

# The Note of **A#** | VoiceBio®

## Energetic imbalances may appear as ...

Severe headache, radiating neck pain, graying hair, sensation of heart skipping/fluttering/flip-flop, recurrent palpitations, chest discomfort, fainting, confusion, dizziness, sweating, shortness of breath, swollen legs/ankles, vein problems, tiny/purplish-red pinpoint spots of bleeding under skin on arms/legs/eyes/mouth, bleeding under nails, painless bumpy nodules on palms and soles, fever, muscle aches in lower back/thighs, fatigue, weakness, night sweats.

## Emotional Aspects for the Note of A# ...

Workaholic tendencies  
Fear of life overall  
Fear of being hurt or abandoned  
Hypersensitive to criticism  
A feeling that others are more important than yourself

## Lifestyle suggestions to build A# ...

- Nutritional support for the heart, particularly CoQ10
- Check your environment for EMF pollution
- Alkalize the body
- High fiber and whole food based diet, primarily plant-based
- Avoid saturated fats, trans-fatty acids & hydrogenated fats
- Essential Fatty Acids recommended
- Take measurements to boost the immune system
- Engage in mind-quieting activities such as meditation and journaling
- Learn to trust and accept love from others
- Reduce stress levels by balancing play with work
- Resolve long-standing disagreements or issues

## Foods to include in your diet ...

Brewer's yeast, garlic, wheat germ, alfalfa, buckwheat, kelp, sea vegetables, sprouts, millet, all vegetables, asparagus, avocado, apricot, cherries, apples, sunflower seeds, almonds, olive oil, onions, salmon & other cold-water fish

## Juices to build A# ...

Carrot 5 oz./spinach 3 oz.  
Carrot 4 oz./beet 2oz./spinach 2oz.

Client \_\_\_\_\_

Date \_\_\_\_\_

## Classical Music to build A# ...

7<sup>th</sup> Symphony – Beethoven,  
Trout Quintet – Schubert,  
23<sup>rd</sup> Piano Concerto - Mozart  
Piano Concerto #1, Op 23 - Tchaikovsky

## EarFood in the Note of A#

*Ask your practitioner for more information or visit:  
[www.VoiceBio.com](http://www.VoiceBio.com)*

## Nutrients that resonate in A# ...

NADH, Arachidonic Acid,  
Pregnenolone,  
Vitamin K7, Asparagine, Biotin,  
Oleic and Elaidic fatty acids

## Color to build A# ...

Look at Purple  
Wear Yellow

## Essential Oils to build A# ...

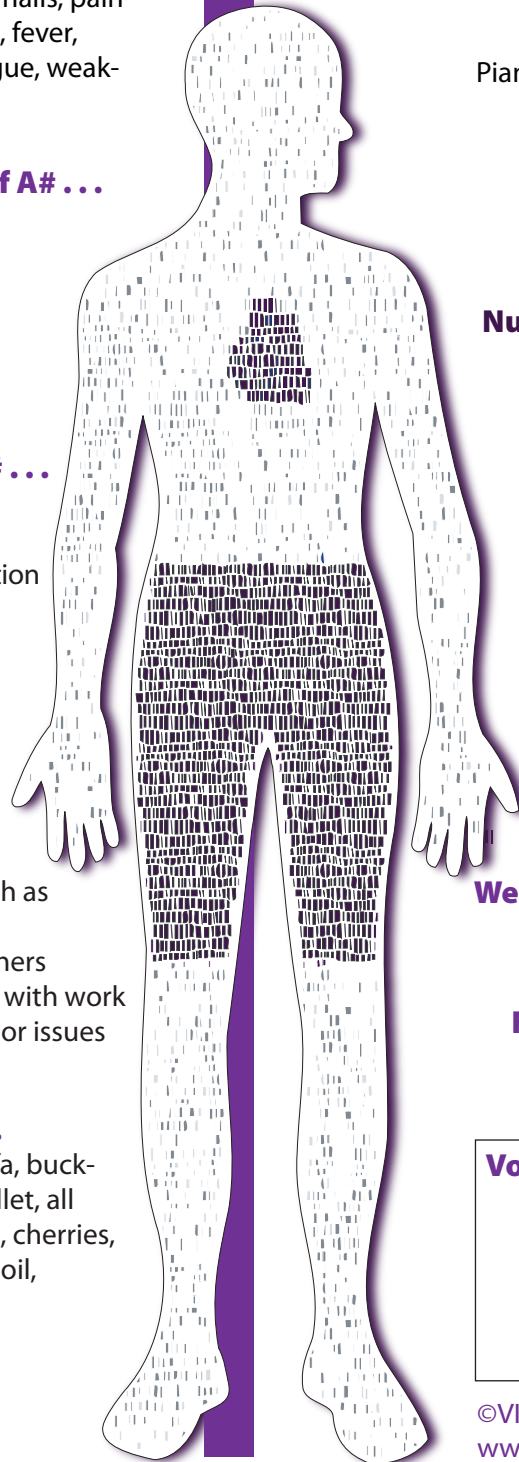
Goldenrod, Lavender, Ylang ylang,  
Tansy, Ginger, Thyme, Clove,  
Nutmeg, Helichrysum

## Wear these stones to build A# ...

Yellow Topaz  
Tourmaline

## Flower Essences to build A# ...

Agrimony  
Holly



**VoiceBio Practitioner:**