

# FOOD INTOLERANCE



&

## Coherence 123



# Food Intolerance & Coherence

## 123

I've got 8 healing tips for dealing with food intolerance which of course, is a very common thing in this modern world.

### Integrative Medical Doctor

The first thing I would suggest is to get an Integrative Medical Doctor because he or she can do a lot of wonderful testing using western medicine like candida or stool tests which are very valuable tests.



Then they can treat it alternatively, rather than with pharmaceutical drugs. If that's possible for you, I highly recommend it.

At the very least, if you have an experienced naturopath or nutritionist, you can get these tests done with them too.

## Healthy Diet

Some of the things to avoid, (I'm sure you already know this, its common sense) is sugar, gluten, and deep fried foods.

Of course you know to eat organic foods to limit any toxins in your food.



## Look At Your Emotions

Everything that shows up as a physical manifestation has a cause that originates in the mind. It's called psychosomatics. One of the things that the research shows is that people with food intolerances deny their own power.

They aren't able to tolerate their food. There's something about life and stepping into their greatness that they're denying.

They just can't seem to digest life. It's important to look at that.



## Find An Alternative Therapist

Find a good alternative healer or therapist who can help you work on emotional and physical issues.

### Acupuncture

One thing I've always found if you can get your hands on him/her is a skilled acupuncturist.

They can help to strength the stomach and the entire digestive process, beginning with chewing and help you through the whole cycle.



## Magnesium Oil

Magnesium oil really helps alkalise the body. I use magnesium oil all the time and I always recommend it to my clients.

You get the oil and a spray bottle and put it into your water. Use healthy alkaline water.

You can get magnesium flakes and take a bath with them or even use Epsom salts. It is good to be able to absorb these, remove toxins and get your PH balanced.



## Massage

If you're really suffering with this intolerance, another thing you can do is deep tissue body work. Deep muscle work relieves chronic, muscular tensions that can really upset the digestive process and your tolerance to food.

Also soft tissue work like rolling helps to open things up. Energetic healing helps too.

## Coherence 123

One of the things I've been working on for decades, is what I call Coherence 123. It's about balancing the body.



In this instance you will be balancing the digestive process and your capacity to tolerate certain foods.

This process uses EFT, (some people call it tapping) Psych K, which is psychology kinesiology, and 9 positions trauma release.

There may be some kind of trauma going on in the brain, leading to the digestive process that you definitely want to heal.

Consider using Coherence 123. You'll be able to find this at Global Healing Exchange.

I think it will be very valuable for you.





There are a million things that you can do but I think these are the most important things to get help right away and not let this go, because the longer it carries on the more challenging it becomes.

It can create all kinds of health problems with the immune system and toxicity.

Give some of these a go and let us know how you're doing.



**This Ebook is a collaboration between  
Robert Kirby from Robert Kirby.com  
& Global Healing Exchange**

