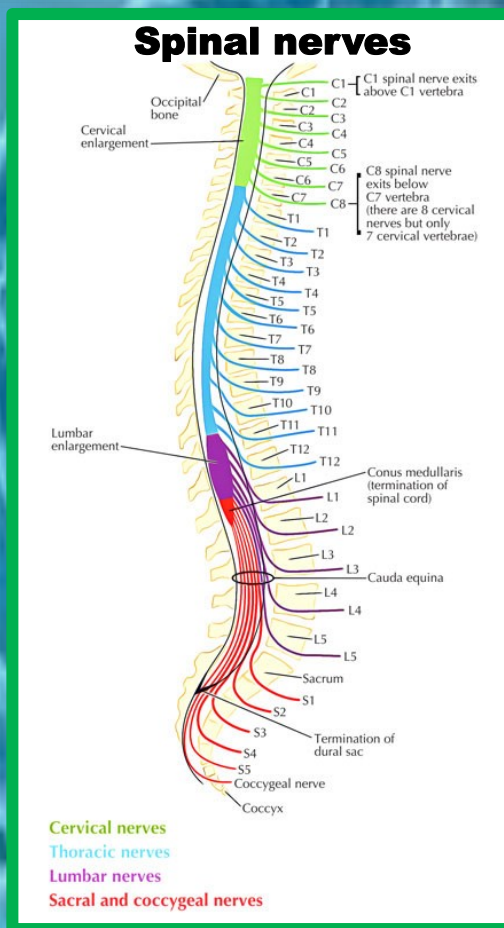
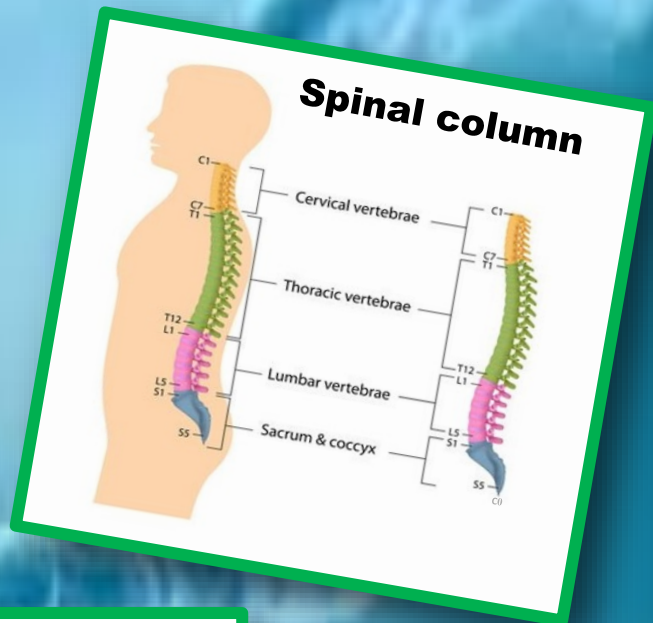
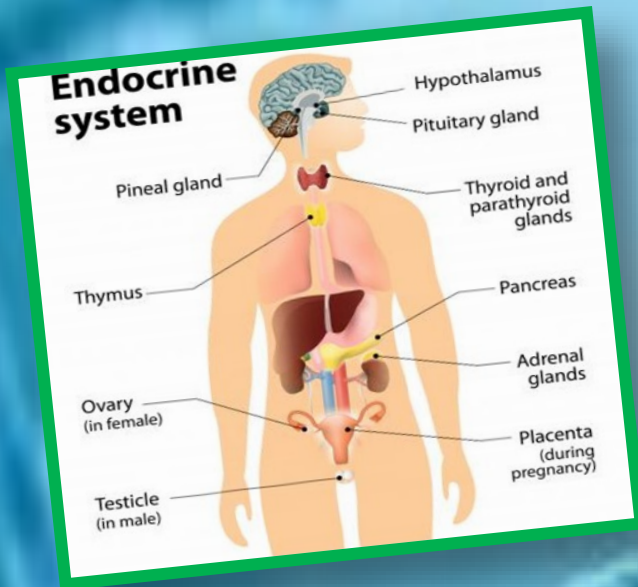




# The Endocrine/Spine Tuning Fork Set





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## Our Forks

SozoSoundz is pleased to announce this exquisite custom made set made by Medivibe in the USA. These forks are the longest stem products this manufacture makes with a minimum stem length of 3 inches. Most of their standard stems from other distributors are 2.3 inches in length. These are high quality, low cost tuning forks made from a non-rusting, non-tarnishing, non-magnetic aluminum alloy. They are designed to produce a pure tone even after many years of use, with proper care. The tuning forks range from 26 hertz to 8,000 hertz.

