

The Note of **C#** VoiceBio®

Energetic imbalances may appear as ...

Body holds fat/always hungry, water retention, bloating (especially after eating grains), hemorrhoids, body odor, fever/chills, profuse sweating, painful/cloudy/smelly urination, acne/boils, rectal itching, low back pain, swelling in hands and feet, sore throat, dry tongue, stiff neck, swollen/stiff joints.

Emotional Aspects for the Note of C#...

Overwhelmed with work
Timidness that keeps you in the background
Over-emphasizing failures rather than successes
A lack of trust in instincts and in life overall

Lifestyle suggestions to build C#...

- Hydrate using high quality, filtered water with chlorophyll
- Eat less protein and gluten products
- Avoid coffee, soft drinks and grapefruit juice
- Limit alcohol use
- Eat foods rich in magnesium and bioflavonoids
- Nutritional support for the kidneys
- Consider a liver/gallbladder cleanse
- Receive regular chiropractic care
- Stretch/tone through exercise or yoga

Foods to include in your diet ...

Buckwheat, garlic, fennel, tomatoes, miso, sesame, green leafy vegetables, sweet potatoes, carrots, hard squashes, parsley, kiwi, strawberries, apples, pears, mushrooms, beets

Juices to build C# ...

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

Client _____

Date _____

Classical Music to build C# ...

Claire de Lune – Debussy
Moonlight sonata – Beethoven
Nocturne, Op. 27, #1 – Chopin

EarFood CD in the Note of C#

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

Nutrients that resonate in C# ...

Calcium Sulfate and Potassium Sulfate cell salts, Histidine, CoEnzyme A, Fatty acids, LRH hormone

Color to build C# ...

Look at Red-Orange
Wear Teal

Essential Oils to build C# ...

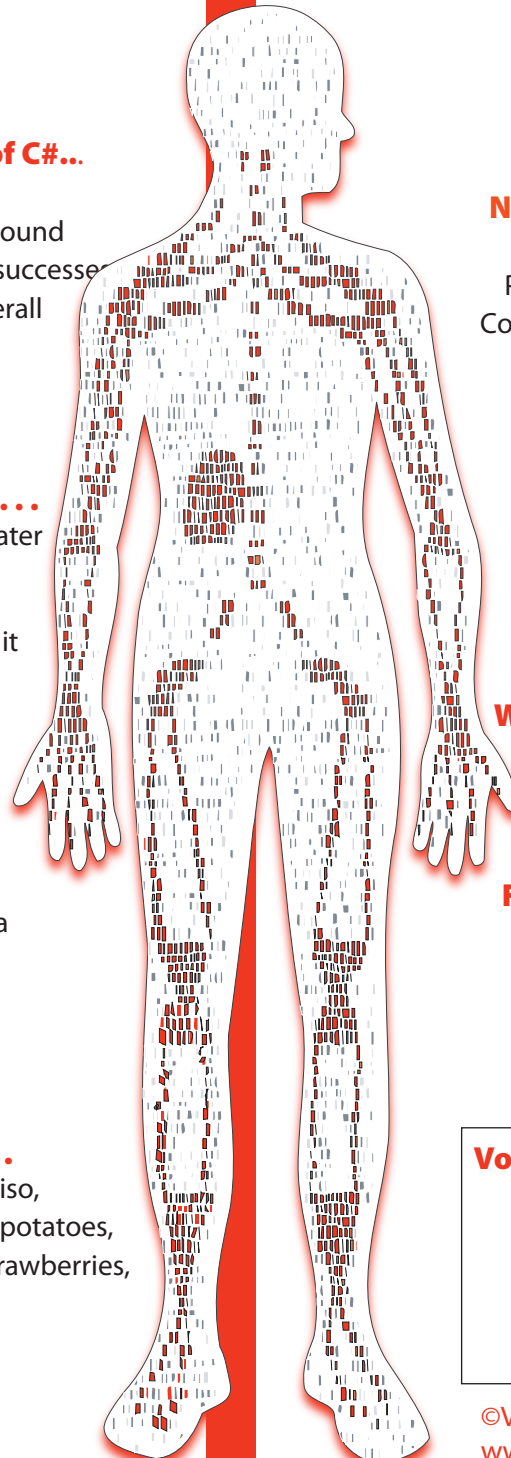
Frankincense, Clove, Helichrysum, Dill, Fennel, Thyme, Wintergreen, Orange

Wear these stones to build C# ...

Turquoise
Aquamarine

Flower Essences to build C# ...

Rock Water, Beech Impatiens, Walnut, Chicory
Honeysuckle



VoiceBio Practitioner:

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