

Sound Healing with Bioacoustics Therapy

[Sound Healing](#)[Vocal Codes](#)[Sound Therapy](#)[Sound Science](#)[Sound Sessions](#)[Sound Articles](#)**Sound Healing with Bioacoustics Therapy:***Going Beyond Words For Sound Health*

Bioacoustics for Sound Health is committed to the exploration and development of [sound healing with bioacoustics therapy](#), researching and applying the correlations between sound frequency, harmonic and resonance patterns, and [frequencies found in the voice](#), as they relate to human biology, biography, psychology, and health. Novel technologies developed by [Sharry Edwards](#), the acknowledged pioneer of Bioacoustics Therapy, such as [voice spectral analysis](#) and [low frequency sound presentation](#) are studied and utilized to discover new methods of promoting the restoration of compromised health issues. These sound healing methods are thought to support and perhaps even mimic the natural mechanisms by which the body heals itself.

We are certified Bioacoustics Therapy Providers and Research Associates located in South Lake Tahoe, CA, operating under the supervision of Sound Health Research Institute (SHRI) in Albany, Ohio, and under contract with its Director, Sharry Edwards. (Please see Limitations and Disclosure section below.)

Click for more information [about us](#).

What is bioacoustics therapy?

Bioacoustics therapy, as initiated by the originator, Sharry Edwards, is a multidisciplinary field of study drawing on the knowledge base from other sciences such as acoustics, mathematics, music, biology, physiology, anatomy, genetics, chemistry, nutrition, art, physics, pharmacology, and health care, in addition to esoteric studies including astrology, and alternative health care practices of applied kinesiology and biofeedback.

The purpose of bioacoustics therapy sound healing and research is to investigate sound frequencies produced in speech and explore their relevance to anatomical structure and physiological function. Rather than interpreting any communicated meaning in the words spoken during human speech, bioacoustics therapy goes beyond words to a deeper, more primal underlying level - the level of brainwave function and perhaps even cellular communication. Examining the actual sound frequencies produced, researchers relate those frequencies to specific mathematical codes which are thought to reveal information about human physical, emotional, mental, and spiritual health. Interestingly, these same mathematical codes are found throughout nature and in music, art, astronomy, and physics.

Additionally, bioacoustics therapy studies the effects of presenting sounds to individuals based on the analysis of the frequencies found in the voice. These effects are evaluated in terms of changes to the vocal profile and any corresponding changes in health issues and symptoms the person is experiencing. These studies are reported to SHRI in the form of case studies.

The goal of human bioacoustics sound healing and research is to establish methods of analyzing voice samples and presenting low frequency analog sound formulas to support human structure and function as measured by a normalization of the vocal profile.

For an in-depth article about these concepts, see *Definitive Theory of Human BioAcoustic Vocal Profiling and Sound Presentation*¹ by Sharry Edwards, M.Ed., Capital University of Integrative Medicine, Washington, D.C. Department of Natural Medicine.

Click for a [laypersons article about bioacoustics therapy](#).

Click for additional [description of Bioacoustic Therapy](#)

History

As a science, bioacoustics therapy is in its infancy. As a practice, the use of sound healing to influence health is ancient, as in the practices of chanting, mantras, and drumming. Archeological evidence reveals simple flutes dating to 30,000BC, and cave paintings from the Paleolithic period depict exact harmonic resonance patterns produced by the frequencies played on those flutes.²

Today, bioacoustics therapy sound healing and research is pioneered by the developer, Sharry Edwards of Sound Health Research Institute in Albany, Ohio, and employs computer technology developed by Ms. Edwards to recognize specific frequency patterns used in voice spectral analysis, and subsequently, presentation of low

frequency sounds to influence health by supporting the body's natural healing process. Ms. Edwards originated the concepts currently employed in bioacoustics therapy, invented the voice analysis software, and ingeniated analog sound presentation devices such as the Self Management Audio Device (SMAD), Little Back Box, Charley Chaser, Gout Tone Box, Overture Tone Box, and Square2 programmable Tone Box for personalized sounds. For more information about these devices go to [Bioacoustic Therapy Sound Products](#)

Ms. Edwards has dedicated her life to the development and dissemination of bioacoustics therapy studies. Born with an unusual ability to hear otoacoustic emissions (OAE), sounds generated within the inner ear, and the ability to "sing" those sounds back to a person by creating sine waves with her voice, profoundly influencing their state of health, Ms. Edwards recognized the need to develop technologies which would make this healing modality available to all. For more information about Sharry Edwards go to [Sharry Edwards - pioneer of Bioacoustics Therapy](#)

Click for more [History of sound healing with Bioacoustics Therapy](#)

Research Topics

Bioacoustics therapy sound healing and research focuses on the topics of:

