

# The Note of **B** VoiceBio®

## Energetic imbalances may appear as ...

Constipation/diarrhea after eating, cramps, bloating, gas, altered bowel movements, bad breath, nausea, fever, thin stools, bloody stools, chills, abdominal swelling, tender or painful abdomen after eating, shortness of breath, vomiting, tingling/numbing in hand, shooting pains in wrist/forearm, difficulty clenching/grasping, dry skin, fingernail deterioration, swollen joints, white patches in the mouth and throat, painful or difficult swallowing, burning after eating, lifting or bending discomfort, heartburn, chest pain.

## Emotional Aspects for the Note of B...

A tendency to play a martyr role  
Fear of appearing selfish to others  
Frustration at feeling undercompensated  
Anger and frustration over life's injustices  
A habit of seeing the impossibilities before the possibilities

## Lifestyle suggestions to build B...

- Nutritional support for the immune system
- Add more fiber to your diet
- Avoid sugar, wheat and refined, man-made foods
- Consider a 3-day vegetable juice fast
- Consider a gentle bowel cleanse and probiotics
- Regular chiropractic care
- Eliminate meat from your diet
- Check your environment for EMF pollution
- Choose to eliminate martyr behavior
- Learn better stress-coping mechanisms

## Foods to include in your diet ...

Asparagus, cabbage, carrots, celery, parsley, swiss chard, kale, beets, tomatoes, watercress, pumpkin, squash, spinach, basil, ginger, garlic, onion, pineapple, papaya, avocados, bananas, blueberries, brown rice, millet, flaxseed

## Juices to build B...

Carrot 5 oz./spinach 3 oz.

Carrot 4 oz./cabbage 2oz./spinach 2oz.

Client \_\_\_\_\_

Date \_\_\_\_\_

## Classical Music to build B...

Symphony No. 8, Unfinished – Schubert  
6th Symphony "Pathétique" – Tchaikovsky  
Piano Sonata No. 3, Scherzo - Chopin

## EarFood CD in the Note of B

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

## Nutrients that resonate in B...

Sulfur, Melatonin, Vitamin B5, Boron, Glutathione, Pyruvic Acid, Vitamin C, DMG, GABA, Citric Acid, Silver

## Color to build B...

Look at Violet  
Wear Lime

## Essential Oils to build B...

Patchouli, Peppermint, Spearmint, Anise, Ginger, Fennel, Chamomile, Tangerine, Sage, Rosemary

## Wear these stones to build B...

Peridot  
Green Calcite

## Flower Essences to build B...

Larch, Willow  
Chestnut Bud  
Honeysuckle, Walnut, Vine

## VoiceBio Practitioner:

