

BIOACOUSTIC NUTRITION FREQUENCY EQUIVALENTS™

AMINO ACID	LOW	HIGH	USE
Glycine			• found in beans
Glycine			• found in dairy products
Glycine			• glucose levels, metabolism - too much glycine will ups
Glycine			• found in meat
Glycine			• immune system, healthy - needed for
Glycine			• found in fish
Glycine			• prostate, healthy - needed for
Glycine			• found in high protein food
Glycine			• metabolism, glucose levels - too much glycine will up
Glycine			• muscle - supplies creatine to the
Glycine			• muscle, degeneration - retards
Glycine			• protein - required to build
Cytosine	•		nucleic acid
Glycine			• nucleic acids, synthesis - required for
Glycine			• amino acids, non-essential - needed for
Glycine			• nervous system, healthy - needed for
Glycine			• bipolar disorder - helps
Glycine			• bile acid - required for production of
Glycine			• RNA and DNA - required for the construction of
Glycine			• fatigue - causes if high
Glycine			• brain - helps bi-polar disorder
Glycine			• creatine - helps supply extra amounts to the body
Glycine			• degeneration, muscle - retards
Glycine			• DNA and RNA - required for the construction of
Glycine			• energy - the proper amount will promote
Glycine			• epilepsy - inhibits
Glycine			• prostate fluid - found in fairly large amounts in the

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ENZYME	LOW	HIGH	USE
Biotin		•	fatty acid production - aids in
Biotin		•	found in meat
Biotin		•	found in dairy products
Biotin		•	hair - may help prevent graying of
Biotin		•	AKA - Coenzyme R
Biotin		•	glands, sweat - promotes healthy
Biotin		•	water soluble
Biotin		•	skin - needed for healthy
Biotin		•	sex glands - necessary for the growth of
Biotin		•	nerves - necessary for the growth of
Biotin		•	hair - used for the treatment of hair loss
Biotin		•	tissue, nerve - promotes healthy
Biotin		•	metabolism of carbohydrates, fats, proteins - aids in
Plasmin		•	protein - digests
Biotin		•	muscle pain - used for
Biotin		•	Vitamin B complex coenzyme
Biotin		•	raw egg whites prevent the absorption of Biotin
Biotin		•	AKA - Vitamin N
Biotin		•	eczema - deficiency can cause severe
Biotin		•	pain - helps relieves muscle
Biotin		•	bone marrow - promotes healthy
Niacinamide		•	Vitamin B3 coenzyme
Nicotinic Acid		•	Vitamin B3 coenzyme
Plasmin		•	digestion - digests proteins
Biotin		•	hair - needed for healthy

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MINERAL	LOW	HIGH	USE
Calcium		•	nerve, impulses - important for
Magnesium	•		blood pressure, high - prevents
Magnesium	•		bone, formation - helps
Magnesium	•		carbohydrates, metabolism - helps
Magnesium	•		cod liver oil - high decreases magnesium
Magnesium	•		depression - prevents
Magnesium	•		diarrhea - increases the need for magnesium
Magnesium	•		diuretics - increase the need for magnesium
Magnesium	•		dizziness - prevents
Magnesium	•		emotions - supports
Magnesium	•		energy - needed for production of
Magnesium	•		fat - decreased by high intake of
Calcium		•	oxalic acid - interferes with calcium absorption
Calcium		•	nervous system, central - helps to support
Magnesium	•		fluoride - increases the need
Calcium		•	nails, brittle - deficiency can cause
Calcium		•	muscles, cramping - deficiency can cause
Calcium		•	muscle, growth - helps to support
Calcium		•	more effective if taken in smaller doses
Calcium		•	lysine - needed for the absorption of calcium
Calcium		•	legs/arms, numbness - deficiency causes
Calcium		•	nervousness - deficiency causes
Calcium		•	Verapamil (heart medicine) - interferes with absorpt
Calcium		•	lipase - helps the production of
Calcium		•	menopause - higher levels of calcium needed for
Calcium		•	numbness, arms/legs - deficiency can cause
Bismuth	•		trace mineral
Magnesium	•		calcium - high levels decreases magnesium
Magnesium	•		nerve, transmission - needed for
Chromium Picolinate	•		biologically active chromium
Magnesium	•		muscle, weakness - prevents
Magnesium	•		zinc - high increases the need for magnesium
Magnesium	•		found in chocolate
Magnesium	•		with calcium dissolves calcium phosphate stones

