

**PLAY NUTRITIVE MINERAL ELEMENTS FROM THE PERIODIC TABLE ON THE PIANO'S BLACK KEYS
OR USE THE LAMBDOMA KEYBOARD FOR MORE ACCURATE FREQUENCIES**

Element	No.	Note	Freq. Hertz	Effects
Sulfur	#16	C/B	256	Liver, Bile, Skin
Selenium	#34	D#/Eb	272	Antioxidant
Potassium	#19	D#/Eb	304	Alkalizer, Electrolyte, Kidney, Cellular, Energy
Platinum	#78	D#/Eb	312	Fights Bacteria, Fungus, Viruses
Gold	#79	D#/Eb	316	Brain Function, Vitality, Longevity, Restful Sleep
Boron	#5	Eb	320	Retains Calcium & Magnesium in Bones, Converts Vitamin D Aiding Calcium Absorption
Calcium	#20	Eb	320	Bone, Nerve Impulse, Blood Coagulation, Muscle Contraction
Vanadium	#23	F#/Gb	368	Healthy Glucose, Lipid Metabolism
Silver	#47	F#/Gb	376	Antibiotic
Chromium	#24	G-	384	Insulin, Glucose and Lipid (cholesterol) Regulation of Nerve Impulse Transmission, Serotonin, Controls Blood Sugar Levels
Magnesium	#12	G-	384	Electrical Impulse, Bone & Ligament Formation, Uptake of Potassium and Calcium, Immunological Response
Manganese	#25	G#/Ab	400	Brain, Bone, Thyroxin & Collagen. Intestinal Tract, Laryngeal, Liver, Ovaries, Generative Organs.
Iron	#26	G#/Ab	416	Hematin Carries Oxygen to Cells, Circulation, Digestion, Elimination, Respiration, Tissue Oxidation, Liver, Hemoglobin, Immunological Responses.
Iodine	#53	Ab	424	Primary Thyroid Hormone.
Cesium	#55	A	440	Provides Ph therapy.
Silica	#14	A#/Bb	448	Formation of Collagen in Bone, Cartilage & Connective Tissue.
Copper	#29	Bb	464	Hemoglobin, Enzyme reactions, Cholesterol Regulation, Thyroid and Liver Functions.
Phosphorus	#15	Bb	480	Phosphate Source to Manage Energy, Synthesize Protein, Fat, Carbohydrates, Contracts Muscles (heart), Hormone Production & Vitamin B utilization.
Zinc	#30	B	480	Antiseptic/Antibiotic/Antioxidant, Metabolism of Nucleic Acid, Protein Synthesis, Mucosal Linings, Hormone Production, Prostate Gland, Regulates Hunger, Vitamin A Utilization.
				<i>From Larry Berger, Mineral Deficiency, Natural Health and Healing Protocols, revised 03/27/2002</i>

** Note how the elements cluster around C#/Db, D#/Eb, F#/Gb and A#/Bb forming seven notes of a scale all on the black keys of a piano with the exception of C/B 256 and A 440.*