

# FOOD INTOLERANCE



&

## The Knight Method



# How Can The Knight Method Of Transformation Help Food Intolerances?

Let's talk about food intolerance to give you a different perspective on how you might approach dealing with yours. What is food intolerance? If we are intolerant to certain foods we get gas, bloating or discomfort in our stomach.



This is generally how food intolerance is understood. 15 million Americans have food intolerances.

That is 1 in 13 children, so roughly 2 in every classroom. About 30% of children with food allergies are allergic to more than one food.

This is a big issue in our world and it seems to be getting worse. It is quite an epidemic.

Also about 10 to 15% of the population have been diagnosed with IBS, which is irritable bowel syndrome. Most people with IBS are under the age of 50.



It's a very common complaint, and it's one I'm dealing with all the time with clients.

So let's look at understanding this from a different perspective.

First of all, what we have to understand is that every organ, tissue and organ tissue, (there can be different types of tissue within an organ) and cell in the body has a physiological function, and it also has a beyond physical function that is called a metaphysical function.

Meta means beyond.



When our body is playing up, or we have symptoms, we have to look beyond the physical to find the cause.

It is not necessarily a physical cause. There may be physical factors that are exacerbating the problem.

For example, with food intolerances, there may be certain foods which exacerbate the problem. It may be for some people, their intolerance is just simply from food.

For many people it is much more than just food. The food is just exacerbating a problem that is already there.



That problem is at a mind, emotional or psychological level.

It doesn't mean we are mad. It just means that there is some un-ease, dis-ease or stress inside the body, at the mind or emotional level.

**Until we deal with that, the problem is not going to go away.**

Now I can speak personally about this issue. I've had a lot of gut problems throughout my life, when I track back it was very much to do with emotional trauma and stress which actually started at birth.



What is important to understand is, however we are born. however we come through the birth canal. whether we took on good bacteria as we went through the birth canal, (which populates our gut right from the moment we are born), it will impact the general health of our gut, for the rest of our life.

For example, if we are a caesarean birth, or we had trouble as we were coming through the birth canal, it can severely impact the microbes that populate our body, literally from the moment we are born.



Also if we are not breastfed that will also reduce the good microbes in our gut.

That is a physiological issue but also the trauma and the stress that we experience, emotionally and psychologically during a traumatic birth will also play a big part.

The general theme of the gut and the digestive tract, or the GI tract (the gastrointestinal tract) is survival and digestion.

From a physiological perspective we understand this. Imagine that your digestive tract starts at your mouth and finishes at your anus.





The whole point of it is to assimilate food and nutrients and water in order to keep you alive. It has a very basic function.

What the digestive tract also has to do is, it has the job of digesting our life. It has the job of digesting everything that happens to us.

We literally have to digest and chunk down, and then assimilate whatever is happening in our life.

That is why we say things like; **“I just couldn't swallow that,”** or **“That was difficult to swallow,”** or **“I'm finding that difficult to digest”**.



We are not talking about food here. Our digestive tract literally has to digest all the events, all the traumas, all the shocks, all the stress, and everything that is happening in our daily life.

If we are finding it difficult to digest those events emotionally, and at a mind level, it is going to have a knock on effect on our digestive tract.

It's going to start creating inflammation. Inflammation is one of the biggest causes of digestive issues. This is very important to understand.



If you have digestive issues, whether its food intolerance, irritable bowel etc, what you need to ask yourself is;

**What is it that I'm finding difficult to digest in my life?**

**What people or situations I am I finding difficult to digest?**

It could be current situations, but it also could be situations from the past that have not been completed and healed.

If the trauma and the emotions are still sitting in the cells, it will be aggravating and inflaming our digestive system.



There may be other organs and organ tissues  
inflamed too.

**If we have allergies we can also ask  
ourselves;**

**Who or what am I allergic to?**

**Am I allergic to my job?**

**Do I not like my environment?**

**Are there people that I don't want near  
me?**

**Who am I trying to keep away from me?**



These are very important questions to ask if we have allergies. We don't just look at pollen, we need to look deeper.

We need to look at the people, situations and our environment to find out what we are really allergic to.

On a physical level, if we're having major gut problems we need to look at our microbiome, which is all the microbes in our body. (There is a huge amount of weight in our body that is microbes).

We have the good bacteria and the so called, not good bacteria, and they are all trying to do their job.



They go out of balance, when we get digestive issues.

We then get something commonly termed as leaky gut. We can do something physically to help that.

You can go on a leaky gut diet, you can heal your gut lining, which is replaced every 5 days. You can heal quite quickly.

I'm not saying that leaky gut heals in that time, but you can heal this by following a diet which is going to encourage your gut to heal.



But if you don't address these deeper psychological and emotional issues you are probably not going to get total healing.



**This Ebook is a collaboration between Kim Knight,  
Founder of The Knight Method at Kim Knight Health  
& Global Healing Exchange**