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MINERAL	LOW	HIGH	USE
Magnesium	•		found in soybeans
Magnesium	•		heart disease - prevents
Magnesium	•		hypertension - prevents
Magnesium	•		impulses, muscle - needed for
Magnesium	•		irritabilty - deficiency causes
Magnesium	•		kidney, stones - with vitamin B6 helps to prevent
Magnesium	•		metabolism, carbohydrates - helps
Magnesium	•		alcohol - increases the need for magnesium
Magnesium	•		stored poorly in the body
Magnesium	•		forms/types: oxide, aspartate, citrate
Magnesium	•		nervous system, central - supports
Magnesium	•		pH balance - helps maintain
Magnesium	•		potassium - assists in the uptake of
Magnesium	•		weakness, muscle - prevents
Magnesium	•		found in brown rice
Magnesium	•		vitamin D - high levels decrease magnesium
Magnesium	•		enzyme - vital for activity of
Magnesium	•		transmission, nerve - needed for
Magnesium	•		transmission, muscle impulses - needed for
Magnesium	•		metabolism, minerals - helps
Magnesium	•		central nervous system - supports
Calcium		•	phosphorus - (from soda) interferes with
Magnesium	•		muscle impulses - needed for transmission of
Manganese	•		fat, metabolism - helps
Calcium		•	arms/legs, numbness - deficiency causes
Calcium		•	detox - protects bones and teeth from absorption of r
Calcium		•	joints, aching - deficiency causes
Calcium		•	exercise, moderate - enhances it use
Calcium		•	exercise, heavy - hinders calcium use
Calcium		•	estrogen, low - needs more calcium
Calcium		•	enzymes - helps to support
Calcium		•	energy - provides
Calcium		•	DNA/RNA protein - participates in
Manganese	•		metabolism, protein - needed for

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MINERAL	LOW	HIGH	USE
Manganese	•		anemia - needed for
Calcium		•	osteoporosis - deficiency can cause
Manganese	•		enzymes - trace mineral for
Calcium		•	found in dairy products
Manganese	•		found in cereal
Manganese	•		found in tea
Manganese	•		gout - metabolizes purines to uric acid
Manganese	•		immune system - needed for healthy
Manganese	•		metabolism, gout - metabolizes purines to uric acid
Manganese	•		energy - needed for production of
Manganese	•		nerves, healthy - needed for
Manganese	•		pregnancy - aids in mother's milk production
Manganese	•		protein, metabolism - needed for
Manganese	•		vitamin B1 - needed to utilize
Manganese	•		vitamin E - needed in order to utilize
Manganese	•		mitochondria - antioxidant for
Manganese	•		bone - needed for reproduction and growth of
Calcium		•	heart - supports cardiac function
Calcium		•	protein - high diet of protein interferes with its absorpt
Calcium		•	Rickets - deficiency can cause
Calcium		•	RNA/DNA protein - participates in
Calcium		•	teeth, cavities - protects against
Calcium		•	teeth, strong - needed for
Calcium		•	zinc - too much zinc can make calcium less efficient
Calcium		•	lead - absorbed more readily without calcium
Calcium		•	tums (antacids) - interferes with calcium absorption
Calcium		•	teeth, decaying - deficiency can cause
Calcium		•	colon, cancer - helps prevent
Calcium		•	insomnia - deficiency causes
Calcium		•	cholesterol, high - deficiency can cause
Calcium		•	hypertension - deficiency can lead to
Calcium		•	heart palpitations - deficiency can cause
Calcium		•	eczema - deficiency causes
Calcium		•	found in milk

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MINERAL	LOW	HIGH	USE
Calcium			• vitamin D is needed to use calcium
Calcium			• fat - a high diet of fat interferes with calcium's absorpt
Calcium			• iron - iron makes calcium less efficient
Calcium			• cavities, teeth - protects against
Calcium			• arthritis, rheumatoid - deficiency causes
Calcium			• blood pressure - lowers
Calcium			• blood pressure, high - deficiency causes
Calcium			• blood, clotting - important for
Calcium			• cancer, colon - helps prevent
Calcium			• kidney disease - do not take with any
Manganese		•	antioxidant for mitochondria
Calcium			• hormonal - low estrogen levels need more calcium

BIOACOUSTIC NUTRITION FREQUENCY EQUIVALENTS™

VITAMIN	LOW	HIGH	USE
Niacin	•		nervous system - aids in the functioning of
Biotin	•		raw egg whites prevent the absorption of Biotin
Biotin	•		AKA - Vitamin N
Biotin	•		eczema - deficiency can cause severe
Biotin	•		pain - helps relieves muscle
Biotin	•		bone marrow - promotes healthy
Niacin	•		blood sugar, low - deficiency may cause
Niacin	•		cholesterol - lowers
Niacin	•		depression - deficiency may cause
Niacin	•		AKA - Vitamin B3
Niacin	•		skin - needed for healthy
Niacin	•		Schizophrenia - helpful for
Vitamin B3	•		sex hormones - involved in the synthesis of
Niacin	•		sex hormones - involved in the synthesis of
Biotin	•		fatty acid production - aids in
Niacin	•		involved in secretion of bile and stomach fluids
Niacin	•		digestive system - helps in production of Hydrochlori
Niacin	•		circulation - improves
Niacin	•		fat, carbohydrates, proteins, metabolism - aids in
Niacin	•		fatigue - deficiency causes
Niacin	•		Pellagra - deficiency can cause
Niacin	•		skin eruptions - deficiency causes
Niacin	•		memory enhancer
Niacinamide	•		Vitamin B3 coenzyme
Vitamin B3	•		circulation - needed for proper
Coenzyme Q10		•	antioxidant
Niacin	•		diarrhea - deficiency causes
Biotin	•		found in meat
Coenzyme Q10		•	allergies - beneficial for (counters histamine)
Coenzyme Q10		•	immune system - stimulates
Coenzyme Q10		•	resembles Vitamin E
Coenzyme Q10		•	only coenzyme found in the human body
Coenzyme Q10		•	circulation - aids in
Coenzyme Q10		•	tissue, oxygenation - increases
Coenzyme Q10		•	Multiple Sclerosis - beneficial in fighting
Coenzyme Q10		•	Diabetes - beneficial in fighting

