

# ALLERGY SERIES PART 1

## WHY DO WE HAVE ALLERGIES?



# Why Do We Have Allergies?

Let's talk about why we have allergies. I have 5 things for you to think about and some solutions too. When you make these changes you may find that your allergies may not be with you anymore.

## 1. The Daily Process

When we eat food we have great organs that work for us. The liver, spleen, kidneys and thyroid, which are all organs that are capable of cleansing, absorbing and regenerating themselves every single day.



So we take in a certain amount of food and it goes to different organs, in a very intelligent way.

Our body is capable of coping with this every single day.

**Are you grateful to your body and what it is capable of?**

The body will cleanse naturally every day, we take in food.

We let go of it by going to the toilet. We absorb, sweat a lot during the night and we let go of our hair. There are many ways we regenerate.



If your system gets contaminated or overloaded, it will let you know about it.

If you are overloading with food, your organs start speaking to you and your body responds by lowering its vibration or work speed.

**It gets more and more overloaded and contaminated, which is the cause of allergies.**

Imagine this has been happening since you were born.

So what kind of food types am I taking about?



Milk, sugar, pills, alcohol, and foods that have been processed. The more the food has been processed, the more its vibration decreases.

**The more pure the foods that you eat, the more your body will recognise the higher vibration.**

**It will be compatible with the vibration you are putting in and start working in harmony.**

So what did I mean by the fact that you might put too much food in your belly?



To give you an example; since 2004 I've been eating the '**Fit For Life Diet**', which means I separate proteins, carbohydrates and fruit from one another. I never mix those foods together in one meal.

I also follow **The Blood Typing Diet**, *Eat Right For Your Type*, and live by the book by Anthony William, **The Medical Medium**. So what I am saying is I eat consciously.

Think about how you have stressed and overloaded your system, especially your liver, your organs and your bowels.

**How many years have you been doing this for?**



So that is one of the reasons we get allergies. The body cannot regenerate itself due to overload. So start to eat more consciously and start loving your body!

## 2. Lack Of Balance

The second reason we get allergies is lack of balance. When we look at the centre of our body. The right side is our masculine side (giving) and the left side is our feminine side (receiving). Ying (feminine) Yang (masculine).

**When we are in balance we can access both sides.**



E.g. open and close, give and receive, hot and cold, heavy and light. We can have balance between all polarities.

As soon as you have a system that is mainly masculine, you are overloading your system.

**We are supposed to be in balance, masculine and feminine. Whether you are a man or woman, balance is 50 - 50 % masculine to feminine.**

Maybe you are out of balance because perhaps all of the food you're eating is masculine. So what is the masculine food?  
It is vibrationally heavy food.





Food like fruit and vegetables are light and more feminine. Make sure you eat food that is alive and you'll have a higher vibration. What I'm saying is greens and vegetables are alive and your system will raise its vibration all by itself.

**So that's the second reason we get allergies lack of inner balance.**

### **3. Overload**

This can be caused by many things. Stress, self-abusive behaviour, if you exercise too much. Your system cannot regenerate itself. If you work too much your system cannot regenerate itself.



If you are constantly out there in situations that are overloading you. If you are constantly in an environment that is not good for you, if you are overloading yourself your system starts to slow down.

**Your body tries to find balance but it is so stressed it cannot find it. If you feel like this, you may have overloaded your system.**

So the third reason is having an overloaded system due to stress and self-abuse.

**So you will have a system that does not work with you, perhaps it is working against you.**



## 4. Medicine

Medicine is not organic. It is not natural and your system can't get rid of that toxic waste, so it gets stuck in your body.

**The more toxic waste that gets absorbed into your cells, the lower your vibration gets and it makes it harder for you to heal yourself, to regenerate and find the inner balance.**

So the fourth is both medicines and heavy metals, which comes from our genealogy and we get it from when we've been to the dentist and had fillings too.



If you have Epstein Barr virus your system is totally out of balance.

I made a video where I mentioned Anthony William the author of The Medical Medium, he has helped me get rid of Epstein Barr Virus, which was totally messing up my system.

We also need to look at smog and pollution. Once again look at what you eat. Eat healthy, alive food.

**So that's the fourth part, which contains many levels. Medicine, heavy metals, Epstein Barr virus, smog, pollution and unhealthy foods.**



Do what you can to eat and live more simply so your system can find balance.

## **5. Environmental Issues Or Overload**

Quite often in a relationship, if you are not compatible on a vibrational level with your partner, this will affect you both. If your vibration is higher, you will be pulled down on a vibrational level to the vibration of your partner.

**You could get sick or get allergies.**

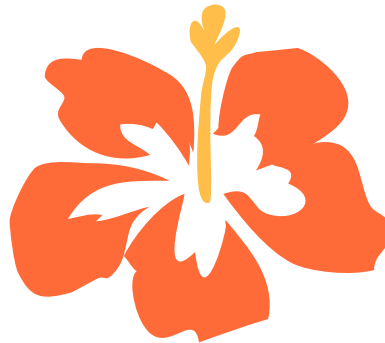
It might also be because you're in the wrong work space or you are working in the wrong environment for you.



It could be because you're living in the wrong area or you're in the wrong place in your life.

These are some reasons why you might get allergies.

**So, which area needs to be changed in your life?**



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