The forks are machine cut and are precisely tuned within 0.25% at 20 degrees Celsius of the indicated frequency. Because of the special aluminum alloy used to make the fork, they are resistant to decreased frequency changes due to temperature fluctuations and are harder and more durable. They come with a lifetime warranty. Abuse of the forks is not covered. Therefore, it is suggested that they not be struck on any hard surface, dropped or exposed to the heat or cold for an extended amount of time.

Please do not confuse our tuning forks with inferior products being made in China and Pakistan.

The set of 7 Endocrine/Spine forks are aimed to work with both the endocrine glands as well as the various regions of the spinal column. These forks bring harmonious balance between the hormones secreted by the endocrine glands as well as the spinal column/spinal nerves. This exquisite set also corresponds with the seven energy centers (chakras). The endocrine glands and the chakras both transmit energy back and forth to one another. Please note these are not the same frequencies used in the Human Organ set.

## *The Endocrine System*

The Endocrine system is comprised of the Pineal gland, the Pituitary/Hypothalamus gland, the Thyroid/Parathyroid gland, the Adrenal gland, the Pancreas, the Gonads which are the ovaries in women and the testes in men. The name is derived from Greek roots where “Endo” means “**within**” and “Crines” means “**to secrete**”. Generally, a gland selects and removes materials from the blood, processes them and secretes the finished chemical product for use somewhere in the body. The endocrine system affects almost every organ, cell, and tissues in the body. While hormones circulate throughout the body, different hormones target certain organs and tissues. The endocrine system also receives help from organs such as the kidney, liver, heart and gonads, which have secondary endocrine functions.

Hormones are molecules produced by the endocrine system that send messages to various parts of the body. They help regulate your body’s processes, like hunger, blood pressure, and sexual desire. While hormones are essential to reproduction, they are fundamental to *all* the systems of your body. Hormones flow through the whole body, but only affect certain cells designed to receive their messages. Hormones and hormone receptor sites work together like a lock and a key.

***Pituitary/Hypothalamus*** – The hypothalamus is a small portion of the brain that is in very close proximity to the pituitary gland. It controls the pituitary hormones by releasing hormones that stimulate or inhibit their release. For example, the hypothalamus secretes gonadotropin-releasing hormone, which causes the production of gonadotropins (follicle stimulating hormone and luteinizing hormone) by the pituitary. It also produces corticotrophin releasing hormone, thyrotropin releasing hormone, and growth hormone-releasing hormone.

***Thymus*** – A gland used primarily in childhood, the thymus secretes hormones that help the immune system develop. Around the time of puberty, its tissue becomes replaced with fat and is no longer necessary for normal immune function.

***Pineal Gland*** – This is a small gland located within the midbrain that secretes melatonin. Melatonin has been found to regulate the wake-sleep cycle as well as circadian rhythms.

***Thyroid*** – The thyroid is a gland found on the windpipe in the front of the throat. It produces thyroxin (T4) and tri-iodothyronine (T3), known to regulate metabolism. It also secretes calcitonin, which helps regulate calcium levels.

***Parathyroid*** – Four tiny glands located on the thyroid make up the parathyroid. They produce parathyroid hormone. Its secretion controls levels of calcium and phosphorus in the body.

**Adrenal Glands** – There are two adrenal glands, one located on top of each kidney. Each of the glands is divided into two regions, the cortex and medulla, which have very different functions. The hormones produced by the cortex are vital for life and include the glucocorticoids, mineralocorticoids and some of the sex hormones, like androgens and small amounts of estrogen. The adrenal medulla secretes both epinephrine and norepinephrine.

