

MUSICAL NOTES AND WHAT THEY REPRESENT



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



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



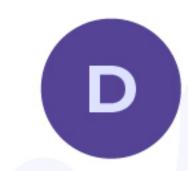
Lymph, nerve maintenance, motor controls, body electric, arm muscles, feet, ears, premature ageing. Needs to please.



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



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



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



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



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.



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



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



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



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