

EMOTIONALLY DISCONNECTED versus EMOTIONALLY INTEGRATED

Being emotionally disconnected can disrupt the hormonal system by increasing stress hormones like cortisol, which can lead to various health issues. This disconnection can create a cycle of negative emotions and physiological responses, further exacerbating feelings of anxiety and depression.

Ultimately, it can weaken the immune system and impact overall physical health, highlighting the importance of emotional well-being for hormonal balance.

Corresponding Note: D#

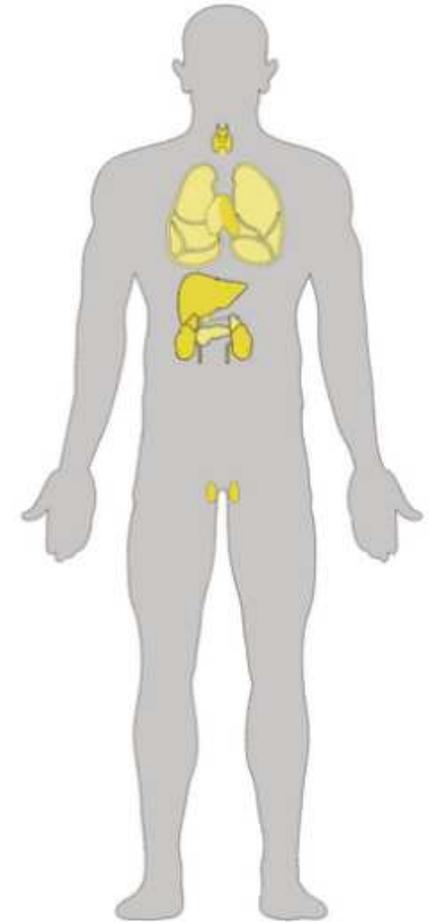
Positive Emotions

- Emotionally integrated
- Re-establishes a more complete sense of self
- Increased understanding and awareness of feelings
- Increased ability to express feelings
- Ability to connect more deeply with others and form relationships

Supportive Note: A

Supportive Color: Purple

**Purple Supports:
Power, Luxury,
Ambition, Royalty**



**Corresponding
Note D#**



Vitals & Comprehensive

- Thyroid
- Testis & Ovaries
- Lungs
- Liver
- Kidney

Body Systems

- Hormones
- Endocrine System
- Respiratory System
- Urinary System
- Digestive System

“Inner Voice records your voice and analyzes 12 note frequencies: C, C#, D, D#, E, F, F#, G, G#, A, A#, and B. The Inner Voice report will display three excessively out of balance (or over-compensated) notes and the main octave being suppressed.”

Negative Emotions

- Emotionally disconnected
- Possible limited ability to experience and express emotion
- Difficulty with healing and grieving processes
- May be the result of abuse, fear of rejection, or past overwhelming emotional experiences
- May shutdown as present protection from chronic stress



Bach Flowers

- Chestnut Bud
- Clematis
- Honeysuckle
- Mustard

SEFI

- Hormonal Imbalance
- ADR THY SUPPORT ADRENAL-S
- MAMMARY PLUS DETOX
- Kidneys
- Aspartame Plus Detox
- Natrum Sulphuricum

SADNESS versus INNER PEACE

Being self-critical can lead to increased tension in the body, affecting the spine and respiratory system. The stress and anxiety stemming from negative self-talk often result in poor posture and shallow breathing, which can strain spinal alignment and reduce lung capacity.

Over time, this can contribute to chronic pain and respiratory issues, highlighting the importance of offering a positive mindset for physical health.

