THE NOTE OF C# VoiceBio®

Lifestyle Suggestions

- 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

Carrot 5 oz./spinach 3 oz.

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

Classical Music

Claire de Lune – Debussy

Moonlight sonata – Beethoven

Nocturne, Op. 27, #1 – Chopin

Meditation

Music meditation provided by CelticKameron

Nutrients

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

Color

Look at Red-Orange

Wear Teal

Essentail Oils

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

Stones

Turquoise

Aquamarine

Flowers

Rock Water, Beech, Impatiens, Walnut, Chicory Honeysuckle

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