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Vibrational Self Healing

A Case Study

Introduction

One of my main interests in studying Sound Therapy is its potential to treat chronic illnesses, such as fibromyalgia, which are resistant to standard Western Medicine protocols like pharmaceuticals and physiotherapy. These conditions have responded somewhat to standard medical approaches, but have not granted me the quality of life I feel I am capable of experiencing.

In this short study, I have used several alternative medical approaches towards treating my own complex system of diagnoses. While using an “everything but the kitchen sink” approach on a single subject, especially oneself, makes it difficult to determine specific causality, when it comes to improving my health I am willing to “throw everything at the wall to see what sticks”.

Issues

- ❖ Fibromyalgia/Chronic Pain
- ❖ Long COVID: Reduced cardio and strength capacity, chronic fatigue
- ❖ Allergies (anaphylactic response to nuts and penicillin, pollen, mold, and multiple food sensitivities)
- ❖ Anxiety, Depression, PTSD, ADHD

I have like 5 of them and they do be fighting for dominance



Desired Outcomes

- ❖ Increase pain-free time and reduce pain-perception sensitivity
- ❖ Reduction or elimination of intrusive thoughts
- ❖ Reduction in Resting Heart Rate
- ❖ Increase in Heart Rate Variability
- ❖ Enhanced dream recall
- ❖ Reduction/elimination of allergies

Things I Already Do/Have Tried:

- ❖ Physiotherapy
- ❖ Qi Gong
- ❖ Yoga
- ❖ Meditation
- ❖ Many different medications and supplements

- ❖ Prayer
- ❖ Grounding/Earthing
- ❖ Sun Exposure/Light therapy
- ❖ Psychotherapy
- ❖ Biofeedback
- ❖ tDCS/CES (electronic brain stimulation)
- ❖ Various diets (vegan, keto, WF30, low lectin, gluten free)
- ❖ Probiotics