**Pancreas** – The pancreas is a large gland in the abdomen that secretes insulin and glucagon. These two hormones are essential in the regulation and maintenance of normal blood sugar levels. Glucagon stimulates the liver to release more glucose into the body, while insulin causes the body cells to take more glucose.

**Gonads/Ovaries** – Found only in women, these two small glands produce estrogen, progesterone, and inhibin. Estrogen and progesterone are the primary sex hormones responsible for many of the female secondary sex characteristics. Inhibin is a hormone that controls levels of follicle stimulating hormone, which regulates egg development.<sup>1</sup>

**Gonads/Testes** – A pair of glands found only in men, the testicles secrete testosterone, the primary hormone responsible for the male secondary sex characteristics.

## ***The Spinal Column***

The spinal column consists of 33 bones also known as the vertebrae that are stacked on top of one another.

The spinal column is made up of 4 different regions:

- the cervical region (neck)
- the thoracic region (chest)
- the lumbar region (lower back)
- the sacral region (pelvic)

This column provides the base support for your entire body. In addition to these: the curves, muscles, intervertebral discs, facet joints, ligaments, spinal cord, and spinal nerves aid the spinal column in providing all the elements needed for the spine to support itself. Each part plays a key role in the function and health of the spine, and any of the parts can be affected by strain, injury, and/or disease.

**Cervical Region** - This region consists of 7 vertebrae (C1-C7). These vertebrae start at the bottom of the skull and continue down until they reach the thoracic spine. Vertebrae C1 and C2 are the top of the neck. Vertebrae C3-C6 are known as typical vertebrae as they are all made of the same characteristics found throughout the spine. Vertebrae C7 is unique as it sticks out the farthest making it the most prominent and it also connects to the top of the thoracic region.

**Thoracic Region** - This region consists of 12 vertebrae (T1-T12) which includes the upper back and abdomen. It is located between the cervical and lumbar regions. This area also has 12 pairs of ribs that extend out between the spaces from each vertebrae. The ribs protect vital organs such as the heart and lungs.

**Lumbar Region** - This region consists of 5 vertebrae (L1-L5). These bones carry all of the upper body's weight along with flexibility in the trunk region. The lumbar vertebrae are stacked to form a column that makes up the c-shaped concave lumbar curve in the lower back. This region has the largest diameter around compared to the thoracic and cervical vertebrae. It sits right on top of the sacrum.

**Sacrum Region** - This region also consists of 5 vertebrae (S1-S5). The first 3 vertebrae in the sacrum are made up of wide wing-like projections called alae. The sacrum forms the back wall of the pelvis and joints at the hip bone called the sacroiliac joints. The sacral canal runs down the center of the sacrum, representing the end of the vertebral canal.

## ***The Spinal Nerves***

**Spinal** nerves are the major nerves of the body. There is a total of 31 pairs of spinal nerves which control motor, sensory, and other functions. These nerves are located at the cervical, thoracic, lumbar, sacral, and coccygeal levels.

***The 31 pairs of spinal nerves include:***

- Eight cervical spinal nerves on each side of the spine called C1 through C8
- Twelve thoracic spinal nerves in each side of the body called T1 through T12
- Five lumbar spinal nerves on each side called L1 through L5
- Five sacral spinal nerves in each side called S1 through S5
- One coccygeal nerve on each side, Co1

The spinal nerves have small sensory and motor branches. Each of the spinal nerves carries out functions that correspond to a certain region of the body. These are muscle movement, sensation, and autonomic functions (control of internal organs).

Spinal nerves are distributed approximately evenly along the spinal cord and spine. The spine is a column of vertebral bones that protects and surrounds the spinal cord. Each spinal nerve exits the spine by traveling through the foramen, which are openings at the right and left sides of the vertebral bones of the spine.

The spinal nerves are formed within a few centimeters of the spine on each side. Some groups of spinal nerves merge with each other to form a large plexus. Some spinal nerves divide into smaller branches, without forming a plexus.

