

DIABETES



&

**Vortex Subconscious
Healing**



Diabetes & Vortex Subconscious Healing

Let's talk about diabetes. Before an illness or dis-ease manifests in the body it starts as vibrational manifestation.

What does that mean? It is there as an ongoing issue, before it actually physically manifests in the human body.

Today we're going to talk about diabetes and look at some of the causes, and look at what you can do to help yourself.



So the main cause for diabetes is imbalance and not having enough physical, emotional and love sweetness in your life.

In other words not having enough love and lovely feelings in your world.

So you are using self-punishment and denying yourself those sweet things in your life, so you're trying to fill a void with that imbalance.

We fill it with the sugar and high fatty foods to balance that out.



Of course, that's not going to work because the body is then put under all of this enormous pressure for so long and then all of a sudden the organs in the body cannot cope.

Then you have this ongoing imbalance with the effects of the diabetes.

So I'm going to talk about some really quick and easy, physical and emotional ways that you can help and overcome the effects of diabetes.



Remember to always follow your doctor's instructions and follow the recommended medication that you're on.

Also follow any of the recommended tests that you need to do through your blood works, daily or weekly.

The best thing to look at when looking at diabetes is prevention and looking at the illness in the disease itself.

So let's talk about ways to combat and help diabetes.



Drink Lemon Water

A great way to help with diabetes is to squeeze lemon into your first glass of water in the morning.

Do it every second day. It doesn't matter if it's hot or cold just make sure you drink it with a straw, because the body repairs itself slower and your circulation is not as good when you have diabetes.

So you do not want to have too much acidity in your mouth. Do not have too many acidic foods unless taken through a straw. Lemon juice contains acid, which irritates gums and softens tooth enamel.



So you want to definitely drink it through a straw and make it every second day because what you want to create in your body is an alkaline state, it's really good for lowering not only sugar levels, but also blood pressure as well.

This is a really quick way to help with diabetes.

Find Some Balance

Balance your water intake making sure you drink at least 8 glasses a day.

Balance out your intake of sugar and high fatty foods.



High fatty foods will actually increase your blood sugar levels, so balancing that by following diabetic diet and also bringing in balance by eating more healthy fibre.

Then the prevention and treatment are exactly the same.

Fun & Exercise

Have regular fun and take enjoyable exercise. Do exercise that you feel you can follow. Exercise is a great way to not only bring down the weight of someone who has diabetes, but also prevent it from happening in the first place.



So there's some really key elements there that can help both avoid and help someone who has diabetes.

Most people who have a balanced high fibre diet, keep their body alkaline, keep a fit healthy body and are at a healthy weight, will manage their diabetes. If you have diabetes and look after yourself, it is really a case of asking yourself, what else can you balance? Is there something emotionally that I need to look at?

The key point here is; drink the lemon water, eat high fibre foods, keeping those fats down to keep the blood pressure and cholesterol down.



So here are some really easy ways that you can combat diabetes and remember to bring in some fun, some love and some sweetness into your world, so you are not always reaching for it with food. No longer trying to fill that void of emptiness.

I really hope that this helps you and gives you some ideas of small steps you can take to get healthy.



This Ebook is a collaboration between Kathryn Baldwin Thompson from Angel Soul Healing & Global Healing Exchange