Helpful Advice



Current Treatment Protocol

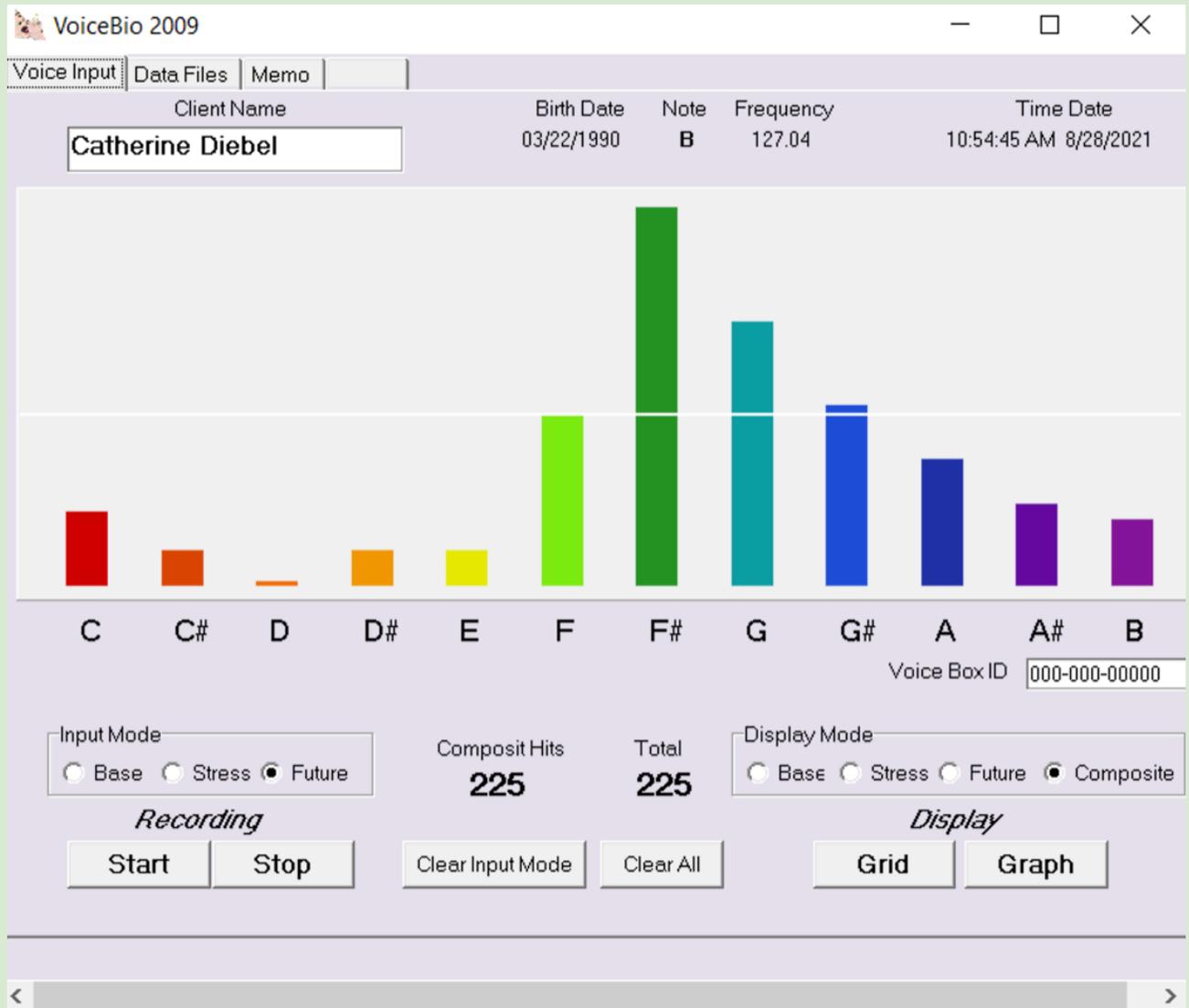
Green = New

Sound

❖ Soul Note + Voice Analysis Recommendations

- Listen to Awakening or Tone Generator for C - D - D#/Eb - E

D#/Eb is also my “Soul Note”



MAIN CHART – Low if low, high if really bad

C – Thyroid disorders, Lymphodema, Sterility in women
Low C, High D#/E/F TACP
C/C#: Multiple Sclerosis, ALS (Lou Gerhrig's Disease), Cerebal Pal Dystrophy
C#: Gluten Sensitivity
Low C/D#: Chronic Fatigue
D#: Fibromyalgia, Chemical and Environmental Sensitivities
D#/E Epstein-Barr, Lyme's Disease
E: Bell's Palsy, Kaposi Sarcoma, Tuberculosis, Mononucleosis, Scol Disorders (eczema, psoriasis, dermatitis)
F: Diabetes, Retinis Pigmentosa, Glaucoma, Macular Degeneration, Low F/F#: Depression, Dementia, Alzheimers
F#: Menieres, Epilepsy
High FF#/G Combo – Full glass syndrome: Bipolar Depression, M Depression, Anxiety and Panic attacks, Schizophrenia, SADD, ADHI
Low F/F#/G Combo : ADD, Autism , Dyslexia,
G: Hodgkins, Leukemai, Parkinsons, Sickle Cell Anemial, Tourette
G#/A Cystic Fibrosis
A: Veneral Disease, Emodmetriosis, Menopause
Low C/A Infertility in women, Miscarriages
A#: Varicose Veins; Heart Diseases
B: Irratable Bowel, Carpal Tunnel, Diverticulitis, Crohns, Heartbur Hernias.
AIDS: Pattern: High A#/B, low or no E
A#/B (lower octaves, meaning –3 or –4 octaves): Immune System dep Environmental Causes (mold, fungus, pesticides....)

