

# **BioAcoustically Speaking:**

## **Analysis of What High Definition Television Frequencies May Be Doing to Your Brain**

Even if you have sworn off of TV in your home, you will no doubt encounter its influence among co-workers, family and friends talking about the latest episode of their favorite shows. Some shows are so popular you will see their personality products in the local drugstore or variety store.

There is also some stigma to watching too much television. The word "couch potato" has come from more than one TV generation's tendency to plop down in front of it and stay in front of it for too long

But in recent years, we have groups of people doing the "couch potato" thing with a fairly new trend: binge-viewing aka binge-watching. Here's how one website describes this phenomenon: "Call it the evolution of Homo Televisionus: first there were couch potatoes, who would sit for hours while a parade of shows spooled across the screen. Then came channel surfers, who clicked through hundreds of cable stations fighting for fragments of their attention. Now there's a new kind of watcher: the binge-viewer, who inhales an entire season's worth of shows over marathon DVD sessions or, increasingly, streaming video services like Netflix."

High-definition television (HDTV) might surprise you by showing that the television is not some passive part of your home as you might have thought; rather, it contributes frequencies that actively work on your physical, mental, emotional and even spiritual bodies as well as affect your health. For those who have a cynical or conspiratorial inclination, there is even something for you in how these television frequencies influence us.

In a small study done, by Sharry Edwards, MEd. of the Institute of BioAcoustic Biology, in Albany, OH, four (4) individuals were tested with a technique called Vocal Profiling, before and after watching 20 minutes of HDTV. Vocal Profiling involves recording 30 seconds or less of a person's voice and analyzing it through one (1) or more proprietary software programs.

In this case, Edwards used the program Nanovoice, a Time Domain type of Vocal Profiling. This type of Vocal Profile looks at the frequencies of the musical notes in the voice. We don't just speak in one note when we talk; there are different notes that include harmonics and each note representing different things, physical and emotional. It can suggest also if a particular muscle is tight or weak, as well as if a biochemical, like a vitamin or a mineral, hormone, activator, protein, pathogens, toxins or a host of other things are too high, low, or in stress (i.e., not functioning properly).

In her analysis, Edwards found that there was a distinct difference displayed as unbalanced during the "before" and "after" Vocal Profiles of persons who watched 20 continuous minutes of HDTV.

She noted that the note of F# was missing in the "after" prints; along with the note of D# which was secondary. Why is this information important? The note of F# has to do with the balance between perception and action, and the lack of the frequencies of that note are known to create apathetic behaviors. This means it can essentially take away your ability to follow through with plans, can

create complacency and cause you to accept whatever you hear. Low F# affects digestion, insulin levels, Lyme disease, as if they are aiming at our weakest points. Low F# may influence Vitamin D-3 associated with the muscles for balance. Low back strength can become influenced as well.

The note of D# is increased. D# is "server note," usually providing the situation in which you give away your energy and power, time and resources, willingly, to others. The tendency here is, as you might expect, that you will serve who the television tells you to "serve", i.e., a politician, a philosophy, etc.

Other notes that are affected are the notes of A and A#. These are your spirituality notes. HDTV appears to decrease one's ability to manage these. For many of us, our spiritual connection is of basic importance. Practically speaking, it may provide us with insights, inspirations, intuitions that guide us daily. But for many, it has an even deeper importance, having to do with our connection to our God, or Source. Most people in religious or spiritual practice aspire to develop a closer relationship with their spiritual fountainhead, not have it be damaged by a television set or anything else.

The above concerns already raise an eyebrow, at least for this writer. Some may suspect that these effects are intended by those behind the design of these units; others can just as reasonably call it coincidence. But we're not done.

In addition to individual notes, it appears that the Frequency Equivalents™ of certain important biochemicals were also affected. A Frequency Equivalent is "a frequency representation of a person, place, thing or condition. In terms of Human BioAcoustic expression, [it is also] the numeric value assigned to a vitamin, mineral, fatty acid, amino acid, hormone, enzyme, muscle, gene, toxin, pathogen, tendon, ligaments, medication, biochemical, organ, cascade, etc.

When a Frequency Equivalent is high, low, or in stress, a BioAcoustic Sound Health Practitioner can provide a frequency protocol based upon analysis of the vocal prints and use of biofeedback equipment to determine if the client's body "likes" a particular set of tones. The frequencies that the body likes are usually fed into a "tone box" that a client can take home with for a few days, after which it is recommended that another Vocal Profile is done in order to see what changes there may have been.

Edwards found that HDTV appears to adversely affect our use of Magnesium which is of great importance to your maintenance of good self-health and vitality. The following, from [www.elixirs.com](http://www.elixirs.com) is informative about Magnesium cell salts.

The internet reports that Magnesium Phos, #8, is the best remedy for muscle spasms-back, leg, abdomen or calf. Use in the evening for a peaceful night sleep without charley horse cramps; relaxes tight back muscles; supports intestinal health and is beneficial for abdominal spasms and intestinal problems such as colitis or constipation. Magnesium Phos calms agitated nerves for pain relief of headache, writer's cramp, sciatica, neuralgia. Use before and after dental work to calm tooth pain. Spasmodic is a key symptom and Magnesium Phos calms spasmodic coughs, hiccups and menstrual cramps. Magnesium helps with abdominal pains improved by eating.

Magnesium Phos is from magnesium, an important mineral that is involved in over 300 enzyme reactions in the body. Homeopathic Magnesium Phos goes quickly into the system for prompt relief. Studies have shown that most adults are deficient in the mineral magnesium. Refined foods, pollution, non-absorption and insufficient ability of the body to utilize magnesium in the body are some of the causes. It is especially recommended that diabetics, individuals with heart disease and those with high blood pressure have their magnesium levels checked.

Lastly, HDTV seems to affect a Frequency Equivalent in your body which decreases the ability for men to produce sperm. So, on top of everything else, HDTV may affect your ability to procreate.

So, there you have it. Whether you believe that the choice of frequencies and notes used in an HDTV are there for some nefarious plot or just a coincidence, it is good to be aware of possible health and other concerns for you and your family's well-being.

Of course, this was a limited and preliminary study. Further studies can be done and certain physical conditions of the individual may lead to different results. You the reader can do your own "study" if you would like by downloading one of the programs used by Edwards' research foundation:

NanoVoice is available at <https://soundhealthportal.com/nanoVoice/index.html>. Try it out with friends and family, before and after they watch HDTV and see what results you get. Since the Institute is, among other things, a research facility, you are certainly invited to email in your results to Edwards so that you can help the Institute to make even more breakthroughs. You can also get involved in various ways with the world of BioAcoustic Biology by contacting the Institute at (740) 698-9119 or SoundHealthOptions.com. If you would like to learn these practices yourself, you can also become a BioAcoustic Technician by taking our two-day class. Learn more information here:

<https://soundhealthoptions.com/classes/bioacoustic-technician/>

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, treat, cure or prevent any disease. Sound Health and Beauty, Human BioAcoustic Biology, Sonistry and Vocal Profiling are intended to benefit normal structure and function and are not prescribed as treatment for medical or psychological conditions, nor for diagnosis, care, treatment or rehabilitation of individuals, nor to apply medical, mental health or human development principles. All issues are expressed in terms of frequency equivalents.