Corresponding Note: E

Positive Emotions

- Self-accepting
- Restores a sense of self
- Ability to express feelings to others
- Connects more deeply with others
- Easier to form rewarding relationships

Supportive Note: A#

**Supportive Color:
Magenta**

**Magenta Supports:
Feelings About the
Future, Grounding,
Calming, and Encourages
Spiritual Enlightenment**



**Corresponding
Note E**



Vitals & Comprehensive

- Sinuses
- Spine
- Ribs
- Pelvis

Body Systems

- Respiratory System
- Musculoskeletal System

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Negative Emotions

- Self-critical
- May act timid or reserved even when having ideas and opinions to share or compensate with droll humor or boring, bland conversation
- May result from abuse, fear of being rejected, or any situation involving overwhelming emotions
- May identify and experience emotions through others or entertainment



Bach Flowers

- Willow
- Pine
- Agrimony
- Crab Apple
- Clematis

SEFI

- Sinus Disorders
- Sinus Plus Allergy
- Spondylitis – Spine Joint Inflammation
- Sciatica Support

CONDITIONAL LOVE versus UNCONDITIONAL LOVE

The absence of unconditional love can create emotional turmoil, leading to increased stress and anxiety. This emotional strain activates the body's stress response, which can disrupt the digestive system.

Elevated cortisol levels may result in symptoms such as stomach cramps, irritable bowel syndrome, and a general decline in gut health, illustrating the deep connection between emotional well-being and physical function.

Corresponding Note: F

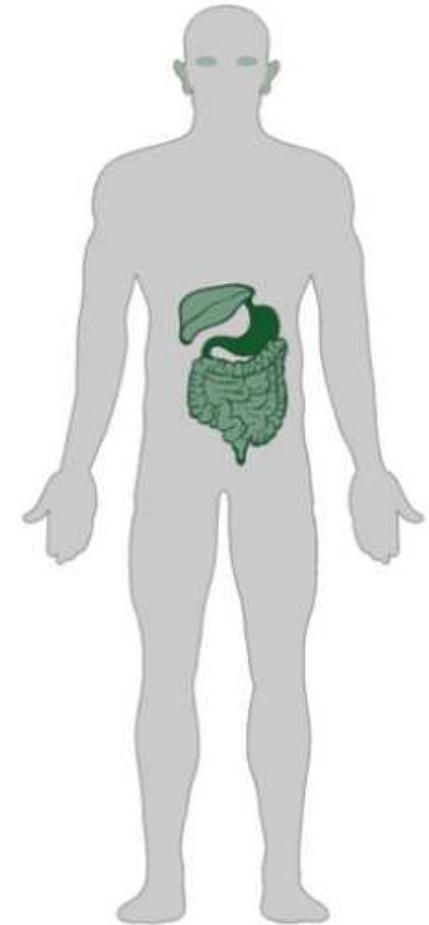
Positive Emotions

- Unconditional Love
- Secure in one's own emotional identity
- Self-tolerance supports the tolerance of others
- Interacts in a mature manner with others
- Acknowledges how their expectations influence the treatment of others

Supportive Note: B

Supportive Color: Violet (UV)

**Violet (UV) Supports:
Wealth, Creativity,
Wisdom, Self-dignity,
Devotion, Peace,
Mystery and
Independence**



**Corresponding
Note F**



Vitals & Comprehensive

- Liver
- Stomach
- Small Intestine
- Large Intestine
- Ears
- Eyes

Body Systems

- Digestive System
- Sensory Nervous System

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Negative Emotions

- Conditional Love
- May be caused by an immature emotional foundation based on using rewards and punishment to communicate one's needs and expectations
- Possibly passive-aggressive, silent treatments or disapproving comments feel justified when judging others
- Poor self-care and boundaries while ironically looking for ways to serve others
- May blame self for other's unkind and unloving behaviors and actions



Bach Flowers

- Chicory

SEFI

- EARS - Balance
- EARS - Ringing
- Ears
- Eyes - Digital Eye Strain
- Eyes - Eye Floaters
- Eyes - Eye Pain
- Stomach Pain
- Digestion

ANGRY versus ACCEPTING OF CHANGE

Not accepting change in life can lead to chronic stress, which negatively impacts the nervous and digestive systems.

This prolonged state can disrupt the balance of neurotransmitters and hormones, leading to digestive issues like irritable bowel syndrome (IBS) and exacerbating conditions like tension headaches.

Ultimately, embracing change is essential for maintaining both mental and physical health.

