

The Note of **C** VoiceBio®

Energetic imbalances may appear as ...

Fatigue even in the morning, small bouts of depression, female hormonal imbalances/hot flashes, PMS, low sex drive, hair loss, dry/thick skin, cold limbs, fluid retention, irregular menstrual cycle, post partum depression, fibroids, sleeplessness, weight problems, sluggish metabolism, pain/inflammation in shoulders/elbows/joints, gas pains & bloating after meals, heart palpitations, lumps in neck/armpit/groin, swollen glands, persistent cough, itching all over.

Emotional Aspects for the Note of C...

A "people person"
A tendency to caretake others (co-dependent)
Forget to take care of yourself
Tendency toward depression & irritability

Lifestyle suggestions to build C...

- Hydrate using high quality, filtered water with chlorophyll
- Regular body work including massage and lymphatic drainage
- Dry body brushing
- Aerobic activities, particularly rebounding
- Probiotic supplementation
- EnerG-Iodine (www.VoiceBio.com or ask your practitioner for info)
- Nurturing and grounding activities like walking barefoot, going to the beach, swimming
- Cleansing baths
- Eat more fiber
- Yoga, martial arts and breathing exercises
- Consider a Heavy Metal detoxification program

Foods to include in your diet ...

Seaweeds, flaxseed, leafy green vegetables, cabbage, coconut, sea salt, whole grain pasta & breads, chlorella, nuts, dates, prunes, raisins, chickpeas

Juices to build C...

Carrot 5 oz./spinach 3 oz.
Carrot 5 oz./cucumber 2 oz./beet 1oz.

Client _____

Date _____

Classical Music to build C...

9th symphony – Schubert
Jupiter Symphony – Mozart
First prelude, etude - Chopin

EarFood CD in the Note of C

Ask your practitioner for more information or visit:
www.VoiceBio.com

Nutrients that resonate in C...

Threonine, Proline, Chlorophyll, Hesperidin, NAC, Glutamic Acid, Magnesium Sulfate, Zinc Sulfate, ATP

Color to build C...

Look at Red
Wear Green

Essential Oils to build C...

Lemongrass, Myrtle,
Lime, Lemon, Cedarwood,
Juniper, Clove,
Peppermint, Spearmint

Wear these stones to build C...

Emerald
Jade

Flower Essences to build C...

Cerato, Century
Agrimony

VoiceBio Practitioner:

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