

# The Note of **A** VoiceBio®

## **Energetic imbalances may appear as ...**

Urinary infections/problems, bed wetting, fever/chills, lethargy, eyes ache/yellow/tearing, perspires in sleep or palms of hands, putrid body odor, head pressure at top or frontal, weak or poor hair condition, menstrual/menopause imbalances, increased facial hair for women, genital or reproduction problems, cough, phlegm, difficult breathing, dizziness, barrel-shaped chest, enlarged lymph, bronchial conditions, nasal congestion, unexplained fever, weak knees.

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

Tendency toward sorrow and melancholy  
A concern about not being good enough  
Anger and anxiety directed towards others and self  
Fear or hopelessness about the future

## **Lifestyle suggestions to build A ...**

- Alkalize the body
- Nutritional support for the hormonal system
- Hydrate using high quality, filtered water with chlorophyll
- Eat more cranberry juice, watermelon, celery, parsley
- Avoid sugar, processed foods, caffeine, sodas
- Consider an air purifier for your home and/or office
- Hot sitz baths
- Check your environment for mold or mildew
- Find ways to loosen up and have fun
- Work on your sense of personal power

## **Foods to include in your diet ...**

High fiber foods, lentils, pumpkin seeds, nut butters, wheatgerm, flaxseed, carrot, parsley, celery, beans, garlic, asparagus, spinach, kale, fish, raw goat's milk, bananas, kiwi, papayas, cranberry & apple juices, pomegranate, blueberry

## **Juices to build A ...**

Carrot 5 oz./spinach 3 oz.

Carrot 4 oz./celery 3 oz./endive 1 oz.

**Client** \_\_\_\_\_

**Date** \_\_\_\_\_

## **Classical Music to build A ...**

Piano Concerto Opus 16- Grieg  
Symphony No 7, Op. 92 - Beethoven  
Symphony No. 3 - Rachmaninov

## **EarFood CD 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 ...**

Gold, NAD, Progesterone,  
Glucosamine Sulfate,  
Germanium, PABA, Caprylic Acid,  
Linoleic Acid, Sodium Sulphate cell salt

## **Color to build A ...**

Look at Indigo  
Wear Gold

## **Essential Oils to build A ...**

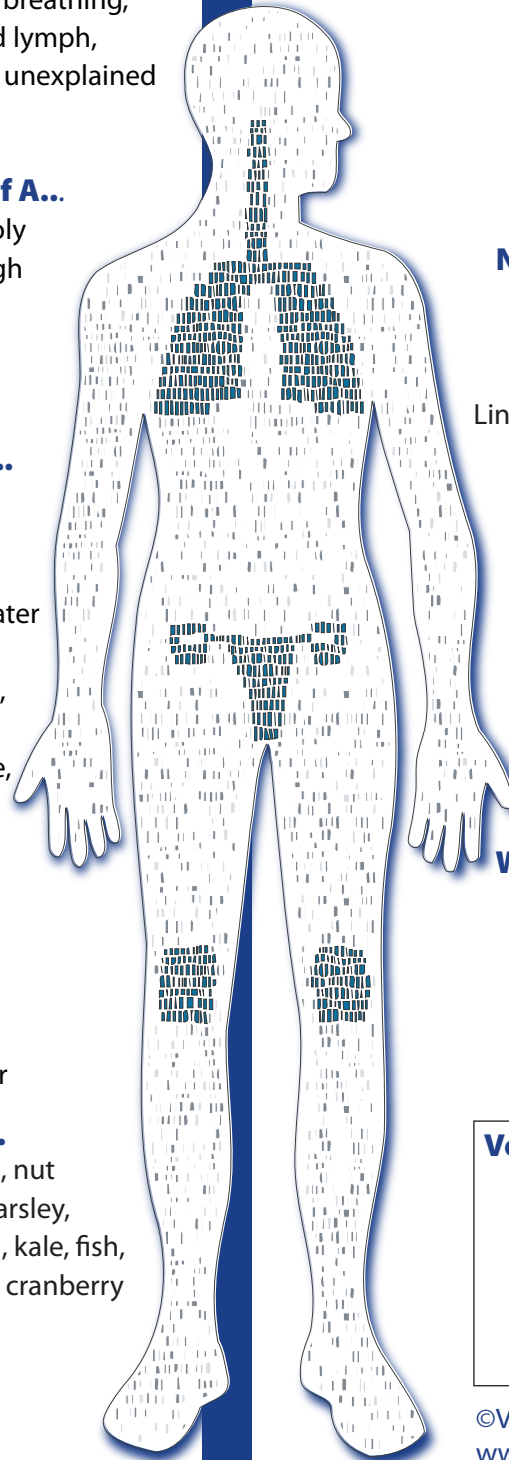
Oregano, Tea Tree, Clove,  
Juniper, Rosemary  
Eucalyptus, Ravensara,  
Spearmint, Spruce, Balsam

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

Lemon Quartz  
Citrine

## **Flower Essences to build A ...**

Centuary, Cerato,  
Crab Apple, Oak, Scleranthus



## **VoiceBio Practitioner:**