- Vibrational communication of human speech separate from language communication
- Analysis of sound frequencies produced in human speech and their relationship to human health
- Relationships between sound frequencies produced in human speech and their environment, genetics, nutrition, anatomy, and physiology
- Mathematical matrix of frequencies based on the physics of music and color theory
- Relationship of the matrix to human speech and possible connection to human physiology, anatomy, and psychology
- Architecture of human sound production captured in frequency domain
- Architecture of human sound production captured in time domain as chromatic scale musical notes
- Application of sound presentation formulas, delivering frequencies in various octaves and combinations
- Effects of sound presentation and possible role in supporting human health

Research Methods

Voice analysis is a method used to gather data from the human voice as a portrayal of the significant frequency features and architecture that may relate to anatomical, physiological, or emotional imbalance. Using an individual's voice to establish stressed frequencies, vocal profiling reports are generated to interpret the qualities represented by those frequencies and patterns. One objective is to determine the extent to which an individual exhibits the traits corresponding to the frequency data found in their voice.

Based on biometric data gathered from profiling the voice, researchers investigate the efficacy of sound presentation, delivering low frequency analog sound as a means of supporting inherent health, integrity, and coherence.

Three processes are utilized in the practice of human bioacoustics - voice analysis, vocal profiling, and sound presentation.

Click for more information about [Bioacoustics Therapy research methods](#)

Voice Analysis and Vocal Profiling

Frequency domain: To determine individualized vocal patterns, a 30 second sample of the voice is captured as numeric data using a uni-directional microphone connected to a computer equipped with a calibrated sound card. Applying Fast Fourier Transform, the analog sample is first converted to numeric data and then to a digital graph displaying 0-1000 cycles per second and 0 to -60 decibels. Horizontal areas of the graph are identified as predictive (future), now (present), and long term (past) ranges. The vertical axis identifies the amplitude of each frequency, displaying disproportionate extremes. Interpretation includes: high points on the graph indicate strident, vociferous frequencies; low points indicate deficiencies. A chart with fewer highs and lows shows greater coherence. Case studies have revealed that predictable architectures appear on the graphs of those with toxins, trauma, pathogens, inflammation, and infection.

Fig 1 Human bioacoustics vocal chart in Yonda software showing possible toxin architecture. Analog sample recorded in Sound Recorder. FFT applied

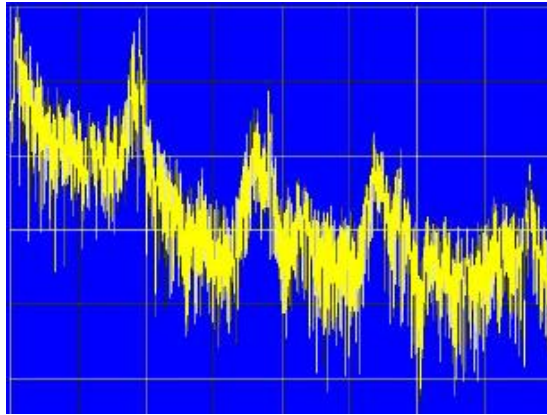
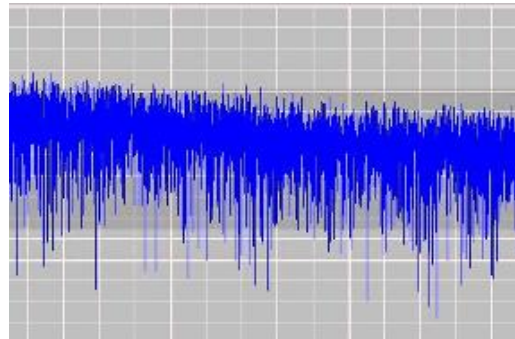


Fig 2 Human bioacoustics vocal chart in Abacus software showing possible greater coherence. Analog sample recorded in Sound Recorder . FFT applied.

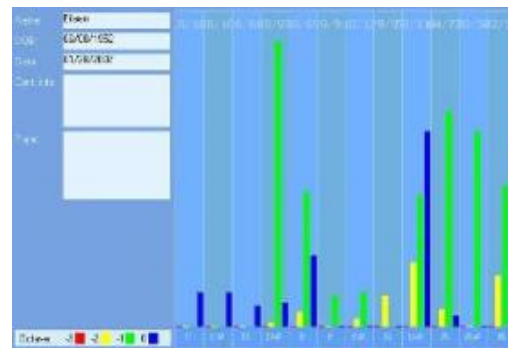


Reports created from the sample data include information on issues with muscles, toxins, pathogens, biochemicals, nutrients, metabolic and hormonal issues, genomes, vaccination safety, and other risk factors in terms of frequency equivalents. These reports have been used by health professionals and wellness practitioners to gain direction toward supporting optimal form and function.