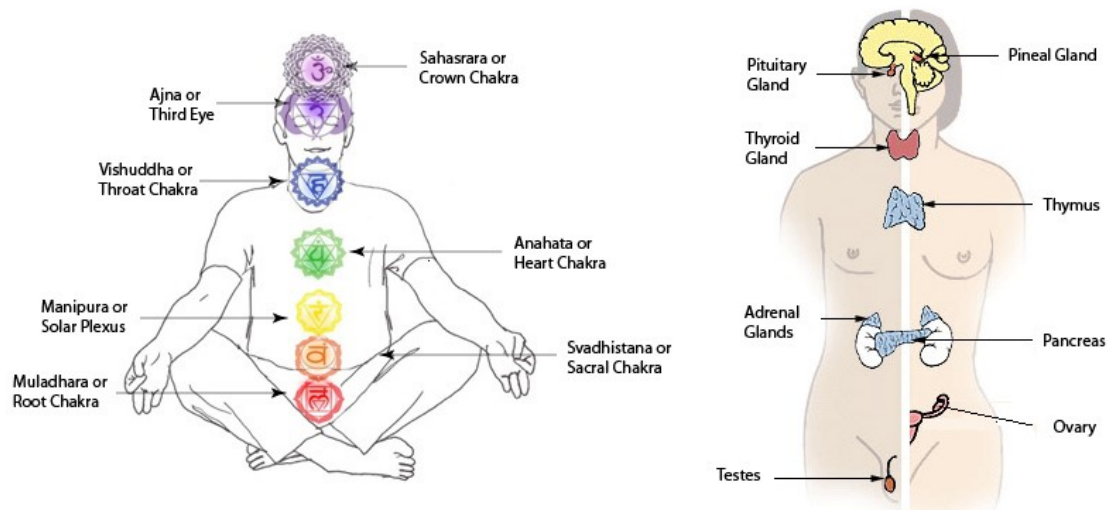
A plexus is a group of nerves that combine with each other. There are five main plexus formed by the spinal nerves:

- ***Cervical Plexus:*** Composed of the merging of spinal nerves C1 through 5, these divide into smaller nerves that carry sensory messages and provide motor control to the muscles of the neck and shoulders.
- ***Brachial Plexus:*** Formed by the merging of spinal nerves C5 through T1, this plexus branches into nerves that carry sensory messages and provide motor control to the muscles of the arm and upper back.

- **Lumbar Plexus:** Spinal nerves L1 through L4 converge to form the lumbar plexus. This plexus splits into nerves that carry sensory messages and provide motor control to the muscles of the abdomen and leg.
- **Sacral Plexus:** Spinal nerves L4 through S4 join together, and then branch out into nerves that carry sensory messages and provide motor control to the muscles of the legs.
- **Coccygeal Plexus:** Composed of the merging of nerves S4 through Co1, this plexus supplies motor and sensory control of the genitalia and the muscles that control defecation.

## The Chakras

### The Location of the Chakras and the Endocrine Glands



**Crown Chakra (Pineal/Pituitary)** — This chakra is known as the energy center of universal knowledge and spiritualism which connects you to God or the divine. This chakra influences the brain and the nervous system, as well as the emotions and the level of understanding and enlightenment.

**3rd Eye Chakra (Pineal/Pituitary/Hypothalamus)** — This chakra is known as the seat of the soul. This area is also known to hold the secrets of our prophetic/intuitive abilities. The area holds a unique combination of facts, fears, personal experiences and memories that are continually active within the energy of the mental body.

\*Note—Both the Pineal and the Pituitary are located within both the Crown and 3rd Eye chakras.

**Throat Chakra (Thyroid/Parathyroid)** — This chakra is known for the way you express your life with utmost authenticity. It is about communicating your thoughts, feelings, and intentions clearly and accurately. This is where one works on expanding their voice and the power of will.

**Heart Chakra (Thymus)** — This chakra is known for unconditional love and emotional power. At its core, this chakra is emotional and propels us to enhance our emotional development. ... It is in this fourth energy center that we begin to recognize that the most powerful energy on earth is Love.

**Solar Plexus Chakra (Pancreas)** — This chakra is known to correspond with the **pancreas**, the liver, the gallbladder, the spleen and the digestive system. This energy center provides a source of personal power and relates to self-esteem, warrior energy, and the power of transformation.