Corresponding Note: F

Positive Emotions

- Accepting change
- Anger sends the positive message that change is needed
- Recognizes that changes can positively help correct issues, and acceptance prevents inappropriate anger from building up
- Calm security is gained through releasing subconscious anger appropriately
- Increased willingness to face challenges and experience more inner harmony

Supportive Note: C

Supportive Color: Red

**Red Supports: Strength,
Power, Determination,
Passion, Desire and
Metabolism**



**Corresponding
Note F#**



Vitals & Comprehensive

- Entire Digestive System
- Entire Nervous System
- Brain
- Spine

Body Systems

- Digestive System
- Nervous System

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Negative Emotions

- Anger
- Tendency to anger over inconveniences or unmet expectations
- May cover up feelings of grief, loss, or betrayal with anger due to the inability to release those feelings in a healthy manner
- Disappointments may manifest as self-sabotage and anger
- Chronic worry, indecision, and dread may be associated with feeling threatened and angry



Bach Flowers

- Walnut
- Red Chestnut
- Honeysuckle

SEFI

- NERVE EZ PLUS
- NEUROENDOCRINE SUPPORT PLUS
- Magnesia Phosphoricum
- Lyssinum
- Lemongrass

FEAR versus CONFIDENT

Lack of confidence can lead to increased stress and anxiety, which in turn can affect the body's circulatory system.

Elevated stress levels cause the heart to beat faster and can raise blood pressure, potentially resulting in long-term cardiovascular issues.

This physiological response strains the heart and can hinder overall circulation, impacting overall health and vitality.

Corresponding Note: G

Positive Emotions

- Secure and Confident
- Experiences increased joy and pleasure
- Experiences independent thinking, reduced influence of external factors and stressors
- Embraces responsibility in a balanced manner
- Experiences internal patience, loving
- Sense of humor towards self

Supportive Note: C#

Supportive Color: Red Orange

Red Orange Supports:
Enthusiasm, Happiness,
Creativity,
Determination,
Attraction, Success, and
Encouragement



Corresponding
Note G





Vitals & Comprehensive

- Veins
- Arteries
- Muscles
- Bones

Body Systems

- Circulatory System
- Musculoskeletal System

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Negative Emotions

- Fearful and overwhelmed
- Diminished capacity for joy and pleasure due to feelings of overwhelming life demands
- Overworking or too serious in effort to break free from stressful external situations
- May feel impatient, angry, reduced ability to experience humor
- Need to deal with fear causing feeling of being overwhelmed
- May have experienced harsh upbringing, pressure to grow up fast and early, be first/responsible child in the family.



Bach Flowers

- Larch
- Mimulus
- Pine

SEFI

- Poor Circulation
- Hypertension Circulation Support
- Cinnamon Leaf

SUPPRESSED EMOTIONAL versus SELF-EXPRESSION

Lack of self-expression can create a buildup of unresolved emotions, leading to chronic stress and anxiety. This emotional strain can disrupt the digestive system, causing issues such as irritable bowel syndrome (IBS) or other gastrointestinal problems.

Ultimately, when individuals feel unable to express themselves, the tension within can manifest physically, highlighting the intricate connection between emotional health and digestive function.

Corresponding Note: G#

Positive Emotions

- Appropriate self-expression.
- Appropriate perception of those who have wronged them.
- More compassion for the weaknesses and errors of those personally offending them.
- Easier to forgive and release the effects of emotional stress.
- More fulfilling, satisfying life with the ability to engage the whole emotional self.

Supportive Note: D

Supportive Color: Orange

**Orange Supports:
Warmth, Enthusiasm,
Creativity,
Encouragement, Balance,
Expression and Joy**



**Corresponding
Note G#**



Vitals & Comprehensive

- Large Intestine
- Liver
- Stomach

Body Systems

- Digestive System

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Negative Emotions

- Suppressed emotional expression.
- Fear of confrontation and of expressing emotions may lead to rejection.
- May result in frustration, discouragement, lack of self-approval, and apprehension.
- May continually try to 'fix others' to find satisfaction in life.
- Betrayal and mistreatment by others when unable to defend oneself may result in difficulty forgiving or letting go.