C	C#	D	D#	E	F
Physical Areas	Physical Areas	Physical Areas	Physical Areas	Physical Areas	Physical Areas
Thyroid	Kidney (right)	Kidney (left)	Adrenals	Spleen/Thymus	Pancreas
Lymph circulation	Tendons & Ligaments	Hardening of the arteries	Parasites	Candida-Yeast Overgrowth	Eyes & optic nerves
Small intestines	Neck glands/neck muscles (right)	Neck glands/neck muscles (left)	Environmental sensitivities	Teeth/Parotid glands	Ears & auditory nerves
Fallopian tubes	Shoulders	Vocal chords	Eustachian tubes	Diaphragm	Sinuses/Allergies
Large muscles	Rectum/Anus/Coccyx	Larynx/Pharynx	Lips/Mouth	Hip bones	Pineal gland
	Tonsil (right)	Tonsil (left)	Nose/Adenoids	Facial nerves/bones, cheeks	Duodenum
Possible Symptoms	Possible Symptoms	Possible Symptoms	Possible Symptoms	Possible Symptoms	Possible Symptoms
Fatigue, lethargic	Gluten Sensitivity	Arteriosclerosis	Beer gut/wt gain stomach/highs	Bleeding gums/gingivitis	Airborn & Petroleum allergies
Female hair loss	Hemorrhoids/piles	Cholesterol buildup	Blood pressure irregularity	Boils, warts, ringworm	Brain fog/memory (with F#)
Fibroid tumors or cysts	Tendinitis	Hoarseness/smokers voice	Cold or canker sores	Dairy allergies, Mucus	Earaches/sensitive/ringing
Gas pains, bloating after meals	Tonsilitis	Laryngitis	Dizzy, lightheadedness, fainting	Eczema, acne, dermatitis	Headaches upon waking
Low libido/sexual drive	Water retention/bloating	Sore throat/painful swallowing	Extreme unrelieved fatigue	Lowered resistance	Insomnia, jet lag, sleep problems
Menstrual cycle irregular		Tonsillitis	Fibromyalgia	Psoriasis/Rosacea	Peptic ulcers, gastritis
Metabolism/calcium imbalances		Water retention/bloating	Hair loss, receding (men)	Red, thick, tender nose	
Sterility in Females			Herpes Type 1	Sacro-iliac conditions	
Weight problems			Hives/skin pigmentation	Smoker's cough	
			Post nasal drip, nasal polyps	Spinal curvatures, neuralgia	
				TMJ Disorder (jaw)	
Emotional Aspects	Emotional Aspects	Emotional Aspects	Emotional Aspects	Emotional Aspects	Emotional Aspects
A "people" person	Too hard on yourself	A "Fixer": likes to fix people/ problems/things/issues	Overachiever	Your own worst enemy	Fear of life or the future
Codependent, caretaker of others	Expect too much of others		Feel overpowered at times	Self sabotage	Don't see or hear what others do
Balance/harmony important	Let go of the past	Your own worse critic	Like to be recognized for efforts and accomplishments	Like to feel needed by others	Easily led or talked into things
Need to make everyone happy	Angry over little things too often	May not like change		Hold back feelings/emotions	Tend to be a workaholic
Easily influenced			Relationship friction/arguments		

❖ **Frequencies for Pain and Inflammation Reduction**

Made myself from frequencies discussed in the Medical Sound Association meeting on Pain

- ❖ No added sugar or corn (not 100% strict)

Mental Environment

- ❖ Internet/News/Murder Mystery Detox
 - To reduce cortisol, improve sleep and reduce muscle tension
- ❖ 3 Week (Sort of) Staycation
 - Taking time off of clients, but not off of work altogether
 - To release some time and performance pressure
- ❖ Daily Meditation
- ❖ Journalling
- ❖ Prayer/Ancestral Offerings
- ❖ Gratitude/Focus on Love



