intravenous drug use or sexual intercourse.

This type of virus can reportedly not be contracted through kissing, hugging sneezing, coughing sharing utensils, holding hands or breastfeeding. The virus is detected typically through a blood test.

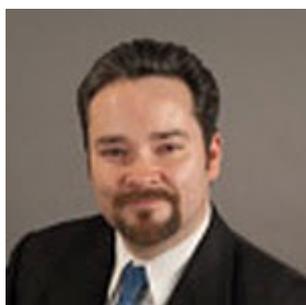
There has been a vaccine for this virus since 1982, and

reportedly works 95% of the time. It is recommended, in many countries, that blood of those giving transfusions be tested for the virus. It is also recommended that condoms be used to prevent spreading the disease. IN addition to Hepatitis B, Hepatitis comes in 4 other strains, Hepatitis A, C, D, and E.
Source: "Hepatitis B"

https://en.wikipedia.org/wiki/Hepatitis_B

There are no substantial medicines or poisons that are being influenced bioacoustically this week.

As always, if you have any questions about anything we talk about here please let us know 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 (MA), New England. Robert can be reached at romayasoundhealthandbeauty@gmail.com.