What Amino Acids?

An amino acid is the fundamental molecule that serves as the building block for proteins. There are 20 different amino acids. A protein consists of one or more chains of amino acids (called polypeptides) whose sequence is encoded in a gene. Some amino acids can be synthesized in the body, but others (essential amino acids) cannot and must be obtained from a person's diet.

Phenylalanine is an essential amino acid in humans, meaning that the body cannot synthesize its own phenylalanine. Instead, humans must get phenylalanine from the foods they eat. Phenylalanine is a component in several important proteins and enzymes. For example, the body can convert phenylalanine into tyrosine, which it then uses to synthesize the neurotransmitters such as dopamine and norepinephrine.
Phenylalanine also plays a role in the production of other important amino acids.

Many high protein plant and animal foods contain phenylalanine , including **meat, fish, poultry, and legumes**. It's also found in aspartame , an artificial sweetener that's often added to diet soda and many sugar-free foods

Application:

1) **Activate the forks individually and bring them within 6 inches of your ear. Let the fork ring out and then repeat with your other ear. Try this in different sequences with all the forks.**
2) **Activate 2 forks simultaneously (putting a forks in one hand and one fork in the other hand. Let them ring out in each ear as noted in 1) above.**
3) **Use the forks individually in different sequences on different energy centers (chakras). Activate the fork and point the tines at the desired energy center and draw circles. This can be repeated many times with any desired fork.**
4) **Use the forks in pairs and repeat 3) using different pairs of tuning forks.**
5) **You can also use them with our DNA set as they play an integral part as well.**

Experiment!!!

There is no end to the possibilities with this set of RNA Tuning Forks!

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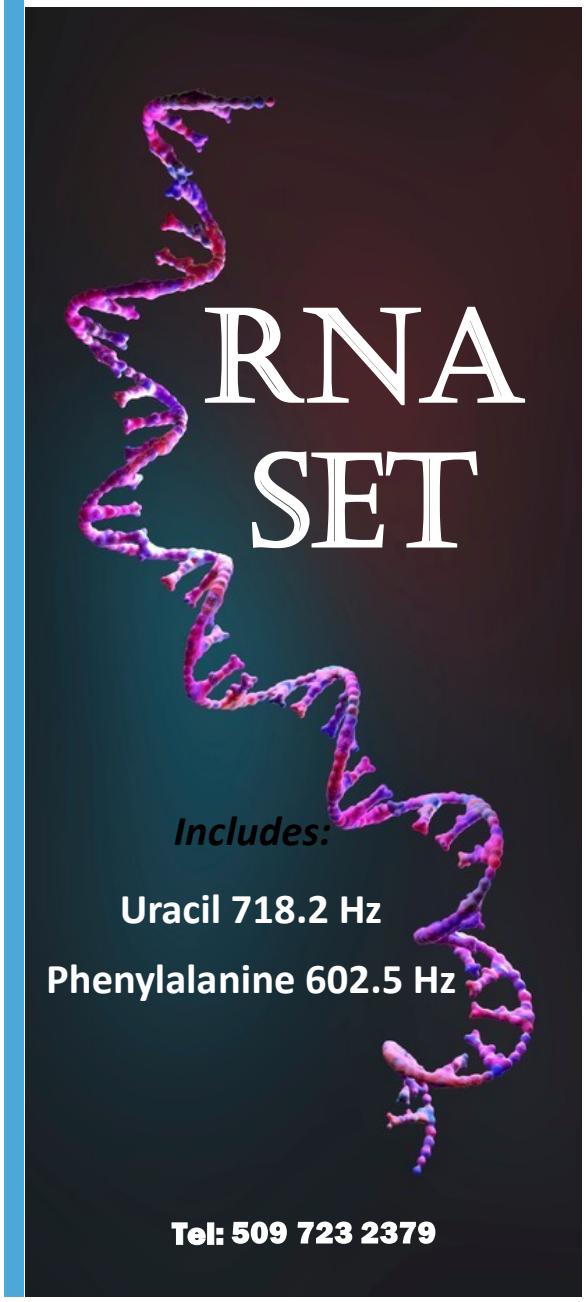
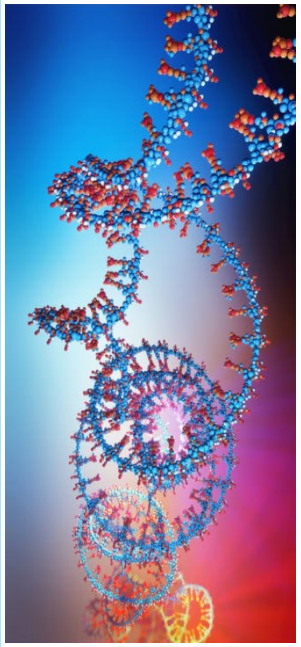