Environment

- ❖ Air Purifier

- ❖ Essential oil vaporizer/humidifier
- ❖ Grounding/Earthing Mat

Exercise

- ❖ Physio
- ❖ Stretching
- ❖ Weights

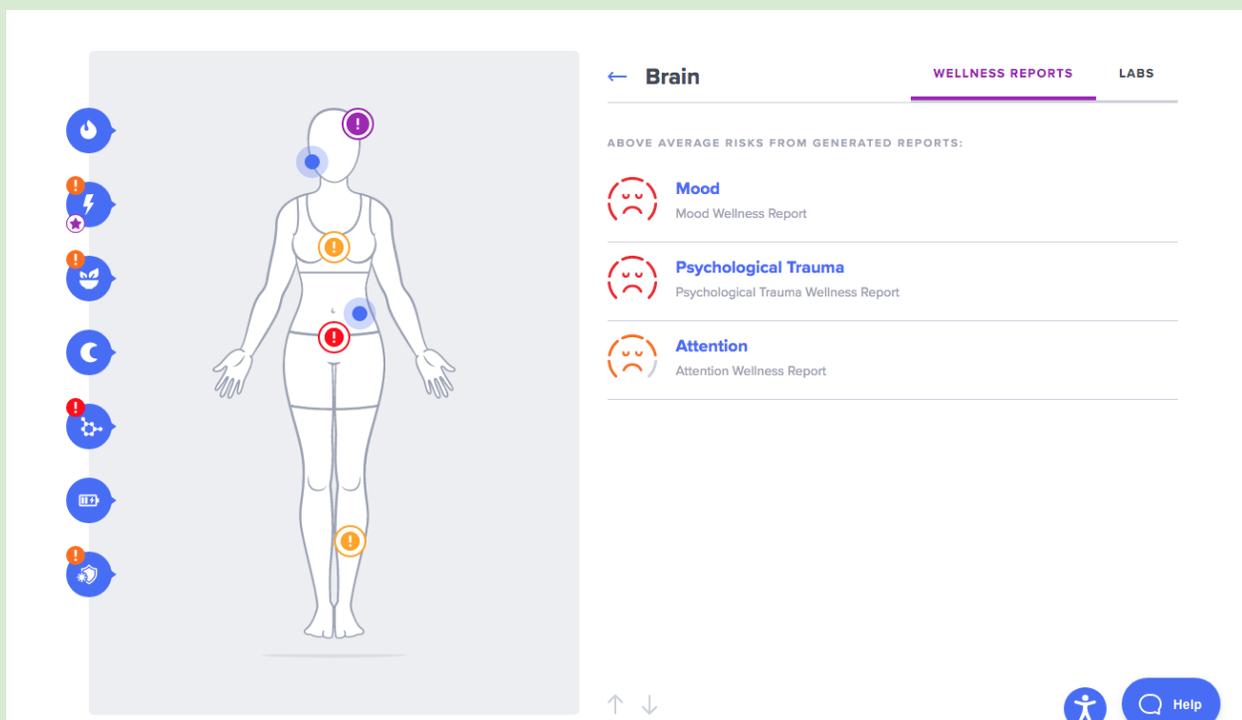
Upcoming Additions to Treatment Protocol

- Sound table and Bass Belt are on the way!

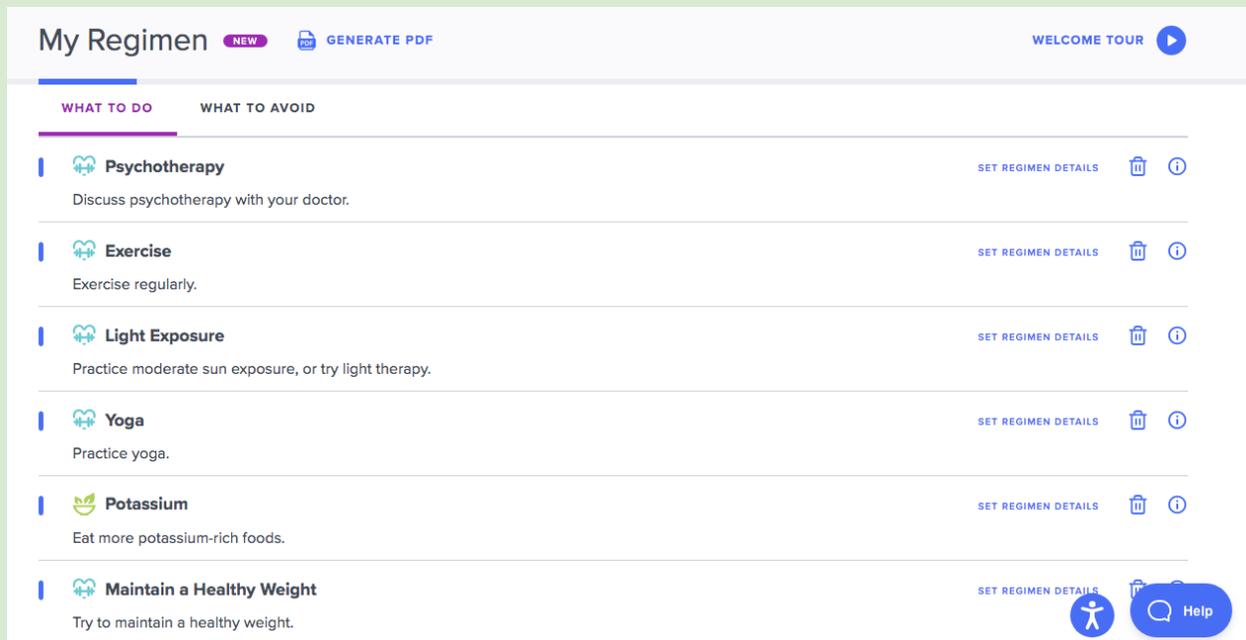
Treatment Rationale

Many of these interventions are based off of suggestions from my SelfDecode analysis, my Viome microbiome analysis, and various research and recommendations from my research while in university, and various professionals over my many years of attempting to cope (started feeling symptoms of depression around age 8; first experiences with chronic pain around age 18).