Bach Flowers

- Larch
- Mimulus
- Pine

SEFI

- Digestion
- Indigestion 1&2
- Kali Muriaticum¹
- Natrum Muriaticum²
- Intestines - To Flush
- Intestines - Inflamed

¹ A homeopathic medicine that relieves nasal congestion with white nasal discharge. Kali Muriaticum specializes in helping the body clear congestions before white matures to yellow, saving energy and distress. As such, it is ideal for relief of colds, sore throats and runny noses that are accompanied by white discharges.

² Primarily associated with symptoms related to emotional sensitivity, grief and various forms of water imbalance, Natrum muriaticum is indicated for individuals who suffer from emotional issues, grief and conditions involving fluid balance.

RIGID BELIEFS versus OPEN TO POSSIBILITIES

Having very rigid beliefs can lead to chronic stress and tension within the body, as the mind's repetitive focus on these inflexible ideas can trigger a constant state of anxiety.

This stress response may manifest physically through symptoms like muscle tightness, headaches, and fatigue, while also contributing to emotional issues such as frustration and despair. Embracing more flexible thinking is essential for fostering both mental and physical health.

Corresponding Note: D#

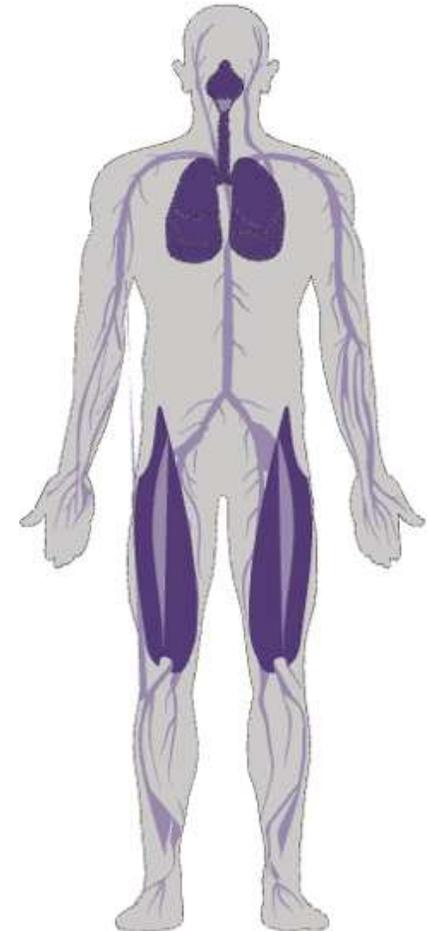
Positive Emotions

- Open to possibilities
- Possesses greater sense of security as doubts and fears fade
- Differences of opinion are more easily tolerated
- Willing to question the validity of their own beliefs
- Feeling more grounded and at home in the world around them

Supportive Note: D#

Supportive Color: Gold

**Gold Supports:
Love, Compassion,
Courage, Wisdom, and
Illumination**



**Corresponding
Note A**



Vitals & Comprehensive

- Mouth
- Throat
- Lungs
- Arteries
- Muscles
- Blood Vessels

Body Systems

- Circulatory System
- Respiratory System
- Endocrine System

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Negative Emotions

- Rigid beliefs
- Attempts to make world seem more secure by having rigid beliefs on 'how things should be'
- May be inflexible, uncooperative listener
- May be a high strung over achiever
- Highly dedicated to principles, especially truth and justice
- May feel unloved, unsupported and ungrounded
- May originate from the lack of a father figure
- Low self esteem and consistently tends to spread themselves too thin



Bach Flowers

- White Chestnut
- Beech

SEFI

- Hormonal Imbalance
- FEMALE ENDOCRINE SUPPORT
- Hypertension Circulation Support
- His Hers Endocrine Reproductive Support
- NEUROENDOCRINE SUPPORT PLUS

SUPPRESSED EMOTIONAL versus SELF-EXPRESSION

Conflicting beliefs can create chronic stress, which adversely affects the digestive system and hormonal balance. When the mind is preoccupied with rigid ideas, it triggers the body's stress response, leading to increased cortisol levels and digestive issues like bloating or irritable bowel syndrome.