What is RNA?

In the beginning, there was RNA (Ribonucleic Acid) – the first genetic molecule.

These were chemicals that represented the beginning of life. RNA had the early job of storing information, likely with the support of peptides. Today, RNA's cousin – deoxyribonucleic acid – or DNA, has taken over most of the responsibilities of passing down genetic information from cell-to-cell, generation-to-generation. As a result, most early health technologies were developed to analyze DNA. But, RNA is a powerful force. And its role in storing information, while different from its early years, has no less of an impact on human health and is gaining more mindshare in our industry.



RNA is often considered a messenger molecule, taking the information coded in our DNA and transcribing it into cellular directives that result in downstream biological signals and proteins -level changes. And for this reason, RNA is becoming known not only as a drug target but perhaps more importantly, as a barometer of health. RNA is a nucleic acid similar to DNA, but with only a single, helical strand of bases. It plays a key role in turning DNA instructions into functional proteins.

What is RNA made of?

RNA is closely related to DNA, but it contains a different sugar – ribose – and the base uracil (U) replaces thymine (T). The other bases, adenine (A), cytosine (C) and guanine (G), are common in both molecules.

- There are three different types of RNA. The basic structure of each molecule is the same single helix, but the overall arrangement of the molecules, and the roles they perform in cells, are very different.
- Messenger RNA (mRNA) is formed in the nucleus on the 3' coding (antisense) strand of the DNA in the process of "transcription". Each piece of mRNA transcribed codes for a specific polypeptide.
- mRNA molecules are relatively small – unlike the huge DNA molecules, they pass out easily through the pores in the nuclear membrane. mRNA molecules move to the surface of the ribosomes, carrying instructions from the genes in the nucleus about the protein which needs to be synthesized.
- Ribosomal RNA (rRNA) is the most common form of RNA found in cells – it makes up around 50% of the structure of the ribosomes. It is produced in the nucleus, before moving out into the cytoplasm to bind with proteins and form a ribosome.
- Transfer RNA (tRNA) is found in the cytoplasm and has a complex shape. It is responsible for carrying amino acids from the cytoplasm to the ribosome surface, ready to make a protein as instructed by the mRNA.
- Between them, mRNA, rRNA and tRNA are three of the principal players in protein synthesis – the process by which the instructions in your genes are turned into functioning proteins in your cells.

What does DNA/RNA do?

This complex instruction book/map enables an organism to develop, survive and reproduce. In order for this to happen the sequences must be converted into messages so that it can be used to produce proteins. These are complex molecules that do most of the work in our bodies. This is also where RNA also called ribonucleic acid comes in. In this two-step process the enzymes read the information in the DNA molecule and transcribe it into the intermediary molecule/messenger known as RNA. RNA translates this message into the language of amino acids which are the building blocks of proteins. It is in this language the will instructs the cell's protein-making machinery the precise order in which to link the amino acids to produce a specific protein. As there are 20 types of amino acids which can be placed in various orders to form a variety of proteins, this is no small task.