

ALLERGY SERIES PART 2 WHAT DO YOU ADDRESS?



What Areas Do You Address When You Have Allergies?

Here are 4 areas in your life you can look at when it comes to clearing your allergies.

By addressing these you can change your own approach to your allergies.

Are you aware it is possible to clear them from your life?

How great would that feel?



4 Areas For You To Look At Are:

- * **Nutrition** – The food you eat
- * **Mindset** – What do you think about you, your food and your life in general
- * **Emotions** - You can work on your emotional self
- * **Spiritual Connection** - You can grow your spiritual connection with yourself

Let me go through them with you and then I'll give you a little test to see which area you need to work on most. It is good to have a starting point.



1. Nutrition Or Pure Food

Pure food is going to help you a lot when it comes to getting rid of your allergies.

The lifestyle I've been living since 2004, is called **Fit For Life** I don't mix proteins carbohydrates and fruit in one meal.

Then there is; **The Eat Right For Your Blood Type Diet** by Dr Peter D'Adamoe that will be great for you to look at.

I've been following the lifestyle, from the book **The Medical Medium** by Anthony Williams. It helped me within a week.



It will help cleanse you from heavy metals,
help with post-traumatic stress disorder
and help in clearing the Epstein Barr virus
in your system.

**Pure food is nutritional and a high
vibration (which your body LOVES).**

So eating **PURE FOOD** is one of the areas
that we need to look at.



2. Mindset

The second area you need to look at when you want to change or get rid of allergies is your mindset.

A great question is; what kind of wrong mindset do I have when it comes to me, food and others?

You might have had a lot of comfort in your childhood when it comes to candy, bread, cheese, milk, chocolate or something else.

The association between food and emotions are strong.



So what is the story that you keep telling yourself that you need to eliminate and get out of your system, in order to put new patterns of behaviour or new thoughts into your system regarding food?

I have said in one of the other eBooks. Most of us are mostly allergic to our own bullshit.

What do I mean by that? When we are faced with other people's issues we get allergies. This is another thing for us to look at in order for us to change our relationship with our own allergies.

Did you know you don't need to have your allergies until you die?



You can find the reason WHY you have them now, and then clear them!

So mindset is another area we need to look at to start a healing process.



3. Emotions

When you have not healed your inner child and your emotional self. When you have not let go of all the bad stuff from your childhood, it creates an overflow in your mind.

What you're thinking about yourself is what creates your mind. What creates your mind creates your actions, which then becomes your life.

So do not change your life or change your mind, (which is not easy to do).



Instead change your relationship with your emotional self in a healthier and more positive way.

You may need trauma release or inner child therapy to help release these emotions.

So the third area is to look at your emotional well-being.



4. Spiritual Connection

If you don't have any energy to change allergies or patterns of things that are going on in your life.

If you don't have any energy to change your mind or work on yourself and change your food and work on the areas that need to be worked on, you need to strengthen and grow your spiritual connection with yourself.

The less in contact you are with your divine spiritual self, the more you'll feel like you are dying because you are a spiritual person.



Find a practice that will benefit you that you will love; like dancing, meditation, walking in nature, it could be drawing or painting, or having your own garden.

When you strengthen your spiritual connection with yourself, you will become happier and feel free.

You will start finding that things resonate within you. You will learn how to connect with your divine self.

For example: Let's say you do not like what I'm saying but something within you knows that I'm right.



That is your spiritual divine self.

The more you're in contact with this part of yourself, your beautiful, pure self, the more you know what's good for you and what's bad for you and you can change it in your everyday life.



So Now I'm Going To Give You A Test...

There are 4 areas in your life that you can change, so let's see which one you should address right now. Close your eyes and notice what's going on inside of you. Which one do you feel more intense than the others?

There's 4 areas that you can change and could start with.

Is it 1 - Eat pure food?

Is it 2 - Work on your mind?

Is it 3 - Emotional well-being?

Is it 4 - Spiritual Connection?



Which area is your inner self telling you to strengthen when it comes to getting rid of your allergies?

I would guess it is number 4. There is knowing and there is feeling it. There is really sensing it and knowing things on a deeper level. There is knowing and there is knowledge that's a big difference.

There is a part within you that knows what's good for you and not good for you.

There is a beautiful part within you that is there to help you grow as a soul every single day.



When you start to do more of what your soul is longing for, you will know what to say no to in your daily life and what to say yes to.

So Going Back To These 4 Areas:

Nutrition - Pure Food

Mindset

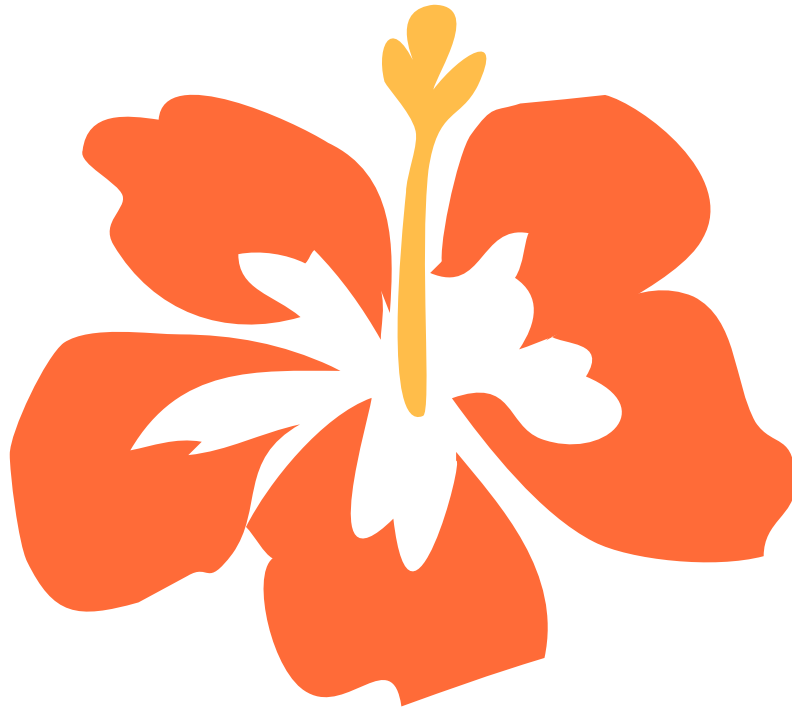
Emotions

Spiritual Connection

Ask yourself: which one is it that I need to address right now?



I hope you are now inspired and have more clarity on what you can look at next in clearing your allergies and getting healthy.



This Ebook is a collaboration between Zanne Piilipson from Intuitive Mentor & Global Healing Exchange