This ongoing tension not only disrupts normal hormone regulation but can also result in emotional distress, highlighting the importance of adopting a more flexible mindset for overall well-being.

Corresponding Note: A#

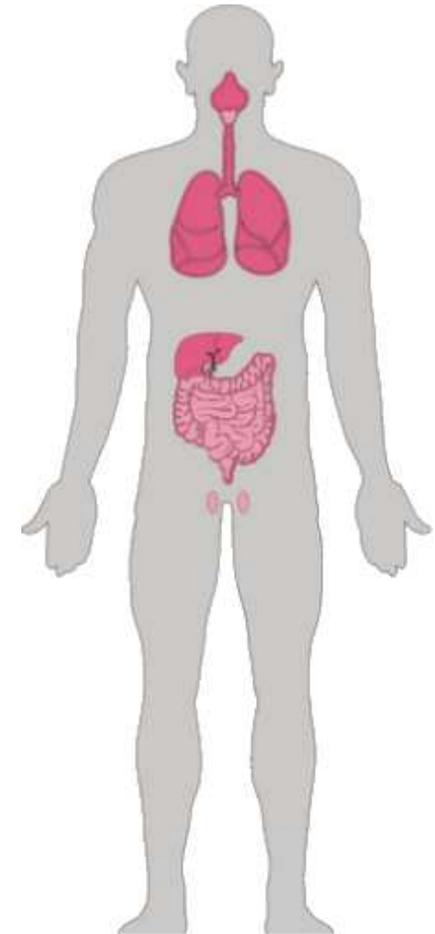
Positive Emotions

- Congruent belief and action
- Focused and completely in the present moment
- Increased peace of mind
- Establishes a connection to infinite possibilities

Supportive Note: E

Supportive Color: Yellow

**Yellow Supports:
Clarity, Energy,
Optimism,
Enlightenment,
Intelligent, Honor,
Loyalty, and Joy**



**Corresponding
Note A#**



Vitals & Comprehensive

- Mouth
- Throat
- Lungs
- Liver
- Small Intestine
- Ovaries & Testes

Body Systems

- Hormones
- Endocrine System
- Digestive System

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Negative Emotions

- Conflicting beliefs
- Disparity between conscious beliefs, values and actions
- May have a block in ability for inspiration and faith, resulting in feeling ungrounded
- May come across as spacey, distant, demanding or detached
- May have experienced accidents, difficulty at birth or tragic events leading to the belief that life is hard, dangerous
- Prone to failure
- May experience mental issues, inability to focus



Bach Flowers

- Rock Water

SEFI

- Poor Circulation
- Hypertension Circulation Support
- Cinnamon Leaf
- Arteries - Hardening of
- SYCOSIS DETOX (Miasm¹)

¹ Miasm can refer to a foul-smelling vapor or an unwholesome atmosphere. It can also refer to a theory in homeopathy that proposes miasms as negative forces that cause disease.

LOW SELF ESTEEM versus SELF-ACCEPTING

Low self-esteem can significantly impact hormone levels in the body, as feelings of inadequacy and worthlessness often lead to chronic stress. This ongoing stress triggers the release of cortisol, a hormone associated with anxiety and depression, which can disrupt the balance of other hormones like estrogen and testosterone.

Over time, these hormonal imbalances can affect mood, energy levels, and overall health, highlighting the importance of nurturing a positive self-image.

