

# SoundBody Nutrition?

by Vickie Dodd

“I have found that that the use of Sound softens,  
relaxes, awakens and enlivens  
the memory of wellness,  
helping to create an interior environment  
that is more willing to receive  
and better able to mend.”

How do we teach, educate our clientele? Do we become the ‘fixer’ and do they passively experience our work and good intentions? How do we assist our clients to actively participate in their healing, and in their mending? Do we transpose the same ‘posturing’ of the past era of allopathic medicine into our practice, that the client believes they are powerless over their healing, diagnosis, and it is up to us to figure it out? A wise elder told me nearly 40 years ago when I first became involved in this healing arts field “Be careful to not to take the credit of others healing, if you do then you will have to take the blame for them not healing.”

Within each of us is an innate intelligence, a blueprint that has always been, that is our own expression of the source of our being. It is the potential, and the deep desire of humans to express and to experience that which we know we are to BE in our day to day living. As therapists our ideal is to help fan that flame of willingness and wellness. This flame remembers wellness, remembers the possibility of a healthier life, physically, mentally and spiritually. Sacred Sciences have taught us that our ‘bodies’ remember everything that has ever occurred. Each of us also carries the impact of many wounds, past experiences that are undigested, and not yet released. These experiences often form a kind of thickness in our body that creates amnesia of wellness and hides or distorts the innate, intelligent beauty that is there. We perceive this essential part of ourselves occasionally, but are often unable to fully live or sustain this awareness. As Nutritional Therapists we often experience this in our client’s body, as an inability to assimilate the supplementation we know would assist their ailments. Or their bodies seem to need everything we suggest or muscle test, and we load them up with so many supplements that it is unrealistic. This is a body that is confused and already overloaded.

Those of us that have been laboring in love in this healing arts field for decades have watched an increase in degenerative dis-ease, in clients, family, and friends, of all ages and backgrounds. We know that most of us live lifestyles that stress our nervous systems, that our environments are often laden with material and energetic toxicity and pollutants that hinder hydration, digestion and assimilation. Those of us that have found ways of eating

that support our bodies, and supplements that aid our nutritional needs are indeed fortunate.

How do I say what I need to say to you about what I have discovered through the years of working with Sound with others and myself? How do I explain or make palatable and exciting the prospect of our clients participating more in their own healing? How do I truly convey to you the importance of preparation for a session with me, with you, with them? How do we take the importance of our work and take it to the new paradigm, the paradigm of attraction, of a dynamic nature? How do we teach that a body that is hyper-toned or hypo-toned, often as a result of habitual thinking and posturing, is giving us a false diagnosis?

We often hear: Why am I so confused? Why do I feel so overwhelmed? I do not have enough time. I always feel rushed. I don't know how I feel. I just feel tired. I can't stay out of other peoples' business. I don't know what my business is. We frequently hear these complaints from our clients. Often we can see many possibilities for these symptoms by looking at their food journals and doing a physical eval test. But, I also would have them use sound, use their voices, or ours, to see what occurs or how differently they comprehend by 'sounding' their concerns!

Over 25 years ago, I started taking before and after photos of clients, this was to be able to see what occurred in our sessions regarding physical alignment. I was astonished initially to observe over and over how their alignment changed by sounding their tissue! Today I can tell you that this occurs because Sound hydrates the tissue, which changes the dimension of the fascia that surrounds and supports the musculature, and rearranges the tonality of the tissue as sound engages the innate wisdom of the body to reorganize itself. The body is a resonating chamber that loves the sound of our own voice. The act of vocalizing, speaking and singing remains one of the highest and most intricate motor activities involving the entire body of the human being. Our voices can soothe our nervous system providing nourishment to nearly all systems.

The Physics of Sound:

- \*Sound breaks up crystallization
- \*Sound changes form
- \*Sound dissolves obstruction
- \*Sound hydrates human tissue
- \*Sound reducec viscosity of fluid
- \*Sound increases fluidity

Sluggishness or lethargy is often the top layer of concern, but is often the one that we focus on, as that is the one the client is most aware of, and it will show up in our testing. Firstly, I want to know if it is 'functional', how they are thinking, too much TV or computer coagulation, not enough movement, 'set in their ways' mentality. Is it just 'stuff' that gets on us from daily living, commuter driving, too much on our plate? Is it possible that the effect of our lifestyles creates an illusion of symptoms? Our body is approximately 80% fluid. What keeps our bone tissue healthy and resilient is its fluid. Our connective tissue is fluid. The head and brain tissue is primarily fluid. The alchemy of sound is that it takes that which

is congealed, congested, compressed, and crystallized and changes its material to a more pliable, liquid form. The innate function and power of Sound is that it changes all form that it touches. It helps keep the body liquid, hydrated. We know that the fluid system is directly affected by pollution. What happens within this liquid system is that it congeals, congests, crystallizes, gets constricted and becomes thick or more viscous. These are components that are nearly always present in any dis-ease or dysfunction within our body, impeding the flow that assists the movement of pollutants absorbed through the environment, dietary toxins from food and medications, and undigested emotional material.

Emotional and physical distress impedes circulation of all fluid systems. The physical environment becomes vulnerable for attracting more congestion. When there is a great deal of lactic acid in the fluid of the musculature, circulation is impeded in that area. The body is trying to remove excess toxicity through the blood stream, and the toxicity will often get blocked in the area that has the lactic acid buildup. So it becomes very much like a beaver dam. These are frequently symptoms of excessive stress. Given that today's body needs more and more assistance to assimilate and release chemicals and metals that our liver hasn't a blueprint for processing, I am suggesting that we include Sound among our toolbox. Learning to use our own voices and to directly experience how Sound touches where our hands cannot touch and how it positively affects both our clients and us. Sounding is a healing form that can enhance our therapies of wellness. It can serve as a complimentary tool for nutritional therapists, massage therapists and herbalists.

When we are Sounding, we are sounding from our speaking voice, not our singing voice. An exercise called Hum Signature is to speak your first name, as you would introduce yourself. Repeat your name over and over as if you are gargling mouthwash, let your gargling soften in the back of your throat and allow your name to turn into a hum. Remembering how there are not really any straight lines in your body, you let your name curve and match the contours of your mouth and throat and allow the hum that comes from your speaking voice embrace your interior shape and form. Repeat this a few times, when you run out of exhale, just inhale and continue with your hum. Sound touches places our hands cannot reach. Our bodies are a resonating chamber that responds and reverberates by our voice. This creates a clarity and a general relaxation.

I have been teaching practitioners for over 30 years techniques about the Power of Sound as a tool for Self-Care. I am very excited about the opportunity to present Sound as a means of educating and assisting our clients and our students to prepare their bodies to receive the work we offer. I know the power of being able to have our clients potentize their remedies, their food, and their body, with their own voice. Just like the sense of smell and taste begins the process of digestion, our sounding vocalization activates the fluidity in our brains to send the message throughout our limbic system, to activate, to prepare our systems, to receive our healing.