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VITAMIN	LOW	HIGH	USE
Coenzyme Q10			• AKA - Ubiquinone - vitamin like
Coenzyme Q10			• obesity - beneficial in fighting
Coenzyme Q10			• aging - has vital anti-aging effects
Biotin	•		Vitamin B complex coenzyme
Biotin	•		tissue, nerve - promotes healthy
Biotin	•		muscle pain - used for
Biotin	•		found in dairy products
Biotin	•		hair - may help prevent graying of
Biotin	•		AKA - Coenzyme R
Biotin	•		glands, sweat - promotes healthy
Biotin	•		water soluble
Biotin	•		skin - needed for healthy
Biotin	•		sex glands - necessary for the growth of
Biotin	•		nerves - necessary for the growth of
Biotin	•		hair - used for the treatment of hair loss
Biotin	•		hair - needed for healthy
Biotin	•		metabolism of carbohydrates, fats, proteins - aids in
Vitamin B3	•		nervous system - aids in the functioning of
Ubiquinone			• AKA - Coenzyme Q 10 - vitamin like - resembles Vit I
Vitamin B1			• weight loss - deficiency can cause severe
Vitamin B1			• intestines - needed for intestinal muscle
Vitamin B1			• optimizes cognitive activity and brain function
Vitamin B1			• stomach - needed for stomach muscle
Vitamin B1			• oxidative stress - helps resist
Vitamin B1			• heart - needed for heart muscle
Vitamin B1			• AKA - Thiamine
Vitamin B1			• carbohydrate metabolism - assists in
Vitamin B1			• growth - promotes
Vitamin B1			• intestines - needed for muscle tone in
Vitamin B1			• Lipoic Acid activity - needed in
Vitamin B1			• antioxidant
Vitamin B3	•		skin - needed for healthy
Vitamin B1			• not known to be toxic in any quantity
Vitamin B1			• appetite, loss of - deficiency may cause
Vitamin B1			• works synergistically with other B Vitamins
Vitamin B1			• circulation - enhances

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VITAMIN	LOW	HIGH	USE
Vitamin B1			• fatigue - deficiency may cause
Vitamin B1			• Beriberi - deficiency can cause
Vitamin B1			• water-soluble vitamin
Vitamin B1			• digestive system - aids in production of hydrochloric
Vitamin B2			• nails - helps oxygenate
Vitamin B2			• iron - helps absorption of
Vitamin B2			• found in eggs
Vitamin B2			• energy - needed for
Vitamin B2			• eye - alleviates fatigue of the
Vitamin B1			• mitochondrial metabolism
Vitamin B3	•		ulcer - do not take with
Vitamin B3	•		stomach - involved in secretion of bile fluids
Vitamin B3	•		diabetes - do not take with
Vitamin B3	•		AKA - Niacin
Vitamin B3	•		fat, carbohydrates, proteins - aids in metabolism
Vitamin B3	•		found in prunes
Vitamin B3	•		found in sunflower seeds
Vitamin B3	•		glaucoma - do not take with
Vitamin B3	•		digestive system - helps in production of Hydrochlori
Vitamin B3	•		found in avocados
Vitamin B3	•		water soluble
Vitamin B3	•		energy - needed for
Vitamin B1		•	growth - has a positive effect on
Vitamin B3	•		liver disease - do not take with
Vitamin B1		•	blood formation - assists in
Vitamin B3	•		cholesterol - lowers
Vitamin B3	•		Gout - do not take with
Vitamin B3	•		brain - vital for its normal function
Nicotinic Acid	•		Vitamin B3 coenzyme
NAC		•	Vitamin compound - Krebs Cycle
Eriodictyol		•	bioflavanoid
Thiamine		•	sulfa drugs - interferes with
Vitamin B1		•	detoxifies aldehyde
Vitamin B1		•	irritability - deficiency causes
Vitamin B1		•	appetite - has a positive effect on
Vitamin B1		•	energy - has a positive effect on

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VITAMIN	LOW	HIGH	USE
Vitamin B2		•	found in milk
Vitamin B3	•		mental illness - used in treatment of