Corresponding Note: A#

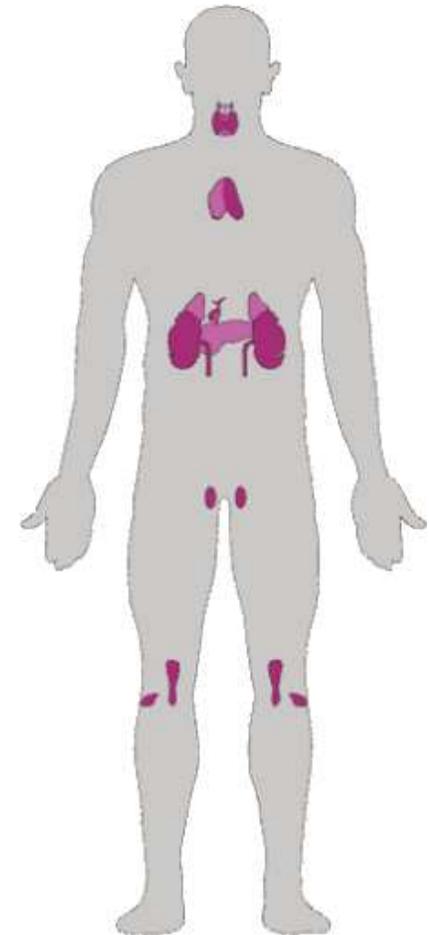
Positive Emotions

- Self-accepting
- Deep connection to mother
- Deep sense of self worth
- Willing to be nurtured in a healthy manner
- Self-accepting of one's value and worth

Supportive Note: F

Supportive Color: Lime

**Lime Supports:
Joy, Enthusiasm,
Creativity, Success,
Change, Balance.
Freedom. Fascination.
Expression**



**Corresponding
Note B**



Vitals & Comprehensive

- Thyroid
- Thymus
- Adrenal Glands
- Ovaries & Testes

Body Systems

- Hormones
- Endocrine System

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Negative Emotions

- Unworthy / Undeserving
- May feel, or may lead to reality, that love is rejected
- Unable to achieve goals, may foster self-defeating behaviors caused by 'unworthiness'
- May overachieve to try to compensate for subconscious feeling of underserving / unworthiness
- May have difficulty bonding with others and can be due to abuse, neglect or separation from mother
- May have poor follow through



Bach Flowers

- Centuary
- Cerato
- Elm

SEFI

- Thymus Gland Stimulator Thyroid Issues
- Adrenal Thyroid Support
- ADR THY SUPPORT ADRENAL-S
- NEUROENDOCRINE SUPPORT PLUS
- Thyroidinum¹

¹ Supports normal functions of the thyroid gland.

UNACKNOWLEDGED versus SELF VALIDATED

Feeling unacknowledged can create a profound sense of emotional distress, leading to chronic stress that negatively impacts the digestive system. This ongoing anxiety can disrupt the balance of gut health, resulting in issues such as bloating, stomach cramps, or changes in appetite.

The mind-body connection highlights how emotional well-being is intricately linked to physical health, emphasizing the need for acknowledgment and validation to maintain mental and digestive harmony.

Corresponding Note: C

Positive Emotions

- Self-validated
- Secure in one's self-worth
- Recognizes one's uniqueness, talents and attributes
- Experiences more self-confidence, self-esteem, better memory, and joy in life

Supportive Note: F#

Supportive Color: Green

Green Supports:
Inner Balance,
Harmony,
Social Interaction and
Self-acceptance



Corresponding
Note C



Vitals & Comprehensive

- Shoulders
- Thyroid
- Heart
- Small Intestine

Body Systems

- Hormones
- Endocrine System
- Circulatory System
- Digestive System

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Negative Emotions

- Feeling unacknowledged
- A personal sense of self-worth may be based on the opinions of others
- May feel undervalued and judged by others
- Feelings may stem from childhood experiences of criticism, teasing, punishment, abuse, or bullying
- Resulting behaviors may be low self-esteem, lack of self-trust, depression, poor memory, and self-judgment.
- May be overly concerned about safety, security, and finances



Bach Flowers

- Heather
- Chicory
- Willow
- Holly

SEFI

- Stiff Shoulder #1
- Stiff Shoulder #2
- Joint Pain, Muscle, Neck, Back, Shoulder
- Shoulder, Blade Pain

REPETITIVE THINKING versus CREATIVE THINKING

Repetitive thinking, often focused on negative thoughts, can significantly impact both physical health and emotions. This rumination may increase stress and anxiety, raising cortisol levels and leading to issues like headaches and a weakened immune system.