Below are screenshots of some of my genetic risks and recommendations:



The screenshot displays a wellness report interface. On the left, a human body diagram is shown with several colored circles indicating risk levels: a purple circle with an exclamation mark on the head, a blue circle on the neck, a yellow circle with a downward arrow on the chest, a red circle with an exclamation mark on the lower back, a blue circle on the right hip, and a yellow circle with a downward arrow on the right leg. To the left of the diagram is a vertical sidebar of icons representing different body systems. On the right, the report is titled "Brain" and includes a navigation bar with "WELLNESS REPORTS" and "LABS". Below the title, it states "ABOVE AVERAGE RISKS FROM GENERATED REPORTS:" and lists three reports: "Mood" (Mood Wellness Report), "Psychological Trauma" (Psychological Trauma Wellness Report), and "Attention" (Attention Wellness Report). At the bottom right, there are navigation arrows and a "Help" button.



Further rationale has been provided by the Globe Institute Sound Healing and Therapy Certificate Program

Measurements

- ❖ Heart Rate Variability (via Fitbit) - Measure of cardiovascular health and stress response. HeartMath is based on this measurement.
- ❖ Resting Heart Rate (RHR) (via Fitbit) - Measure of cardiovascular health and stress response
- ❖ Number of suicidal thoughts per day
- ❖ Subjective Pain Perception and Journal Contents

Findings and Observations

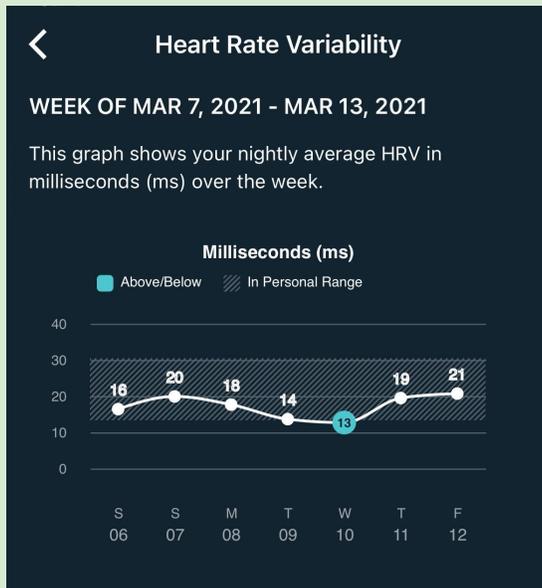
Further updates will be available on my blog at www.GuitarWitch.ca or via request to CatherineDiebelMusic@gmail.com

March 6 - March 15, 2022

Heart Rate Variability (via Fitbit)

Last Year HRV = 13-21

Current HRV = 23



Heart rate variability (HRV)

Recent sleep: 23 milliseconds

[LEARN MORE](#)

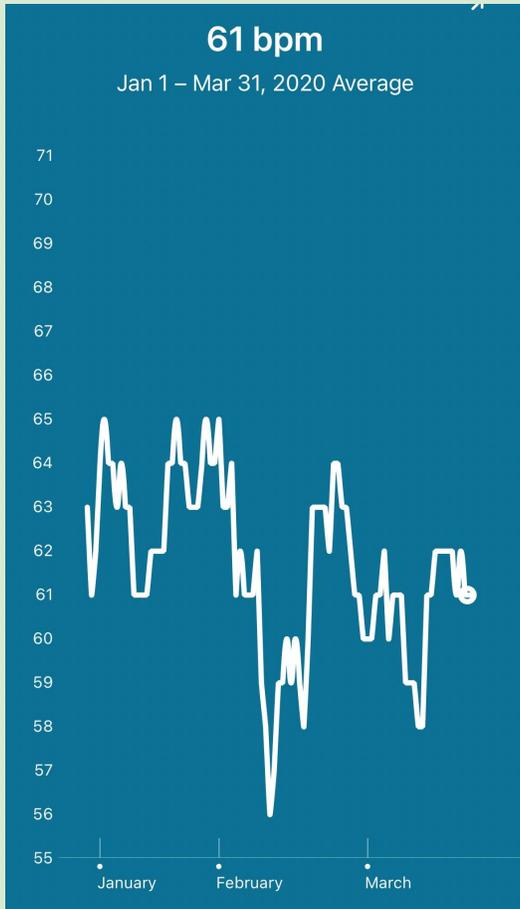


Slight improvement compared to last year.

