

The Note of **D** VoiceBio®

Energetic imbalances may appear as ...

Water retention, hemorrhoids, body odor, fever/chills, profuse sweating, painful/cloudy/smelly urination, acne/boils, cholesterol buildup, difficult circulation, pain/tingling/numbness in limbs, dull/crampy pain in buttock/thigh/calf, pain/stiffness in shoulders, hoarseness, sore/painful swallowing.

Emotional Aspects for the Note of D...

A need to "fix" people, issues, things
A dislike of change
Excess criticism of your self
A tendency toward perfectionism

Lifestyle suggestions to build D...

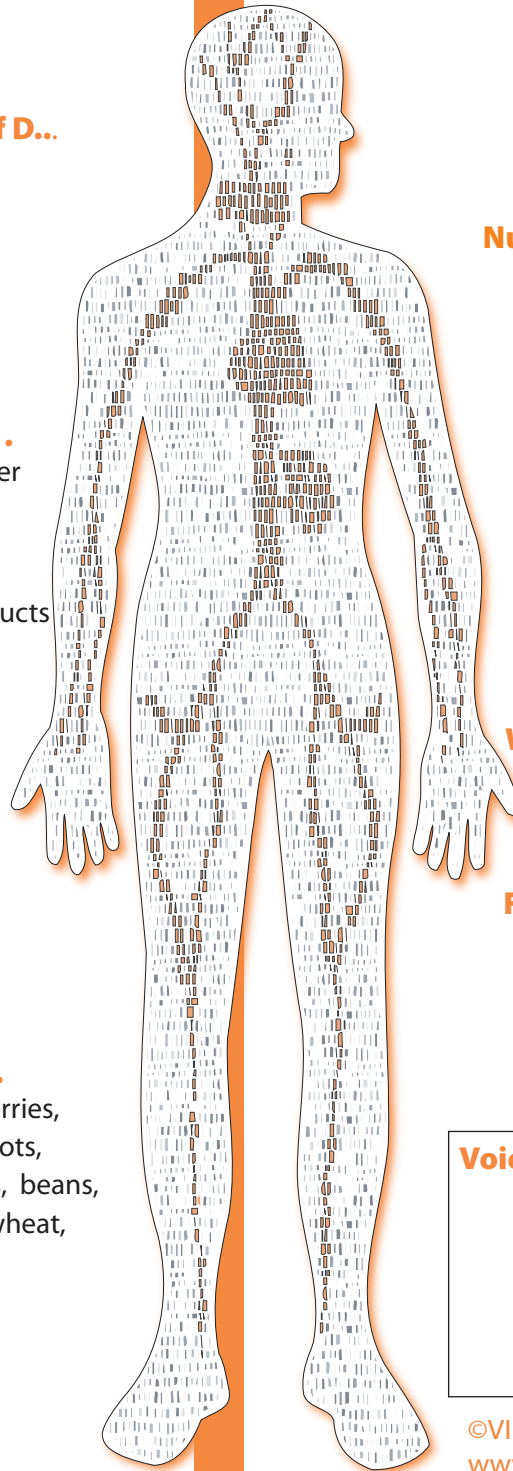
- Hydrate with high quality, filtered water with chlorophyll
- High fiber and whole food based diet, primarily plant-based
- Eat less protein and avoid gluten products
- Eat foods rich in magnesium and bioflavonoids
- Avoid coffee and other acid foods and drinks
- Nutritional support for the kidneys
- Minimize calcium products
- Consider a liver/gallbladder cleanse
- Get regular exercise

Foods to include in your diet ...

Cleansing juices, pear, apple, juniper berries, payaya, beets, mushrooms, onions, carrots, spinach, turnips, parsley, hard squashes, beans, sweet potatoes, burdock, fennel, buckwheat, almonds, olive oil, whole grains

Juices to build D...

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



Client _____

Date _____

Classical Music to build D...

Piano concertos No. 20 and 23 - Mozart
Concertos No. 1 & 2, Violin Sonata Op 108 - Brahms,
Violin concertos, Op. 35 – Tchaikovsky
Magnificent – J.S. Bach

EarFood CD in the Note of D

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

Nutrients that resonate in D...

Glycine, Glutamine, Vitamin B13,
Fatty acids,
Potassium, Selenium

Color to build D...

Look at Orange
Wear Blue

Essential Oils to build D...

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

Wear these stones to build D...

Lapis
Blue Sapphire/Topaz

Flower Essences to build D...

Rock Water, Pine
Rose Water

Earth Element

Water

VoiceBio Practitioner: