

The Note of **F#** VoiceBio®

Energetic imbalances may appear as ...

Depression, lethargy, mental/emotional imbalances-disorders, mental stress, addictions, difficult to acquire new skills, concentration/memory/learning difficulties, dizziness, impaired equilibrium, sleep disturbances, fatigue, no sex drive, weight gain in stomach/thighs, carbohydrate cravings, diet-related high blood pressure, motion sickness, food allergies.

Emotional Aspects for the Note of F#...

Think and re-think everything
Tendency for self-criticism
Impatient with life, people, things
Feel the need to escape or withdraw at times

Lifestyle suggestions to build F# ...

- Alkalize the body
- Nutritional support for brain function and nerves
- Dramatically reduce hydrogenated & saturated fats
- Avoid alcohol and drugs
- Receive regular massage therapy
- Exercise, particularly swimming
- Consider a Heavy Metal and/or Food Allergy test
- Get more sunlight daily
- Engage in mind-quieting activities such as meditation and journaling
- Do cross word puzzles or logic problems to exercise the brain

Foods to include in your diet ...

Kelp, sea vegetables, beets, raw goat's milk, fish, egg yolks, brewer's yeast, seeds, nuts, wheatgerm, kale, celery, spinach, swiss chard, yogurt, kefir, garlic, onions, ginger, basil, pumpkin, tomatoes, whole grain products, fresh fruit and vegetable juices, brown rice

Juices to build F# ...

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

Client _____

Date _____

Classical Music to build F# ...

Sharp Major Piano Sonata – Beethoven
10th Symphony – Mahler
Kamenoi-Ostrow - Rubinstein

EarFood CD in the Note of F#

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

Nutrients that resonate in F# ...

Serotonin, Isoleucine, Leucine, Zinc, Silica, Zinc Citrate, Cobalt, Tryptophan, Glucosamine, 5HTP, Malic Acid, Thyroxine (T4), Choline

Color to build F# ...

Look at Green
Wear Red

Essential Oils to build F# ...

Frankincense, Lavender, Sandalwood, Melissa, Eucalyptus, Cedarwood, Ginger, Basil, Lemon

Wear these stones to build F# ...

Garnet
Ruby

Flower Essences to build F# ...

Beech, Impatiens
Water Violet, Red Chestnut
White Clematis

VoiceBio Practitioner:

