

The Note of **G** VoiceBio®

Energetic imbalances may appear as . . .

Fatigue, depression, poor concentration/memory, tiny red spider veins in eyes/ears/cheeks, weakened immune system, recurrent respiratory infections, premature gray hair, difficulty swallowing, low blood pressure, bluish lips, yellowish/pasty skin, tongue burns/slick, balance/movement problems, irregular heartbeat, yellow/greenish tinge to skin, yellowing of whites of eyes, red palms, sleep disturbances, dark urine, pain/inflammation of joints, "pins & needles" tingling in neck/arms/hands, feet/toe problems, sudden or intense pain in toe/ankle/knee joint, hot sensation, poor circulation, restless legs, poor metabolism.

Emotional Aspects for the Note of G . . .

Bouts of depression
A need for more patience
Tendency to over-worry
Anger, irritability and jealousy

Lifestyle suggestions to build G . . .

- Consider a blood cleansing program
- Nutritional support for the liver and blood
- Avoid alcohol, drugs and chemicals
- Avoid junk food, sugar, hydrogenated and saturated fats
- Reduce the amount of meat in your diet
- Consider a 3-day juice fast or daily green drinks
- Hydrotherapy or lymphatic massage recommended
- Deal with all aspects of internalized anger

Foods to include in your diet . . .

Brewer's yeast, garlic, kelp and sea vegetables, onions, raw goat's milk, yogurt, kefir, wheat germ, seeds, nuts, peel & rinds of citrus fruits and apples, green & black tea, red wines, tomatoes, kale, broccoli, celery, alfalfa, buckwheat, spinach, cranberry

Juices to build G . . .

Carrot 5 oz./spinach 3 oz.
Carrot 4 oz./celery 3 oz./endive 1 oz.

Client _____

Date _____

Classical Music to build G . . .

40th Symphony – Mozart,
4th Piano Concerto – Beethoven,
Goldberg Variations – J.S. Bach

EarFood CD in the Note of G

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

Nutrients that resonate in G . . .

Calcium Fluoride and Potassium Phosphate cell salts, Magnesium, Lysine, Vinpocetine, Vitamin U, Zinc, Enanthic fatty acid, Taurine, Alanine, Cysteine

Color to build G . . .

Look at Teal
Wear Red-Orange

Essential Oils to build G . . .

Ledum, Blue Yarrow, Celery, Geranium, Chamomile, Frankincense, Helichrysum, Sage, Oregano

Wear these stones to build G . . .

Red Coral
Carnelian

Flower Essences to build G . . .

Mustard, Gorse, Cherry Plum

Earth Element . . .

Metal

VoiceBio Practitioner:

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