**Sacral Chakra (Gonads aka Ovaries/Testes)** — This energy center is associated with the emotional body, sensuality, and creativity. This includes emotion, pleasure, connection, and intimacy.

**Root Chakra (Adrenals)** — This is the energy center of stability, security, and our basic needs. This area comprises whatever grounds you can find stability in your life. This includes your basic needs such as food, water, shelter, safety, as well as your emotional needs of interconnection, and being fearless.

## Application

CHAKRA SYMBOL	Tuning Fork	Chakra	Spinal Area
 CROWN & THIRD EYE	PINEAL/MIDBRAIN	CROWN/3RD EYE	
 CROWN & THIRD EYE	PITUITARY/MEDULLA	CROWN/3RD EYE	
 THROAT	THYROID	THROAT	CERVICAL (C1-C7)
 HEART	THYMUS	HEART	UPPER THORACIC (T1-T6)
 SOLAR PLEXUS	PANCREAS	SOLAR PLEXUS	LOWER THORACIC (T7-T12) LUMBAR (L1-L5)
 SACRUM	GONADS	SACRUM	SACRUM (S1-S3)
 ROOT	ADRENALS/COCCYX	ROOT	COCCYX (C0)

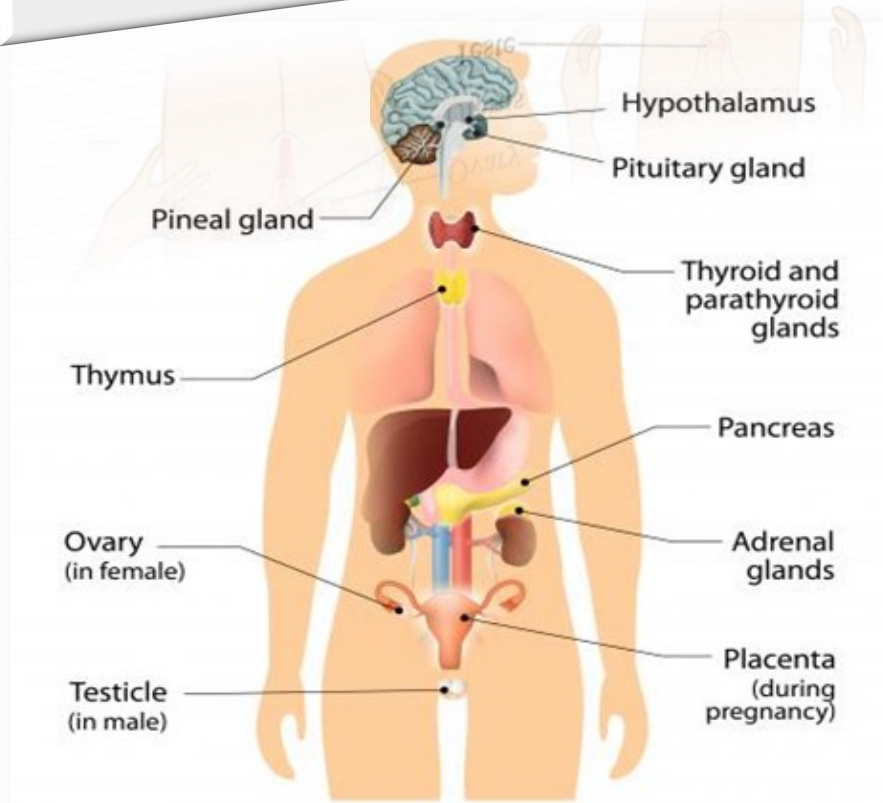
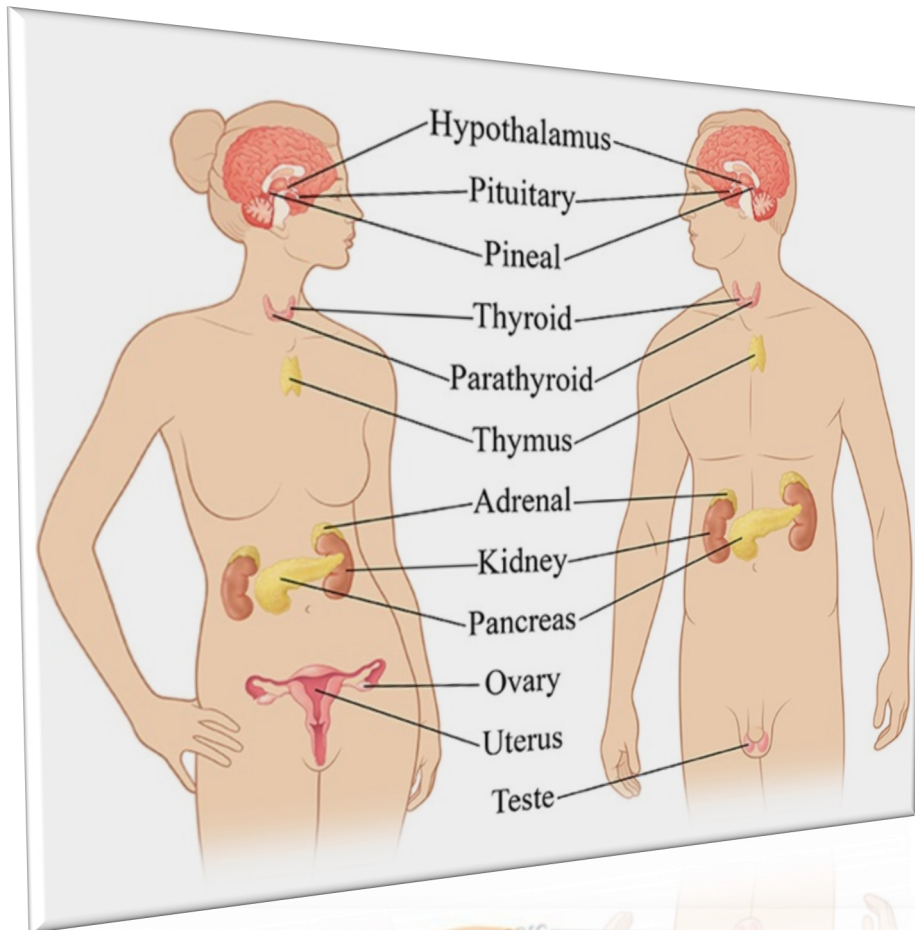
**Activate the tuning fork that coincides with the Chakra and Spinal area.**

**Unweighted Tuning Forks:** Activate the tuning fork that coincides with the above listed Gland, Chakra or Spinal area. Hold the tines towards that area (this can be done from the front or back). Make round circle motions with the fork while it is pointing at this area (2-3 inches off the body). Do this 3 times while letting the fork ring to it's full cycle (20-25 seconds each).

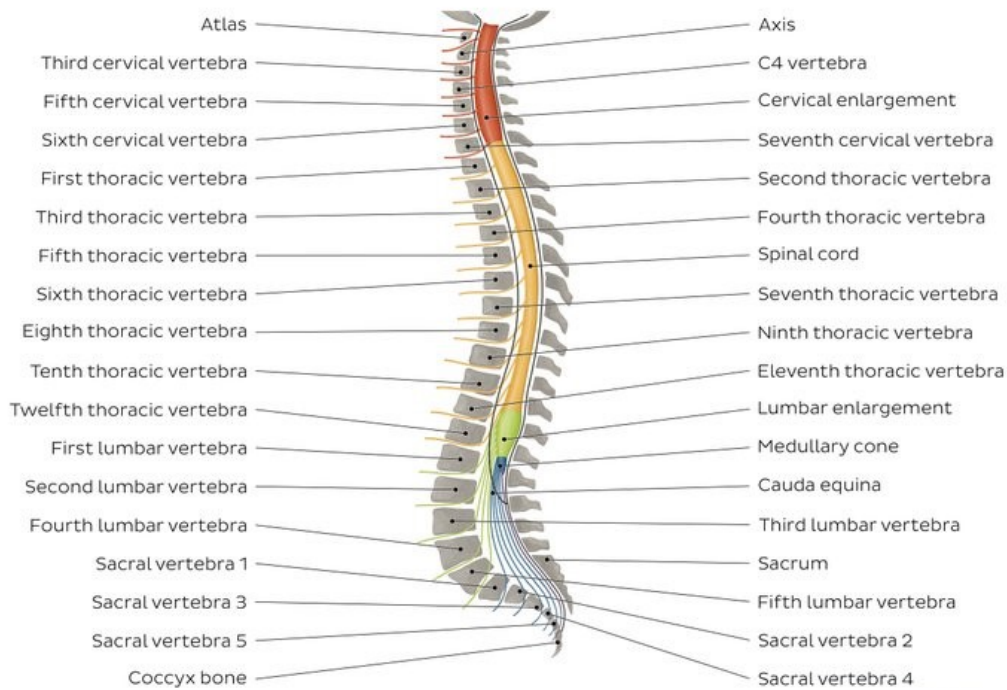
**Weighted Tuning Forks:** Activate the tuning fork and place the stem (medium pressure) of the fork on the area that coincides with the above listed Gland, Chakra or Spinal area (this can be done from the front or back). If you cannot reach the back you can either have someone else do it or use a reflex point instead. You can also approach it from the front while having the intention that you are working it from the back area. Leave the fork stem on that point for the entirety of the vibrations cycle. Do this at least 3 times. You can also use this with crystals of 6 mm gem feet.