Click for more about [Vocal Profiling](#)

Time domain: To determine individualized vocal patterns, a sample of the voice is captured as chromatic scale musical notes using a condenser microphone connected to a computer equipped with a sound card and an nVoice software program from Sound Health, Inc. This information is used to profile personality, situational dynamics, relationship potentials, and offer insight concerning emotional issues.

Fig 3 Example of a time domain nVoice chart



Click here to view an example of an [nVoice chart report](#)

Sound Presentation

Based on the results of the vocal profile, sound formulas are constructed and presented to the individual using a specialized low frequency analog tone generator in a procedure described as tone trials. Brain wave oscillations have been measured as a range from 0 - 64 cycles per second. Tones are constructed in this range for bioacoustic sound presentation and are referred to as Brain Wave Multiples (BWM).

Each tone formula is presented for 30 to 60 seconds, or in the case of muscle involvement, two minutes while

biofeedback equipment is used to gather objective data such as pulse rate, heart rate, temperature fluctuations, brain wave and muscle response, and resolution of symptoms. A Visual Analog Scale (VAS) is used to collect subjective feedback allowing individual reactions to be rated with minimal constraints. Once appropriate sound formulas are ascertained, they are programmed into a small analog frequency generator which allows an individual to listen privately through headphones or subwoofer. Other sound delivery methods such as an underwater speaker are also being investigated. Just as learning the words of a song or the spelling of a word is accomplished through repetition, repeated exposure to the frequency formulas is intended to entrain the body's innate rhythmical scheme of vibrational patterns. Harmonics of the sound formula are thought to be the operative factor. Human hearing spans eleven octaves from 20 to 20,000 cycles per second and each shade of sound frequency appears to represent a precise nutrient, biochemical, structure, muscle, protein, genome, toxic compound, or pathogen. These frequency representations are known as frequency equivalents (FE). Case studies have revealed that a variation as small as .02HZ may determine the difference between creating a desired outcome or not.

Click for more about [Bioacoustic Therapy sound presentation](#)

Theory

Ms. Edwards theory of sound healing with Bioacoustics Therapy originates from the observation that brain-wave frequencies are impulse patterns. As the brain perceives and delivers these patterns to the body via nerve pathways, they serve as directives, functioning to sustain structural integrity and emotional equilibrium. The laryngeal nerve, a branch of the vagus nerve, innervates larynx muscles which create vocal sounds by oscillating the vocal cords. This direct conduit from the brain and body to the vocal cords suggests a message pathway, supporting the theory that frequencies in the voice are representations of the autonomic nervous system's activity. Vocal profiling is a human bioacoustic technique used to detect this frequency communication, and is further based on the theory that vocal cords are entrained to reflect the frequency communication between the body and brain via their involvement in this pathway. By recording vocal frequencies in Fast Fourier Transform (FFT), information is collected and analyzed to delineate patterns of coherence and dissonance. These patterns are theorized to represent very specific clues regarding the health of the speaker, revealing discordant patterns which are thought to be associated with symptoms of disease and distress. Once discordance is identified, low frequency sound formulas are delivered as a means of balancing the disharmony, promoting the body's innate ability to self-heal through entrainment. Additionally, the frequency patterns thus far discovered appear to reveal a predictable mathematical matrix which may predict outcomes of sound frequency interventions. Case studies also suggest that the beat created by sound formulas is an integral component of targeting specific structures.

Click for more information about the [theory of sound healing with Bioacoustics Therapy](#)

Scientific basis of bioacoustics therapy

As with many systematic studies, it's yet to be determined whether or not bioacoustics therapy can be confined to the physical world and therefore considered to be a science. The possibility exists that it may transcend the accepted view of the physical world, going beyond what is considered public knowledge to include intuition, creativity, and expanded perception. The possibility also exists that frequencies found in the voice may relate to a previously undetected organizational system within all living things, or that it may be the foundation of poorly understood phenomenon such as the self-healing capabilities of the body. Considering the commonalities to other physical sciences, however, human bioacoustics does share methodical exploration of logical sequences, consequences, and relationships.

Click for more information about

[The Science of Sound](#)

[Secret Sounds in the Voice](#)

[Sound as Energy](#)

[Sound as Harmony](#)

[Independent Research - Case Studies](#)

Individual case studies in Bioacoustic sound healing and research indicates that sound presentation might initiate a self-healing processes so natural that the results are often perceived as the body having healed on its own. Testing the subsequent withdrawal of the supporting sounds has been coincident with the return of symptoms, suggesting the body's ability to respond to low frequency analog sound.

