

Albany, Ohio February 2008 - BioDiet is a newly created addition to Sound Health's BioAcoustic Profiler Series. It is designed to evaluate, in terms of frequency, why your body tends to pack on extra pounds. Each individual retains weight for a myriad of reasons. The BioDiet database allows you to record a vocal sample and use it to determine the underlying biochemical Frequency Equivalents that may be the cause for your weight issues.



From the Vocal Profile created by the computer, nutritional needs can be determined that identify the ideal foods and supplement requirements for your body. Many people find that when their body receives optimal nutrition, cravings lessen, and they are naturally drawn to healthier foods.

The second step in the process involves using the BioDiet database. It is used to assess the Frequency Equivalents for neurotransmitters, glands and biochemical pathways that are in stress. Based on this information, sound presentation is employed in an attempt to entrain the body to produce the appropriate frequencies.

A balanced diet and exercise would be beneficial but is not required because when the body's nutritional needs are balanced, cravings tend to disappear. The increased energy and mental clarity that results are a likely impetus so that you are just naturally more active. Clients who have maintained an exercise schedule and those who have not seem to be equally drawn to healthier choices in diet and lifestyle. This type of protocol has been

perceived to be able to "reset" your metabolic rate so that even if you end up eating a few foods that you thought were forbidden, you are likely to maintain your overall weight loss.

**A Program created to help you lighten up!**

**BioDiet** software is designed to evaluate serotonin, dopamine, epinephrine and carbohydrates use by the body. These biochemicals have been identified as those that are intimately involved with weight management - This will be a very important program to take to your communities and local health food stores. The program includes receptor factors and proteins for weight related issues – this database is not included in any other program.