

The Note of **F** VoiceBio®

Energetic imbalances may appear as ...

Sleep disturbances, hard of hearing/ ringing in the ears, vision problems, lacks depth perception or peripheral vision, headaches upon waking, brain fog, nervousness, memory/concentration, learning difficulties, bedwetting, abdominal pain/distention, rapid pulse, dizziness, trembling, nervousness, hunger, weakness, heavy/cold perspiration, pale/clammy skin, tingling in hands/feet, rapid heartbeat, crave sweets, excess thirst, increased urination, excessive sweating, trembling.

Emotional Aspects for the Note of F...

Fear of life or the future
Easily led or talked into things
Tendency to procrastinate
Feeling of apathy, worthlessness, helplessness

Lifestyle suggestions to build F ...

- Limit the amount of sugar, white flour, cow's milk and carbohydrates
- Learn and utilize the Glycemic Index of Foods
- Cut back consumption of saturated fat
- Avoid artificial sweeteners
- Eat more essential fatty acids
- Eat breakfast
- Consider eating several small meals throughout the day
- Nutritional support for blood sugar balance
- Consider a bowel cleansing program/colonics

Foods to include in your diet ...

Brewer's yeast, wheat germ, blackstrap molasses, honey, avocados, almonds, parsley, sea vegetables, tomatoes, kale, asparagus, lentils, beans, whole grains, blueberries, plums, apples, persimmons, lemons, garlic, ginger, miso, yogurt, kefir, beets

Juices to build F ...

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

Client _____

Date _____

Classical Music to build F ...

Piano Sonata No. 23, Opus 37,
a/k/a "Appassionata" – Beethoven
4th Ballade – Chopin
Piano quintet – Brahms
Grand Concerto, Op. 6, #9 - Handel

EarFood CD in the Note of F

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

Nutrients that resonate in F ...

Vitamin K, Fructose, Inositol, Lactic Acid,
Cystine, HGH, Vitamin E, NAG,
Chromium, Gluconic Acid, Vitamin B6

Color to build F ...

Look at Lime
Wear Violet

Essential Oils to build F ...

Coriander, Cumin, Geranium, Vetiver
Peppermint, Oregano, Mountain Savory

Wear these stones to build F ...

Amethyst, Fluorite

Flower Essences to build F ...

Cerato, Hornbeam, Mimulus, Sweet chestnut,
Star of Bethlehem, Rock Rose, Vine

Earth Element ...

Wood

VoiceBio Practitioner:

