



Liberated Life
Empowering you to change

MUSICAL NOTES AND WHAT THEY REPRESENT

A

Knees, Calf muscles and lower legs. Eyes. Electrical rebuild. With A# affects immune system. Needs Glutamine.

A#

Ankles and achillees. Chemical detox both physically and emotionally. Creative expression. Gives freely - hurt easily.

B

Lymph, nerve maintenance, motor controls, body electric, arm muscles, feet, ears, premature ageing. Needs to please.

C

Personal power, Heart muscle, main circulation,, Strength. Female sexuality, Carers syndrome.

C#

Micro circulation, ligaments, tendons,neck, shoulders. Inflammation. Female hormones, fertility, breasts. High-stress incontinence.

D

Digestion, energy, throat muscles, hormones.Liver, gall bladder, pancreas. High leads to rigid thinking, liver emotions. Low = poor digestion and tremors.

D#

Energy, oxygenation and sparking plug of the digestion. High leads to bloating, allergies, potential reflux. Low is poor digestion, memory loss and confusion.

E

Lungs. High is bronchitis type, milk intolerance. Low is sinus and mucus. Emotions: a measure of joy, especially with G. Stuck in a situation you don't know how to get out of. High can affect confidence.

F

Functional kidney and bladder. Low can bring water retention, prostate, sex drive. Emotionally stress, anxiety, unshed tears, Indecisive.

F#

Kidney adrenals, cortisol release, stress anxiety, Lower back problems through to sciatica.

G

Leg muscles from the butt down, back pain. Hormone useage. Neurotransmitters, the happy note! Low can bring on depression and worry.

G#

Can affect the quads. Sugar levels, gut troubles. High worry too much and spreading yourself too thin. Need glutamine and GABA for Neurotransmitters. Low Hypothyroid, apathy, fed up.