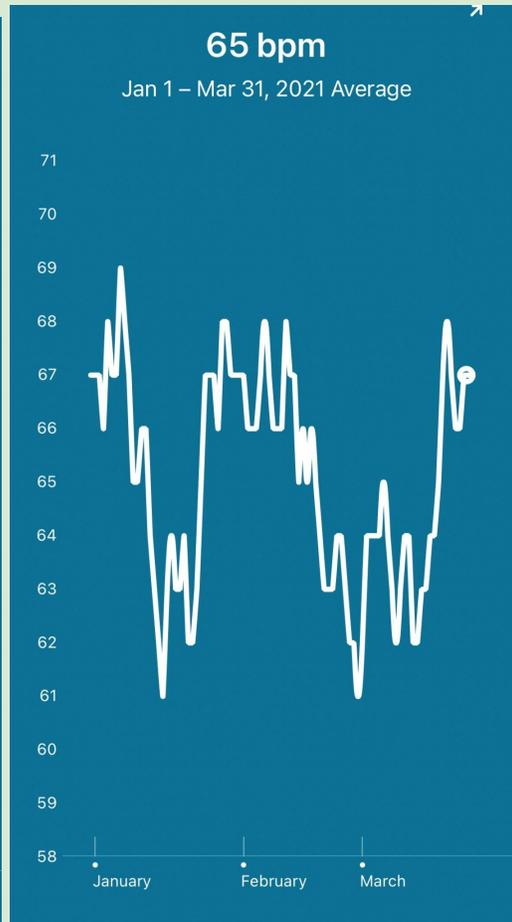
Resting Heart Rate: RHR

Pre-Covid RHR 2020

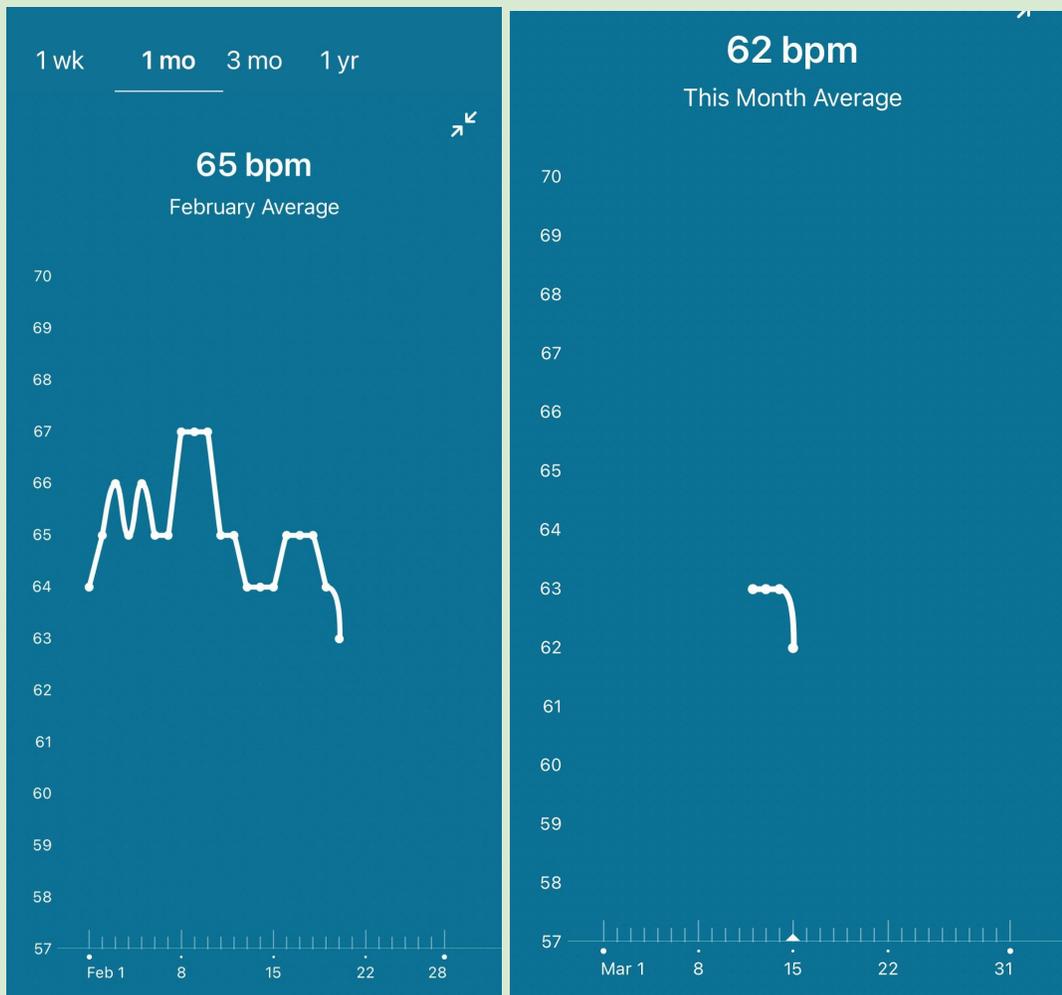
2021 RHR



Feb 2022 RHR



March 2022 RHR



Number of suicidal thoughts per day

These are hovering around 3-30. Sometimes they come in a flood. I started measuring these at the beginning of the study, and these have not improved thus far.

However, I feel I am hearing my thoughts more clearly and learning the connections between my thoughts/experiences and negative physical and emotional reactions. For example:

- ❖ I have so much to do, I'll never do it all = I should just kill myself.
- ❖ I am in so much pain, I need to do more to fix it = I just want to die

Me, when my **therapist** tells me to
"sit with those feelings for a minute"



Subjective Pain Perception and Journal Contents

- ❖ Pain and mood tends to hover at around 3-6. Improvements from here will be based off of those numbers.
- ❖ Self-Medicating: I am propped up by cortisol and sugar
 - Without engaging in extremely stimulating media consumption, I am tired ALL THE TIME.
 - Suicidal thoughts, depression and exhaustion all were WORSE first few days because I took away my coping strategies
 - The body isn't stupid, it craves things and develops addictions to try to self-regulate
- ❖ My kitty is a sound healer! She loves the sound of bowls and chirps etc. She also tries to comfort me with her purrs and warmth.
- ❖ Finding I have moments of warmth or reduction in pain during treatments, but they do not last. I will not give up though!

Challenges

- ❖ Even though I was taking a break from the most stressful aspects of my work, managing to do all the treatments was still difficult. They are time consuming, and keeping motivated when seeing minimal improvement is difficult.

Nobody tells you this, but
getting into alignment
with your inner being can
sometimes feel like
baptizing a cat.

- ❖ Some of my symptoms were definitely worsened by removing some of my coping strategies too quickly. However, these coping strategies are likely exacerbating other issues.
