

# The Note of G#



Pharmacology of Sound, Music, and Frequencies

## Energetic imbalances may appear as . . .

Pain in upper right abdomen to upper back, intermittent/recurring indigestion, fever, shivering, nausea/vomiting, jaundice, inability to assimilate fat soluble vitamins and hormones, gooseflesh or dull skin, headaches, gas/bloating/pain after meals, male low libido, frequent-difficult urination, lower back pain, buttock to foot pain, bulky/foul-smelling stools, sinusitis/nasal polyps, barrel shaped chest, club fingers/toes, excess mucus, Lactose intolerance.

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

Financial fears  
Workaholic tendencies  
A lack of healthy self-importance  
A need to communicate ideas, goals and dreams

## Lifestyle suggestions to build G# . . .

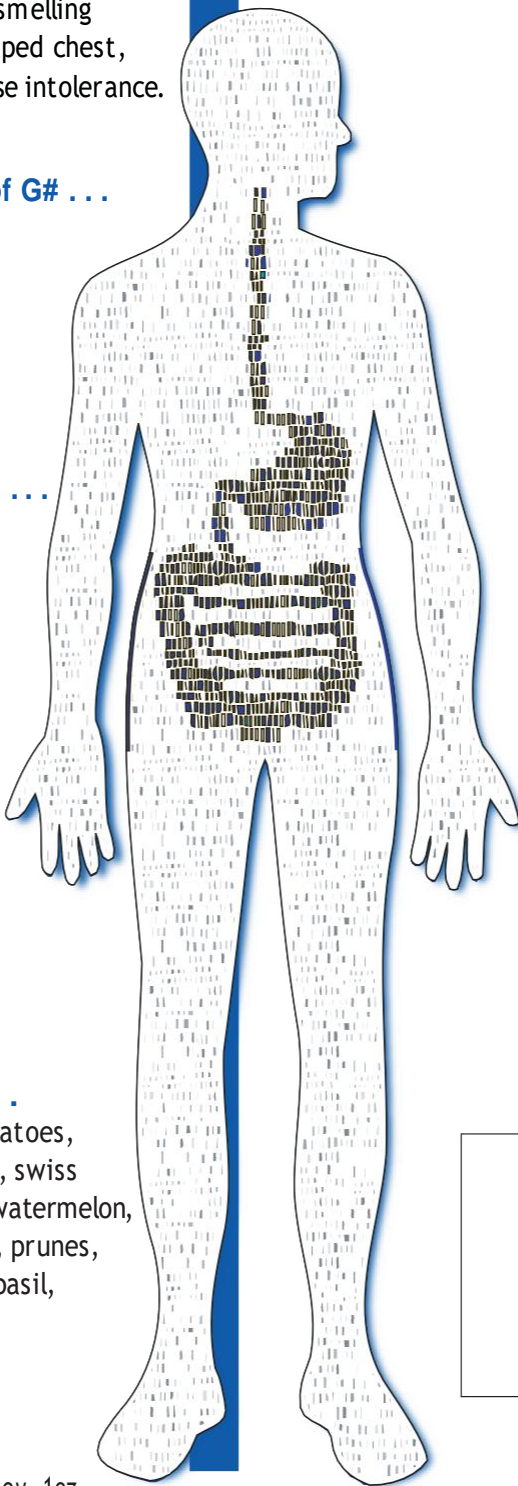
- Consider a gallbladder cleanse
- Nutritional support for the prostate
- Assist digestion with enzyme supplements and cultured products
- High fiber diet a must
- Hydrate using high quality, filtered water with chlorophyll
- Drink warm water with lemon daily
- Receive regular chiropractic care
- Develop a financial plan and a sensible budget

## Foods to include in your diet . . .

Tomatoes, kelp and sea vegetables, potatoes, legumes, garlic, onion, parsnips, turnip, swiss chard, millet, brown rice, buckwheat, watermelon, berries, papaya, sour cherries, bananas, prunes, nuts, seeds, wheat germ, yogurt, kefir, basil, ginger, pumpkin, beets, kale

## Juices to build G# . . .

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



## \*Music to build G# . . .

The Old Castle - Mussorgsky  
Preludes for Piano, Op 32 No.12 in G# minor - Rachmaninov  
Piano Sonata, Op 26, Beethoven  
*\*Other genres recommended based on client preferences.*

## EarFood Toning in the Note of G#

*Toning program for specific note.  
Provided by SoundPill*

## Nutrients that resonate in G#

Serine, Lycopene, DHEA, Testosterone, Iron, Zinc Chloride, Carotenoids, Vitamin A, K6 and B17, Vanadium, Sodium, Copper, Cortisone, Water, Carnitine, Calcium, Aspartic Acid

## Color to build G# . . .

Look at Blue  
Wear Orange

## Essential Oils to build G#

Rosemary, Ginger, Peppermint, Basil, Lemon, Juniper, Carrot, Celery, Myrrh, Oregano, Pumpkin seed

## Wear these stones to build G#

Padparadscha Sapphire  
Amber

## Flower Essences to build G#

Mustard, Gorse, Cherry, Plum