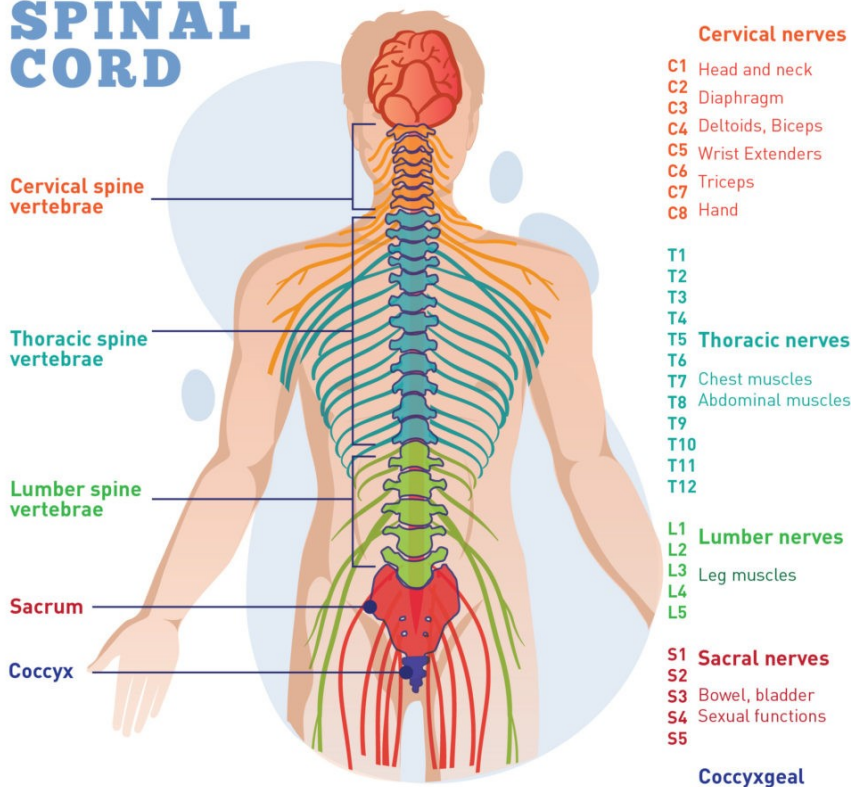
# The Endocrine System Chart



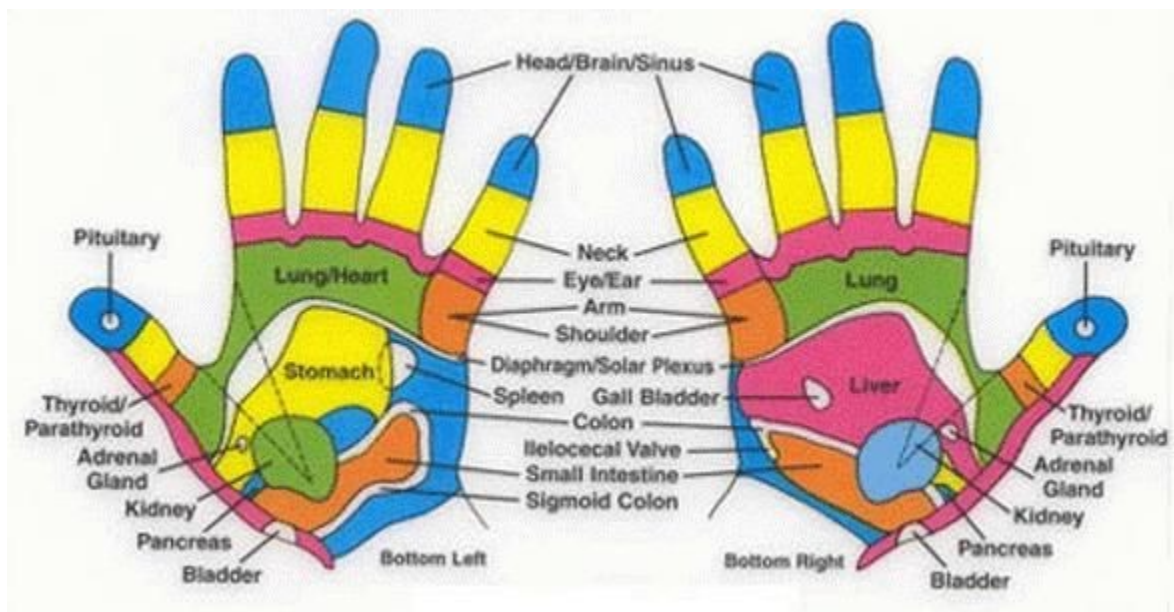
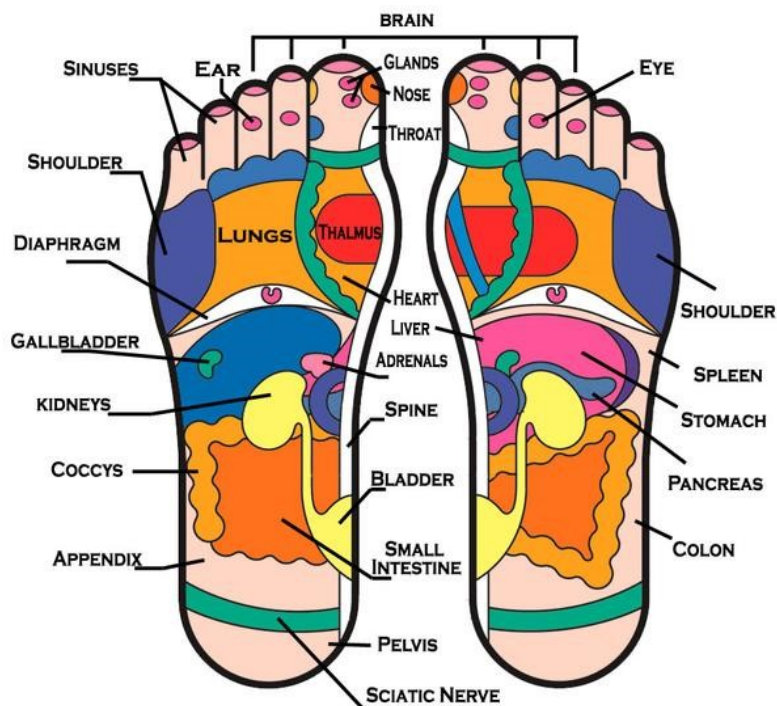
# The Spinal Column and Spinal Nerves Charts



## SPINAL CORD



# Reflex Points for the Feet/Hands



## Disclaimer

The contents of this brochure is presented for general informational purposes only. You should always review it with your doctor who knows your unique medical history and medications. The information on this site is NOT presented as medical opinion, advice or recommendation, nor is it intended to treat or cure any disease or disorder, nor to substitute for consultation, diagnosis or treatment by your M.D. or other medical professional. No health care decisions should be made solely on the basis of the information you read here. Never rely on information you find here instead of seeking professional medical advice. Always consult with your doctor before taking any action with regard to your health care.



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