

The Note of **D#** VoiceBio®

Energetic imbalances may appear as ...

Extreme fatigue – especially in the afternoon, strong appetite even when full, weight gain in stomach/thighs/trunk, difficult digestion, craving salty foods, blotchy/dark pigment, mood swings, sleep disorders, low mineral utilization, irregular blood pressure, dizzy/lightheadedness/fainting upon standing, headaches, low grade fever, male hormonal imbalances/hair loss/low libido, nasal problems, hives, mouth sores, migrating & painful muscular/joints, neuralgia.

Emotional Aspects for the Note of D#...

Overachiever
Relationship arguments or friction
A desire for more recognition for your efforts and accomplishments
A tendency to take on more than you can do

Lifestyle suggestions to build D#...

- Nutritional support for the adrenals
- Avoid alcohol, caffeine and tobacco
- Avoid processed foods, sugar and caffeine
- Eat less refined carbohydrates
- Limit exposure to chemicals and pesticides
- Consider a parasitic cleanse
- Engage in mind-quieting activities such as meditation and journaling
- More exercise and adequate sleep
- Reduce stress and tension levels by balancing play with work
- Resolve long-standing disagreements and issues
- Check your home for environmental pollution

Foods to include in your diet ...

Dulse, kelp, sea vegetables, whole grains, asparagus, beets, beans, lentils, brown rice, cloves, pumpkin seeds, black walnuts, pineapple, plums, apples, parsley, tomatoes, figs, pomegranate, persimmons

Juices to build D#...

Carrot 5 oz./celery 2 oz./parsley 1 oz.
Carrot 4 oz./cabbage 2 oz./celery 2 oz.

Client _____

Date _____

Classical Music to build D# ...

Prelude in E flat minor – Chopin
39th Symphony/Concerto #10 – Mozart
"Eroica" Symphony No. 3 –Beethoven

EarFood CD in the Note of D#

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

Nutrients that resonate in D# ...

Folic Acid, Valine, TMG, Methionine,
Vitamin B2, Vitamin D1 and D3,
Iodine, Phosphorus

Color to build D# ...

Look at Gold
Wear Indigo

Essential Oils to build D# ...

Thyme, Clove, Nutmeg,
Rosemary, Black Pepper,
Tarragon, Basil, Anise

Wear these stones to build D# ...

Azurite
Iolite

Flower Essences to build D# ...

Elm, Olive, Aspen, Vervain, Vine

VoiceBio Practitioner:

©VIBeprints Corporation 2002
www.voicebio.com

