

## Therapy Review

# Tuning Fork Healing

*Simon Heather of the College of Sound Healing describes this form of sound healing*

**R**esearchers at Cell Dynamics Inc. have found that when tuning forks are used on the body there is a release of Nitric oxide. This is seen as a large peak of pure Nitric oxide immediately following exposure of the tissues to the vibration of the tuning forks.

Nitric oxide is an important cellular signalling molecule involved in many physiological and pathological processes. Macrophages produce Nitric oxide in order to kill invading bacteria. Nitric oxide production is important in protecting organs such as the liver from restricted blood flow.

Nitric oxide contributes to blood vessel homeostasis by inhibiting vascular smooth muscle contraction and platelet aggregation. Nitric oxide is known to have anti-microbial properties and can destroy tumour cells. Nitric oxide also inhibits leukocyte adhesion to the endothelium. (Leukocyte adhesion is part of the inflammatory response).

### Body Tuners

The Biosonic Tuning Forks are specially designed to produce a wide range of harmonics. The Biosonic Body Tuners consist of two tuning forks, C256Hz & G384Hz, when sounded together the two frequencies create a ratio of 3/2. The C/G Tuning Forks are generally placed by the ears or in the energy field.

The Body Tuners create the interval known in music as a perfect fifth. The perfect fifth is more consonant than any other interval except the octave. A helpful way to recognise a perfect fifth is to hum the start of "Twinkle, Twinkle, Little Star"; the pitch of the first



Simon Heather

"twinkle" is the root note and pitch of the second "twinkle" is a fifth above it. Listening to this interval creates a feeling of completeness, comfort and enhances our creativity.

The same ratio of 3:2 is found in the blood pressure of a healthy person 120/80 (120mm Hg is the systolic pressure and 80mm Hg is the diastolic pressure). We have found that using the Body Tuners regularly helps to harmonise blood pressure.

“**BODY TUNERS CREATE THE INTERVAL KNOWN AS A PERFECT FIFTH (MORE CONSONANT THAN ANY OTHER INTERVAL EXCEPT THE OCTAVE)**”

**SIMON HEATHER**

### Otto Tuning Forks

"Otto" refers to osteophonic tuning forks, which means using sound to vibrate bones. The Otto Tuners resonate to different octaves of the note "C" in the Pythagorean Scale (32Hz, 64Hz, 128Hz). They are used on the body to help align the body's physical structure.



An Otto 128Hz

Using the Otto Tuners helps to restore health to bone, nerves and surrounding body tissue. The Otto 128Hz tuning fork is very good for use on tense muscles particularly in the area of the shoulders.

Otto Tuner 128Hz is especially effective when placed on the rib heads, thoracic vertebrae, sternum, and the hip bones. The Otto 128Hz Tuner can also be placed on acupuncture points to stimulate the flow of energy. Placing the Otto 128Hz Tuner on acupuncture point Kidney 1 on the sole of the foot is very grounding. If two Otto 128Hz Tuners are held a few inches from the ears they create a beautiful sustained low tone that is excellent for grounding and relaxation.

**TRY THIS**

OM Tuner (136.1Hz)- The Om fork is especially effective when placed on the rib heads, thoracic vertebra, sternum, sacrum and ilium. Tap the Om fork and press it to your sternum. Close your eyes and feel the vibration. After a while hum "Om" in resonance with the vibration.