Emotionally, individuals might feel trapped and overwhelmed, resulting in hopelessness or depression. Breaking this cycle is crucial for improving overall well-being.

Corresponding Note: C#

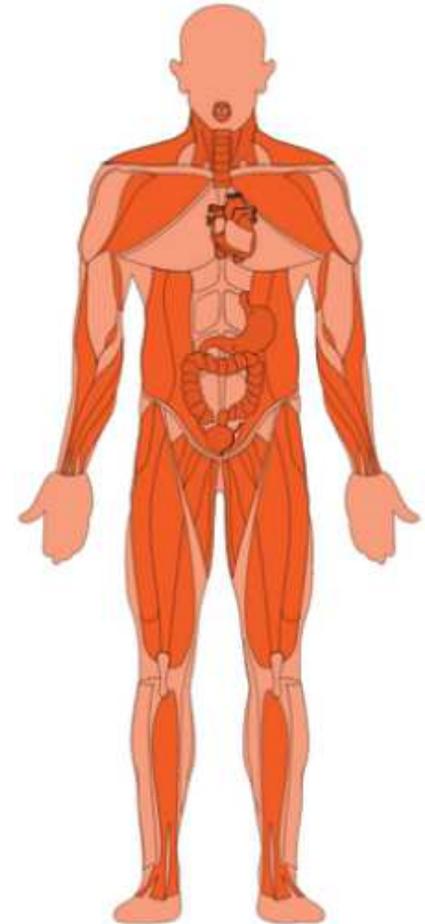
Positive Emotions

- Creative and independent thinking
- Release of negative life experience patterns results in the ability to be more creative
- Encourages a broader perspective
- Enhances problem-solving abilities

Supportive Note: G

Supportive Color:
Blue Turquoise

Blue Turquoise Supports:
Emotional Balance and
Serenity



Corresponding
Note C#



Vitals & Comprehensive

- Heart Valves
- Lungs
- Stomach
- Large Intestine

Body Systems

- Musculoskeletal System
- Circulatory System
- Digestive System
- Respiratory System

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Negative Emotions

- Repetitive thinking
- Thinking patterns may run in endless circles
- Solid concrete thinking and creative abilities may be reduced
- May result from genetic patterns or life experiences that create doubt, fear, intimidation, or the feeling of being overwhelmed
- May be sarcastic, hard on self or others
- Can be a precursor to depression due to mental fatigue



Bach Flowers

- White Chestnut
- Honeysuckle
- Crab Apple

SEFI

- Heart Disorders
- Muscles - Heart, Arm
- Heart Plus
- Heart Chakra

SADNESS versus INNER PEACE

Sadness can manifest in various physical symptoms, such as fatigue, headaches, and muscle tension. The body reacts to prolonged emotional distress by increasing stress hormones, which can weaken the immune system and disrupt sleep patterns.

This interplay between mind and body highlights the importance of addressing emotional health to maintain overall well-being.

Corresponding Note: D

Positive Emotions

- Inner peace
- Being self-accepting and having inner harmony
- Absence of constant worrying
- No pressuring thoughts associated with the past negative emotions

Supportive Note: G#

Supportive Color: Blue

**Blue Supports:
Trust, Loyalty, Wisdom,
Self-confidence,
Intelligence. Faith. and
Truth**



**Corresponding
Note D**



Vitals & Comprehensive

- Throat
- Liver
- Digestion

Body Systems

- Digestive System
- Respiratory System

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Negative Emotions

- Sadness
- May consciously or subconsciously focus on the past to 'make sense' or 'solve' negative experiences and emotions
- May have decreased appetite and energy, or tendency to the opposite, overindulgence
- May negatively impact rational thinking and left brain logical ability
- Often triggered by trauma such as abuse, disappointments, or feelings of failure
- Lifestyle choices may contribute to the issue



Bach Flowers

- Rescue Remedy
- Sweet Chestnut
- Rock Rose
- Star of Bethlehem

SEFI

- Pharyngitis (Throat swelling, Infection, Irritation)
- Sore Throat
- Digestion
- Indigestion 1&2
- Kali Muriaticum