

# The Note of **E**

# VoiceBio®

## Energetic imbalances may appear as . . .

Lowered resistance, fatigue, fungal infections, skin problems, jaw/facial problems, bleeding gums, bad breath, cough, hiccups, sore throat, red/thick/tender nose, night sweats, excess mucus, low grade fever, chills, teeth problems, bright red cheeks, flat/raised/itchy rash, headache, joint/muscle pain, neuralgia, abdominal pain.

## Emotional Aspects for the Note of E..

Your own worst enemy  
Self sabotage  
Like to feel needed or wanted by others  
Turmoil & chaotic life conditions

## Lifestyle suggestions to build E...

- Alkalize the body
- Nutritional support for the skin
- Avoid yeast, white flour and sugar
- Eliminate dairy foods in your diet
- Add Brewer's Yeast and flaxseed to your diet
- Eat unsweetened yogurt daily
- Do a 3-10 day cleansing program
- Avoid tobacco of any kind
- Tend to necessary dental work
- Receive regular chiropractic care
- Regular body work including massage
- Consider testing for food allergies
- Avoid caffeine, alcohol

## Foods to include in your diet . . .

Hearty greens, chicory family, figs, dates, blueberries, millet, buckwheat, brown rice, asparagus, squash, cabbage, cauliflower, celery, whole grains, sweet potatoes, kale, vegetable juices, miso, yogurt, honey, molasses, almonds, raw garlic, ginger

## Juices to build E...

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

Client \_\_\_\_\_

Date \_\_\_\_\_

## Classical Music to build E . . .

Classical Music: New World Symphony – Dvorak  
5th Symphony Movements 1 and 4– Tchaikovsky  
1st Symphony, Opus No 39 – Sibelius

## EarFood CD in the Note of E

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

## Nutrients that resonate in E . . .

CoQ10, Zinc Pyrithione, Nitric Oxide,  
Vitamins B3, B12 and D4, DMSO, SAME,  
Calcium Gluconate, Phenylalanine/DLPA,  
Ornithine, Tyrosine, MSM

## Color to build E . . .

Look at Yellow  
Wear Purple

## Essential Oils to build E . . .

Oregano, Cinnamon, Nutmeg,  
Wintergreen, Birch, Spruce,  
Tea Tree, Thyme, Cumin, Palmarosa

## Wear these stones to build E . . .

Sugilite, Charoite

## Flower Essences to build E . . .

Rock Water  
Chicory  
Gentian

## VoiceBio Practitioner:

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