Click for more details about [Bioacoustics Sound Healing Therapy case study reports](#)

Click to read a few Bioacoustic Therapy case studies:

[Heart Palpitations and Arrhythmia, Fatigue, Thyroid Issues](#)

[Rotator Cuff Injury](#)

[Debilitating Back Pain](#)

[Chronic Fatigue and Fibromyalgia](#)

[Nerve Pain](#)

[TMJ, Dizziness, Allergy, Asthma, Tinnitus, and Cataracts](#)

Additional examples of case studies are available at <http://www.nutrasounds.com/>

Independent research from Ms. Edwards and audiologist Dorinne S. Davis M.A., CCC-A, FAAA, of the Davis Center in Budd Lake, NJ, published a study of over 200 vocal samples exploring the relationship between oto-acoustic emissions (sounds measured as coming from our ears) and stressed frequencies in vocal profiling reports. Results of this study published by the American Acoustic Society showed 100% correlation between stressed vocal frequencies and oto-acoustic emissions from the ear. 4

Limitations and Disclosure

“Specific frequencies and patterns used in Human BioAcoustics are part of the private and confidential property of their Discoverer [Ms Edwards] and are provided only to research associates under contract.” “A Frequency, like any other form of Intellectual Property, is taken by its Discoverer from the common resources of the world and made useful property, by the Discoverer, because of the Frequency Equivalent relationships determined by the Discoverer. That creation of property deserves to be respected.” 3

Bioacoustics Therapy sound healing and research is not medical; diagnosis and treatment of health conditions is not offered. The use of bioacoustics methods may benefit the healthy functioning of human systems but there can be no promise of a cure.

Someday that may be possible but right now we can only provide frequency based information designed to discover the possible benefits of supporting self health through the use of sound. As a research associate, we follow the research protocol explained here: [more about Bioacoustic Therapy sound sessions](#)

Click for more about

[nVoice Personality Profile Sound Session](#)

[In-depth Personal BioAcoustic Research Evaluations and Sound Presentation](#)

[Vocal Profiler Reports](#)

[An example of a Vocal Profiler Nutrition Report](#)

[An example of a Vocal Profiler Muscle Report](#) No therapeutic effects can be claimed due to the lack of large randomized controlled trials (RCT). It appears that an important strength of human bioacoustics is its ability to address very specific individual complexities and does not lend itself to the generalities of broad syndromes. This strength also makes it more difficult to discern the probability that effects are due to intervention, placebo or random variation. Therefore, even when RCT are conducted in the future, it's possible that no significant statistical results will be obtained concerning general disease syndromes even as individual disease conditions improve.

Conducting formal randomized control studies on the effectiveness of bioacoustics therapy sound healing has yet to be done. As such, no claims have been made about its effectiveness. However, results from numerous individual case studies have been notable and impressive indicating that further investigation into the relationship between the human voice, frequency, and health is warranted.

Some of the concepts associated with bioacoustics therapy sound healing go beyond a common understanding of physiology to include the idea that energy, frequency, and matter may be related in ways that we are not currently aware of. Although this may be a target for critics, it can also be seen as an exciting opportunity to explore new levels of the human experience.

Accreditation and Controls

Sound Health Research Institute, Inc. established a seven level Credentials System for Professional BioAcoustic Research Associates in 2004. 5 The system includes certification, peer review, research, education, and ethics standards. 6

If you're interested in Bioacoustic Therapy classes and training to becoming a certified Bioacoustic Therapy Provider and Research Associate, click for [Sound Health Training information](#)

If the idea of Bioacoustic sound therapy intrigues you, here's an opportunity to try it out for yourself...Free! NanoVoice is a micro version of Sound Health Research Institute's professional software program nVoice

Personality Profiler which uses frequency based biomarkers within the frequencies of your voice to allow you an enlightening peek into your secret self, and was created to spread the word and lay the groundwork for a paradigm of health care that uses the body's own frequency status to support optimal well being. This innovative technology is the vanguard of future medicine which will be based on personal biofrequencies relating to emotional, genetic, structural, and biochemical information about YOU. Click for [more about nanoVoice](#)

See Also

Click for answers to [Frequently Asked Questions](#)

[Sound Healing References](#) - references used in the [Sound Healing](#) article

[Sound Science References](#) - references used in the [Sound Science](#) article

[Editorials: Hundreth Monkey and Bioacoustics Therapy](#)

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Disclaimer: Human BioAcoustics®, as originated by Sharry Edwards, M.Ed., does not diagnose or prescribe for medical or psychological conditions nor does it claim to prevent, treat, mitigate or cure such conditions. Human BioAcoustics® researchers do not provide diagnosis, care, treatment or rehabilitation of individuals, nor apply medical, mental health or human development principles.

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