- ❖ Fibromyalgia and depression are both highly variable conditions, with periods of “flares” (worsening of symptoms) and remissions. It is possible that I was going through a flare at this time. Due to this, a study would probably have to last 2 years to get a reasonably accurate determination of whether bettering or worsening of symptoms is related to the treatment.
- ❖ Long term findings are confounded by multiple experiences with COVID, stressful moving, mold and other allergen exposures, etc.
- ❖ I recognize my incredible privilege to be able to afford supplements, time off of work, and various treatment devices and strategies. These are not available to the general public, both due to the esoteric nature of many of the treatments (many of these things discussed in this paper are not given as options by mainstream medicine) and prohibitive cost.
- ❖ My Fitbit gave out the first week of March, and it took a while to get a new one. Thus there are some gaps in the data.

Conclusion

Although I made many changes, I did not see any quick recovery. Logically, it would take longer periods of time for the nervous system, cells, etc. to show improved systemic functions.

Further Information

Updates

I will post updates on my blog/main sites:

www.GuitarWitch.ca

www.FlourishMusic-ACA.com

I also offer health consultations, and can create a similar treatment protocol/recommendations for you. If you are interested, please contact at one of the above sites, or at CatherineDiebelMusic@gmail.com

Specific Equipment

If you are going to purchase, I may have coupon codes for referrals!

Red Light/Near Infrared Light

https://ca.currentbody.com/collections/currentbody-skin/products/currentbody-skin-led-light-therapy-mask?gclid=CjwKCAjw8sCRBhA6EiwA6_IF4eTBHd2BihnGrRFbUeCBZ42_hi4h17b-cXVGzjzL5Ily4aKDPbzGLBoCFcwOAvD_BwE&variant=33511935475798

Fitbit

SelfDecode

Viome

Grounding/Earthing Mat: Earthing Canada